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## **Congratulations** you are officially a member of the **Synergy Sportz Competitive Team!**

Your gymnast was invited to join the **Synergy Sportz** Team because they have displayed a natural talent, a hard work ethic, a positive attitude and overall potential for the world of competitive gymnastics.

At **Synergy Sportz** we believe it takes a special collaboration between gymnasts, coaches, and parents to provide your gymnast with the best opportunity to reach their gymnastics goals. A so-called **Synergy** if you will, where together we are better and stronger than alone.

The standards of team training are high and demanding, our coaches will expect the most and best out of each gymnast and always demand a relentless pursuit of perfection. We work on developing each gymnast's strengths, flexibility, and skills. This pursuit includes individual as well as team development. This is not to say training will not be fun, but the main emphasis will be on maintaining a high level of discipline and achievement.

Every gymnast who is offered the opportunity to train under our direction is talented and has potential. However, not every gymnast will rise to the top, only gymnasts, who have positive attitudes, work hard, listen to, and respect their coaches and teammates, will achieve their individual goals. Please realize that success will also look different for each gymnast depending on their goals for each year. Gymnastics is a process, and we encourage every gymnast to celebrate each accomplishment along this journey and we encourage parents to do the same. Enjoying the process and the path to success will be covered in many smiles. The life lesson of discipline, integrity, goal setting and work ethic will remain with your gymnast long after she retires from the sport of gymnastics. We are excited to be a part of your gymnasts' journey in the world of competitive gymnastics and to have her as part of the **Synergy Sportz** family.

This handbook was designed to help you understand the **Synergy Sportz** Team policies, procedures and expectations as well as give insight into the USAG competitive programs Both gymnasts and parents are responsible for knowing and abiding by the content in this handbook.

We look forward to having you as a member of our **Synergy Sportz** Team program and welcome you to the 2024-2025 competitive year.

## **Synergy Sportz is a USAG Club**

All team coaches at **Synergy Sportz** are active USAG Professional Members with current background checks, First Aid Certifications, SafeSport Certifications, U100 and U110 certifications at a minimum. Several of our **Synergy Sportz** coaches are certified in additional USAG disciplines such as Competition Director and members of the NAWG Judges.

Based in Indianapolis, USA Gymnastics is the national governing body for gymnastics in the United States, overseeing six disciplines: acrobatic, artistic, gymnastics for all, parkour, rhythmic, and trampoline and tumbling. A member of the U.S. Olympic and Paralympic Committee and International Gymnastics Federation, the organization serves nearly 200,000 members, including athletes from the beginner to elite levels, parents, coaches, clubs and club owners, and supports the U.S. teams for the Olympic Games, World Championships, and other top-tier international events. USA Gymnastics is committed to delivering top-quality education, actively growing the sport across all levels and disciplines, and providing safe, positive and empowering experiences for all participants.

The **USAG Mission**: To build a **community** and **culture of health, safety and excellence**, where athletes can **thrive** in sport and in life.

**Synergy Sportz** competes in the USAG Women's Developmental Program and the USAG XCEL program. Both programs require gymnast membership in the USAG program. Membership benefits include the membership card, the right to compete in USA Gymnastics sanctioned events, and secondary insurance coverage when participating in USA Gymnastics sanctioned competitions. In addition, you as the parent will have access to a world of knowledge on the USAG.org website.

## USAG Women's Development Competitive Program

The Women's Development Program (WDP) was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills to advance safely. To compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member.

The WDP is divided into three major segments: developmental, compulsory, and optional.

- **Developmental:** The first segment consists of Levels 1 through 3. These levels may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may offer State Championships for these levels.
- **Compulsory:** The second segment consists of Levels 4 and 5. Both levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.
- **Optional:** The third segment is Levels 6-10. Levels 6, 7, 8, and 9 have difficulty restrictions, while Level 10 has no restrictions in the skill choice. Composition is evaluated at Levels 8, 9, and 10. Refer to the Women's Development Program (WDP) Code of Points for a complete explanation of Level 6-10 rules.
  - Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the WDP National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

WDP competitions are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees. A competitive YEAR is defined as the period from August 1 through July 31.

## USAG XCEL Competitive League

The USA Gymnastics XCEL program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels with the opportunity for a rewarding gymnastics experience. The program allows a wide choice in skills to competition requirements so selection may be based on an individual athlete's strengths.

The focus of the XCEL program is sportsmanship, leadership, teamwork, and fun. The emphasis in the XCEL program is on correct technique, form, and performance.

The XCEL program includes five competitive Divisions – Bronze, Silver, Gold, Platinum, Diamond and Sapphire. XCEL competitions are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees. Each state has the jurisdiction to determine its state calendar, according to the needs of its members. An XCEL COMPETITIVE YEAR is defined as the period from August 1 through July 31. A COMPETITIVE SEASON is defined as that period from the first designated qualifying competition through the culminating Championships at each division.

