



AAU Gymnastics Manual 2014-2015

Sun Country Sports Center

4010 NW 27th Lane
Gainesville, Florida 32606
Phone: (352) 378-8711
Fax: (352) 377-5020

333 SW 140th Terrace
Jonesville, Florida 32669
Phone: (352) 331-8773
Fax: (352) 332-9810

Sun Country Website: www.SunCountrySports.com
Team Sun Country Website: www.TeamSunCountry.com
Facebook: www.facebook.com/pages/Team-Sun-Country
Twitter: <http://twitter.com/suncountrygym>

Welcome to the Team Sun Country family! Our goal is to provide a positive, safe environment where your children can work toward their greatest potential. Our experienced staff will teach your child the fundamentals of competitive gymnastics. Competitive sports require a year-round commitment. Athletes will learn fundamental skills that will benefit them far beyond their gymnastics careers; these additional skills include self-discipline, teamwork, and time management. With the support of your family, this will be yet another successful season.

The decision to join Team Sun Country is a big one and is an annual commitment. Team members do not move on and off the team. You are either on the team or off the team!

This handbook is written to help you understand the responsibilities associated with this program. Please read it completely and sign that you have read and that you agree to everything listed in this manual.

We are so happy you are here!

Commitment Policy:

Sun Country and the Team Sun Country coaching staff believe that participating in this sport will help show your child the importance of commitment. We will all be committed to program, team, and self as our basic philosophy. We believe in the importance of developing character as well as developing skills. When an athlete joins the team, it is a commitment for the entire year, not just the competitive season. Please do not use Sun Country as a punishment for your child. It is important that each athlete be at practice and at each scheduled event. **No refunds for tuition, team assessment fees or competitive expenses will be given in the event of an expulsion, a member quitting, or the end of the season or year.**

Communication:

Please check your email, our Team Sun Country Facebook page and our team blog, (www.teamsuncountry.com) to stay informed. We also have a new 'Team Sun Country Gymnastics Parent Group' on Facebook; since this is a closed group you must request to join. If you ever have concerns, please do not hesitate to contact your coach, the program director, gym management, or owner. Questions should be addressed via email or a written note. It is our desire to keep you informed and up to date on what's happening at Sun Country. As a parent, you may not always agree with every decision made, but please remember that we make decisions as to what is best for the athlete, the team and the program. **Discouraging remarks (whether directed towards the business, yourself, a coach, a parent or another athlete) are grounds for dismissal from practice and possibly from the team. Parents who do not show positive attitudes and complete support of our coaches, Sun Country and other students and families will be asked NOT to sit in the parent viewing area.** Coaches may not be pulled out of practice for parent meetings.

If you are happy tell a friend, if not please tell us.

Coaches may choose to offer their personal cell phone numbers to parents for emergency contact only (for instance on the day of a meet). Please do not contact a coach on their personal phone for non-emergencies.

Attendance Policy:

Please be at practice and be on time! If you know in advance that your child will be absent, please notify your team's head coach by calling the gym or via email. This will help coaches plan practice in advance. The coach reserves the right to refuse or accept any particular excuse. Practices two weeks prior to a competition are extremely important. Absences during this time frame may result in removing your child from competition.

Excusable absences are as follows:

- Sickness (fever, vomiting)
- Family emergency
- Pre-approved participation in a school related function.

All competitions, camps, and clinics that your coach chooses are mandatory. The competitive schedule is thoughtfully chosen with your child's entire season in mind, and with focus placed on performing their best at the state, regional, and national meet. It is imperative that all Team Sun Country gymnasts attend scheduled meets as just that: A TEAM.

If we offer dance classes for team it is expected that you will attend the class. You will have your workout and competition schedules well in advance. Please plan accordingly.

Attendance at Team Sun Country summer camp is expected. This camp usually falls on the last week in June. You may prepay for this camp throughout the year instead of waiting until the last minute. Early pay discounts will be given. There will be no regular gym workouts the week of summer camp.

Athletes with minor injuries are expected to participate in workouts and gym activities. It is often possible to work around injuries to increase flexibility and strength, while working on specific events and skills.

