

TEAM EXTREME 101.

Info, Rules & Policies

2019-2020

There is no doubt that joining team is a significant commitment of time, effort, and money. Is it worth it? Most parents will say that other than family life, team involvement becomes the most significant event in their child's life. Besides the obvious physical benefits, those children who become involved in team rarely accept negative influences into their lives. They learn self-discipline, how to work closely as a member of a team, how to handle themselves in a variety of situations and how to prioritize and manage their time. Parents of our team members often comment that they wished they possessed their athlete's discipline and time management skills! Team kids are almost always excellent students. For those reasons and more, team membership is a bargain.

The Team Journey & Commitment

Being a competitive gymnast at Extreme is a year round commitment. We follow the USAG Level program as well as the USAG Xcel program. Development of a gymnast is a long term process. Progressing through the levels and possibly to the collegiate level or Divisions in the Xcel program will take years of training. Some parents as well as gymnasts expect that the progress in gymnastics should mimic the progression they are used to going through grades at school, however, this is completely untrue. Repeating a level is very common in the sport of gymnastics and should not be viewed as failure. Mastering each level/division is our goal. If this goal is accomplished, it will make each step that much easier in turn making each competitive season more successful for the athlete. At Extreme Gymnastics, we are always striving for excellence and the success of our gymnasts.

Practice Expectations

Competitive gymnastics is a sport that is extremely based on a standard of perfection. Therefore, we do our best to instill perfection characteristics in our athletes. It is very important that each gymnast and parent adhere to these expectations when it comes to training schedule, practice behavior, etc.

For Gymnasts

- Attend every scheduled practice.
- Always arrive on time and stay until practice is over. Warm up is an important part of the training process. The flexibility gained from your warm up is how the body gets ready for activity. A good warm up limits potential injury.
- Practice mutual respect with teammates. Be kind to everyone, including gymnasts from lower levels.
- Poor behavior and crying will not be tolerated. Gymnast will be asked to take a short break to compose herself and quickly return to class. Mentally and physically strong and mature children with positive attitude have a much better chance to progress and stick with gymnastics for a long time.
- Practice mutual respect with all coaches at all times. Always ask to be excused and report to the coach if you have to leave the group for any reason. Never leave without reporting to your coach first. Maintain eye contact whenever your coach is giving instructions and be prepared for corrections.
- Be respectful of the gym and equipment. Do not purposely ruin the foam blocks, mats or other equipment. Keep the gym clean. Do not touch any equipment with chalky hands. Pick up all your stuff after practice since we are not responsible for lost or stolen items. Put initials on all clothing or gymnastics accessories.
- Work hard and try your best at every workout. Do not compare yourself with the others, but only with yourself in the past. Be honest and work hard even when your coaches are instructing other students. Listen to what your coaches tell your team mates and learn from it. Avoid asking too many questions or talking to your teammates.
- Treat office personnel and class instructors with respect. Do not run through the class in process and do not take mats or other equipment from the set preschool stations. Do not distract others who are already training. During the practice, do not talk too loud, since it may distract other students and instructors.
- Report any injuries or any other problems you may have immediately to your coach. Report any concerns about someone else's inappropriate behavior and also report if you notice any damage done on the equipment or in the building. Communicate any questions or concerns directly with your coach.

- Expected workout attire
 - All gymnasts must wear a 1 piece leotard. Tight fitting biker shorts may be worn. No leotards with built in shorts.
 - Appropriate undergarments should be worn.
 - No jewelry is permitted, with the exception of post earrings.
 - Hair must be pulled up and away from the gymnasts face.
- Cell phones will only be permitted during break time. Do not leave practice at any time to “check” your phone, text or make calls. If you need to call your parent coach permission is required. Abusing this rule will result in all gymnasts being required to leave their phones in the office until practice is over.
- Do not waste protective tape; it is meant just for rips. If you need extra tape for ankle or wrist taping you must provide it yourself.
- Keep all your stuff in your bag or in your locker. Do not leave any food in your locker. Always turn around before you leave to see if you have left the locker area as clean as it was before you came.
- Pick up your accessories from the gym after the practice.
- Maintain good health and hygiene. Take a shower after each practice and wash all your gymnastics apparel regularly. Any gymnast ages 10 & up should always wear under arm deodorant to practice even if they do not use it regularly.
- Always wait inside the gym for your ride to arrive.

