



**Recreational Team A Information**

**June 2018 – May 2019**

**Top Flight Gymnastics  
Recreational Team A Manual**

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## **FREQUENTLY ASKED QUESTIONS**

### **What forms must I complete at registration?**

Registration Form

Top Flight Registration Fee is also due at registration.

Forms and registration fee must be returned to the Team Director during the week prior to the first June workout!

### **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. Holiday closings and *team schedules* are provided with your handbook and in the Top Flight brochure.

Urgent communications and other updates are frequently shared through *email* and/or *phone calls*. The Top Flight website has a CMGO Boosters page for posts with team information. All team info and documents are in the competitive pages of the website.

The URL is: [www.topflightgym-md.com](http://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.

### **What is CMGO?**

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. *Parents and guardians of gymnasts on the Recreational Team (Rec A) are not required to participate in CMGO.*

## **STRUCTURE and PURPOSE**

The Recreational Team A (Rec A) is a year round program (June 1 to May 31) for gymnasts in grades 2 through 4.

The Recreational Team is available to create a non-competitive program for highly motivated gymnasts who enjoy performing their gymnastic skills and routines. The program may also prepare gymnasts to enter Recreational Team B. Recreational Team B, for grades 5 and up, offers competitive (USA Gymnastics Xcel program) and non-competitive options.

## **GOALS OF THE PROGRAM**

1. To allow the gymnast the opportunity to complete USA Gymnastics Testing Levels 1-3.
2. To be introduced to USA Gymnastics Level 2-3 skills and routines.
3. To prepare the gymnast for Recreational Team B, which offers the opportunity to compete in the USA Gymnastics Xcel program.
4. To develop higher-level skills.
5. To promote self-motivation and independence through the organization or structure of being part of a team.

## **ATTIRE**

The following items should be brought to every practice:

- 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
- Warm-up pants and jacket** – Sweat suit style, cotton  
No tights allowed

If desired, the following items must meet the stated criterion:

- Grips and wristbands**– No Velcro, only buckle grips allowed

**\* A black tank style leotard (sleeveless) is required for team pictures that are taken in the fall, usually in early October.**

## **LOCKERS**

Each gymnast will be issued a locker. It is the gymnast's responsibility to:

- Keep the locker clean, inside and out.
- Put all clothing and gear in the locker when not being used.
- Not leave anything out in the practice area.
- Be sure that lockers are closed when not in use.

## **COMMITMENT TO TEAM**

### **Gymnast**

All gymnasts on Rec Team A are offered two practices a week and may be invited to participate in various exhibitions throughout the year. Rec Team A practices are on Monday 6:15 – 7:45 p.m. and Wednesday from 6:15 – 7:45 p.m.

Exhibitions may be scheduled throughout the year at various times. Gymnasts and parents are responsible for their own transportation to and from the exhibitions. All expenses incurred are the parents' responsibility. Gymnasts are expected, but not required, to attend all exhibitions to which they are invited. Exhibitions may be on weekends or school days. Provisions will be made to guard against missing too much school.

The gymnast's responsibilities are as follows:

1. To have long hair tied back
2. To have no jewelry or make-up on during practice
3. To take shoes off when entering the practice area
4. To be safety conscious for oneself and for fellow teammates
5. To ask permission of a coach to use the phone
6. To check personal mailboxes for notices each practice day
7. To assist in cleaning/upkeep of gym
8. To refrain from the use of tobacco, alcohol, and illegal drugs

### **Parents**

The parent's responsibilities are as follows:

1. To assume all financial responsibilities and to fill out all appropriate forms when requested.

2. To adhere to the policy that there is no smoking allowed at Top Flight Gymnastics Center, Inc.

Parents of Rec Team A gymnasts are encouraged, but not required, to be actively involved in the parent's organization (CMGO) by helping with fundraising, working at meets, etc.