## Determining Gymnast Levels

Several factors play into deciding which level your gymnast will compete. Level determination is communicated during parent and gymnast conferences to ensure gymnast, coach and parent have a joint understanding.

Initial entry to USAG WDP and XCEL placement factors;

- Required age
- Mastered skills
- Ability to confidently perform routines

## Mobility and Progression to the Next Level

Gymnastics is a precision sport whose very nature encourages a search for perfection. Advancement and success in gymnastics requires mastery of basic skills. Without mastery of basic skills, scores are meaningless. Advancement to a higher level does not infer one gymnast better than another. At **Synergy Sportz** we are committed to developing healthy and happy, self-assured gymnasts. Our goal is to place each gymnast where she can best achieve these goals safely and successfully. We will never ask a gymnast to perform skills at a competition that have not been successfully and regularly demonstrated in practice. As an athlete gains the skills necessary to be at a higher competitive level, she will be assessed and moved to the proper level for her corresponding skill set. We are patient and focus on the long-term development of each gymnast. Although there is coach approved exceptions, advancement to another level occurs at the end of the competitive season.

### Mobility from one level to the next is determined by several factors.

- Gymnast must achieve the required USAG mobility score at a USAG sanctioned competition
- Gymnast must achieve the required **Synergy Sportz** mobility score at a USAG sanctioned competition
- Gymnast must be able to consistently show the skills required to successfully compete at the desired level.
- Gymnast must show the mental toughness and positive attitude to perform at the desired level.

Please note advancing a gymnast prematurely will only diminish their confidence resulting in a delay to their overall long-term progress.

### JO Age/Entry Requirements and Mobility Scores Overview Chart

Level	Minimum Age Requirement	Pre-requisite Scores	Previous Experience	USAG Mobility Score to Advance to the Next Level	Synergy Sportz Mobility Score to Advance to the Next Level
3	Reached 6th Birthday	None		None	34.00 AA at Level 3
4	Reached 7th Birthday	75% proficiency at Level 1-3 on Vault, Bars, Beam, Floor	Level 4 or 5*	34.00 AA at Level 4	34.00 AA at Level 4
5	Reached 7th Birthday	34.00 AA at Level 4	Level 5 or 6*	32.00 AA at Level 5 Mobility back and forth between Levels 5 & 6 is allowed	34.00 AA at Level 5
6	Reached 7th Birthday	32.00 AA at Level 5	Level 6 or 7*	32.00 AA at Level 6 Level 6 may be skipped if a 32.00 AA was achieved at Level 5	34.50 AA at Level 6
7	Reached 7th Birthday	32.00 AA at Level 5 or 6	Level 7 or 8*	32.00 AA at Level 7 Ind. Event Specialist: 8.5 per event	35.00 AA at Level 7
8	Reached 8th Birthday	32.00 AA at Level 7	Level 8 or 9*	34.00 AA at Level 8 Ind. Event Specialist: 8.5 per event	35.00 AA at Level 8
9	Reached 8th Birthday	34.00 AA at Level 8	Level 9 or 10*	34.00 AA at Level 9 to move to Level 10 Ind. Event Specialist: 8.5 per event	35.00 AA at Level 9
10	Reached 9th Birthday	34.00 AA at Level 9	Level 10 or Elite*	None	

## XCEL Age/Entry Requirements and Mobility Scores Overview Chart

Level	Minimum Age Requirement	Pre-requisite Scores	Entry Division from Jr. Olympic Program	Mobility Score to Advance to the Next Level	<b>Synergy Sportz</b> Mobility Score to Advance to the Next Level
Bronze	Reached 5 <sup>th</sup> Birthday	None	JO Levels 1 & 2	None	None
Silver	Reached 6 <sup>th</sup> Birthday	None	JO Levels 1 & 2	31.00 AA at Silver Division or 8.0 IES	<b>None</b>
Gold	Reached 7 <sup>th</sup> Birthday	31.00 AA at Silver Division or 8.0 IES*	JO Levels 3 & 4	31.00 AA at Gold Division or 8.0 IES*	<b>34.00 AA at Gold Division</b>
Platinum	Reached 8 <sup>th</sup> Birthday	31.00 AA at Gold Division or 8.0 IES*	JO Levels 5 & 6	31.00 AA at Platinum Division or 8.0 IES*	<b>34.00 AA at Platinum</b>
Diamond	Reached 9 <sup>th</sup> Birthday	31.00 AA at Platinum Division or 8.0 IES*	JO Levels 7 - 10		<b>34.00 AA at Platinum</b>

## USAG Sanctioned Competitions

There are hundreds of USAG competitions hosted around the United States. All gymnasts must have an active **USAG Membership by August 1st to compete**. The competitions that **Synergy Sportz** Gymnastics Team will be participating in are all USAG Sanctioned Competitions and are chosen and registered for by the start of the season. The competition schedule will only change if the hosting gym has not put out the final date for a competition and it conflicts with another competition. The number of competitions that the gymnast will participate in will be based on their level.