For Parents

The parents are as much a part of Team Extreme as the athletes and coaches! We rely heavily on our team parents when it comes to creating a positive and encouraging environment for our gymnasts as well as parents and coaches. Adhering to our expectations will help in producing respectful, hardworking gymnasts as well as create productive practices which will lead to the greatest possible progression for each gymnast.

- Be sure your gymnast attends all scheduled practices, arrives on time and stays until practice concludes. Sporadic attendance will lead to slow progress or even the loss of strength and skills. Gymnasts who miss excessively may even be moved down a level/division or be referred to a group with less time commitment.
- Please check emails regularly for information. If you do not use email currently we strongly encourage you to set up an email address just for our team information. We cannot be responsible for any missed information due to you not receiving emails. 100% of team communication is done via email.
- Notify your coach/es of any absence or tardiness to practice. Text, phone call or email is sufficient. This effort will assist coaches in planning daily requirements, goals and objectives. It also shows a certain respect for the program. Likewise, if a child has to leave practice early, please inform the coach at the beginning of practice so they can make any adjustments to the days training.
- Do not talk negatively about the coaching and your gym. There is no room on our team and gym for any gossip and negativity. Gymnast will learn from your comments and lose respect for their coaches which will lead to coach/gymnast relationship problem and lack of progress.
- We expect parents to approach the head coach with any question or problem before it becomes so big to cause the gymnast to quit. If you have any constructive ideas about how to make things work better, please, call to schedule an appointment to discuss the matter one on one. We want your kids to feel Extreme Gymnastics is their other home. The relationship between your child, her teammates and coaches, also depends on your attitude.
- Please never approach a coach during training, any concerns should be covered before or after practice. Contact via phone or email is also permitted.
- Do not expect that all the staff know every detail about each program. Office staff and instructors may only give you general information. Your first point of contact should be your gymnasts head coach. She/he will than refer you in the right direction if she cannot answer/resolve your question/concern.
- It is the parents’ responsibility to provide the child with the best possible diet. We recommend that your child eats at least 1.5 – 2 hours before practice. Too big meals before the practice or before a meet will result in stomach ache and lack of focus. She should bring a water bottle and healthy snack to the gym (please, initial bottle with permanent marker). Snack ideas are listed later.
- Hours of practice each week require enough rest. Please avoid sleepovers before practices or meets.
- Refrain from coaching your child. Either from the viewing area or during open gyms. Please, let the coaches do their job.
- No parents allowed on the gym floor at any time.
- Please do not compare your child to others in the gym. Our athletes, although receiving the same coaching on every event, will progress at different paces.

Disciplinary Action

Discipline is a part of the sport and is required mostly for safety but also for the overall productiveness of the entire team. It is a process that is being taught over the years and every situation is taken as a lesson. Higher levels require higher discipline, but some major rules will be taught at an early age. When a gymnast or parent fails to follow team rules there is a major rule infraction and it may become necessary to impose some disciplinary action in an attempt to improve the situation. We will not run to the parent every time we have a problem. We will attempt to build a relationship with our athletes showing them clearly our expectations.

Gymnast Consequences

- She may be asked to sit and watch.
- She may be asked to call parents and leave the gym early. If a gymnast complains about a pain and cannot work through it to continue practicing within 15 minutes they will be asked to call a parent and leave practice.
- The coach may request a meeting with the parent/s.
- They gymnast may be suspended.

Parent Consequences

- A meeting will be called by the coach.
- They may be asked to limit practice viewing or even not be allowed to watch practice at all either temporarily or indefinitely.
- After several instances parent and gymnast may be asked to leave the gym.

Missed Practices/Make up Policy

Due to Injury

Injured athletes are expected to participate in their normal practice sessions. In most cases, it is possible to work around the injury and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength and specific skills not related to her injury. There is no reduction in tuition unless the injury takes her out completely out of the gym for more than 1 month with an injury that prohibits her participation in any way. In that instance, tuition may be adjusted depending on the circumstances (determined on a case by case basis).

