



Girls Competitive Team Manual

June 2020 – May 2021

Top Flight Gymnastics
Girls 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
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 her 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 of 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 her 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 (USAG Level 2 skills)

1. To allow girls age five to ten an opportunity to train towards level 3. The team director will determine when individuals are ready to compete.
2. To develop flexibility, strength, and correct body position.
3. To determine the physical, mental, and emotional qualities of each Preteamer and to evaluate her with respect to the demands of competitive gymnastics.
4. To determine if the gymnast will be able and allowed to maintain a 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 3, 4 and 5)

1. To have the gymnast compete 8 to 10 of meets so that she 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, PA, VA, WV)
5. To introduce optional skills.
6. To advance successfully through Levels 3, 4 and 5.
7. To qualify into state competition in the USA Gymnastics program.

Optional Competition (Levels 6,7, 8, 9, and 10)

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 regional and/or national travel during the year.

TEAM STRUCTURE AND ADVANCEMENT

The girl's team will be divided into four workout groups:

Pre-team A (USAG Level 2) 2 times per week

USAG Level 3 3 times per week

USAG Level 4/5 Compulsory

USAG Levels 6-10 Optional

USA Gymnastics is the governing body for youth gymnastics in the United States and Top Flight Gymnastics Center Girls Team will compete within this organization. USA Gymnastics has seven levels in which we compete. Each level is divided into age groups to be determined by USAG and the State Board. USAG level 3 gymnasts will be introduced to competition. All of the subsequent levels are progressively more advanced. If qualifying scores are achieved at any level, a gymnast may advance to the next competitive level at the coach's discretion.

Preteam

Pre-team is a non-competitive program to prepare gymnasts for entry into the competitive levels of the team. During the course of the year gymnasts may be asked to start competing USAG level 2. This is not required for our Pre-team students but can be an option. The Team Director makes Pre-team selections with respect to ability, interest, and potential. The Pre-team program is a one to year program and at the end of each year, the gymnast will be evaluated to see if she is ready to move to Level 3. Pre-team will be a continuous program running the full year except for Top Flight Gymnastics Center holidays.

Compulsory Levels 3, 4 and 5

Compulsory is the entry level for all competitive gymnasts. Compulsory gymnasts will compete compulsory routines only. The competitive season for these girls will be from January to early May. Pre-season meets could begin as early as October including the Top Flight Invitational the first full weekend of December.

Optional Levels 6,7, 8, 9, and 10

These gymnasts will compete only optional routines with varying degrees of difficulty depending on the level. Level 6/7 (Modified Optional) competes at invitational and State meets. Level 8 competes at invitational, State and Regional meets. Level 9 competes at

invitational, States, Regional and East/West Championships. Level 10 competes at invitational, States, Regional and National meets.

Advancing To A Higher Level

All advancements are made at the discretion of the Team Director.

- Level 3 Entry Level must be 6 years of age.
- Level 4 Entry Level must be 7 years of age and 75% proficiency at Level 1 thru 3
- Level 4 to Level 5: Score 34.00 All Around and be 7 years of age
- Level 5 to Level 6: Score 32.00 All Around and be 7 years of age
- Level 5/6 to Level 7: Score 32.00 All Around and be 7 years of age.
- Level 7 to Level 8: Score 31.00 All Around and be 8 years of age.
- Level 8 to Level 9: Score 34.00 All Around and be 8 years of age.
- Level 9 to Level 10: Score 34.00 All Around and be 9 years of age.

** These scores may change depending on the Maryland USAG Guidelines.
This list was accurate as of the 2017-2018 Season.*

Advancing In Competition

Girls compete in invitational meets throughout the competitive season. gymnasts must achieve the qualifying score according to USAG Guidelines in order to advance to the state meet. Gymnasts may continue striving for the minimum required scores at successive meets throughout the season. Gymnasts in Levels 8-10 who achieve qualifying scores according to USAG Guidelines at the state meet advance to the regional meet. Optional levels 9 and 10 who achieve qualifying scores according to USAG Guidelines at the Regional Meet advance to the East/West Championship or National Meet.

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 or extended.

Dance and choreography clinics will be scheduled 3/4 times per year with Natasha Matveeva (when available).

Top Flight plans to use Natasha for on-going group clinics though out the year, as well as choreographing floor and beam routines for gymnast moving to levels 6, 7, 8, 9 and 10. For scheduling purposes, please select if you want routines from Natasha for floor, beam or both. We will try to accommodate all requests.

We currently have scheduled time with Natasha for the following times:

August 18 2020

November 6 2020

Follow up in Feb/Mar 2021 TBA

The time commitment and cost for choreographed routines based on last year's prices are as follows:

Floor - 3 two hour sessions - \$510

Beam - 2 one & half hour sessions - \$220

Follow-up clinics for choreographed routines by Natasha are typically 2-3 gymnast per session; cost ranges from \$45-\$60 per gymnast per 1.5 hour session.

