



Atlanta North Stars Gymnastics

Team Handbook

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atlantanorthstars.com

Contact Information

ANSG Staff

Owner/Manager

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Coaches

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ANSG Booster Club (ANSGBC)

(see roster for contact information)

June 1, 2008 – May 31, 2009

President	Susan Stein
Co-President	Betsy Paganucci
Vice President	Caroline Kinsey
Co-Vice President	Julie Carlson
Treasurer	Becky Williams
Co-Treasurer	Kay Brown
Secretary	Barbara Beauchamp
Meet Coordinator	Jean Riley
Co-Meet Coordinator	Open
Travel/Meet/Team Spirit Planner	Stacy Scott
Co- Travel/Meet/Team Spirit Planner	Cheryl Hix
Fundraising	Abbie Burk
Co-Fundraising	Kim Hollis
Optionals Photographer	Randy Kinsey
Compulsory Photographer	Carlos Mares
Team Newcomer Greeter	Kathy Hagerman
Meet Director	Open
Web Master	Randy Kinsey

ANSG would like to welcome you and your family to our competitive team program. You are about to embark on a very exciting journey into the world of competitive gymnastics. Through this handbook we hope to give you more insight into how our program works and answer any questions. We all must function as a TEAM bringing together the gymnasts, parents and coaching staff to give our gymnasts a fantastic experience striving to achieve their dreams!

ANSG Expenses – Payable to ANSG

1 st of each month	Monthly tuition fees due Late fee of \$10 applies if paid between the 8 th and the 15 th of the month Late fee of \$15 applies if paid after the 15 th of the month
September 1 st of Every Year	Yearly registration fee of \$35 due

Registration

The annual registration fee of \$35 is for all competitive and non-competitive students. This fee covers the cost of insurance and other business expenses.

Team Monthly Tuition Fees

The monthly team fee, payable to ANSG, covers the cost of regularly scheduled coaching and building expenses. Fees vary based on the number of hours/days spent in the gym per week.

Please note that team is a 12 month commitment. Monthly tuition is due each month in order to retain a spot on the team for your child.

	<u>Days/Week (Hrs)</u>	<u>Tuition/Month</u>
Shooting Stars	2 days (3 hours)	\$130
USA Level 3	2 days (6 hours)	\$150
USA Level 4	3 days (9 hours)	\$225
USA 5	3 days (11 hours)	\$250
Prep Op	2 days (6-8 hours)	\$200
Prep Op	3 days (12 hours)	\$250
USA 6 -10	5 days (16+ hours)	\$300
TOP'S	1 day (1 hour)	\$25 additional

*Prices subject to change

Note: The sibling discount of 25% for additional team gymnast. No makeup classes or discounts given for missing practice during meets.

Private Lessons

Private lessons are available and must be scheduled in advance with your coach. Rates are as follows:

\$60 per hour	\$35 per ½ hour	Extra Workout - \$10 per hour (minimum of 3 gymnasts)
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Booster Club Expenses – Payable to ANSGBC

June 15th

Booster Club membership dues - \$100 for all levels

USA 5/6 (competitions start in the fall)

FEES DUE

June 15th	1 st Installment of Annual Fees due
July 15th	2 nd Installment of Annual Fees due
September 15th	3 rd Installment of Annual Fees due

USA 3/4 (competitions start in fall)

FEES DUE

June 15th	1 st Installment of Annual Fees due
July 15th	2 nd Installment of Annual Fees due
September 15th	3 rd Installment of Annual Fees due

PREP-OP, USA 7-10 (competitions start in January)

FEES DUE

August 1 st	1 st Installment of Annual Fees due
September 1 st	2 nd Installment of Annual Fees due
October 1 st	3 rd Installment of Annual Fees due
November 1 st	4 th Installment of Annual Fees due

Booster Club Expenses

Booster Club expenses can be raised using fundraisers. Each gymnast will have a “bank account” within the Booster Club general account. You will receive periodic statements regarding your child’s account. All fundraising money will be deposited into your account, and when monies are due, they will be deducted from your child’s account. Meet fees will be the first priority.