Due to Vacation, Camps, Sickness, etc.

Strict planning of our team practices and safety of our gymnasts do not allow for switching practices and coming one day instead of another. In addition, team members are not able to use any recreational classes as a make up for missed team practices. No tuition credits will be offered for missed practices. Absences of 4 consecutive weeks or more will be dealt with on an individual case by case basis. Upon return of such an absence gymnast will be re-evaluated for placement and may not be at the same level she was prior to the break.

Nutrition

The sport of gymnastics requires a great amount of energy and mental alertness therefore nutrition is a huge part of a gymnasts overall wellbeing and will contribute greatly to her success. Gymnasts should have a light meal prior to practice such as a sandwich, small bowl of pasta etc., snack during practice than dinner immediately following.

Practices that are scheduled for 4 hours or more will offer a short period for a snack break. All gymnasts are responsible for bringing their own snacks. Disposable containers only. Snack should be small, something listed below or similar containing mostly carbs and a little bit of protein. Do not send "dinner" items that need to be heated up. Only sending money for the vending machine is unacceptable. Too many times we see the gymnasts who bring money instead of snacks choosing candy and chips. These same rules apply to competition snacks. Please see examples of good mid-practice snacks

- Apple wedges with peanut butter
- Orange and crackers
- Pita chips and hummus
- Grapes and String Cheese
- Peanut butter filled pretzels
- Baby carrots with hummus or ranch
- Celery and peanut butter
- Cheese cubes and crackers

Competition Overview

Description of Levels

USAG Junior Olympic (JO)

- Levels 6-10 are considered Optional levels. This means that the gymnasts will compete individual choreographed routines on Bars, Beam and Floor. Vault also has several options and will be chosen according to their strengths. Each routine has a certain set of skill/dance requirements. All events will be given a “start value”. Sometimes it will be less than “10.0” due to the skills performed in her routine. Gymnasts will be divided by age groups and awarded individually and as a team.
- Levels 3-5 are Compulsory Levels. This means that every gymnast in the country will be competing the same routines on all 4 events. Gymnasts will be divided by age groups and awarded individually and as a team.
- Levels 1-2 are Developmental Levels. They compete compulsory routines. These levels are used to develop each gymnast into a strong competitor. These gymnasts will attend “Fun Meets”. At a Fun Meet each gymnast will receive a ribbon on each event corresponding to the score she would have gotten as well as a participation medal. Judges at these meets want to make sure each athlete is encouraged and develops a love for competing therefore if your gymnast is consistently receiving all blue ribbons that doesn’t necessarily mean she is ready for “real” competition.
 - Ribbon Descriptions
 - Blue - 9.0 -10.0
 - Red – 8.0 -8.9
 - White – 7.0 – 7.9
 - Yellow – 6.9 and lower

Xcel

The USAG Xcel program is an alternative to the JO program. The program offers the competitive experience with a limited time commitment compared to the JO program. Xcel divisions are considered Optional. This means that the gymnasts will compete individual choreographed routines on Bars, Beam and Floor. Vault also has several options and will be tailored according to their strengths. Gymnast may move from the JO program into Xcel easily however it slightly more difficult moving from Xcel to JO.

This program is great for...

- Gymnasts who may have gotten a late start in the sport.
 - Gymnasts in this program are typically 10 years and up.
- Those that may not want to practice 4 + days per week.

Divisions

- Diamond –skill/dance requirements comparable to JO Levels 8-10
 - Platinum –skill/dance requirements comparable to JO Levels 6-7
 - Gold –skill/dance requirements comparable to JO Levels 4-5
 - Silver –skill/dance requirements comparable to JO Levels 3-4
- Gymnasts in the above Divisions will be grouped by ages and awarded individually at each meet. Team awards will also be awarded.
- Bronze –this level is considered Developmental. These gymnasts will attend “Fun Meets”. At a Fun Meet each gymnast will receive a ribbon on each event corresponding to the score she would have gotten as well as a participation medal. Judges at these meets want to make sure each athlete is encouraged and develops a love for competing therefore if your gymnast is consistently receiving all blue ribbons that doesn’t necessarily mean she is ready for “real” competition. See JO Levels 1 & 2 for ribbon definitions.

