



Carolina Elite
Gymnastics Academy

2024/2025

Team Handbook

Dear Team Families,

We are happy to invite you to be a part of our 2024/2025 Competitive Team Program!

Please carefully read and retain this Team Handbook for your reference.

ALL attached waivers/signature forms MUST be signed and returned to complete your enrollment.

Communication

If you are a new addition to Team, you will receive a letter inviting you to join TeamReach; please make sure that you join and accept notifications so that you can receive ALL Team related gym messages.

TeamReach is for team information only and is not to be used for personal comments in the group.

Please make sure that you have notifications enabled for TeamReach as some messages are time sensitive.

Expenses

Tuition

Please refer to Team Info sheet for your athlete's Training Group Assignment and monthly tuition amount.

TUITION is due the 1st of each month via cash, check or Venmo.

ALL Team Families MUST have an active credit/debit card on file with the office.

If we do not receive your payment by cash, check or Venmo by the 1st of the month we will automatically draft the balance due from your card on file on the 2nd, NO EXCEPTIONS.

No payments are refundable should your child quit, become suspended or dismissed from the team, miss a meet or need a temporary break due to injury.

If your child quits Team FOR ANY REASON your form of payment for the following month will still be drafted in full to cover any expenses already paid out by the Gym for the season.

Your monthly payment includes expenses associated with your child's competition at scheduled meets, floor routine choreography, Team leotard and necessary National and State League athlete membership fees.

Your monthly payment does not cover personal equipment or transportation/accommodations for meets.

League Affiliation

The Gym reserves the right to determine League Affiliation. Typically the Team will compete under either AAU, USA Gymnastics or NGA. Affiliation is subject to change at any time and a change in league affiliation *does not* affect a gymnast's collegiate prospects.

A change in league affiliation will not be recognized as a valid reason for an athlete to quit Team.

Floor Choreography/Music (Girls Team Only)

All Floor Music must be approved by your child's coach, cut, and submitted to the choreographer a **minimum of 2 weeks prior** to their choreography appointment.

The Gym is NOT responsible for cutting floor music and poorly cut music will not be approved.

If you are unable to select and cut your child's music selection by the deadline, the Gym will provide options of music already cut that your child and their coach may select from; we recommend this their first competitive year.

Carolina Elite will provide choreographers and the gym floor for choreography appointments. Outside Choreography will not be covered by your monthly payment or reimbursed and may result in the routine needing to be re-choreographed by one of our choreographers.

Regional/National Championships and Elite Qualifiers

Except for first-year Team athletes, attendance of Regionals and/or Nationals Championships is required and is included in your monthly payment. Refusal to attend will not result in refund of any kind.

Team Practice Etiquette

Practice is open for parent observation but a parent should **not** be in a training area during practice, private lessons or choreography unless invited by the coach.

If you need to pick your athlete up early from practice or need to speak to them during practice time, please let the front desk staff know and a staff member will enter the training area and summon them.

During practice if a coach sits your child out away from the group, the child will be informed for how long they are to sit out. It is best if the athlete NOT be addressed by parents during this time OR taken home from practice as this can undermine the effectiveness of the coach in dealing with the behavior.

Should the behavior persist, a coach may dismiss the athlete for the remainder of practice in which case you are free to take them home.

In extreme cases of behavior issues, an athlete may be suspended from practice for an amount of time to be determined by the Program Director.

Suspension will NOT result in a refund or pro-rate of that month's tuition.

The owners are available for meetings by appointment if you would ever like to meet to discuss any aspect of your child's gymnastics.

Cell Phones/Social Media

Athlete cell phones are NOT to be used during practice other than for timing or video purposes at the request of the coach.

Use of cell phones for other activities during practice may result in the phone being confiscated for the remainder of practice.

If your child needs to reach you during gym, they are welcome to call you on the gym phone.

Please do not post negative remarks regarding the Gym, Staff, teammates or other parents on any social media account, doing so may result in dismissal from the Team.

Every gymnast with social media accounts, must allow the gym to follow them and follow the gym accounts in return.

If it is discovered that any Team Athlete is involved with inappropriate social media activity, they will be asked to promptly remove it. Failure to do so WILL result in dismissal from the team.

Meet Planning

A tentative Competition Schedule will be released before the start of the school-year.

This schedule is subject to change and will typically be finalized by mid-October.

We do not find out specifically what day and time your athlete will compete until 2-3 weeks prior to the competition so please DO NOT plan other activities the weekend of a meet.

Please be aware that for larger Invitational and State/Regional Championships, Meet Directors sometimes have to schedule sessions as early as Thursday or late into Sunday.

