

PLANET GYMNASTICS

Team Handbook



Planet Gymnastics would like to welcome you to our team.

The most important thing to us is your child's success. You, your child, and her coach will all measure success differently, but we are all here to work as a team to help your child achieve whatever goals she puts forth while building her character, in a respectful manner, that she will carry with her for the rest of her life.

To achieve success it is critical that everyone, including parents, coaches, and the athlete, function together as a TEAM. This means there will be open communication and involvement between the parents, coaches, and athlete about all situations that may affect the achievement of your child's goals.

After reading this manual, if you have any questions about any aspect of our program, please don't hesitate to ask. The coaching staff will be happy to provide you with any additional information or clarifications.

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I. About Our Program

Mission Statement

Our mission is to instill in every athlete a will to succeed and the knowledge and tools she needs to achieve success now and throughout her entire life. By providing a safe, supportive, productive, and fun environment, our goal is to teach athletes that hard-work can be fun and rewarding, and that through five basic steps, she can achieve success in whatever she undertakes: Dream, Plan, Work, Persevere, Succeed!

Safety

Gymnastics is an inherently dangerous sport. This fact combined with the difficulty and skill level your child will achieve at Planet Gymnastics only adds to the potential for injury. All parents must be fully aware of the risk involved in the sport. Speed, motion, height, flipping, and the difficulty of the skill put our athletes in potentially life-threatening situations on a daily basis.

The coaching staff at Planet Gymnastics is very aware of the potential danger and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is a doubt as to the consistency of a skill. We also believe in padding, matting, and using any training devices designed to make learning as safe as possible.

It is critical that your child follow the direction of the coaches at all times. Talk with your child about the importance of following instruction carefully, of communicating clearly, and of working only the skills and equipment specified by the coaching staff. The coaching staff is trained carefully on safety in regards to the sport, the equipment, and the capabilities of individual athletes. Disregarding coaching direction is the highest injury risk your child may encounter at Planet Gymnastics.

Emergency Procedures

In the event of a medical emergency involving your child, the following procedure will be followed:

- A. Emergency first aid will be administered, including requesting of emergency medical technicians and an ambulance if needed.
- B. You will be contacted using the emergency contact information you provided to us.
- C. In the event we are unable to make contact with a parent, we will attempt to contact your emergency contact.

Inclement Weather Procedures

Planet Gymnastics will make every effort to remain open. However, our primary concern is the safety of our athletes and staff. If you feel there is a chance that there could be an inclement weather closing, immediately before leaving for class, first check your email and Team Snap, next check the www.planetgymnastics.us home page announcements where a notification could possibly be posted. If there is no notification on the website, call the gym at (636) 583-1112, where the message should state any class cancellation. As a last resort, call Scott Poole (314) 766-8775 for confirmation of any closing. We often wait until late in the day to make any cancellations as weather and roads may clear later in the afternoon.

II. Team Parents & Families

The Role of a Parent in the Planet Family

The parent of a gymnast on our team can have one of the most difficult roles. While all members of our "family" including the gymnast, the coaches, and the parents are all equally important, the parent actually has the most indirect role in controlling the performance of the athlete. At the same time, the parent may feel the greatest sense of emotional attachment to that performance. This combination of a high emotional stake in the performance with little or no direct control over the outcome can produce stress and lead to some bizarre behavior. Parents can step outside their sphere of influence and usurp the role of the other members of the family. This often leads to conflicts with the coaches.

One typical example is when a parent starts to coach their child during a workout, they can actually interfere with the very performance they are trying to improve. If a parent tells the athlete to "keep your legs straight" or "run faster," they can be directing the child's attention away from what the coach is telling them. Often, the child cannot concentrate on two corrections at the same time, so they either do both corrections poorly or make one correction and not the other. Either way the child is put in a no win situation. It is unfair both to the child and to her coaches, and over the long term can interfere with the coach/gymnast relationship which is critical to long term success in the sport.

In addition, do you really think the coaches can't see the bent legs? Of course they notice. However, form may not be the top priority at that time. The goal may be working on improving on the mechanics of some skill in the routine ... big, broad goals. Those aesthetic corrections are fine tuning and only come after the mechanics part of a skill is mastered. When a parent tries to redirect an athlete's focus from the lesson the coach is trying to teach, it can degrade the quality and erode the benefit of the workout.