Description of Competitions

- Invitationals: these meets are hosted by individual clubs and can be in state or out of state. Scores from these meets are necessary to qualify for State Meet. The majority of your season will consist of these meets. Individual awards and team awards will be given at each meet. Team score is tallied by the top 3 gymnast scores on each event (sometimes 5).
- State Championships: All competitive gymnasts in Levels 3-10 and Xcel Silver & up who qualify will be able to participate.
 - Qualifying scores
 - Levels 9 & 10 -32.00 AA at any in or out of state meet.
 - Levels 6,7,8 -31.00 AA at any in our out of state meet.
 - Levels 4,5 -30.00 AA at any in or out of state meet.

- Level 3 -30.00 AA at any Michigan meet.
 - Xcel –must compete in 1 Michigan meet, no qualifying score needed.
- The last day to obtain a qualifying score for State Championships is the day before the entry deadline.
- For all State meets gymnasts will be split by age group than put into sessions therefore our team, even though the same level, will not be competing together. All gymnast scores will still be combined for team awards.
- Regional Championships: There are 8 regions in the U.S. We reside in Region 5 which consists of Michigan, Ohio, Illinois, Indiana and Kentucky. There are regional meets for Levels 7,8,9 & 10. Qualifying score needs to be obtained at the State Championship to participate. Qualifying score for all levels is a 34.00 All Around. The Xcel Program also has a Regional Championship. Gymnast must be within the top scores in her division to be invited to attend. Exact qualifications will vary from year to year and by division.
- Eastern & Western Nationals: Level 9 gymnasts that qualify at Regionals will be invited to participate in either Eastern or Western Nationals. For us that would be Eastern. To qualify for Nationals the gymnast would need to be in the top 7 in her age division with an AA minimum of 34.00.
- National Championships: Offered for Level 10 and Elite gymnasts only. To qualify for Nationals the gymnast would need to be in the top 7 in her age division with an AA minimum of 34.00.

Competition Expectations

Even though gymnastics appears to be primarily an “individual” sport it is also very much a “team” sport. Each gymnast is counted on at every competition for one reason or another. The girls count on each other for support, motivation, de-stressing etc. The coaches count on the girls to help out the team score on 1 or more events. Success is our goal and we expect that to be the goal of our gymnasts and parents as well.

For Gymnasts

- Attend all practices leading up to a competition weekend. Excessive absences in the 14 days prior to competition day may result in being scratched from the meet.
- Attend every competition scheduled.
- Arrive 15-20 minutes prior to check in time. Tardiness is unacceptable.
- Always arrive at meets in full uniform. Competition leotard, warm up jacket and pants and gym bag.
- Gym bag should contain an Extreme warm up leotard (if you have one), spandex work out shorts, water bottle, healthy, disposable snack, grips & wrist guards (if you use them), your floor music on ipod or cellular phone (optional only), bandages and athletic tape (if you need). Cell phones are permitted however they must be powered off and will not be accessible until the meet has ended.
- Hair should be tight and pulled back (exact style may be specified by coaches). No bows or headbands unless ok'd by your coach. Use hair colored barrettes, clips or bobby pins.
- No excessive make up or sparkles on eyes or face. Bright color lipstick is not permitted. If you do not wear makeup regularly do not wear it to meets.
- No nail polish on fingers or toes.
- No jewelry. Small stud earrings are acceptable.
- Report to coaches immediately upon arrival. You will not be permitted to have contact with your parent/s until the competition has ended and you have been released by your coach.
- No crying or complaining will be tolerated. Any gymnast who shows signs of a poor attitude or becoming emotional will be asked to leave the competition floor to compose herself and may or may not be invited to finish the competition depending on the severity of the issue.
- Always cheer for your teammates and be courteous to gymnasts from other teams.
- Always show respect for the judges and other coaches at the competition.
- Remember you are competing against yourself 1st and foremost. Do not put too much emphasis on scores and placements instead be aware of your routines and how you performed them. Strive to do your best each and every competition and you will succeed.
- All gymnasts are required to stay for the entire awards ceremony. Gymnasts should sit nicely (no laying) facing the stage/podium at all times. Cheering for teammates or other gymnasts we may have rotated with is encouraged.
- Phones must remain in bags and powered off until the awards ceremony has concluded. Disregard for the phone policy will not be tolerated.