All athletes should be on-site 30 minutes prior to competition warm up.

Meet Etiquette/Attendance

Meet attendance is NOT optional. All athletes on the competitive team are expected to attend ALL meets scheduled for their group as well as post-season meets that they qualify for unless they are ill or injured.

An athlete missing a meet except for emergency reasons may be dismissed from the Team.

At meets we expect the gymnasts to behave maturely and with good sportsmanship.

Tantrums or sustained crying (unless injured) may result in the athlete being sent to the restroom or off the competition floor to parents.

At NO time should any Team parent approach a meet official or enter the competition area unless specifically requested to do so.

Please DO NOT text or call your child or their coach during meets. Do not try to talk to the Coach or your gymnast during a meet, it is very distracting for them.

We encourage parents to video record each of their child's routines. We may request such videos in the event a video review of a routine becomes necessary.

Parents please DO NOT reach out to Meet Refs, Meet Directors, State Reps etc. to discuss or complain about aspects of a meet. This looks bad on the gym and is grounds for suspension from team. If you have questions or concerns please let us know and then WE will bring it to the attention of the proper channels when needed.

Attire

Very specific attire regulations apply at meets and failure to adhere to these can result in deductions for the athlete. Team Competition Leotard should be worn at all meets unless otherwise designated and warmups/shorts should be removed by the end of stretch. Some leagues allow the girls to wear biker shorts/leggings on uneven bars only and/or for religious or personal reasons. Hair safely secure out of the eyes and of reasonable length, no jewelry other stud-style earrings. Clothing besides leotard and shorts (if necessary) should not be worn during practice.

Boys Team should wear competition singlet with uniform shorts/pants as appropriate to event.

Medical Considerations

If your child has any specific medical conditions/needs that we should be aware of, please make the owners and the child's coach aware so that we can be prepared for their needs.

If your child needs medications we ask that you keep these in the owners' office for the safety of the other athletes with the exception of asthma inhalers that your child may be keep with their belongings.

Athlete Safety

If you observe any misconduct towards an athlete please report it immediately to one of the owners.

Injury

Please keep in mind that a Competitive Gymnast, in most cases, does NOT need to completely stop training due to most injuries.

Please inform your child's doctor that they are a Competitive Gymnast and be sure that the doctor is very specific when placing activity restrictions so that your athlete may continue to train around the injury.

Missing practice for days/weeks after an injury is rarely necessary. Unless the injury is so severe that it is necessary for your athlete to scratch the remainder of the season, they still occupy a roster spot and you will be responsible for all normal monthly tuition expenses.

Attendance

We expect that Gymnastics is the **primary** extra-curricular activity of our Competitive Team Members and it is important that they be at as many scheduled practices as possible and **ALL** scheduled meets.

Athletes with more homework than they can reasonably finish after practice, may utilize the break room to finish their homework either before they come out into the Gym for practice, or request early dismissal.

Occasional absences for sickness, family vacations, church or academic school functions are to be expected, but if an athlete regularly misses practice due to participation in other sports/activities they may be dismissed from the Team.

Any athlete in the high-level training group who begins an additional sport or other extra-curricular activity that interferes with team practice WILL be dismissed from the Team.

Competitive Gymnastics requires year-round training and we expect all our Team athletes to commit 100% to completing the season through their State Meet.

Please bear in mind that factored into your tuition costs are Holiday closings, practice cancellations by coaches (sometimes last minute) and practices cancelled due to meet travel.

Since you are not being charged tuition based on 52 full weeks of practice a year, typically make-up practices will not be held.

Athletes should NOT ask to come to practice with other training groups or outside their practice schedule and no refunds will be issued for practice cancellations.

All planned practice cancellations will be emailed on TeamReach.

Private Lessons

In most cases, if a private lesson is needed for a Team athlete it should be with their Team Coach at Carolina Elite.

At **no time** should any athlete schedule a private lesson with a coach not currently assigned to a team group or a coach from another club without first inquiring with the Program Director.

Fundraising

At times either the Gym or individual parents may initiate fundraising activities.

Gym fundraisers will typically be held to defray the cost of the equipment or Gym operations.

If you would like to initiate a fundraiser that will contribute to more athletes than just your own, please consult with the office prior to making arrangements.

We look forward having you be part of the Competitive Team Program this year and if you have any questions or concerns, please don't hesitate to ask.

*Sincerely,
Adam & April Mitchell, Carolina Elite Gymnastics Academy*



Signature Form

I have read, understand and agree to abide by all policies as set forth in the Team Handbook.

Parent Signature _____

Date _____

Athlete Signature (required for all athletes in High-Level Training Group)

Date _____