Obviously this is only one example of many situations that can arise. One of the hardest tasks the parent of a gymnast faces is to trust that the coaching staff has a master plan, and that if there are doubts or questions, those should be addressed to the coach, not directed to the child.

Some Guidelines for Parents Feeling Stress

Danger Signs - watch for these. If you recognize yourself in these descriptions you probably need to reevaluate your actions and your role:

Observing every practice intently, then praising or punishing your child for what you see.

Finding your sense of worth and happiness dependant on the success of your gymnast.

Constantly comparing your child and her progress to others in her group, team, or competition.

Verbally abusing the gym, coaches, or program while still placing your child in our control.

Videoing each competition and requiring your child to review it with you at home.

Inappropriate Comments

"You finally beat Sally!"

"How many (current difficult skill) did you make today?"

"I'll buy you a (bribery item) if you win today."

Appropriate Comments

"Do your best and have fun!"

"You scored your highest yet."

"How was practice today?"

Please remember that our goal is to provide the best opportunity for these athletes to see personal success and have fun doing it. Once you offer any type of "prize" for making a skill or winning in competition, that prize becomes payment and two things happen. 1.) This sport just became a job, and 2.) If they try their best and still don't win, then they will feel failure even if this was a personal best for them.

Parent Commitment

- Communicate with the coaches. We are in business to serve you and your child. Your thoughts are important to us.
- Please let a coach know before practice if you think your child might have a problem due to illness, medication, stress, or injury.
- Always keep your contact information current with the office! It is imperative that we are able to reach you or your emergency contact anytime your child is in our care.
- Stay current with team activities. We will notify you as soon as possible of upcoming team activities, but ask the coaching staff if you have any additional questions.
- Do not enter the training area of the gym without the accompaniment or direction of a staff member.
- Never enter the competition area of a meet. Period.
- Provide unconditional love, encouragement, and support to your young athlete. Please do not compare your child with other athletes. Each athlete is different with differing strengths and weaknesses, and a unique rate of development. It is unfair to you and your child to compare them to another athlete. Look for the progress your child is making and celebrate it.

Family Volunteer Commitment

- Each family is required to donate a minimum of 12 Adult volunteer hours to Planet Gymnastics in addition to any commitments made to the Parent Support Group.
- There are three events your family must be available to donate time to: Our annual Planet Gymnastics meet set up, meet sessions, and tear down. These events cover multiple days, so shouldn't pose insurmountable scheduling problems.
- If scheduling conflicts make it impossible to attend during the requested hours, arrangements must be made as much in advance as possible to pay a "buy out" fee.
- Any children that are present during volunteer hours must not be a hindrance to either the volunteer or the goals we are trying to accomplish.

III. Team Athletes

Team Guidelines for the Athlete

- Treat everyone - coaches, athletes, & parents – the way you want to be treated.
- Only work the events and skills you are directed to work by your coach.
- No cell phones are allowed to be on during workout. **NO EXCEPTIONS!!**
- Attempt to attend all regularly scheduled workouts.
- Proper workout attire, a properly fitting leotard.
- Confine hair appropriately to avoid affects it can have on vision, balance, etc.
- Work hard and try your best. This is all we will ever ask of you and this is always what you should demand of yourself.
- Do not compare yourself with other athletes. You are all different and will advance at different rates. Only concern yourself with things YOU can control, which are your own attitude and your own effort!
- No food or drinks is permitted on the workout floor, and must remain outside the training area.
- Gymnasts may not leave the workout or competition floor without specific permission by the coach.
- Alert your coach when your body is telling you to slow down or stop. If you are sick, on medication, or are injured, we need to know, and you need to listen to your body. Pain is the body's warning system.
- Treat your coaches and teammates with respect. Be kind to those athletes younger than you and NEVER hold yourself out as better than others. THERE IS NO PLACE IN THE GYM FOR RUDE OR BELITTLING COMMENTS, DISPLAYS OF ANGER OR DISGUST, OR TALKING BACK TO COACHES OR OTHER ADULTS.
- Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, teammates, your parents, and most importantly, to yourself.
- Maintain a positive attitude when facing fears and frustrations. All athletes suffer setbacks, frustration, fear, and defeat. One of the most important things you can learn from this sport is to expect these things, learn from them, face them, and overcome them.
- Set high goals and achieve them step-by-step: Dream, Plan, Work, Persevere, Succeed!

