



Recreational Team A Information

June 2020 – May 2021

**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 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.

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 6:45 – 8:15 p.m. and Wednesday from 6:45 – 8:15 p.m. Summer workouts begin Monday June 22, 2020 thru Saturday August 22, 2020. The summer schedule is Wednesday 6:45- 8:15 and Friday 5:30-7:00.

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 31st
2. Monthly Tuition – Due the 1st of each month (\$5 late fee if paid after the 7th)
\$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 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**