## Missing a Competition

You are expected to attend all competitions, as this will increase your gymnasts' confidence and performance thus enabling them to compete at the highest level possible. In the event of an injury, religious obligation or family emergency, please inform your **Synergy Sportz** Coach at [team@synergysportz.com](mailto:team@synergysportz.com) or [shirley@synergysportz.com](mailto:shirley@synergysportz.com) as soon as possible. The sooner we know of a conflict the better our chance of receiving a refund. However, please understand that all competitions have a refund deadline and even with a doctor's note a refund may not be possible. Competition fee refunds after the deadline are a courtesy and not guaranteed.

## Competition Safety and Preparation

For the safety of your gymnast, we have established an 85-95% fully attended practice policy leading up to all competitions. Percentages are based off your gymnasts' level and the difficulty of skills required at those levels. XCEL Bronze, Silver, Gold and WDP Levels 2 thru 5 must attend 85% of scheduled practices and XCEL Platinum, Diamond and Sapphire and Optional Level 6 thru 10 must attend 95% of scheduled practices, during the two weeks leading up to a competition.

In addition, during the two weeks leading up to a competition, the head coaches will assign each level a required amount of completed routines with 100% of skills to be shown. **If they are unable to show 100% of their skills, it will be the decision of the head coaches to modify routines.** This may cause your gymnast to compete with a lower Start Value (SV), or they may be required to scratch the event entirely.

Practices that fall the day before a competition may be shortened to 2-2 ½ hours, depending on Session Times. Gymnasts will show routines on all events and then will be released to go home and rest for competition.

Ensure that your gymnast is hydrating and eating nutritious well-balanced meals leading up to their competitions. Meals should be healthy and balanced and include complex carbohydrates, protein, and vegetables. Do not feed them refined sugars on the day of a competition as this will cause them to lose energy during the competition.



## Gymnast Competition Protocol and Expectations

Gymnasts must show up 10 minutes prior to Check- In, prepared & ready to compete. For safety purposes, if a gymnast arrives fifteen minutes after the open stretch is completed, they will be scratched from the competition. There are **No Exceptions**. Once you're checked-in, find your Coach immediately and listen for instructions. Once on the floor, the gymnast cannot communicate with family and other spectators. This is important for them to maintain their focus and not be distracted.

Gymnasts present herself in full **Synergy Sportz** Competition attire:

- Competition Leotard is worn at all Competition unless otherwise instructed by Head Coach
  - Sleeveless Leotard (Only worn if instructed specifically by Head Coach)
- Shorts: must be solid black (small manufacturer's branding allowed) with no embellishments. Shorts must be worn over a leotard and the length must be above the knee or shorter.
- Competition Backpack, packed with grips, water bottle, inhaler, tape and pre-wrap, extra hairbands, hand sanitizer, and a light non-messy snack to have while awaiting awards (carrots, grapes or goldfish). Please note no eating or drinking are allowed in the competition area (exception; water bottles or a water fountain should be accessible for athletes to stay hydrated.)
- No underwear (including sport bras) should be deliberately exposed. • A clear bra strap is acceptable.
- The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone.
- Leotard and/or warm-up uniforms should be worn for march-in and award ceremonies.
- Gymnasts must change clothes in the designated changing area or restroom. They may not appear in underwear on the competition floor or warm-up area before, during or after the competition.
- A gymnast may NOT participate in warm-up or competition wearing a hard, non-removable cast at any USA Gymnastics sanctioned event.
- Be well groomed in her appearance:
  - Clean attire.
  - Hair secured away from the face to not obscure her vision of the apparatus.
  - No jewelry, except for stud earrings in the ears. All other piercings MUST be removed, not just covered with tape or Band-Aids.
  - Temporary Tattoos are permitted only if Meet Related i.e. Anti- Bullying, Pink-Unite for Her, Maryland Flag, etc. Coaches will communicate when this is acceptable.
- After an initial warning, a 0.20 deduction for "inappropriate" attire will be applied for any infraction.
- Accept the received score without criticism or comment.

- Be courteous, respectful, and polite to all meet officials, coaches, hostesses, competitors, and associated persons.
- Exhibit self-control and calmness in the case of a fall or injury.

**Synergy Sportz** coaches reserves the right to remove your gymnast from a competition due to inappropriate behavior.

### Always show **Synergy Sportzmanship**

- Remember to have fun, you have trained hard to present your skills enjoy!
- Encourage your teammates and other gymnasts in your rotation squad.
- Remain mentally focused and physically strong throughout the competition. Your teammates need you to be calm and in control.
- Accept ALL your scores with dignity and grace. If you fall, make a mistake, or receive a disappointing score, remain calm and composed. Getting upset will only hinder your performance for the rest of the competition.
- Your coach will review all your successes and opportunities after the competition is done. Remember nobody is perfect, even Simone Biles, notably the World's Best Gymnast, has off days and room for improvement.