Team Rules:

- Always be prompt, prepared, and focused at practice. Always give your best effort and try your hardest.
- Be responsible and respectful – negative behavior will not be tolerated! Negative behavior in or out of uniform will be grounds for immediate suspension and/or removal from the team. Being respectful also means following the rules both in and out of the gym. You are expected to behave with good sportsmanship at all competitions. Treat EVERYONE the way you want to be treated!
- Be safe - any athlete who chooses to disregard established safety procedures may be asked to sit out.
- Athletes must be in direct supervision of a coach to enter the facility or be on any equipment at any time. Nobody is allowed in the gym without a coach!
- Cell phones must be turned off or placed on silent during practice.
- Pull your weight on the team – make every attempt to be at team fundraisers, meetings, community service events, practice, etc. Pitch in to help the team!
- Please be cautious when posting videos or photos on Facebook, YouTube, or MySpace. When you post videos or pictures of you or your teammates in uniform you are representing our program. If you need to ask if it's questionable – then don't post it!
- Carry out all assignments and conditioning to the fullest.
- Help keep the gym clean. Throw away your tape, pre-wrap, snack wrappers and drink containers when you leave the gym. Picking up after yourself is what is expected in your home and ours.
- Snacks or lunch break during workout will only be given when workouts are longer than 4 hours.
- Support the gym by assisting with or attending our Annual Howl A Palooza to Benefit the March of Dimes.
- We expect every team athlete to be photographed on photo day; to be included in our annual team composite.
- Team Sun Country Directors and owners must approve all designs bearing the Team Sun Country and/or Sun Country name and logo. Anything created without our approval will not be acceptable and cannot be worn or sold independently. This includes Booster Club gifts. Please respect and help retain our brand.

Dress Code

Practice:

- Jewelry is NOT allowed at any time.
- Hair must be pulled back in a ponytail and out of your face at all times.
- Nails are to be cut short.
- Girls leotards must be worn without shorts; no unitards. Please wear a sports bra and briefs if necessary.
- Grips, tape and any athletic devices should be put away when you are done with practice.

Competition:

- Jewelry, hair, and nails as per practice (above).
- Full uniform is required for competition and awards. Please wear proper undergarments. Your Sun Country team bag is part of your uniform. No other bags will be permitted.
- Keep all grips, tape and athletic devices with you at all times.
- If your routine requires music, you are responsible for carrying your own floor music during competition.

Parent and Relative Rules:

- Good sportsmanship and polite manners are mandatory in the gym and at all competitions. Please obey the venue's rules regarding not saving seats, videotaping, flash photography, etc. Remember, both athletes and parents represent our program and teams. High standards are expected!
- Please do not coach your child from the viewing area. Cheer them on, but please don't distract them.
- Please do not pull your child out of practice or competition if you are not happy with their performance. Discuss it with the coach afterwards.
- If fees are not paid on time your athlete will not be allowed to participate in practice or competition.
- If you share custody with another parent, please make sure this doesn't prevent your child from full participation in the program.

- Conversations in the parents' room are to be kept positive. Please do not compare your child with others. Please be respectful of the team, the other parents in the room and the gym. Talking negatively to other parents about our program or coaches in our facility **will not be tolerated**. If we feel the discussion is not positive we will ask you to leave.
- Each athlete must have a chaperone at every competition. It is not your coach, or the coaching staff's responsibility to be your child's chaperone or to arrange one for you.
- **For your child's benefit please keep your observation time in the gym to a minimum.**

Booster Club:

The Booster Club is a parent run organization set up to support the athletes, coaches, and our program. The Booster Club will assist in the organization of fundraisers, team parties, and community service events. Annual booster club fees are due July 1st and are currently \$60 per family. Please pay Sun Country Boosters directly. This amount may be changed by a vote of the BC board. Booster club membership is non-refundable.

Competitive Team Placement:

The head coach of each team will decide the best placement for your child. Although age is a factor in team placement, children of the same age may be placed on different teams due to their skill level. Mobility through the levels can only be achieved when a high level of proficiency has been demonstrated at your current level, and the potential for a high level of proficiency in the next level is apparent. Placement is handled individually; please don't compare your child's progress or performance with other parents or athletes. **Each athlete is an individual and will achieve success at their own pace.**

Tuition and Assessment Fees:

All athletes must be members of Sun Country and pay a \$60 annual family membership fee.

