



Boys Competitive Team Manual

June 2020 – May 2021

Top Flight Gymnastics Boys Competitive Team Manual

TABLE OF CONTENTS

<u>Topic</u>	<u>Page</u>
Frequently Asked Questions (FAQs).....	2
Philosophy.....	4
Relationship with CMGO.....	4
Goals of Team Program.....	5
Team Structure and Advancement.....	7
Schedules.....	9
Practice Attendance & Behavior.....	12
Practice Attire.....	16
Competitive Attire & Behavior.....	17
Travel Appearance & Behavior.....	18
Commitment to Team.....	21
Expenses.....	24
Calendar.....	27

FREQUENTLY ASKED QUESTIONS

What forms must I complete at registration?

Registration Form

Team Membership Agreement

Parental Obligations Form

Health History

Physician's Report (highly suggested but not required)

Emergency Treatment Authorization & Copy of Insurance Card (front and back)

Top Flight Registration fee is due at registration.

Note that some forms require your signature, some must be notarized and others are to be completed by your child's physician. Please plan accordingly so that all forms may be returned to the Team Director during the week prior to the first June workout!

What do we owe, to whom, and when?

Annual registration fee and monthly tuition are payable to Top Flight.

Check, cash, Visa, Mastercard, or Monthly Credit Card debits-see receptionist for auto debit information.

Attire, choreography, meet fees and CMGO assessments are payable to CMGO. CMGO payments may be made by cash, check or electronically with e-check or credit card.

All payments to Top Flight and CMGO may be placed in the tuition box at the reception desk. Mark gymnast name and purpose of check clearly in the check memo.

Read – Expenses (pg. 24)

Team Membership Agreement (Registration Packet)

CMGO Handbook

What is expected of my child?

Read – Practice Attendance and Behavior (pg. 12-15)

Competitive Attire and Behavior (pg. 17)

Travel Appearance and Behavior (pg. 18)

Commitment To Team (pg. 21)

What is expected of me, the parent?

To support your child in meeting their commitments to the team (see above).

To make all payments to Top Flight and CMGO in a timely manner.

To fulfill CMGO participation requirements and meeting attendance requirements.

Read – Team Membership Agreement (Registration Packet)

Commitment To Team (pg. 22-23)

Expenses (pg. 24-26)

CMGO Handbook

How do I know what is going on?

There are many forms of communication with the team.

Always have your gymnast check their in-house mailbox for notices and be sure to check the CMGO bulletin board in the hallway and the Top Flight website. Holiday closings and team schedules are provided with your handbook. A meet schedule is provided to all gymnasts and posted on the CMGO bulletin board and website(topflightgym-md.com). Urgent communications and other updates are frequently shared through email and/or phone calls and are often posted on the website. CMGO communicates with families exclusively via the Team Reach App. Please download the app, register and enter the appropriate Group code below.

Everyone	-	TF-ALL
All Boys	-	TFB-ALL
Girls Preteam A	-	TFG-PTA
Girls Level 3	-	TFG-3
Girls Level 4	-	TFG-4
Girls Level 5/6	-	TFG-6
Girls Level 7	-	TFG-7
Girls Level 8	-	TFG-8
Girls Level 9	-	TFG-9
Girls Level 10	-	TFG-10
Xcel	-	TFG-X
RecTeam A and B	-	TF-REC

All team info and documents are in the competitive pages of the website. The URL is: www.topflightgym-md.com

How do I set up a meeting with the Team Director?

Direct any additional questions about the gym, the team, and their operation, to the Team Director. Call the gym at 410-992-1600 to set up an appointment during the day or on a weekend. The Team Director is available most weekdays between 3:00 and 4:00 pm.

PHILOSOPHY

Top Flight Gymnastics offers classes for students 18 months of age through high school. The Top Flight Gymnastics Team Program wishes to allow each competitive gymnast the opportunity to excel and aspire to the greatest individual degree in the sport of gymnastics. Competitive gymnastics develops physical, mental, and emotional control which is beyond that rationally envisioned. The gymnast will develop strength, flexibility, coordination, and endurance through the program. Other benefits of competitive training are: self-satisfaction, kinesthetic awareness, a healthy body, an undaunted belief in one's self, and a disciplined approach to one's life.