In the case of a hard fall or possible injury, stay calm and in control. Breathe deeply and communicate with your coach. Your safety is our greatest concern, not scores.

After you compete on your last apparatus, put your Warmups on and continue to support the gymnasts in your rotation squad.

Your coach will walk you to awards. Coaches prefer to stay and watch the awards with the team, however, that may not be possible if we have gymnasts in back-to-back sessions.

Remember to show your **Synergy Sportzmanship** attitude at the awards.

- Cheer and congratulate your teammates if they receive an award, even if you do not. If you receive an award congratulate and shake hands of the gymnasts on the awards podium with you.
- Accept your award graciously be proud yet humble, many gymnasts including your teammates may not receive an award.
- Show your **Synergy Sportzmanship** and wear all your medals until after the awards ceremony is finished and you have exited the competition.
- **As a team we respectfully stay for the entire awards ceremony at every Competition.**

## Maryland State Championships

All levels in both WDP and the XCEL programs will have a Maryland State competition which will be at the end of the season. In order to be eligible for this competition gymnasts must pre-qualify with the minimum 32.00 All Around (AA) score, set by the Maryland USGA committee. The Maryland State Championships is divided into levels and bid on yearly. It may be held at any Maryland location.

- USAG WDP Program
  - Level 4 – 7 = 32.00 AA
    - Must be achieved at a **Maryland** Sanctioned Competition
  - Level 8-10 = 32.00 AA
    - Must be achieved at any USA Sanctioned Competition
- XCEL Program
  - Bronze – Diamond = 32.00 AA
    - Must be achieved at a **Maryland** Sanctioned Competition
  - Sapphire 32.00 AA
    - Must be achieved at any USA Sanctioned Competition

## Region 7 – Regional Championships

**Synergy Sportz** is a member of Region 7, which includes Delaware, Maryland, New Jersey, Pennsylvania, Virginia and West Virginia. The Regional Championships are divided into divisions and levels and bid on yearly. It may be held in any one of these states.

- USAG DP Program
  - Level 7, 8, Level 9 and Level 10 = 35.00 AA
    - Must be achieved at the USAG Competition
- USAG XCEL Program
  - Level Gold, Platinum, Diamond and Sapphire – 35.00 AA
    - Must be achieved at a USAG Competition

## Eastern Championships

- USAG WDP Program
  - Level 9 – Only
    - Gymnast must place in the top 7 gymnasts in their age group at the Regional Competition.

## Women’s Developmental Program Nationals

- USAG WDP Program
  - Level 10 – Only
    - Gymnast must place in the top 7 gymnasts at the Regional Competition.

## GYMANAST PRACTICE EXPECTATIONS

- Always come with a positive attitude. Gymnastics is more fun when you smile!
- Arrive 5-10 minutes prior to your practice start time. To minimize injuries to your gymnast, it is imperative to arrive on time and properly warm up and stretch. Missing or cheating on warm up and stretching makes your gymnast more susceptible to pulled or strained tendons, ligaments, and muscles. In addition, leaving early without proper cool down and stretching leads to soreness, cramps, muscle tears and discomfort.
- Gymnasts should arrive from school having already consumed a sustainable healthy meal such as protein (turkey/chicken), rice, pasta, fruit, oats, wraps, peanut butter, banana, yogurt, etc.
- We do not allow long breaks due to the gymnasts' body cooling off and the increased risk of injury. Gymnasts should pack healthy grab and go snacks such as crackers, fruit, veggies, wraps, etc. Candy, soda, and other sugary snacks are not allowed during practice.
- Hydration is Paramount. Gymnasts should drink plenty of water throughout the day, every day and should bring a **minimum of 32oz of cool water to every practice.**
- Proper practice attire consists of hair pulled back out of your face, proper fitting leotard, gym shorts or compression capris. For safety purposes, no loose-fitting clothing is allowed.
- Cubbies are a privilege. Only bring the minimal items necessary for practice. Grips, tape, wrap and other everyday items may be labeled and remain in your Cubby. Respect your cubby room, if you do not adhere to the cubby room rules and cleanliness the privilege will be taken away. Do not leave valuables in your cubby. **Synergy Sportz** is not responsible for valuables bought to the gym.
- Gymnasts are not allowed on equipment before or after practice without the permission of a coach.
- Exactly at the start of practice, you should be lined up on the white line of the floor and be ready to listen, learn and work hard. Coaches should not have to call you out of the cubby room to start practice.
- Be encouraging and supportive to ALL your teammates.
- Always treat everyone with courtesy and respect. This includes coaches, staff, teammates, class gymnasts, parents, and visitors.
- All gymnasts are required to reset and clean up the gym at the end of practice. This includes but is not limited to helping clean/move equipment and mats and the organization and cleanliness of the Team Cubby Room.
- We understand life happens, however leaving early on a regular basis without proper cool down and stretching leads to soreness, cramps, muscle tears and discomfort. Please let your coach know if you must leave early so, we can ensure you have time to cool down and stretch.