Level and Mobility

Selection and placement on our team is based on an athlete's ability and desire to learn gymnastics at a faster pace than the majority of her peers. Faster learning is predicted by strength, flexibility, cardiovascular fitness, and physiological readiness, as well as in part by height, weight, and overall physical proportions.

When it comes to competition, our goal is to set each athlete up for success. That means that what level a gymnast is competing at is far, far less important than that they are at the right level! We do not compete our gymnasts at a level where they are set up to fail. Our philosophy is to compete at 80% of the athlete's skill level as it is difficult if not impossible for athletes to succeed competing at 100% of their ability ... or even higher if they are still working on key skills at their level. It is common for an athlete to compete at the same level for 2 or 3 competitive seasons. Moving from one level to the next is based, among other psychological and social considerations, on current skill level mastered, and All Around scores of 35.00 or above at least twice in competition. However, it is also common for a gymnast to be competing one or two levels below the skills they may be working in the gym for most of the season.

Athlete Discipline

The rules and policies which govern the gymnasts and their parents are outlined here in this handbook. In the event that there are rule infractions by an athlete, it may become necessary to impose some disciplinary action to improve the situation.

The procedures listed below are not intended to be all inclusive, but representative of our belief as to what is appropriate and necessary. We will treat each gymnast and parent as an individual and

will seek to impose the most effective disciplinary action based on each unique set of circumstances.

1. The gymnast may not be permitted to rotate with her group at the designated time. She will have to stay and repeat the entire assignment or finish her work on a particular piece of equipment.
2. The gymnast may be asked to leave the gym and go home early.
3. The coach may request a meeting with the parents.
4. The gymnast may be suspended from the team or scratched from a competition. Please note that if the gymnast is scratched from a competition for disciplinary reasons the entry fee is non-refundable.
5. The gymnast may be asked to leave the team if she cannot conform to the expectations of the team, her coach, or the gym.

The first item listed is fairly common and will not be reported to the parent. This is a minor event in the development of the coach/gymnast relationship, and while parents will probably be aware of these events, direct parental involvement should be minimized. Coach/gymnast relationships are built on time shared in workout, belief in the same values and dreams, work performed together, and everyday emotional ups and downs. Some of those downs include discipline problems to be resolved within the framework of building a relationship.

Other times we may require you to help when the issue is outside our realm of coaching or enters the parenting sphere of character and upbringing. It doesn't necessarily mean there is a serious problem, it simply means we need your help, or that we need to create a unified front working towards the same goals.

The final two items are reserved for only serious violations and are almost never used. Only when we see there is a conflict which can not be resolved in our program or when one gymnast brings down the spirit and work ethic of the entire group.

It is also possible that a gymnast will have to leave our program because of the actions or inactions of her parent(s). While we never want to punish a child for her parents' actions, we cannot tolerate any team member who does not support by their words or actions the policies and values of our program. It is regrettable, but unavoidable that the athlete would be penalized in these situations, as all of our actions affect every other team member, and we must all be working together for a common goal.

IV. Competitions & Competing

Competitive Organizations

The Planet Gymnastics Team competes in and under the rules and regulations of the United States Association of Gymnastics (USAG).

Meet Scheduling

Our competition season runs October through June. Team Members are asked to make a commitment to stay through the entire competition season, and new team members will be accepted only as space permits.

At the beginning of each season, a preliminary schedule of meet locations and dates will be handed out at the fall parent meeting. Meets may be added, changed, or canceled. The team travels to USAG competitions from November through June. Host clubs will set a deadline for meet entries. After this date, the host club will set the final meet schedule depending on the number of entrants. It is not uncommon for the host clubs to send out final meet information the week of the meet or make last minute changes. Information in many instances is not received until a few days before a competition. It is a good idea to clear the whole weekend of a meet on the chance there will be last minute changes that could conflict with your previous plans.

Requirements for Competitive Eligibility

- An athlete will not be registered for a meet until her Meet Entry Fee has been paid. Entry fees, once paid to the host gym, may only be refunded with a doctor's note up to a certain date. Once a Meet Entry date passes, it is too late to pay fees and be entered.
- Gymnasts must be current on all Planet Gymnastics financial obligations.
- Athletes must be physically, emotionally, and mentally prepared for competition.