For Parents

- Be sure your gymnast attends all practices leading up to a competition. Excessive absences in the 14 days prior to competition day may result in being scratched from the meet.
- All gymnasts are expected to attend all scheduled competitions.
- Have your gymnast at the meet site no later than 15-20 minutes prior to the check in time. Tardiness is unacceptable.
- Be sure your gymnast is in proper uniform, attire, hair, etc.
- Be sure her gym bag is packed with the necessary items.
- Upon arrival at the meet locate other Team Extreme parents and make every effort to sit as a group.
- Once your gymnast has checked in with her coaches she will not be permitted to have contact with anyone not on the gym floor including parents, friends etc. She will also not be permitted to use her cell phone until the competition has ended.
- Promote Extreme Gymnastics in every way that you feel appropriate; sweatshirts, jackets, banners, cheers. Cheer loud and often (but tastefully) for all members of our team and for any good performance that you see. Never speak in a negative way about yours or another clubs, coach, gymnast or judge.
- Under no circumstances is a parent to approach a judge or Meet Director before, during or after a competition to comment on, complain about or even ask about a score or performance.
 - There will be several time during a season when a coach may not agree with a judges score however in most cases the coach will not "inquire" with the judge. Routines are scored too high just as often as too low. Would a coach ever inquire about a score that was too high? Over the course of the season it all evens out.
- Under USAG rules only USAG professional members, judges and personnel assigned to assist with the competitive floor may be present on the meet floor during competition. No one else is permitted on the floor unless requested by one of our coaches (in the case of serious injury or major problem).

Mobility through the Levels

Extreme Gymnastics has certain requirements when it comes to advancing through the levels in the JO program. These have been established not only to create a successful team but ultimately to create successful gymnasts. If a gymnast is struggling at a level or she just doesn't have her routines polished enough to create a successful season she may end up repeating a level. Our goal is to put each gymnast in a successful situation. If she is not successful, competition and even practices can become discouraging and un-enjoyable.

PRE-COMPETITIVE LEVELS

Fun Meet Levels 2 & 3 –

- Gymnast must have attained all skills at current level and be able to perform entire routines fluently.
- Generally gymnasts will complete an entire season at each level before advancing to the next level; however advancement is ultimately at the coach's discretion.
- Gymnasts age will also be a factor in the decision to repeat, advance (or skip) a level/s.

COMPULSORY LEVELS

Enter Levels 4 or 5 –

- For Level 4 -Gymnast must have attained all Level 4 skills and be able to perform entire routines fluently.
- Score two 35.00AA within 1 competitive season at Level 3 for Level 4 or score two 36.00AA at Level 4 for advancement to Level 5 or 6. If minimum scores are not attained gymnast must complete 2 competitive seasons*.
- Must attain the new levels skills and be able to perform entire routines fluently.
- Must score a minimum of 34.00AA (at new level) at in-gym mock meet.
- *Coaches' discretion and gymnast age will also be considered when the decision is made on whether a gymnast will advance or repeat a level.

Level 5 –

- We intend to bi-pass either Level 5 or 6 each season. Decision will be based on gymnast's progress and which level coaches feel they will be most successful at.
- Score two 36.00AA within 1 competitive season at Level 4. If minimum scores are not attained gymnast must complete 2 competitive seasons*.
- For gymnasts skipping, a 31.00AA must be attained at Level 5 at any sanctioned meet prior to competing Level 6.

OPTIONAL LEVELS

Entering Level 6 –

- We intend to bi-pass either Level 5 or 6 each season. Decision will be based on gymnast's progress and which level coaches feel they will be most successful at.
- Score two 36.00AA within 1 competitive season at Level 4. If minimum scores are not attained gymnast must complete 2 competitive seasons*.
- Must attain all USAG requirements for Level 6
 - Minimum of handspring or twisting vault
 - Back walkover, 360 degree turn, 180 degree leap
 - Cast minimum of horizontal or above, handstand preferred, clear hip, flyaway
 - 3 element tumbling pass with salto, forward pass two elements, 360 degree turn, 180 degree leap
- *Coaches' discretion and gymnast age will also be considered when the decision is made on whether a gymnast will advance or repeat a level.