## GYMANAST PRACTICE EXPECTATIONS (continued)

- We encourage bonding and socializing with your teammates and there is plenty of time outside of practice to do this. During practice we expect your gymnast to give 110% and maintain focus the entire time. Lack of focus, socializing and horseplay leads to injuries.
- Gymnast Birthday Celebrations are encouraged but must **include all team members & levels if treats are brought in at practice**. If an outside celebration is planned invitations must be given outside the gym setting unless all **Synergy Sportz Team** members are invited.

### **Synergy Sportz Zero Tolerance Policy:**

- No Bullying – Hands Down No Bullying!
- No gossip, rumors – spreading or talking about others behind their backs.
- No disrespect, attitude or talking back to any coach or staff member.
- No Negative attitudes. Negative attitudes are contagious and spread quickly. If you are having a bad day let your coach know and we will allow you to take a five-minute break to regroup.
- No use of electronic devices at any time. If you are seen using your phone or any electronic device, **Synergy Sportz** reserves the right to hold it behind the desk until the end of practice.
- No chewing gum, eating or drinking (other than water) on the gym floor.

Synergy Coaches are there to coach and develop your gymnasts. We will do our best to be proactive and ensure bad behavior is addressed quickly. However, in the event of continuous disruptive behavior occurring the following steps will be taken.

1<sup>st</sup> – Verbal warning carried out by **Synergy Sportz** Staff or Coach.

2<sup>nd</sup> – A brief time out in the lobby area

3<sup>rd</sup> – A phone call to the parents to be picked up from practice immediately.

*If your gymnast is sent home from practice, the parent and gymnast is requested to arrive 15 minutes early for her next scheduled practice in order to discuss the situation with a head coach.*

4<sup>th</sup> – If bad behavior continues, further disciplinary action will occur up to and including dismissal from the **Synergy Sportz Team**.

## Team Bonding and Special Events

Competitive gymnastics is hard and demanding. We believe developing **Synergy** between team members and coaches is essential to your gymnasts' success.

- Mandatory Parent & Gymnast Pre-Season Meeting – *September 12<sup>th</sup>, 2023*
  - Buddy Announcements
- National Gymnastics Day – *Saturday, September 16<sup>th</sup>, 2024*
- Bingo Fundraiser – *TBA (October)*
- Annual Lock-In – *TBA*
- Team Pictures – *TBA September/October (pending uniforms)*
- National Bullying Prevention Month October - *Mandatory Anti-Bullying practice and awareness events throughout the month*
- Holiday Party – *TBA (Mid December)*
- Spring Egg Hunt – *April 19<sup>th</sup>*
- End of Year Banquet -*TBA May/June 2024 (after the last State Championship)*

## ATTENDANCE POLICY

As stated, gymnastics is a rigorous sport. For safety reasons, on time attendance is required and necessary to allow your gymnast to properly warm up and stretch. Keeping your gymnast in top condition and fitness will enable them to achieve optimal performance each practice and help attain their goals.

Gymnasts should arrive **five to ten minutes** prior to their scheduled practice. Gymnasts are expected to have hair securely up, leotard on, all belongings stored properly in their assigned cubby and lined up on the floor ready to go precisely at their scheduled practice time.

For the safety of your gymnast, not properly prepared gymnasts will not be allowed to practice.

Please Note: If you miss a practice, you may not come to another practice time to make it up due to an already full gym schedule.

## Absences

Attendance will be tracked daily. Absences because of illness, family emergencies, school requirements, religious reasons and gymnastics camp are acceptable excuses for missing practices.

Please note: Arriving 30 minutes or more late to practice is distracting to all gymnasts and coaches, causing safety concerns. If you arrive more than 30 minutes late you will not be allowed to practice.

We recommend a maximum of 2 “one week” vacation each year for your gymnast. If your gymnast will be taking an extended vacation, over a week, it is recommended that they plan on developing a conditioning plan with their coach. In some cases, it is possible to find a local gym to attend some practice or open gym time as well. Practices missed due to vacations and family time cannot be made up due to an already full gym schedule.

## Illness

If your gymnast is showing signs of sickness, fever, vomiting, diarrhea, please do not bring them to practice. If your gymnast will miss practice due to illness, please send an email to [team@synergysportz.com](mailto:team@synergysportz.com) as soon as possible. If your gymnast has a contagious illness or condition, a doctor’s note is required before they may resume practices. Practices missed due to illness cannot be made up due to an already full gym schedule.

## Injured Gymnasts

If a gymnast becomes injured or their Coach determines they cannot safely and/or properly practice, they will be required to see a doctor and receive a written diagnosis with all restrictions and limitations.

Gymnastics is a rigorous sport, and gymnasts are rarely unable to condition their unaffected areas during recovery. Discontinuing with practice and the omission of conditioning will only set your gymnast back further in her recovery and return to competition.

ALL injured gymnasts seen by a doctor **MUST** have a medical release before returning to practice. Doctors’ releases may be limited to conditioning, physical therapy exercises, partial or full release of activities.

