



9179 Red Branch Road Columbia, MD 21045 (410) 992-1600

May is our annual team re-registration month!

The Team Manuals, CMGO Manual, and Registration Documents have all been updated. **You may go the website topflightgym-md.com to team page and next years documents can be easily downloaded.** You may also pick up a copy at the front office. **Please** read through both the CMGO Manual and the appropriate Team Manual for your gymnasts level. As always, there may be changes to policy, payments, or schedules of which you need to be aware. (Remember that on the Registration Forms you are asked to initial stating that you have read the manuals and are familiar with their content.

Please complete and return the Registration Documents to the gym with appropriate payments to Top Flight and Central Maryland Gymnastics Organization(CMGO-Checks only) prior to May 31st. Top Flight payments may now also be made by credit card and automatic monthly credit card payment. To utilize either of these payment methods, please see the receptionist. (CMGO payments must still be made by check.) Remember that the *Authorization for Emergency Medical Treatment must be notarized*. You may turn in your registration during office hours at the reception desk. **Remember that your completed documents and payments to Top Flight and CMGO must be received in order for your child to attend practice on and after June 1st.**

For families using Auto credit card debits your documents need to be received no later than May 25 to ensure proper processing.

The coaches and I are in the process of meeting with families to discuss team placement for next year. If you have not spoken with us about placement and have questions about your child for next year, please let me know by leaving a message in the Top Flight office.

Sincerely,
Dale

This form must be completed & turned in by May 31st.

Top Flight Gymnastics - Registration Checklist

*The following items must be completed by all members of boys and girls Preteams, Compulsory Teams, Optional Teams and Xcel Competitive Team.

Paperwork (Please check off each item that is completed and turned in.)

- _____ 1. **Top Flight Registration Form**
- _____ 2. **Team Membership Agreement (pg. 2)**
- _____ 3. **Parental Obligations Form (pgs. 3&4)**
- _____ 4. **Floor and Beam Routine Choreography Selection Form (Level 6 thru 10 only)**
- _____ 5. **Release for Photographs & Website (pg. 5)**
- _____ 6. **Health History (pgs. 6-8)**
- _____ 7. **Physicians Report (pgs. 9&10)**
****USAG and Xcel Annual medical exams are suggested but not required**
- _____ 8. **Emergency Medical Treatment Authorization (pgs. 11&12)**
****A parent's signature must be Notarized on this form**
- _____ 9. **Copy of Insurance Card (front and back)**

Payments

- _____ 1. **Top Flight Registration Fee - \$50.00**
- _____ 2. **Top Flight Tuition (Registration Fee and tuition should be in 1 payment**
*** Check, cash, Visa, Mastercard, Monthly or Monthly Credit Card debits-see receptionist for auto debit information.**
- _____ 3. **Payable to USAGymnastics.org - \$59 annual membership. Must be paid online. A link to pay will be emailed to parents from USAG.**

Remember that first monthly tuition payment is due by June 1st (payable to Top Flight).

Please note that gymnasts may not practice after May 31st unless all paperwork and fees are turned in. Partially completed or un-notarized forms will not be accepted.

Thank you,
Dale

This form must be completed & turned in by May 31st.

Team Membership Agreement

June 1st 2020 through May 31st 2021

Top Flight Gymnastics Center, Inc.
9179 A Red Branch Road
Columbia, Maryland 21045

Team Director: Dale Kaestner
(410) 992-1600 (Gym)

Name: _____

Birthday: _____ Age: _____

School: _____ Grade: _____

Team: _____

Address: _____

Home Phone: _____

Email Address: _____

Mother's Name: _____

Occupation: _____

Work Phone: _____ Cell: _____

Father's Name: _____

Occupation: _____

Work Phone: _____ Cell: _____

I understand that my child has been chosen for a select training program of gymnastics at Top Flight Gymnastics Center, Inc. I further understand that financial obligations may be met by paying the principal or monthly installments to C.M.G.O. Membership in the team program also involves participation in Top Flight Parents' Organization (Central Maryland Gymnastics Organization - C.M.G.O.) as defined by the C.M.G.O. Executive Board. **A \$57 Membership Fee payable to C.M.G.O. is due May 31st.**

I understand this is a one-year commitment: June 1st to May 31st.

I understand the monthly tuition is due and payable to Top Flight Gymnastics on the first of each month. A late fee of \$5.00 (Five Dollars) will be assessed for tuition paid more than seven days late. **A \$50 Registration Fee payable to Top Flight is due May 31st.** Because regular expenses and salaries must be paid by the gym, I agree to make payment regardless of my child's attendance.

The undersigned parents or guardians of the above named gymnast, for and in further consideration of the Top Flight Gymnastics Center and Central Maryland Gymnastics Organization (C.M.G.O.) program accepting said gymnast, hereby releases and holds harmless Top Flight Gymnastics Center and C.M.G.O., and their respective agents, directors, officers and employees from and against any and all claims, damages and/or causes of actions arising as a result of injuries sustained by the gymnast during or as a result of any participation by the gymnast in the team program of Top Flight Gymnastics Center and C.M.G.O.