Competition Procedures

Your athlete is required to be at the competition site a half hour before her scheduled warmup and to be on the competition floor ten minutes before warm up begins to allow time for the athlete to prepare. They are required to stay for awards after the meet to support the rest of the team.

You are also strongly encouraged to attend other sessions to support other Team Members as they compete.

The average meet can take as long as four hours. Most competitions run in a format similar to the following:

Warm Up – The athlete will warm up a half hour prior to competing. The Planet Gymnastics athletes have a practiced team warm up that prepares the body for competition.

Competition – The athletes rotate through the events in alphabetical order (Bars, Beam, Floor, Vault), but their starting place will be determined through a draw. The meet will be structured in one of two ways: they either warm up all the events first, or they will warm up and compete events one at a time.

Awards – Awards are distributed after the entire competition group has finished competing. Depending on how the organization running the meet has scheduled the rotations, you may only have to wait for five to ten minutes before the awards ceremony begins; however, it has been known to take significantly longer. An athlete's competition is not over until the awards ceremony is complete regardless of her placement!

Meet Etiquette for Gymnasts

Physical Appearance

- The leotards have a built in lining. It is normal for the athletes to take advantage of that. Only the necessary undergarments should be worn. If an athlete desires otherwise, then flesh colored undergarments should be worn and/or adhesive applied to ensure that undergarments are not visible.
- No jewelry of any kind should be worn, including pony tail holders on the wrist.
- No glitter or fancy hair ties in the hair. We want elegant hair that can handle the demands of our sport. Hair must be secured without hard objects that could cut if stepped on. All bobby pins must be flat to the head.
- No make-up or finger nail polish. Athletes sweat. Coaches will wash off any make up they see before athletes will be allowed to compete.
- Athletes who wear their leotards half on under their clothes must wear the sleeves inside the pants. Do not let your leotard sleeves or any part of your leotard dangle or hang out.
- DO NOT EVER change in or out of your leotard or have a sports bra showing on the competition floor or in any public setting. This will not be tolerated.

Preparation

- Eat a carbohydrate rich meal the night before. (rice, pasta, potatoes)
- Eat a well-balanced meal about three hours prior to the actual competition. This energy will carry through the entire competition.
- No candy or soda the day of competition. Any seen at the meet will be confiscated and eaten.
- A meet schedule is always provided ahead of time, and each competitor is required to report to the team area ten minutes prior to warm-up / 40 minutes prior to competition.

- Athletes will sit with the team while they are preparing for competition to support one another, and so that the coaching staff can easily reach them if any sudden questions or changes in the schedule arise.
- Athletes should have a bag with extra socks, spare leotard, grips, chalk, floor music, and tape if needed.

Athletes As Competitors

- Athletes must remain in the designated competition area throughout the course of warm-ups and competition and obey all warm-up regulations and procedures.
- Each athlete should accept her place in the line-up and the scores she receives with dignity and without criticism. Athletes cannot control the scores they receive nor can they control the performances of any other athlete. They can control themselves, and there is no place for crying and uncontrolled emotions.
- Be courteous, respectful, and polite to all meet officials, hosts, competitors, team mates, and coaches.
- Athletes will report to their coach after they are done competing and be verbally dismissed by their coach before they can return to their families.

Athletes As Spectators

- When staying to watch another teammate compete, or upon arriving early, stay seated in the bleachers, and do not wander out onto the competition floor.
- Other teams may permit their athletes to act in disrespectful ways to the facility, host team, and other spectators, but our athletes are to act responsibly the entire day. Athletes must remember they are representing their team and family.

Please Note!

- **Athletes who do not follow the rules will be given one warning, followed by being scratched from competition on the second offense.**
- **If an athlete is scratched no refund will be given.**
- **Disrespectful and argumentative athletes will be scratched without warning.**
- **Competing and representing the Planet Gymnastics Team is an honor and privilege, not a right.**