Our goal is to utilize your doctor’s instructions and feedback to develop a conditioning and rehabilitation program, supervised and tracked by our coaches, to keep your gymnast in top shape and aid in their safe and speedy recovery.

For the safety of your gymnast **Synergy Sportz** coaches must be kept informed on medical issues.

## **Inclement Weather**

Our **Synergy Sportz** family consists of gymnasts and coaches living in three states and six different counties and our number one priority is to keep everyone safe. In the event of inclement weather, we will do our best to make decisions on closures as soon as possible with the information available. An email will be sent out to all team gymnasts'. In addition, all closures will be posted on our website. Practices cancelled due to inclement weather will not be made up due to an already full gym schedule.

## **Holiday Practice Closures and Changes**

### **Synergy Sportz is CLOSED (*subject to change as needed*)**

- Fourth of July – June 30<sup>th</sup> - July 6<sup>th</sup>, 2024
- USAG Congress – July 12<sup>th</sup> - 14<sup>th</sup>, 2024
- Labor Day – August 31<sup>st</sup>, September 1<sup>st</sup> & 2<sup>nd</sup>, 2024
- Thanksgiving – November 27<sup>th</sup> - 30<sup>th</sup> 2024
- Christmas – December 24<sup>th</sup> - 26<sup>th</sup> 2024
- New Year's – December 31<sup>st</sup>, 2024 & January 1<sup>st</sup>, 2025
- Easter – April 20<sup>th</sup>, 2024
- Memorial Day – May 24<sup>th</sup> - 26<sup>th</sup> 2025

## **Change in Time or Day of Practice**

To maximize training when school is out, practices during Holiday and School Breaks may be changed. Hours will be posted once we receive all 2024-2025 School Schedules to best fit our gymnasts' needs.

## **FINACIAL OBLIGATIONS**

### **Annual Gymnast Registration**

We have an annual non-refundable registration fee of \$125.00 per gymnast or \$150.00 per family. This fee is used to offset administrative costs associated with the team and competitions for the 2024-2025 season. This fee is due by July 1<sup>st</sup> along with all signed paperwork. Your child will not be allowed to participate in the gym if this paperwork is not filled out and turned in by July 1<sup>st</sup>, 2024.



## FINACIAL OBLIGATIONS

### Tuition

I understand that the Synergy Sportz Pre-Team/Team is a yearly commitment from July 1<sup>st</sup> – June 30<sup>th</sup>. The Synergy Sportz Team program is based off 50 weeks of training, less closure due to inclement weather, holidays, USAG Congress and practices that fall on days related to competitions. Team Tuition is split into 12 equal payments. This is not a per hour program but based on the cost of the total program. The competitive program is already greatly discounted in comparison to our Class Program hourly rates. Tuition is to be paid each month (12 months/year) to Synergy Sportz, regardless of practice and competition attendance. We do not pro-rate under any circumstances. When you join our competitive team, you are making a one-year commitment.

Families that have more than one gymnast enrolled will receive a **20% discount on tuition** on the second, third, etc. sibling's tuition. The sibling discount applies to the sibling whose tuition is of lessor value.

Tuition is due the 25<sup>th</sup> of each month for the following month (i.e., July tuition is due June 25<sup>th</sup>). I understand I am responsible for tuition each month, whether my child attends practice. If my child takes any extended period off due to vacation or has an injury, I am still responsible for the full month's tuition. This is our policy, and we strictly enforce it; we do not pro-rate under any circumstances.

Late Payments not received by the 25<sup>th</sup> of the month, will incur a late fee of \$25 and all returned checks a \$35 NSF fee plus any additional bank fees that apply.

If you **decide to forgo your team commitment** or will not be continuing for the 2024-2025 competitive season, a letter/email must be submitted to **Synergy Sportz** Head Coach or Owner **a full month (30 days) prior** to intended termination date. All fees and costs including but not limited to tuition, competition registrations, uniforms and other equipment must be paid in full. ***i.e., If notice is given August 24<sup>th</sup>, your final payment will be charged August 25<sup>th</sup> for the September Tuition and all outstanding expenses. Your gymnast's last day and services would end September 30<sup>th</sup>.***

**End of year departures**, if your gymnast will not be continuing on for the 2024-2025 Season, a letter/email must be submitted to **Synergy Sportz** Head Coach or Owner **by May 24<sup>th</sup> 2025**. All fees and costs including but not limited to tuition, competition registrations, uniforms and other equipment must be paid in full. ***Your final payment for tuition and all outstanding expenses will be charged May 25<sup>th</sup> 2025. Your gymnast's last day and services will end June 30<sup>th</sup> 2025.***

## FINACIAL OBLIGATIONS

### Gymnast USAG Membership Fee

Parents must register and renew their gymnast's USAG membership annually @ [www.usagym.org](http://www.usagym.org).