Choreography group clinics will be incorporated into Top Flight's gymnastics program and annual contract for the 2017-2018 season, and charged to your activity accounts, when applicable. The clinics will be scheduled by level, and the cost will be charged based on the number of gymnast per session. One hour session(s) for Pre-team, Girls Level 3 and Boys Level 4 will range from \$17.50 to \$40 per gymnast; and 1.5 hours session(s) for Girls and Boys L5-L10 will range from \$31.50 - \$60 per gymnast.

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 she 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 try-outs before the meets, attitude and effort during practice, improvement, and quality of routines.

Which event(s) each gymnast will compete (Vault, Uneven Bars, Balance Beam, Floor Exercise) 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 she 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 20th 2020

and

Sept 3rd – May 31st 2021

Preteam – 2 times a week

Tuesday 6:00 – 8:00 p.m.
Thursday 5:15 – 7:15 p.m.

Compulsory – Level 3 – 3 times a week

Monday 5:30 – 8:15 p.m.
Wednesday 5:30 – 8:15 p.m.
Saturday 1:00 – 3:00 p.m.

Compulsory - Levels 4 and 5/6 (optional)

Monday 5:30 – 9:00 p.m.
Tuesday no practice
Wednesday 5:30 – 9:00 p.m.
Thursday no practice
Friday 5:30 – 9:00 p.m.
Saturday 1:00 – 4:30 p.m. – Level 5/6 only

Optional – Level 7/8

Monday 5:30 – 9:00 p.m.
Tuesday 3:30 – 7:00 p.m. (elective additional workout for Level 8-
see registration form)
Wednesday 5:30 – 9:00 p.m.
Thursday no practice
Friday 5:30 – 9:00 p.m.
Saturday 1:00 – 4:30 p.m.
Sunday no practice (Saturday and Sunday may be switched)

Optional – Levels 9 and 10

Monday 5:30 – 9:00 p.m.
Tuesday 3:30 – 7:00 p.m.
Wednesday 5:30 – 9:00 p.m.
Thursday no practice
Friday 5:30 – 9:00 p.m.
Saturday 1:00 – 4:30 p.m.
Sunday no practice (Saturday and Sunday may be switched)

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

Preteam – 2 times a week

Tuesday 6:00 – 8:00 p.m.
Thursday 5:15 – 7:15 p.m.

Compulsory – Level 3 – 3 times a week

Monday 5:30 – 8:15 p.m.
Wednesday 5:30 – 8:15 p.m.
Friday 5:30 – 9:00 p.m.

Compulsory - Levels 4 and 5/6

Monday 5:30 – 9:00 p.m.
Tuesday no practice
Wednesday 5:30 – 9:00 p.m.
Thursday 1:00 – 4:30 p.m. - Level 5/6 only
Friday 5:30 – 9:00 p.m. (L4) 10:00 - 2:00 for L5/6
Saturday no practice

Optional – Levels 7 and 8

Monday 5:30 – 9:00 p.m.
Tuesday 1:00 – 6:00 p.m. (optional additional summer workout for
Level 7/8 – see registration form)
Wednesday 5:30 – 9:00 p.m.
Thursday 1:00 – 4:30 p.m.
Friday 10:00 – 2:00 p.m.

Optional – Levels 9 and 10

Monday 5:30 – 9:00 p.m.
Tuesday 1:00 – 6:00 p.m.
Wednesday 5:30 – 9:00 p.m.
Thursday 1:00 – 4:30 p.m.
Friday 10:00 – 2:00 p.m.
Saturday No Practice

PRACTICE ATTENDANCE AND BEHAVIOR

Attendance

1. Attendance is expected at all practices (excluding Preteam and Level 3).
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. When necessary, the gymnast should complete homework and arrive late, rather than leave practice early.
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, clinics, and competitions.** If a gymnast would like to participate in a sport or other activity in school, she 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. A typical solution

to this type of issue would be to make a lateral move into the USAG Xcel program.

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.

2. Suggested amounts of vacation / No gymnast should ever fall below the 90% attendance

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.
- 6.

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.
 - 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 a leotard to all practices
- c. To have long hair tied back
- d. To have **no jewelry** on during practice
- e. To take shoes off when entering the practice area
- f. To strive for excellence in competitive gymnastics
- g. To be attentive to coaches and cooperative with coaching staff
- h. To complete all training assignments before leaving the gym (including strength and flexibility)
- i. To assist and cooperate with fellow teammates
- j. To be safety conscious for oneself and for fellow teammates
- k. To ask permission of a coach to use the phone
- l. To check personal mailboxes for notices each practice day
- m. To assist in cleaning/upkeep of gym
- n. To participate in exhibitions, demonstrations, and clinics as requested
- o. To maintain good habits concerning proper diet and rest
- p. To refrain from the use of tobacco, alcohol, and illegal drugs
- q. 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.
- 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.
- **Hair should be tied back, nails clipped short, no jewelry, earrings or make-up.**
- Competitive leotards and warm-ups are for meets only and may not be worn to practice.