Competition is an essential part of the gymnast's experiences in the program. Each gymnast will be involved in competition in accordance with his ability and age. The gymnast will then have the opportunity to advance in a step-by-step progression to higher competitive levels.

Team members will have the opportunity for experiences that would normally not be available to them. The discipline, skills, accomplishments, and friendships will carry over in many of life's endeavors.

TOP FLIGHT AND CMGO Central Maryland Gymnastics Organization

Central Maryland Gymnastics Organization (CMGO) is an organization for parents and guardians of competitive and pre-competitive gymnasts at Top Flight Gymnastics that is dedicated to promoting competitive opportunities for all gymnasts and to supporting the training of gymnastic team members.

CMGO works in partnership with Top Flight Gymnastics to maintain state of the art training facilities for gymnasts on Top Flight's teams and represents Top Flight teams at hosted meets.

All parents and guardians of competitive and pre-competitive gymnasts on Top Flight teams are required to be members of CMGO and to meet the financial and time commitment requirements established by the organization. Top Flight Gymnastics establishes the parent participation requires for hosted competitions.

GOALS OF THE TEAM PROGRAM

General

1. To foster the growth and development of each gymnast by setting realistic goals which are achievable though challenging.
2. To provide opportunities for national travel through competitive experiences.
3. To provide opportunities for a gymnast to achieve a level of proficiency that would allow him to receive a college scholarship.
4. To help develop a rapport with the public which will nurture the growth of Top Flight Gymnastics Center, Inc.

Pre-team A and Level 4

1. To allow boys age five to ten an opportunity to train towards a competitive level.
2. To have the gymnast compete (when ready) in a 7-9 meets so that he can learn to manage competitions.
2. To develop flexibility, strength, and correct body position.
3. To determine the limiting factors of each Preteamer and to evaluate him in accordance with the physical, mental, and emotional demands of competitive gymnastics.
4. To determine if the gymnast will be able and allowed to maintain a rigorous training schedule.
5. To determine if the parents and family of the gymnast can accommodate the demands of competitive gymnastics from a financial, emotional, and time commitment standpoint including CMGO responsibilities (see CMGO Handbook).

Compulsory Competition (Levels 5-7)

1. To have the gymnast compete in a large number of meets so that he can learn to manage competitions.
2. To determine the speed at which a gymnast learns new skills.
3. To determine the potential for higher level optional competition.
4. To provide travel opportunities within Region 7.
(Region 7 includes: DE, MD, NJ, NY, PA, VA, WV)
5. To introduce optional skills.
6. To qualify into state and regional competition in the USA Gymnastics program.

Optional Competition (Levels 8-10 and JD)

1. To have the gymnast compete optional routines.
2. To learn optional skills in accordance with the gymnast's physical and emotional characteristics.
3. To progress towards a higher optional level.
4. To qualify into state, regional, and national competitions within the USA Gymnastics program.
5. To provide opportunities for national travel during the year.

TEAM STRUCTURE AND ADVANCEMENT

USA Gymnastics is the governing body for youth gymnastics in the United States and Top Flight Gymnastics Center Boys Team will compete within this organization. There are seven levels in the Junior Olympic Boys Program - Level 4- Level 10. The gymnast is placed in an age group based on his age on September 1. Level 4 is our first competitive level at Top Flight. All of the subsequent levels are progressively more advanced. Beginning in Level 8 boys may start working on optional skills and compete with optional routines, depending on their age and ability. However, each level has compulsory routines and/or elements that must be mastered first.

Levels	Age Groups
Level 10	15-16, 17-18 (State, Regional, Nationals)
Level 9	13-14(Nationals), 15-16, 17-18
Level 8 and JD	11-12(Level 8 Nationals), 13-14
Level 7	9-10, 11-12, 13 & Over
Level 6	7-8, 9-10 and 11 & over
Level 5	7-8, 9-10 and 11 & over
Pre-team (Level 4)	6, 7-8, 9-10 and 11 & over

Pre-team A and Level 4

Pre-team prepares gymnasts for entry into the competitive program. The Team Director makes Pre-team selections with respect to ability, desire, and potential. Pre-team may compete in the Level 4 program. The Pre-team program is a one to two year program and at the end of each year, the gymnast will be evaluated to see if he is ready to move to the competitive levels. Pre-team will be a continuous program running the full year except for Top Flight Gymnastic Center holidays.