Entering Level 7 –

- Score two 36.00AA within 1 competitive season at Level 6. If minimum scores are not attained gymnast must complete 2 competitive seasons*.
- Must attain all USAG requirements for Level 7
 - 9.0 start value or higher handspring vault
 - B acro series on beam
 - Cast handstand, clear hip, giants on bars
 - Front tumbling series and Roundoff backhandspring layout on floor
- *Coaches' discretion and gymnast age will also be considered when the decision is made on whether a gymnast will advance or repeat a level.

Entering Level 8 –

- Score two 36.00AA within 1 competitive season at Level 7. If minimum scores are not attained gymnast must complete 2 competitive seasons*.
- Must attain all USAG requirements for Level 8
 - Kip handstand, clear hip to hand, giants, flyaway, B release or pirouette
 - 2 B tumbling passes and a 2 salto pass
 - Acro series, B dismount
- *Coaches' discretion and gymnast age will also be considered when the decision is made on whether a gymnast will advance or repeat a level.

Entering Level 9 –

- Score two 36.00AA within 1 competitive season at Level 8. If minimum scores are not attained gymnast must complete 2 competitive seasons*.
- Must attain all USAG requirements for Level 9
 - Vault with a 9.5 minimum start value
 - Bar routine with C release, C dismount, and potential for bonus
 - B flight series, B dismount, salto and bonus on beam
 - C tumbling passes and 2 salto passes
- *Coaches' discretion and gymnast age will also be considered when the decision is made on whether a gymnast will advance or repeat a level.

Entering Level 10 –

- Score two 36.00AA within 1 competitive season at Level 9. If minimum scores are not attained gymnast must complete 2 competitive seasons*.
- Must attain all USAG requirements for Level 10
 - Vault with a minimum start value of 9.7
 - Bar routine with a D release, full bonus, C dismount
 - C flight series, full bonus, D/C salto, C dismount on beam

- 2 D tumbling passes, minimum of C combo pass, full bonus on floor
- *Coaches' discretion and gymnast age will also be considered when the decision is made on whether a gymnast will advance or repeat a level.

College Aspirations

For many there is the possibility of taking their talents beyond club gymnastics. Some gymnasts may be on track for partial or full ride college scholarships and those who do not receive a scholarship may still be invited to be on a team with the possibility of scholarship in the future (this is called walk-on). Below you will find a few things you should know about the recruiting process.

- Only gymnasts participating in the JO program will be considered.
- Gymnast's age and skill level will greatly affect their chances. Most colleges Division 1 schools will require gymnasts to be at Level 10 by their Freshman or Sophomore year in high school.
- Recruiting cannot begin until the gymnast has started her 1st day in classes as a high school freshman.
- Extreme Coaches will begin compiling videos of gymnasts that are training level 9 skills and continuously update these videos as the gymnast acquires new skills.
- When a gymnast has Level 9 skills and is in at least 8th grade we will begin posting recruiting videos to our website, Facebook and You Tube.
- Most college websites have recruiting pages. Once the recruiting process begins parent and gymnast should visit websites of colleges suggested by her coaches and complete bios and upload videos.
- Unofficial Campus visits and verbal commitments can occur as early as sophomore year however official signing with a college is usually in November of their senior year.
- College coaches are not allowed to speak to, return calls or correspond via email with any gymnast or gymnasts family prior to their 1st day of their Junior year however they are able to speak with club coaches regarding gymnasts prior to that.

Team Family Volunteer Requirements

Extreme Gymnastics is proud to host 2 competitions per year. Hosting these meets helps to contribute to our team as a whole by financing new team equipment and supplies, licensing our coaches through USAG, sending our team coaches to clinics and conferences and contributing to the overall improvement of our team and team training facility. Extreme Gymnastics could not make these events successful without the participation of our team families. As a part of Team Extreme, we expect that each family will contribute in the planning and/or daily running of each competition. For each competition we will compile a tentative schedule, each team family is responsible for working a minimum of 2 sessions per meet. The schedule will be posted approximately 4 weeks prior to the meet weekend. An email will go out prior to scheduling asking for any special requests. Extreme hosted meets are usually held near the beginning of February and April.