In addition, I understand that no returning gymnast will be allowed to return to practice after May 31st until all past due accounts with C.M.G.O. have been cleared. This includes, but is not limited to, the following: Shortages in Activity Fees, Fund Raising monies, and special assessments.

Parent Signature: _____ Date: _____

This form must be completed & turned in by May 31st.

Top Flight Gymnastics and CMGO
PARENTAL OBLIGATIONS FORM

June 1st 2020 through May 31st 2021

Gymnast Name: _____

Team/Level or Class: _____

Please initial the space next to each item indicating you have read and understood it. Please read, and retain for your reference, a copy of the Top Flight Policy Manual and the CMGO Handbook. Please note that you have both financial and participation requirements that must be honored throughout the year.

- _____ 1. I have read the current Top Flight Policy Manual
 _____ 2. I have read the current CMGO Parent Handbook
 _____ 3. I understand that team is a year long financial commitment

FINANCIAL OBLIGATIONS

- _____ 3. **Registration Fee** - \$50.00 paid to Top Flight, due on May 31st.
 _____ 4. **USAGymnastics.org** - \$59 annual membership
 _____ 5. **Tuition Cost** – Due to Top Flight the 1st of each month. There is a \$5.00 late fee after the 7th of the month.

<u>GIRLS</u>	<u>GIRLS</u>	<u>BOYS</u>
Preteam A (2 days) \$180 _____	Level 4\$245 _____	Preteam A\$110 _____
Level 3 (3 days) \$225 _____	Level 5/6\$290 _____	Level 4\$180 _____
Xcel (2 days) \$180 _____	Level 7/8 (4 days) \$290 _____	Level 5\$245 _____
Xcel (3 days) \$225 _____	Level 8 (5 days) ...\$345 _____	Level 6/7/8\$280 _____
	Level 9/10 (5 days) \$345 _____	Level 9/10\$280 _____
	*	Level 8/9/10 JR ..\$335 _____
		Elite (5 days)

Girls level 7/8 may sign up for short or long summer schedule. The long schedule cost is \$390 (July/August) and \$370(June). Girls level 9/10 summer schedule cost is \$390 (July/August) and \$370(June). Please note on registration form.

- _____ 6. **Meet Fee Cost** – Due to CMGO by September 15th (1st half), October 31st (2nd half)

This form must be completed & turned in by May 31st.

7. CMGO Assessments - \$50(Pre-team A-Boys and Girls) or \$450.00(competitive) due in three installments (\$50 Pre-team A - Girls) or (\$150 competitive), Aug. 31st, Nov 30th, and Feb 28th. Amount determined each year by CMGO Board. Subject to change based on the Board's discretion.

PARENTAL OBLIGATIONS FORM (continued)

PARTICIPATION OBLIGATIONS

9. Mandatory Quarterly Meeting Attendance – Required attendance at four general membership meetings held throughout year (approximately every quarter). Meetings are held on weeknights. See the CMGO handbook for more details about meeting schedules.

10. Mandatory Host Meet Participation –Top Flight requires participation in support of meets hosted by Top Flight and CMGO during the competitive season. See the CMGO handbook for a detailed description of “Sessions”. Session requirements are determined by the CMGO Board when the meet schedule is established during the fall. Session requirements may change annually. 2019 – 2020 requirements were:

Girls and Boys Optionals	7 Sessions
Girls and Boys Compulsory	5 Sessions
Girls and Boys Preteam	4 Sessions

****Additional all parents must fulfill set-up and clean-up requirements for each hosted meet.***

11. Mandatory Committee/Executive Board Participation – Top Flight requires that families participate annually on a CMGO committee. At least once every other year, that participation must include serving as a committee chair or on the Executive Board. Please refer to the CMGO Handbook for more details about participation requirements and about committee functions.

Floor and Beam Routine Choreography Selection Form

Thanks to all who participated in Natasha's group clinics. 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 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 weeks:

August 18-22 2020

November 6-11 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 2020-2021 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.

If you have any questions, you can talk with Dale

Name _____

Beam Yes _____ No _____

Floor Yes _____ No _____

This form must be completed & turned in by May 31st.

RELEASE AND AUTHORIZATION FOR USE OF PHOTOGRAPHS AND VIDEO

FOR VALUABLE CONSIDERATION, receipt of which is hereby acknowledged, I hereby grant **Top Flight Gymnastics and Central Maryland Gymnastics Organization (CMGO)** the irrevocable right and permission, throughout the world, in connection with the photograph (and video that were taken of me or which I provided to **Top Flight Gymnastics and Central Maryland Gymnastics Organization(CMGO)**), (copies of which photographs and video are annexed hereto and made a part hereof), the following: the right to use and reuse, in any manner at all, said photographs and video, in whole or in part, modified or altered, either by themselves or in conjunction with other photographs and video, in any medium or form of distribution, and for any purposes whatsoever, including, without limitation, all promotional and advertising uses, and other trade purposes, as well as using my name in connection therewith, if **Top Flight Gymnastics and Central Maryland Gymnastics Organization(CMGO)** so desires.