Meet Etiquette for Parents

- Under NO circumstance is a parent allowed to contact another club for any reason in regards to your daughter in a competition. The proper line of communication is to go through our gym and we will make any corrections or concerns for you.
- Team Spirit is a big help.... Wear the team colors, or better yet one of our team t-shirts.
- Please show proper respect to all officials and coaches at every competition. They are all there for one reason, to support your child's interests. Under no circumstances should you attempt to contact any official during or after the meet (judges, score keepers, etc.). If you have any questions regarding the meet or your child's scores, you must contact your coach. Breaking this rule will be considered resignation from the Planet Gymnastics Team.
- Please show proper respect to all competitors. Aside from the bad character it displays to speak badly of any child, you never know who is sitting near you.
- You are an ambassador for our gym into the gymnastics community. Your attitude is expected to reflect positively on our team and gym for the entire duration of all meets.
- In any competition, parents, friends, and relatives of the gymnasts are NOT allowed onto the competitive floor. You must remain in the spectator's area. Violation of this rule can result in our entire team losing our sanction, and all Planet Gymnastics' scores will be forfeited without entry fee refund.
- In case of injury during warm-up or competition, you must stay in the spectator area until your coach flags you onto the floor.
- Do NOT coach your child. Coaches should coach, everyone else should encourage. Injury may result from changing the gymnast's focus away from the coach's technique.
- NO FLASH PHOTOGRAPHY during a meet. The sudden flash of light could cause a gymnast to be distracted. Check out your camera in advance. Many cameras come with an automatic flash that will go off if it detects low light levels. If you cannot manually disable this device, please do not take pictures during the competition.
- Feed your athlete for success! They should not drink or eat a lot during the three hours prior to competition. Competition is difficult with a full stomach or bladder.
- Please remind the athletes to stay in our team athlete area until they are required to warm up.

- Your athlete is required to stay for awards regardless of how you think they placed.
- Coaches may or may not be at awards. The awards ceremony is for the girls who competed and there may be times where the coach only has time to eat between sessions or needs to address other things.
- If your athlete is scratched as a disciplinary measure, do not attempt to fight their battles for them. Counsel them on how to be humble, to apologize, and demonstrate an attitude of willingness to learn and a desire to correct their mistake.
- Although there may be time for pictures on the floor at some competitions, this is not to be expected at every meet. There may be times when the coaches call for team pictures at the next workout.

V. Financial Obligations

Your child's involvement with gymnastics will cost you time, money, and effort. The children train in a large and well-equipped gym under the direction of an educated, experienced, and professional staff. The overhead incurred in running a large gymnastics club includes rent, utilities, maintenance, insurance, taxes, supplies, wages and equipment. It is unreasonable to think that this facility and the staff who train the gymnasts can operate without adequate funding.

At Planet Gymnastics we believe that the training, educational opportunities, and emotional support we offer our students is valuable and important. The coaches spend an enormous amount of time planning, traveling, and supporting the gymnasts in addition to the time they spend coaching. Further, the coaches meet with parents and gymnasts, return phone calls, set up competitions, work to maintain the equipment and facility, and organize and administer the competitive program.

This may all be a labor of love, but it is still labor. Indeed, the coaches spend more time working on the development of the team than any other program in the gym. Given the extraordinary amount of time and effort the coaches put into the competitive program, it makes no sense to suggest they do so by volunteering their time in the process.

Team Membership

The declaration to join the Planet Gymnastics team is a big one. Team members do not move on and off the team based on injuries, illness, conflicts, or the like. You are either on the team for the year or you are not. Team tuition would be higher if we based it on the likelihood that some team members might not be here for various reasons. That's why there are no discounts for missed workouts. Every Team Member is required to pay for their portion of any practice offered, not only those they choose or are able to attend.

Our tuition is an annual amount broken into 12 convenient, monthly payments. It should not be considered a monthly tuition where each month is paid for separately as with our recreational classes. When you commit to joining Team, it should be considered as a commitment for the remainder of the current Team year.

Our annual tuition is based on 48 weeks per year. There are four weeks of the year which you are not paying for. Planet Gymnastics is closed for the following holidays and holiday weekends: New Years Day, Good Friday, Memorial Day weekend, Independence Day, Fall Break (1 week in August), Labor Day weekend, Thanksgiving and the day after, Christmas Eve, Christmas, and New Years Eve. This still leaves several days that we will be closed on a discretionary basis. There will be no make-ups for these days. You should not be concerned, because you have not paid for them.

The gym does not offer practice the first scheduled practice after a major invitational, state or regional meet, or national competition for the levels involved in the competition. This is to give the gymnasts and the coach a day off to rest and recharge. Again, you should not be concerned as you have not paid for these practices.

Additionally, we may also from time to time be forced to close because of the weather.