Booster Club

As a team member you are invited to participate in our Booster Club. The booster club offers the opportunity to volunteer at area venues (i.e. Comerica Park, Ford Field etc.) to earn funds that will help offset the costs of your daughter's gymnastics expenses. There is no cost to participate. For more information please contact Caron Tanghe at 313-401-7628 or s.tanghe06@att.net.

Tuition & Competitive Dues

The decision to join our team is a big one and reflects a significant year-round commitment. Team tuition is calculated on a yearly basis using several variables then divided by 12 to arrive at the monthly amount which is due the 1st of each month. Tuition is due regardless of attendance. All holidays and meet weekends have been accounted for and are not considered "cancelled" practices. Extreme Gymnastics does not pro rate team tuition for any reason. Just as your rent or mortgage payments are still due when you are away from home, your payment of team tuition is also due when your athlete is absent (absences of 4 consecutive weeks or more will be reviewed on a case by case basis). For complete tuition and dues info see your Team Agreement.

Become a "Hero Parent"

Gymnastics is a tough sport, physically and mentally. Some gymnasts can put a lot of pressure on themselves during practice or competitions. Your role as a parent is to be supportive and encouraging and to not add to the feelings of anxiety they will sometimes express. Parents have been known to lose site of the important role they have to play and become "over involved" or even "under involved" in their daughter's gymnastics. Over involved parents may actually jeopardize their gymnast over time, sometimes to the point of quitting the sport due to discouragement and added anxiety which creates lack of enjoyment. The gymnast of an un-involved parent may have an extreme feeling to impress the absent parent causing excessive anxiety at competitions or even practices.

Attendance and tardiness issues also tend to be apparent in the un-involved parent causing lack of progress and ultimately leaving the gymnast feeling disappointment.

If you have come this far, she obviously loves the sport. By working together, we at Extreme and you as parents will strive to create a successful and enjoyable gymnastics experience for each and every gymnast. Below we have listed some tips (originally posted by USAG) to help you become the “Hero Parent”.

- Focus on your child’s experience rather than the outcome.
- Avoid making performance comparisons about other children and talking about it.
- Remember, the practice or competition and your child’s performance belongs to her.
- Do not feel you have to observe every practice. Learning and perfecting gymnastics skills is a long process which cannot be seen on a daily basis.
- Before practice or meets say, “I love you” or “Have fun” rather than “Do your best” or “Don’t let me down”.
- Separate your emotions from your child’s performance so your mood is supportive no matter what happens.
- Record competitions; however do not require your child to review the videos with you at home.
- Listen more and talk less after a competition to hear about her feelings.
- Talk more about lessons learned than scores and placements.
- Do not bring up “gymnastics” too often. Let your gymnast provoke the conversation when she sees fit.
- Ask your child to make decisions about when to practice and how much to practice. Make her responsible for making choices.
- Be educated about the sport, but be equally devoted to teaching life lessons, not just sport lessons. Focus on self-mastery over sport mastery.
- Ask your child about her dreams and goals rather than assume or dictate where she wants to go with his sport.
- Be as positive and supportive after each competition by focusing on what went well, the lessons learned, and the overall experience gained and not scores and placements.
- Live a balanced life by giving equal attention to your other relationships, activities, and commitments. Your child’s sport is not the center of the universe.
- Do not be embarrassed by a poor performance as if your reputation was on the line.
- Enter your child’s sport events on your personal calendar so you are aware of when and where they take place.
- Be the first person to call your child after a meet you can’t attend and say that you want to hear all about it.
- If you feel uneducated about the sport, ask your coach, get a book or Google it.
- Cultivate an interest in what’s happening and show it sincerely.
- Wait to speak about practice or competition performance issues until asked by your child.
- Avoid delivering coaching lessons right before a competition or even practices.
- Frequently share the life-lessons they’re learning and tie them to similar situations found in their gymnastics. (i.e. teamwork, patience, empathy, hard work).
- Respond in a non-judgmental and supportive way to the disappointments experienced by your children.
- Have an equally optimistic and hopeful attitude about the future regardless of performance levels on any given day.