Compulsory Levels 5 to 7

Compulsory is the entry level for all competitive gymnasts. Compulsory gymnasts will compete compulsory routines only. The competitive season for these boys will be from October to April. Gymnasts compete in Invitational, Designated Qualifier (DQ), State and Regional meets.

Optional Levels JD, 8, 9, and 10

The gymnasts will compete optional routines with varying degrees of difficulty depending on the level. Level 8 may compete Invitational, State, Regional and National (age 11-12 only) meets. Level 9 (age 13-14 only) may also compete Invitational, State, Regional, and National meets. Level 10 (ages 14-15 and 16-18) may compete all levels, including Invitational, State, Regional, and National meets.

The Junior Elite Program

The junior elite program is an additional selection within the USAG Boys level 8, 9 and 10 program. This program is geared toward athletes wishing to qualify to USA Championships. It requires learning optional routines plus 6 additional technical sequences (compulsory routines).

Advancing To A Higher Level

All advancements are at the discretion of the Team Director. He considers such factors as physical performance, attitude, and emotional maturity. When the Team Director judges the gymnast has demonstrated that he is ready to advance, he will discuss the decision first with the gymnast's parents and then with the gymnast.

Advancing In Competition

Boys compete in Invitational Meets and Designated Qualifier (DQ) meets throughout the competitive season. DQs are used for Compulsory boys to qualify for the State Meet. Boys must attend at least one Designated Qualifiers and achieve minimum score standards in order to advance to the State Meet. Boys may continue striving for the minimum required scores at successive DQs throughout the season. Boys who achieve these minimum scores at the State Meet advance to Regionals. Optional boys who achieve minimum score standards at the Regional Meet advance to the National Meet. Requirements are subject to change by the State USAG Director.

SCHEDULES

Practice and Clinics

Scheduling of practices will be arranged to provide the best workout atmosphere for each gymnast.

During the summer, practice hours may be changed.

Competition

The Team Director will make decisions concerning:

- When the team will attend or hold meets and exhibitions
- Who will compete

The gymnast will not compete until he is physically, mentally, and emotionally ready for competition. The coach will determine when this occurs. All gymnasts may attend local meets to ensure team camaraderie.

Decisions concerning competition will also be based on quality of routines before competitions, attendance, attitude and effort during practice and improvement.

Which event(s) each gymnast will compete (Floor Exercise, Pommel Horse, Rings, Vault, Parallel Bars, High Bar) will be determined by the Coach and the Team Director.

On occasion, a gymnast will not compete in the All Around (all events). The registration fees remain the same.

On occasion, a gymnast will not compete in a meet for which he is registered. Registration fees are non-refundable.

The following schedules for the 2020-2021 Season, including Summer 2020, are tentative. The Team Director reserves the right to make adjustments to the schedules at any time.

TEAM WORKOUT SCHEDULE

June 1st – June 19th 2020

and

Sept 3rd – May 31st 2021

Preteam A – 1 time a week

Friday 7:15 – 9:00 p.m

Preteam – Level 4 – 2 times a week

Monday 5:45 – 8:00 pm

Wednesday 5:45 – 8:00 pm

Compulsory – Level 5

Monday 5:45 – 9:00 pm

Tuesday No Practice

Wednesday 5:45 – 9:00 pm

Thursday No Practice

Friday 5:45 – 9:00 pm Level 6 only

Saturday 1:30 – 5:00 pm

Sunday No Practice

Optional – Level 6/7

Monday 5:45 – 9:00 pm

Tuesday No Practice

Wednesday 5:45 – 9:00 pm

Thursday No Practice

Friday 5:45 – 9:00 pm

Saturday 1:30 – 5:00 pm

Optional – Level 8/9/10

Monday 5:45 – 9:00 pm

Tuesday No Practice

Wednesday 5:45 – 9:00 pm

Thursday No Practice

Friday 5:45 – 9:00 pm

Saturday 1:30 – 5:00 pm

SUMMER WORKOUT SCHEDULE
(Monday June 22 – Saturday August 22, 2020)
Regular workouts begin Sept 3, 2020

Preteam A – 1 time a week

Friday 7:15 – 9:00 p.m

Preteam – Level 4 – 2 times a week

Monday 5:45 – 8:00 pm

Wednesday 5:45 – 8:00 pm

Compulsory – Level 5

Monday 5:45 – 9:00 pm

Tuesday No Practice

Wednesday 5:45 – 9:00 pm

Thursday No Practice

Friday No Practice

Saturday 1:30 - 5:00 pm

Sunday No Practice

Optional – Level 6/7

Monday 5:30 – 9:00 pm

Tuesday No Practice

Wednesday 5:45 – 9:00 pm

Thursday No Practice

Friday 5:45 – 9:00 pm

Saturday 1:30 - 5:00 pm

Sunday No Practice

Optional – Level 8/9/10

Monday 5:30 – 9:00 pm.