- Tuition is the same each month regardless of how many weeks there are in a month. Refunds will not be given when you miss due to personal reasons, injuries, competitions or gym closings. Tuition fees and workout schedules are subject to change.
- All team families must be Auto Pay. An Auto-Pay customer is defined as someone paying by automatic withdrawal from their checking, savings, or credit card. If your payment is declined and/or payment has to be collected after the 5th of the month you will be charged an additional \$25 late service fee on top of any returned payment fees. Note: Sun Country charges \$25 for any insufficient funds
- *Exceptions to Auto Pay will be given for payments that are made 3 months in advance.*
- Siblings will receive a 10% discount on tuition.
- **Team assessment fees are due annually and can be paid in two installments. Your first payment is due July 1st and your second is due August 1st of each year. This assessment covers the cost of repairing or purchasing new equipment, coach's education and clinics and other expenses that are incurred by the team including your AAU athlete membership dues.**
 - **The team assessment fee for AAU competitive team students is \$200.**

These fees are non-refundable. Siblings will receive a 10% discount on the lowest priced team assessment fees.

- Any team member may add any additional recreational Sun Country classes for 30% off of the regular rate.

Competitive Expenses:

- Coaches' fees at competition include the following:
 - Driving expenses - .56 per mile (federal guidelines) or car rental plus actual gas purchase (whichever is less expensive and easier for the coach)
 - Flights if necessary
 - Meals - \$40 per day maximum (\$10 breakfast, \$10, lunch, \$20 dinner)
 - Competition coaching fee - \$50- \$75 per session based on the length of each session; however, coaches will never be paid less at a competition than they would be paid at the gym. This amount can be changed if needed.
 - Hotel - as needed depending on the competition.

Competitive Expense Payment Plans –

Total expenses for the competitive season will be broken up into 6 payments due with your monthly tuition from Oct – March. All athletes on each team pay the same amount.

Girls Level 2 – 6 competitive expenses: \$75 a month for 6 months

(this was the amount for last years season; we will re-evaluate this once the schedule is made for the 2015 season)

Payments for competitive fees are non-refundable.

Expenses for Regional and National competitions are not included in the above payment plan and will be billed separately. It is expected that all gymnasts that qualify will attend these meets. All coaches usually go to these competitions.

Become an active Booster Club member to help defray competitive expenses.

Other Expenses:

Personal Travel Fees –

In addition to the competitive expenses listed above, there may be some spectator fees and parking fees for your family individually. These vary per competition. Your personal travel fees are paid on your own as well as your own personal hotel rooms. We will give you a list of recommended hotels for each meet but you may choose your own hotel.

Competitive uniform: (cost will be kept as low as possible and is paid approx. 3 months prior to competition)

The girls AAU uniform consists of the following: competitive leotard, warm up jacket and pants, proper undergarments, sandals or slides, and a SC team bag.

Hotel Fees –

Hotel fees will vary from competition to competition. Hotel information will be given as soon as we have it. It is your responsibility to book your hotel room for each competition.

- Hotel supervision during overnight competitions are as follows:
 - Each hotel room must have a supervising adult staying in the hotel room. Your team's head coach must know in advance who is in charge if it is not the parent.
 - No members of the opposite sex may stay in the same room with an athlete, other than relatives.

The gym will be closed for the following legal Holidays:

July 4th

September 1st

November 27th – 28th

December 24th – 25th and 31st, January 1st

May 25th

Please return the forms on the next two pages as soon as possible.



2014 / 2015 Team Sun Country Registration Agreement

Name of Athlete: _____

Date of Birth: _____ Team: _____

Please print clearly

E-mail address of Mother: _____

E-mail address of Father: _____

E-mail address of Athlete: _____

Please send all e-mails to (circle one): mother or father

Mother's Cell: _____ Father's Cell: _____ Athlete's Cell: _____

Earliest Time athlete can be at practice: _____ School 2014: _____

I have read and understand all of the information in the Team Manual and agree to follow all written rules and policies stated within. I have shared all information with my child so he/she can follow the rules and policies as well.

I understand that my child cannot compete until I pay my athlete registration fees, my booster club fees, return the completed medical release form and Release of Liability Waiver.

I understand that pertinent information is either posted on our Facebook page, our Team Sun Country web page, or e-mailed and I agree to look for information on a regular basis. Please keep your email account current in our system.

I agree to release my name, phone # and email for a Booster Club team directory.

Parent/Guardian Signature

Date

Office Use Only

Please check when turned in

Sun Country Team Registration

Medical Release