- Membership fee is determined by USAG and paid directly to USAG.
- Memberships are non-refundable and non-transferable.
- Memberships are valid for one year, August 1, 2024, to July 31, 2025.
- **Membership must be valid by August 1<sup>st</sup> to register for competitions and compete in the upcoming season.**

### Uniform Costs

All team gymnasts are required to have a full uniform. For budgeting purposes please plan to purchase a new leotard every two years. Cash, checks or Zelle (shirley@synergysportz.com) only made payable to **Synergy Sportz Ltd**. If you must use a credit card, then a 3% processing fee will be assessed to your payment. In addition, if you properly care for your uniform, we may be able to facilitate the sell to another gymnast, when moving levels or sizes.

Please note costs for the 2024-2025 Season are approximate as vendor and shipping costs are consistently rising. Full payment is to be made prior to order and may increase if you miss the bulk order deadline.

- All Levels: approximately \$400 - \$550
  - Long Sleeve Competition Leotard
  - Synergy Tank Leotard
  - Warm-Ups (included jacket and capri pant)
  - Gym Bags
  - Navy Crocs

**Please Note:** That previous 2023-2024 Bags and Warms Ups may be used if still in good repair.

### Choreography Costs

- XCEL Level Bronze, Silver & Gold
  - The Price of Team Routine Choreography is \$0
  - The XCEL level Bronze, Silver & Gold Team Routines are choreographed by the Team Coaches and used for Two Seasons. Each gymnast will compete the Team Routine for their assigned Level. Bronze, Silver and Gold each have a unique song selected just for that level with all the requirements needed for a 10.0 Start Value. Tweaks may be made to these routines to showcase each gymnasts' strengths.

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### Choreography Costs

- USAG Compulsory Level 2, Level 3, Level 4 & Level 5
  - The Price of Choreography is \$0
  - USAG Compulsory levels throughout the country all compete the same routine to the same music. The compulsory level routines were written by USAG Judges and designed to support the fundamental growth of your gymnast though the USAG compulsory Level 2 – Level 5.
  
- XCEL Level Gold (*optional*), Platinum, Diamond & Sapphire
  - The Price of Choreography is determined by the individual Choreographer.
  - This fee is paid directly to the Choreographer and must be Paid in Full at or before a private session is scheduled.
  - These upper-level gymnasts will have their own Floor and Beam routine choreographed just for them.
  - Choreographers have an immense music library to choose from. However, we suggest that your gymnast listens to and selects two – three songs that they respond to. A gymnast will be able to showcase their strengths to music that they relate to.
  - Please note that routines are kept for two years, and this fee should include any tweaks and changes to support skill and level changes during that time.
  
- USAG Level 6, Level 7, Level 8, Level 9 & Level 10
  - The Price of Choreography is determined by the individual Choreographer.
  - This fee is paid directly to the Choreographer and must be Paid in Full at or before a private session is scheduled.
  - These upper-level gymnasts will have their own Floor and Beam routine choreographed just for them.
  - Choreographers have an immense music library to choose from. However, we suggest that your gymnast listens to and selects two – three songs that they respond to. A gymnast will be able to showcase their strengths to music that they relate to.
  - Please note that routines are kept for two years, and this fee should include any tweaks and changes to support skill and level changes during that time.

## Private Lessons

**Synergy Sportz** is confident that the team program offered weekly is more than adequate and does not require private lessons. Exceptions to this may include recovering from injury, working through mental blocks, or perfecting that one necessary skill. A gymnast, coach or parent may feel that extra one on one time may be beneficial at this point.

- Team members must be current in their tuition to participate in private lessons.
- Private lesson fees vary by coach and are to be paid directly to the coach at the end of the lesson.
- Private lessons must be scheduled on the gym rental calendar and approved by a head coach.
- All **Synergy Sportz** Coaches are approved to do private lessons.
- Absolutely NO outside coach will be allowed to give a private lesson within the **Synergy Sportz** facility.
- **Synergy Sportz** team gymnasts must have head coach approval to have a private lesson with a non-**Synergy Sportz** coach.