Tuesday No Practice.

Wednesday 5:45 – 9:00 pm

Thursday No Practice

Friday 5:45 – 9:00 pm

Saturday 1:30 - 5:00 pm

PRACTICE ATTENDANCE AND BEHAVIOR

Attendance

1. Attendance is expected at all practices (excluding Pre-team Level 4).
2. Gymnasts should be in the gym no later than ten minutes before scheduled practice sessions.
3. Parents should expect to pick up their child on time at the conclusion of practice. Coaches prefer that gymnasts not leave practice early for any reason.
4. Absence is allowed for sickness. If a gymnast is too ill to attend practice, the parent must call and talk to the Team Director or leave a message with the receptionist stating the reason for the absence. Try to call between 3:00 and 4:00 p.m. to talk to the Team Director personally whenever possible. Parents are also responsible for alerting the Team Director, by speaking with the receptionist, if the gymnast is taking any medications (over-the-counter or prescription) or complaining of any injury. In the case of any long-term illness, please consult with the Team Director.
5. Absence is allowed for homework – not school activities. Gymnasts need to utilize their time so conflicts between practice and studies rarely occur.
6. Coming to practice late and leaving early. If a gymnast is going to be more than a ½ hour late to practice, please have them miss the practice. If a gymnast needs to leave practice early they should not come to practice.
7. Absence due to injury – Injuries should be evaluated by a physician and/or physical therapist together with the Team Director. A prescribed rehabilitation program will be determined along with a training schedule. Long-term injuries will be evaluated and reviewed as necessary by the physician and coaching staff. It is still important for an injured gymnast to attend practice regularly.
8. Extra curricular activities – After scholastic requirements, a team member's responsibility is to attend Top Flight team practices, exhibitions, clinics, and competitions. If a gymnast would like to participate in a sport or other activity in school, he must have a conference with the Team Director. If other sports and activities interfere with scheduled Top Flight team events, another conference will be held to discuss team responsibilities and appropriate action.

9. During the competitive season (January through State or Regional Meet), it is required that the gymnast take no vacation time. During this time, it is imperative that the gymnast's workouts are regular and consistent. From January 2 through State/Regional Meet, no vacations are allowed. Gymnasts who are not in workouts during this time will have to miss competitions.
10. Pre-season meets can be scheduled as early as October and participation is recommended but not mandatory. All gymnasts will be registered for these pre-season meets. If a child cannot attend a pre-season meet due to vacationing, the Meet Registrar must be informed as soon as possible, but no less than six weeks before that meet. This is no guarantee that you will not be charged for the meet, but we will try our best to get back your funds. If you are planning to take a vacation day one week prior to a scheduled pre-season competition, the gymnast will not be registered for the meet if the Meet Registrar is notified in time.
11. Not being allowed to compete or irregular attendance will be cause for a parental conference with the Team Director.
12. Most meets are held on weekends, but on occasion a meet will be held on a Friday or Monday and the gymnast may have to miss school on that day.

Vacation

1. Vacation time is calculated according to the team year calendar, June 1st to May 31st. No gymnast should fall below 90% in attendance.
2. During the competitive season (January through State or Regional Meet), it is required that the gymnast take no vacation time. During this time, it is imperative that the gymnast's workouts are regular and consistent. From January 2 through State/Regional Meet, no vacations are allowed. Gymnasts who are not in workouts during this time will have to miss competitions.
3. Please plan ahead for all holidays you wish to take. A preliminary team schedule is distributed and posted at the beginning of the team year to allow you to plan accordingly.
4. Inform the Team Director in writing as soon as possible, but not less than one week prior to taking vacation time.
5. During Top Flight Gymnastics Center holidays, the practice schedule may be changed to allow for additional workouts and/or clinics.