## **SPECIAL EVENTS**

### **Team & Individual Photographs**

Team and individual photographs are taken in the fall, usually in October or early November. Team leos should be ordered by August in order to arrive in time for pictures. Order information for photographs will be made available just before the scheduled picture date. All payments for pictures ordered are due in full by cash or check on the day pictures are taken.

### **Holiday Party and Coach Gifts**

All team members are invited to attend the annual Holiday Party in December. Gymnasts are invited to participate in a voluntary gift exchange among members of their team. A suggested gift value is posted prior to the party. Team gifts are purchased by CMGO for each of the team coaches. A small, pre-determined amount is withdrawn from the activity accounts of all competitive gymnasts to help pay for the coach gifts. Non-competitive gymnasts who would like to participate in recognizing the coaches are requested to make a contribution of equal amount, by cash or check made payable to CMGO.

### **End of Year Banquet & Trophies**

All team members are invited to attend the End of Year Banquet held in late May or early June. Location and cost for the banquet vary somewhat from year to year.

CMGO pays a portion of the banquet cost and provides a participation trophy for competitive gymnasts. Non-competitive gymnasts must purchase a banquet ticket in order to attend the dinner, and must pay for a participation trophy if they desire one. All family members attending the banquet must purchase a ticket.

## **EXPENSES**

Expenses for Rec Team A include:

1. Team Registration Fee - \$50 paid annually, due May 31<sup>st</sup>
2. Monthly Tuition – Due the 1<sup>st</sup> of each month (\$5 late fee if paid after the 7<sup>th</sup>)  
\$160 monthly for 2 practices per week (Mon/Wed)
3. Buckle style uneven bar grips, if desired
4. All travel expenses

Checks made payable to Top Flight Gymnastics Center, Inc may be placed in the tuition box in the lobby. Payments may also be made with Visa, Mastercard, or Monthly Credit Card debits (see receptionist for auto debit information). A service charge of \$25 will be imposed on all checks returned due to insufficient funds.

**No refunds are given for vacation, dismissal, injury, or dropout.**

# **Top Flight Gymnastics 2018-2019 Team Calendar**

## **Opening Day of Team Program Year**

**Saturday June 1, 2018**

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

## **CMGO Picnic for 2017-2018 competitive year**

**TBA**

## **Summer workout schedule begins**

**Saturday June 16, 2018**

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

**Monday June 18 thru June 23, 2018**

## **Independence Day Break**

**(No Classes or Team Practices)-Wednesday July 4, 2018**

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

**Saturday August 4-7, 2018**

## **Last day of summer workout schedule**

**Thursday August 23, 2018**

## **Gym Closed**

**Friday Aug. 24 thru Monday Sept. 3, 2018**

## **Labor Day-No Classes or Team**

**September 3, 2018**



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

**Tuesday September 4, 2018**

**USAG Girls Clinics TBA**

**September 2018**

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

**November 9-12 2018**

**Thanksgiving Break**

**Gym Closed**

**November 22-23, 2018 (Thur and Fri)**

**Teams resume Saturday November 24, 2018**

**Setup for Top Flight Invite at Meadowbrook**

**Friday November 30, 2018**

**Top Flight Invite at Meadowbrook**

**Saturday December 1 to Sunday December 2, 2018**

**Top Flight Invite at Meadowbrook Clean up**

**All team parents**

**Sunday December 2, 2018 evening**

### **Winter Break**

**(No Classes, Preteam, or Rec Team)  
December 24, 2018 thru January 2, 2019  
Classes and teams resume Thursday January 3,  
2019  
USAG Girls and Boys practice schedule TBA**

### **Spring Break**

**(No Classes, Preteam, or Rec Team)  
Tuesday April 16 thru Sunday March 21, 2019  
Classes resume Monday April 22, 2019  
*May differ from the public school schedule*  
USAG Girls and Boys practice schedule TBA**

### **Memorial Day Break**

**(No Teams) - Monday May 27, 2019**

### **Last Day of Team Program Year**

**Friday May 31, 2019**

#### **General Calendar Notes**

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

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