## PARENT TIPS and GUIDELINES

### Competitions

- Competition rotation schedules are sent from the Host Gym to **Synergy Sportz** approximately 1-2 weeks prior to the competition. We will forward your gymnast's session information as soon as we receive it. In addition, we will post all competition information on the **Synergy Sportz** website. **At NO time are you to contact the host gym directly.**
- Please arrive 15 minutes prior to Check-In.
- Once you locate the Coach, give your gymnast a hug, wish her luck and go to admissions and find a great seat and enjoy the competition.
- For safety reasons, once the competition begins all communications from spectators (*family, friends, etc.*) to gymnasts within the sanctioned floor is PROHIBITED as this is a distraction to your all gymnasts and coaches.
- Flash Photography is strictly PROHIBITED by USAG at competitions and in the gym. This could distract a gymnast and lead to serious injury.
- Once a gymnast has entered the competition area, there should be no contact between the gymnast and parents. If there is an emergency, notify competition personnel to inform your **Synergy Sportz** coach.
- If your gymnast is injured at a competition, stay calm. There are certified medical personnel at all sanctioned competitions. If there is a possibility that the injury may need further medical attention, be sure to fill out the USAG Injury Report Form. We will direct you to the proper personnel at this point.
- Under no circumstances are parents allowed on the competition floor!
- Show your **Synergy Spirit** .... We encourage our parents to show their support for their gymnast and the entire **Synergy Sportz Team**. Wear your Synergy Swag and Cheer, Cheer Loudly, Cheer Respectfully. Sitting together is a chance to get to know your fellow team parents, as well as develop a strong cheering section for our Gymnasts. Nothing motivates our Gymnasts like their own cheering section.
- Remember, as a **Synergy Sportz** parent you represent your gymnast, her team, and the entire **Synergy Sportz** family. Please be courteous and respectful always.
- Never speak negatively about other gymnasts, teams, the competition operations, or the judging.
- Do not get obsessed with judges' scores at competitions (this is especially true at lower levels)
- If you have questions or concerns about a competition, please email your head coach and we can schedule a meeting for the following practice.
- Under no circumstances is a parent ever to approach a judge or competition official before, during or after a competition to question or complain about a score.

- Do not start talking about the competition as soon as your gymnast walks off the floor (especially if it was not a great competition)
- **If you have any questions or concerns regarding competition protocols, please contact us at [team@synergysportz.com](mailto:team@synergysportz.com) and we will be happy to discuss your questions.**

## General

- Parents viewing is allowed from the upstairs area or from the outside garage doors.
- Parents should never call out to their gymnasts during practices or interrupt practices. As this can be unsafe and distracting to their gymnast as well as their teammates.
- Flash Photography is strictly PROHIBITED. This could distract a gymnast and lead to serious injury.
- No photography of any kind is allowed of other gymnasts.
- Let coaches' coach and do not interfere, especially during competitions or practices.
- Never compare your gymnast or their progress to others on the team
- Never voice your concerns or confidence in your gymnast coach's abilities around your gymnast, schedule a meeting with the head coach or owner.
- Do not say anything unkind about coaches, your gym, another gym, or teammates in front of your gymnast. **If you have concerns, please direct them to the gym for resolution.**
- Do not bribe your kids to get them to practice or competitions.
- Make time for all the team bonding and fun gymnastics events with your team.
- Never accept or make excuses for your child's inappropriate behavior at practice or competitions.
- Do not gossip (seriously.... just don't do it)
- Do not put pressure on your gymnast regarding skills or competitions.
- Never set unrealistic goals for your athlete
- Do not let your gymnast skip practices or skimp on strength training.
- Never lose track of your gymnasts' long-term goals
- Never show negative emotions while watching your gymnast compete (or at practice)
- Never try to guilt your child into doing better by talking about the time or money it costs you for them to participate in the sport.
- Do not expect to recoup your gym fees someday through college scholarships or other monetary gains.
- Do not try to live vicariously through your child.
- Do not expect more than a great effort from your gymnast.
- Never use fear, sarcasm, or threaten your child in hopes their routines will improve.
- Do not expect too much...gymnastics should be about fitness, life skills, and FUN!
- **If you have any questions or concerns, please contact us at [team@synergysportz.com](mailto:team@synergysportz.com) and we will be happy to discuss your questions.**

## **VOLUNTEER OBLIGATIONS**

Being on a competitive team is a privilege and with that privilege arise obligations for both gymnasts and parents. Synergy Sportz hosts three to four Sanctioned Competitions per Competitive Season. Families are expected to cover eight shifts over the course of the season. Gymnasts are expected to cover two of these shifts.

The Anti-Bullying Invitational is the largest of these Competitions and hosted in collaboration with Synergy Sportz Parents Association. A minimum of six volunteer shifts per family are reserved for this event.

## **Synergy Sportz Parent Association**

### **Competition Fees**

Competition Fees are collected by the Synergy Sportz Parents Association. *(Please refer to the Synergy Sportz Parents Association Handbook for more information.)*

Each Host Gym will set their own competition registration fee, early bird pricing, registration deadline and scratch deadline. Competition Registration Fees range from \$100 to \$165 per competition.

In addition to the Host Registration Fees, there are Coaches Competition Fees which include a per session/per coach flat rate, travel expenses and meal allowance. Every effort is made to minimize the Coaches' travel expenses. Coaches carpool, share rooms, utilize host hotel blocks, and host meals when available.

Gymnast's Parents Association account must be up to date and current for your gymnast to be registered timely for competitions. If you have a balance on your Gymnast's account from the previous year or your Competition Fees are not paid in a timely manner your gymnast cannot be registered timely for competitions. Late registrations are rarely accepted by Host Gyms as most competitions fill before the deadline.

Competition Fees are in addition to your gymnast's monthly tuition and will vary in price based off your gymnast's level.

Please review the Synergy Sportz Parents Association Handbook for more information.