Practice Behavior & Rules

1. Improper types of behavior during practice or competition will result in disciplinary action. Examples of such behavior are:
 - Arguing with a coach
 - Breaking gym rules
 - Cheating
 - Lying
 - Unwillingness to complete assignments
 - Lack of proper practice attire

2. Discipline – Any of the above actions, depending on their severity and the gymnast’s history, can be dealt with by any of the following means:
 - Removal from activity or practice
 - Parental conference
 - Suspension from the team
 - Dismissal from the team

3. Neatness and Organization:
 - All gymnasts must keep their personal workout gear in a gym bag or their locker during practice. No unused gear should be left out in the practice area during or after practice.
 - Keep your locker clean, inside and out.
 - Gymnastics equipment must be replaced to its proper place after practice.
 - No water bottles are allowed in the gym except during summer workouts or with the Team Director’s permission. Absolutely no glass allowed in the gym.
 - During practice, water breaks are allowed only between events.
 - No food is allowed in the gym area.

4. Arrival at Practice – When teams arrive while classes are in session, the team members must wait quietly for the practice to begin. Gymnasts may stretch out before practice as long as they do not interfere with classes. Gymnasts may not go on any equipment unless the Team Director’s permission is obtained.

5. Gymnast’s Responsibilities –
 - a. To attend scheduled practices

- b. To wear practice uniform and have long whites at all practices
- c. To have no jewelry on during practice
- d. To take shoes off when entering the practice area
- e. To strive for excellence in competitive gymnastics
- f. To be attentive to coaches and cooperative with coaching staff
- g. To complete all training assignments before leaving the gym (including strength and flexibility)
- h. To assist and cooperate with fellow teammates
- i. To be safety conscious for oneself and for fellow teammates
- j. To ask permission of a coach to use the phone
- k. To check personal mailboxes for notices each practice day
- l. To assist in cleaning/upkeep of gym
- m. To participate in exhibitions, demonstrations, and clinics as requested
- n. To maintain good habits concerning proper diet and rest
- o. To refrain from the use of tobacco, alcohol, and illegal drugs
- p. To abide by all USAG regulations and the policies put forth in this manual

PRACTICE ATTIRE

Personal Appearance

- All clothing/gear specified must be brought to each practice or kept in the locker.
- Items judged to be out of repair must be repaired or replaced.
- Clothing must be cleaned on a regular basis.
- Warm-up gear should fit snugly but should be stretchable. Competition pants should be worn for pommel horse.
- Sweaters, hooded clothing, and loose fitting or oversized clothing are not acceptable in practice.
- Do not bring items of value (clothing, jewelry etc.) to the gym.
- Competitive uniform leo, briefs, long whites, and warm-ups are for meets and exhibitions only and may not be worn to practice.

Required Attire

Competitive style team practice uniforms (including Leo, Shorts, and Long whites) are required for all practices. They are ordered by CMGO for Preteam, Compulsory, and Optional boys and are paid for individually with the order. Ordering information and measurement guides are distributed to gymnasts before orders are placed near the beginning of the program year. Gymnasts joining mid-year will be given information to place their own order. One uniform of

designated color is required on a designated practice night to be decided at the beginning of the program year. Additional quantities and colors may be ordered at the family's discretion. Until team attire has been received, gymnasts should use the following guidelines:

- Shorts - No buttons, snaps or zippers or pockets
Must be proper fitting, cotton & style designated by Team Director
- T-shirt – Should be expendable
Must be properly fitting, not oversized
Must be worn tucked in
- Running Shoes and athletic socks (white cotton)
- Warm-up pants and jacket – Sweat suit style, cotton or nylon
Sweat pants should be tight fitting and have no pockets. Competitive style is recommended.
Long pants are needed for pommel work even in the summer.
- Grips and wristbands – No Velcro, only buckle grips allowed. High Bar Grips and Ring Grips required by the time gymnast enters Level 6. To order grips, call DGS at 1-800-932-3339 or visit www.gymsupply.com.

COMPETITIVE ATTIRE AND BEHAVIOR

Competitive Team Uniform

Competitive Team Uniform Includes:

Team competitive shirt (leo), shorts, and long whites

Team warm-up (jacket and pants)

White socks (no colored trim)

Gymnastic shoes, if desired

Wristbands (white)

High Bar and Ring grips (required for Level 6 and higher)

Gym Bag

*No slip on sandals may be worn during competition, even before or between events!