I hereby forever release and discharge **Top Flight Gymnastics and Central Maryland Gymnastics Organization(CMGO)** from any and all claims, actions and demands arising out of or in connection with the use of said photographs and video, including, without limitation, any and all claims for invasion of privacy and libel. This release shall inure to the benefit of the assigns, licensees and legal representatives of **Top Flight Gymnastics and Central Maryland Gymnastics Organization(CMGO)**.

Please check *one*:

I am over the age of eighteen years and I have read the foregoing and fully and completely understand the contents.

I represent that the subject of the photographs is a minor and that I am the parent of the minor and that I have read the foregoing and fully and completely understand the contents.

Subject or Parent's Signature

Date

Print or type both subject's and parent's name

Phone: _____

Address: _____

Top Flight Gymnastics Staff Signature and Title

This form must be completed & turned in by May 31st.

HEALTH HISTORY

FILL IN EACH SPACE - RETURN TO TEAM DIRECTOR BY MAY 31ST

NAME: _____

Today's Date: _____

Address: _____

Date of Birth: _____

Birthplace: _____

School: _____ Grade: _____

Mother's Name: _____

Home Address: _____

Business Address: _____

Home Phone: _____ Business Phone: _____

Father's Name: _____

Home Address: _____

Business Address: _____

Home Phone: _____ Business Phone: _____

Physician: _____

Address: _____

Phone Number: _____ Date Last Seen: _____

Dentist: _____

Address: _____

Phone Number: _____ Date Last Seen: _____

Past Illnesses or Medical Problems (Check those which have occurred at anytime; Star those that occurred within past five years.)

Immunization Record

Are immunizations up to date? Yes _____ No _____

Asthma: Yes _____ No _____

Do you wear glasses or contact lenses? Yes _____ No _____

Past Injuries (Indicate if you have, or have ever had, any of the following conditions. State when you were seen, by whom, and if you have this condition now.)

Concussion: _____

Skull fracture: _____

Neck injuries: _____

Shoulder injuries: _____

Elbow injuries: _____

Arm injuries: _____

Wrist injuries: _____

This form must be completed & turned in by May 31st.

Rib cage injuries: _____
Back injuries: _____
Hip injuries: _____
Thigh injuries: _____
Lower leg injuries/Shin splints: _____
Ankle injuries: _____
Foot injuries: _____
Muscle pulls: _____
Tendinitis: _____
Any injury not mentioned: _____

Have you been advised to restrict activity during the last five years? If so, please give details.

This form must be completed & turned in by May 31st.

PHYSICIAN'S REPORT

Annual medical exams are suggested but not required

Significant Findings of Medical Examination

Name of Athlete: _____

Address: _____

Phone Number: _____

Physical findings which are of significance to athlete participating in the sport of gymnastics:

Recommendations concerning participation in gymnastics:

Is athlete capable of sports competition? Yes _____ No _____

Should there be any restrictions? Yes _____ No _____

Remarks: _____

Date: _____	Signature of _____
Examining Physician	

Name of Examining Physician

Phone: _____

Address: _____

(See back page)

This form must be completed & turned in by May 31st.

TOP FLIGHT GYMNASTICS CENTER TEAM MEMBER

Authorization for Emergency Medical Treatment

June 1, 2020 to May 31, 2021

PLEASE PRINT

Gymnast's Name: _____

Date of Birth: _____

Sex: _____

Address: _____

City: _____

State: _____

ZipCode: _____

Home Phone: _____

Father's Name: _____

Work Phone: _____ **Cell:** _____

Home Phone: _____

Mother's Name: _____

Work Phone: _____ **Cell:** _____

Home Phone: _____

If parent cannot be reached, call:

Name: _____

Relation: _____

Work Phone: _____ **Cell:** _____

Home Phone: _____

Name: _____

Relation: _____

Work Phone: _____ **Cell:** _____

Home Phone: _____

(continued on back)

Authorization For Emergency Medical Treatment, page 2

In the event that neither parent (guardian) can be contacted for emergency treatment, I authorize Dale Kaestner, Top Flight Gymnastics Center Team Director, or any member of the Top Flight Gymnastics Center Coaching Staff, to administer First Aid and/or take my child, _____, (child's name) to a physician or hospital and to authorize emergency treatment. Local rescue squad may treat and/or transport child in emergency situation.

Physician's Name: _____

Phone: _____

Emergency Phone: _____

Medical Insurance Company: _____

Insured: _____

Policy/Group/ID Number: _____

A COPY OF YOUR MEDICAL INSURANCE CARD (FRONT AND BACK) MUST BE ATTACHED TO THIS FORM.

PARENT SIGNATURE BELOW MUST BE NOTARIZED.

Signed: _____ **(Parent) Date:** _____

Relationship to child: _____