- All families must be in good standing with the gym to participate in competition.
- There are no discounts or prorated accounts due to absence of any nature.
- Team is an annual commitment broken into twelve payments. Any missed payments will be considered a resignation.
- Make-ups may be allowed with consent of the coaching staff, but will take place in an instructional class and will not provide your child with the utmost conditioning and practice that is required for your competitive athlete. We discourage your child missing any practice if at all possible.

Additional Fees for Team Gymnasts

- Uniforms and Apparel: All competitors are required to purchase a team leotard and warm up, and are required to wear this to each meet.
- Organizational Memberships / Fees
- Annual Planet Gymnastics Registration Fee: due September 1
- Lvl 4+ Planet Gymnastics Annual Summer Fee: \$ (to be determined) due regardless of attendance at Summer Camps / Clinics
- All applicable Meet Entry and Coaches Fees

Subsidizing Your Fees

Long ago, gymnastics consisted of people attempting rudimentary tumbling in the grass. Gymnastics has come a long way! With the advent of specialized equipment came the need for more intensive training, which in turn drove the need for high-level, professional coaching for high-level success. With every advancement came an increased cost until the sport of gymnastics quickly became unaffordable for most families.

Coaches across the country who loved the sport and didn't want to see it end began to get creative. They began instituting special fees, organizing fund raising, and many other minor ideas, but the major change that revolutionized the sport was implementing recreational gymnastics. Basic gymnastics training as a hobby for everyone, not just those dedicated to competing in the sport spread like wildfire and brought an influx of capital into gymnastics facilities to spread the overhead costs across a broader and broader base of people.

As a Team family, the primary way you have of controlling the cost of your sport is to market recreational gymnastics to everyone you meet. Our facility overhead costs are fixed, and the more people we have to share that burden, the lower the cost to each individual in the gym.

As a Team family, it is important that we treat every recreational customer at the gym as an honored guest. If you are able to improve the experience of a recreational customer, seize the opportunity ... anything from pointing out positive aspects of the program and coaching you see their child experiencing, to holding their baby while they get their toddler's shoes on, to letting us know when the bathrooms need attention.

Every single recreational customer in our gym is in part subsidizing your child's fees, and you should treat them as if you appreciate it!

Speaking highly of our facility, coaching, and programs to every "outsider," passing out literature, asking friends to take trial classes, and doing your very best to support our appearances in the community will have an impact on the cost of the sport for you in the long run! Never forget to market, market, market!

Fundraising For Your Fees

The Parent Support Group is available to every Team Family in our gym through which you can fundraise for any non-tuition team cost there is. You are not required to participate in any fundraiser. For any fundraiser you choose to participate in, funds go into your Parent Support Group account to be used at your discretion towards the fees of your daughter.

Coach's Fees

Coach's fees are simply the fees paid by the team parents to cover the salary and expenses of any coach(es) who take athletes to competitions. These fees are not included in your normal monthly tuition and are to be paid by every team member regardless of attendance in a mandatory competition. Coach's fees are determined by the number of athletes attending each optional meet.

Coach's fees include the following;

A per session fee

Mileage to and from the competition

Roundtrip airfare to any competition over a 6 hour drive away

As necessary – a stipend for breakfast, lunch, and dinner

Any reasonable lodging expense for out of town competitions

Misc. fees such as parking, etc.

Private Lessons

Private lessons may be scheduled with any of your child's team coaches and are based on a coaching hour. Warm up and parent conference time are not included in the floor time. The current rate is \$40 per 30 minutes. A semi private lesson is \$60 for two students. The payment is to be paid directly to the gym (NOT THE COACH). Normally scheduled classes and events take priority over any private lesson at all times. All team members taking private lessons must be current on their tuition and any other financial obligations to Planet Gymnastics.

VI. Thank-you!

Additional Activities

- The December Holiday Party is for the gymnasts, and features a gift exchange and snacks.
- Our Awards Banquet is hosted with our Parent Support Group in May or early June to conclude the Junior Olympic competitive season. All Team Family members are invited to a sit down meal followed by things like skits, videos and an awards presentation.
- Throughout the year we participate in various community events performing demonstrations.

Thank-you for all you do to make our Team Program & Family the wonderful opportunity it is for our girls and us! Your great attitudes and support make this rewarding for everyone involved and is essential to a quality program.

We want our girls to enjoy their sport – not just as a sport, but as a part of their development. Our first priority is in raising strong, confident, successful women of character!