**No Cell Phones or texting are allowed during warm ups or competition.

1. All items considered part of the competitive team uniform must be brought to each competitive event. Only competitive uniform attire may be worn during any part of warm up, competition, or awards at all meets. Leos may not be removed during warm ups, competition, or awards at any meet.

2. Lost items must be replaced as soon as possible.
3. Items that are determined by the coach to be excessively worn, torn, stained, etc. must be repaired or replaced.
4. Items must be kept clean and fit properly.
5. Do not bring any food into the gym at any competition.

Competitive Behavior

During competition, the gymnast must stay with the team at all times unless dismissed by the coach.

During competition, communication with parents is not allowed except in an emergency. Distractions can interfere with the gymnast's concentration and preparation for competitive routines.

Use of cell phones (including texting) and music devices are not allowed during warm ups or competition.

A gymnast will be removed from competition for any attitude problem or any injury that the coach feels would be unsafe or inappropriate in competition.

Competitive Commitment

Team membership requires a commitment to attend ALL scheduled competitions. Meet schedules are established at the discretion of the Team Director and Team Coaches.

During travel, coaches will determine all schedules and activities, select restaurants, assign rooms, monitor all behavior, enforce bedtimes and supervise gymnasts at all times.

Gymnasts will not be allowed to travel without permission slips and medical releases.

Transportation

It is the parent's responsibility to provide transportation and lodging to and from meets.

COMMITMENT TO TEAM

Gymnast

To be a successful athlete, certain commitments must be realized and adhered to.

1. Attendance at all scheduled practices, clinics, and meets.
 - Practice from two to seven days per week throughout the year. The athlete will need to train between four and thirty hours per week.
 - Practice through the holidays during the competitive season. An athlete must be available for practice without interruption during the competitive season, January 1 through the State, Regional, or National meet.
 - Attend ALL scheduled competitions. Meet schedules are established at the discretion of the Team Director and Team Coaches.
2. Setting of individual goals including:
 - Improvement in strength
 - Improvement in flexibility
 - Improvement in cardiovascular fitness
 - Weight and diet control

Without continual improvement in these areas, progress in the sport will be minimized.

3. Top Flight Team Membership is a one-year commitment from June 1 to May 31. We believe that the parents and child should seriously discuss all aspects of gymnastics training and then make a one-year commitment. Children must learn the importance of honoring a commitment. It is a principle to be carried over into the adult world.
4. Before enrolling in the team program, each new prospective team member must complete a one-month trial period during which only the monthly tuition, membership and registration fee will be due.
5. During the trial period, a CMGO Executive Board member will be assigned by the Team Director to the prospective team member's family. The Executive Board member will be available to answer questions the family may have and to help ease the transition to the team. Any questions or problems that the Executive Board member cannot satisfactorily resolve may be referred to the Team Director.

Parents

All parents of Top Flight Team members must be responsible for supporting their gymnast in meeting their commitment to the team and for fulfilling financial, participation, and time commitments to the gym and the parent organization (CMGO) in a timely fashion.

General

1. To be an active member of the parent organization (CMGO) and to attend all quarterly parent meetings. To meet both financial obligations and participation requirements to CMGO.

All members of CMGO have the following obligations:

Assessments

- Each family must meet a assessment requirement as established by the CMGO Executive Board each year in May.

Participation

- Attend quarterly general membership meetings
- Attend meet coordination/committee meetings and/or work sessions at hosted competitions (Top Flight Invitational)
- Participate in, and support, all CMGO sponsored events
- Work a required amount of time at Host meets, as determined by the Executive Board when our home meet schedule is finalized in October

Please refer to the CMGO Handbook for full details regarding the organization and parental obligations.

2. To assume all financial responsibilities and to fill out all appropriate forms when requested. Failure to meet financial deadlines (for commitments to Top Flight and CMGO) may result in your child's temporary suspension from practice and competitions until debt is cleared.
3. To assume responsibility for your child's attendance at practices and competitions. To make a sincere effort to get your child to all practices.