Required Attire

Team Practice Leotards are ordered by CMGO for Preteam, Compulsory, and Optional girls 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.

Leotard – No ruffles, skirts or fringe

Tank style bathing suits are acceptable, no suits with straps or ties

No unitards

Hair ties – Must be made of soft materials

Running Shoes and athletic socks (white cotton)

Warm-up pants and jacket – Sweat suit style, cotton

No tights allowed

Grips and wristbands (level 5 and up) – **No Velcro, only buckle grips allowed**

Heel pads for optional gymnast

To order grips, call DGS at 1-800-932-3339

Towel (if desired)

COMPETITIVE ATTIRE AND BEHAVIOR

Competitive Team Uniform

Competitive Team Uniform Includes:

Team leotard and briefs

Team warm-up (jacket and pants)

White socks (no colored trim)

Gymnastic shoes, if desired

Grips

Gym Bag

Optional Floor Music (Level 6 and up)

****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.

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 five days per week throughout the year. The athlete will need to train between four and twenty four 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
 - Nutrition

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 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 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)

USA Gymnastics Registration Fees

Special clinics and seminar fees

Competitive travel and lodging

Choreography – Natasha Matveeva

Optional floor exercise choreography

(The floor music and choreography are as important as the execution of any part of a routine. The choreography of the routine is the financial responsibility of the family.

A gymnast should keep the same floor routine for two years. The Team Director makes the final decision about when a gymnast should change her music and routine.)

* 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 medical forms are completed and returned.*

No refunds are given 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 2 days</i>	<i>Level 3 3 days</i>	<i>Level 4 3 days</i>	<i>Level 5 4 days</i>	<i>Level 6-7-8 4 days</i>	<i>Level 8-9-10 5 days</i>
<i>Top Flight Annual Registration</i>	<i>\$50</i>	<i>\$50</i>	<i>\$50</i>	<i>\$50</i>	<i>\$50</i>	<i>\$50</i>
<i>Annual USAG Membership</i>		<i>\$59</i>	<i>\$59</i>	<i>\$59</i>	<i>\$59</i>	<i>\$59</i>
<i>Monthly Tuition* Top Flight</i>	<i>\$180</i>	<i>\$225</i>	<i>\$245</i>	<i>\$290</i>	<i>\$290</i>	<i>\$345</i>
<i>CMGO Assessment-yearly</i>	<i>\$50</i>	<i>\$450</i>	<i>\$450</i>	<i>\$450</i>	<i>\$450</i>	<i>\$450</i>

No discounts are available to team members for multiple students.

**Tuition and Assessments Fees are listed with monthly payment or yearly*

totals..

PARENTAL COMPETITIVE EXPENDITURES

<i>Item</i>	<i>Preteam 2 days</i>	<i>Level 4 3 days</i>	<i>Level 5 3 days</i>	<i>Level 5/6 4 days</i>	<i>Level 7-8 4 days</i>	<i>Level 8-9-10 5 days</i>
<i>Grips (1 pair) +wristbands</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>	<i>\$50</i>	<i>\$50</i>	<i>\$50</i>
<i>Competition Jacket</i>	<i>N/A</i>	<i>\$95</i>	<i>\$95</i>	<i>\$95</i>	<i>\$95</i>	<i>\$95</i>
<i>Competition Pants</i>	<i>N/A</i>	<i>\$35</i>	<i>\$35</i>	<i>\$35</i>	<i>\$35</i>	<i>\$35</i>
<i>Competition Leotard</i>	<i>N/A</i>	<i>\$230</i>	<i>\$230</i>	<i>\$230</i>	<i>\$230</i>	<i>\$230</i>
<i>Practice Leotards</i>	<i>\$35</i>	<i>\$35</i>	<i>\$35</i>	<i>\$35</i>	<i>\$35</i>	<i>\$35</i>
<i>Competition Gym Bag</i>	<i>N/A</i>	<i>\$45</i>	<i>\$45</i>	<i>\$45</i>	<i>\$45</i>	<i>\$45</i>
<i>Music</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>	<i>\$75</i>	<i>\$75</i>
<i>Choreography Clinics</i>	<i>\$100</i>	<i>\$300</i>	<i>\$300</i>	<i>\$300</i>	<i>\$400</i>	<i>\$400</i>
<i>Seasonal Meet Fees</i>	<i>N/A</i>	<i>\$700</i>	<i>\$700</i>	<i>\$700</i>	<i>\$850</i>	<i>\$850</i>
<i>Team Pictures (if desired)</i>	<i>\$25+</i>	<i>\$25+</i>	<i>\$25+</i>	<i>\$25+</i>	<i>\$25+</i>	<i>\$25+</i>

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**