Exiting the Team Program

Does your gymnast say “I want to quit!”

Children have a variety of reasons for wanting to quit an activity in which they are involved. Sometimes quitting may be the right choice. Other times “sticking it out” may be the right option. Unfortunately, it’s not always immediately obvious which choice is best for your child. The first step is to determine your child’s reason for wanting to quit.

A lot of times wanting to quit is merely a symptom of a problem that your child is having at the gym. Ask your child to name three reasons why she wants to quit. Below are some answers you may hear and some suggestions on how to respond.

1. I am afraid of a skill.
 - a. Ask questions to identify the source of the fear. (It could be seeing another gymnast fall, fear of injury etc.)
 - b. Ask your child if they would still want to do gymnastics if they no longer had to practice the skill. Her answer will give you insight into their true feelings towards quitting.
2. My friends moved up to the next level (or are in a different group than me), I’m not as good as them
 - a. Explain to your child that it takes time and practice to become a good gymnast and that everyone progresses at different rates.

- b. Ask your child what she loves about gymnastics. If she is able to identify several positive feelings towards the sport, they should be able to work past being separated from their friends.
3. I am not having fun anymore.
 - a. Often kids want to try gymnastics because they enjoy watching it on TV and enjoy flipping around with friends at the park. Once they begin competitive gymnastics, they may find that it is harder than they thought it would be.
 - b. They may find that the stretching and the conditioning that it takes to become a great gymnast is not worth it.
 - c. Ask your child if there is a particular part of gymnastics that is still fun for them.
4. Gymnastics takes up too much time/I want to try other sports.
 - a. Gymnastics isn't for everyone. Some kids prefer team sports such as baseball, soccer, or softball. Others prefer individual sports such as golf, swimming or tennis.
 - b. Analyze your child's strengths and weaknesses, the things your child enjoys or avoids. You may have done gymnastics all through your childhood, but if your child is drawn to another sport, open your heart and mind to support the sport that your child chooses.
 - c. Many children are under the misconception that if they quit gymnastics they will have extra time to hang out at the mall, play on the computer, or talk on the phone. Address some of these issues so she is not surprised that during the time that used to be spent at gymnastics is now spent doing other productive activities such as cleaning the house or helping to prepare dinner!

Call or email your gymnasts' head coach and let him/her know about your child's fears and/or feelings. Many times these feelings can be resolved easily with no further complications. Once you make the coaches aware of the situation they may be able to control the training and environment more to the athletes liking and renewed enjoyment of the sport.

After a brief adjustment period, if the child still wants to quit, it is time to make an agreement that she must continue to do his/her best for a set amount of time (i.e. finish the season). At the end of that time period, your child will then be able to make a better decision about quitting (or retiring.) If the decision is made to retire, make sure that you and your child have an action plan of what activity they will take up next. It is also a good requirement for them to bring closure to the situation and not to "burn bridges." There have been tons of cases in the Extreme Gymnastics organization where the child has "quit" and then two months later desires to come back. Set up a meeting with parent, child and coach to go over this decision and leave on good terms.

Do you, the parent, think your child should switch gyms?

If you are thinking a different gym might be a better choice for your daughter there are several things to consider before making that jump.

- Have you had a meeting with her coaches and/or gym management to discuss your concerns?
- Have you given the situation enough time to be resolved?
- Does your gymnast want to make a move?

Deciding to make the switch is a huge one. In some cases it may be the right choice and some it may not. The floor exercise carpet always seems bluer at another gym. Every team has its own internal issues, even teams that build champions. Children who switch from gym to gym are often ostracized by teammates they leave behind. Often times, gymnast who do switch teams never do better than they did before they sought the 'bluer carpet' and more times than not they actually end up retiring from the sport all together within a year or 2.

Withdrawing from Team

Once you and your gymnast have made the commitment to be a part of our team we expect that you will continue through the end of the season. We strongly discourage leaving the team once our season has begun. A 30 day written notice is required when withdrawing from Team Extreme. You will be responsible for all payments due within those 30 days. Please see Competitive Dues agreement for details regarding requirements where meets are concerned.