4. To call the Team Director if your child must miss practice due to illness and to alert the Team Director, through the receptionist, if your child is taking any medications (over-the-counter or prescription) or complaining of any injury.
5. To allow gymnast to complete all training assignments before leaving the gym, even if practice is running late.
6. Gymnasts age 9 or older may be dropped off for practice in the front or back of the gym. Gymnasts under the age of 9 should be escorted into the lobby by an adult. Gymnasts may not wait for their ride outside the gym building alone. Gymnasts must be picked up in the front of the gym.
7. Please do not try to gain the gymnast's attention from the waiting area. This practice is dangerous to all the gymnasts because it could lead to an interruption of concentration of any of the gymnasts. If there is an emergency or pressing situation, please contact the receptionist or the Team Director and we will send the gymnast out.
8. To occasionally try to observe (from the lobby) all, or a portion, of a practice. During these times, your child will learn to concentrate better on the activities at hand and not on who is watching. The development of this ability is very beneficial to the gymnast in competition. Disruptions in concentration and poor handling of stress result in negative experiences in gymnastic competition.
9. To control diet nutrition.
10. It is highly suggested to have a yearly physical exam for your child and have its results filled out on medical forms supplied by, and returned to the front office by May 31. Yearly Physical Exams are not required.
11. To be a positive influence on your child and the team.
12. To adhere to the policy that there is no smoking allowed at Top Flight Gymnastics Center, Inc.

Competition

1. To help provide a positive atmosphere at all meets – no matter what the outcome.
2. To not communicate scores to the gymnasts during meets.
3. To never talk to judges during meets or directly following competition.
4. To avoid entering the competition area during a meet.

5. Remember that most parents become tense or nervous during competition. Although it can be difficult, if parents can remain at ease before and during competition, it can allow the gymnast to feel less stress, which can improve performance.
6. To provide transportation for your gymnast to and from meets.

EXPENSES

Payable to Top Flight

Annual Team Registration Fee, due May 31 of each year

Team Practice Fee (Tuition), due the 1st of each month (\$5 late fee if paid after the 7th)
Check, cash, Visa, Mastercard, or Monthly Credit Card debits-see receptionist for auto debit information.

Payable to USAGymnastics.org - \$59 annual membership. Must be paid online. A link to pay will be emailed to parents from USAG.

Payable to CMGO

Meet Fees

Payments toward Assessment requirement

CMGO payments may be made by cash, check or electronically with e-check or credit card (electronic invoices will be emailed).

*See CMGO Handbook for details on these items.

Additional

Practice Attire

Competitive Attire

Competition Entry Fees (USA Gymnastics)

League, National or USA Gymnastics Registration Fees

Special clinics and seminar fees

Competitive travel and lodging

* Costs for coach's travel, lodging, session and seminar fees will be paid by CMGO as per the CMGO constitution.

Notes

Checks made payable to Top Flight Gymnastics Center, Inc may be placed in the tuition box in the lobby. A service charge of \$25 will be imposed on all checks returned due to insufficient funds.

On all checks made payable to CMGO, please include your gymnast's name and the purpose of the check in the memo field e.g.: assessment, meet fees and membership etc.) so that the funds can be logged in the proper accounts. CMGO checks may also be placed in the tuition box in the lobby.

Family Accounts are opened on June 1st and closed on May 31st for each team year.

Before June 1st of each year, the Top Flight Registration Fee and CMGO Membership Fee are due along with the registration form and all medical forms and team agreement forms. A gymnast will not be allowed to work out until the fees and forms are completed and returned.

No refunds are given on tuition, registration, membership or meet fees for vacation, dismissal, injury or dropout.

Failure to meet financial deadlines may result in your child's temporary suspension from practice and meets until debts are cleared.

The Fee Schedule on the following page is provided for your convenience. Some expenses included in the fee schedule are estimates, and actual expenses may vary somewhat from year to year. Some fees listed in the schedule are not required expenses; these items are indicated with the term "as desired". Some expenses may not be incurred every year by a continuing gymnast, even though they represent required items. For example, some competitive uniform garments may not need to be replaced every year. Every attempt is made to reflect actual expenses incurred by gymnasts last year.

Fee Structure PARENTAL EXPENSES

<i>Item</i>	<i>Pre-team A</i>	<i>Pre-team Level 4 2 days</i>	<i>Comp. Level 5 3 days</i>	<i>Comp/ Opt Level 6/7/8 4 days</i>	<i>Optional Level 9/10 4 days</i>
<i>Annual Registration Top Flight</i>	\$50	\$50	\$50	\$50	\$50
<i>Annual USAG Membership</i>		\$59	\$59	\$59	\$59
<i>Monthly Tuition* Top Flight</i>	\$110	\$180	\$245	\$280	\$280
<i>CMGO Assessment- yearly</i>	\$50	\$450	\$450	\$450	\$450

*No discounts are available to team members for multiple students.
Tuition are listed with monthly payments/yearly totals.*

PARENTAL COMPETITIVE EXPENDITURES

<i>Item</i>	<i>Pre-team Level 4 2 days</i>	<i>Comp. Level 5 3 days</i>	<i>Comp/Opt Level 6/7/8 4 days</i>	<i>Optional Level 9/10</i>
<i>Grips and Wristbands (2 pairs)Rings and Highbar</i>	N/A	\$90	\$90	\$90
<i>Competition Jacket and pants</i>	\$90	\$90	\$90	\$90
<i>Competition Leo</i>	\$75	\$75	\$75	\$75
<i>Competition Shorts</i>	\$25	\$25	\$25	\$25
<i>Comp. Long Whites</i>	\$30	\$30	\$30	\$30
<i>Competition Gym Bag</i>	\$45	\$45	\$45	\$45
<i>Practice Leos</i>	2 = \$40	2 = \$40	2 = \$40	2 = \$40
<i>Practice Shorts</i>	2 = \$32	2 = \$32	2 = \$32	2 = \$32
<i>Practice Long Whites</i>	1 = \$28	1 = \$28	1 = \$28	1 = \$28
<i>Team Pictures (if desired)</i>	\$25 +	\$25 +	\$25 +	\$25 +
<i>Meet Fees (CMGO)</i>	\$625	\$750	6/7 \$750 8 \$860	\$860

ALL RATES ARE SUBJECT TO CHANGE

All commitments must be kept current in order for gymnast to be allowed to practice or compete and all commitments must be met in full by prior to the State Championship meet.

Top Flight Gymnastics 2020-2021 Team Calendar

Opening Day of Team Program Year

Monday June 1, 2020

All Forms and Fees Due in order to practice
(Please bring forms and fees before your 1st practice)

CMGO Picnic for 2019-2020 competitive year

Sunday June 6, 2020

Summer workout schedule begins

Monday June 22, 2020

Natasha Matveeva – FX/BB Choreography - Boys/Girls Clinics

Monday June 25 thru June 30, 2020-Cancelled

Independence Day Break

(Classes, No Team Practices)-Saturday July 4, 2020

Natasha Matveeva – FX/BB Choreography - Boys/Girls Clinics

Tuesday August 18-24, 2020

Last day of summer workout schedule

Saturday August 22, 2020

Gym Closed

Tuesday Aug. 25 thru Wednesday Sept. 2, 2020

**Regular workouts begin and Opening Day for Recreational
Classes**

Thursday September 3, 2020

Labor Day-Classes, No Team Practice

September 7, 2020

USAG Girls Clinics TBA

September 2020

Natasha Matveeva – FX/BB Choreography - Girls Clinics

Friday November 6 - Wednesday November 11 2020

Thanksgiving Break

Gym Closed

November 26, 2020 (Thursday)

Setup for Top Flight Invite at Meadowbrook

Friday December 4, 2020

Top Flight Invite at Meadowbrook

Saturday December 5 to Sunday December 6, 2020

Top Flight Invite at Meadowbrook Clean up

All team parents

Sunday December 6, 2020 evening

Winter Break

(No Classes, Preteam, or Rec Team)
December 24, 2020 thru January 3, 2021
Classes and teams resume Monday January 4, 2021
USAG Girls and Boys practice schedule TBA

Spring Break

(No Classes, Preteam, or Rec Team)
Friday April 2 thru Wednesday April 7, 2021
Classes resume Thursday April 8, 2021
May differ from the public school schedule
USAG Girls and Boys practice schedule TBA

Memorial Day Break

(No Classes or Teams) - Monday May 31, 2021

Last Day of Team Program Year

Monday May 31, 2021

General Calendar Notes

- Top Flight Tuition due the 1st of every month
(\$5 late fee after the 7th)
- CMGO Executive Board Meetings – Once a month

**Quarterly Membership Meetings – Same night as Board Meetings in June,
September, December, and March**