Meet Entry Fees

The total meet fees due for the competitive season vary based on the number of meets in which a gymnast is entered, hosting gym and level. Below are the estimates for the season, but should be paid in full (shortages/overages will be addressed at the end of the year):

USA 3/4	4 meets @ \$75 + State @ \$75	\$375
USA 5/6	5 meets @ \$75 + State @ \$75	\$450

USA 7 - 10	6 meets @ \$100 + State @ \$100	\$700***
Prep Op	4 meets @ \$100 + State @ \$100	\$500***

* Level 3/4 will compete a minimum of 3 local meets and 1 travel meet + STATE.

** Level 5/6 will compete 4 local meets and 1 travel meet + STATE.

*** Level 7 – 10 will compete in 4 local meets and 2 travel meets + STATE.

Level 8 – 10 Regional (estimated at \$100 each) and Level 9/10 National meet fees (estimated at \$100) are not included above and are due at the time a gymnast qualifies and is entered.

All meet fees are payable to ANSGBC. For AAU and USA, a meet fee installment plan has been established. **Gymnasts will NOT be entered into any meets until meet fee payment has been received.** As the meet fee totals are estimates only, at the end of the season you will receive a statement indicating whether you have a small balance or a credit due.

If your child becomes ill or injured and is not able to participate in a meet, the meet fee is only refundable for meets your child has not yet been entered into. We are typically required to enter meets several months in advance. You are still responsible for coach expenses associated with all meets for your team as this is an allocated expense.

Travel Meet Expenses

Each team gymnast is responsible for their own travel costs. The Booster Club will only pay the entry fee and the coaches expenses. Travel costs per meet will include transportation, hotel accommodations, meals and planned activities.

Travel Policy

Parents are responsible for their own child for the duration of the travel meet. If a parent is unable to accompany the gymnast to the travel meet, the parent is required to find a surrogate parent who will assume total responsibility for that child for the duration of the meet. As our team program grows, we may find the need to solicit volunteer chaperones to accompany the girls on travel meets, thereby allowing girls to attend without a parent.* A Medical Authorization Form with Insurance info for your daughter should be given to your chaperone.

Coaches Meet Appropriation

The ANSG coaching staff incurs costs during the meet season, not covered by their regular training salaries, related to hourly participation at meets and associated travel expenses. Each gymnast is responsible for a prorated portion of this overall expense. For this season, the coach meet appropriation fee is \$200 for Levels 3 – 6 and \$500 for Levels 7 – 10 per gymnast, payable to ANSGBC. This appropriation will be adjusted annually based on projected coach expenses and the number of competitive gymnasts in the program.

Team Uniform

All ANSG team gymnasts must have a complete competitive uniform. All gymnasts are required to have a competitive leotard, warm up suit and gym bag. *If you are a new competing gymnast to ANSG this season you will need everything.

For Level 3 –5, the estimated uniform cost is \$300

Competitive Leotard	\$75- \$125
Warm Up Suit	\$150
Gym bag	\$25

The Level 9 -10 gymnasts will have new leotards this year. We will plan to keep these leotards for 2 years (assuming they still look good after the season).

Competitive Leotard	\$225
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For Level 6-8, the estimated uniform cost is \$375.

Competitive Leotard	\$200
Warm Up Suit	\$150
Gym bag	\$25

*Gymnasts will keep last seasons White/Silver Competition Leotard, Warm-up Suit and bag. New gymnasts to ANSG will need to purchase everything or could purchase slightly worn leotards from gymnasts moving to level 9-10.

Fundraising

To help defray the cost of travel expenses, team uniforms and booster club activities the ANSG Booster Club will sponsor fundraising activities throughout the year. The extent of individual participation is discretionary; however, any expenses not met through fundraising must be paid in full when due.

A fundraising account will be maintained for each gymnast and gymnasts will receive periodic statements of monies in and out. If a gymnast has a positive balance at the end of a competitive season, their balance will be refunded. If a gymnast leaves the team program and the fundraising balance is negative, that amount is due immediately, payable to ANSGBC.

The fundraising program is designed to help each gymnast pay for team, travel, and booster club expenses. These funds cannot be applied to monthly training expenses. If a gymnast leaves the ANSG team, monies in her account will not be refunded, but rather absorbed by the Booster Club.

Estimated Gymnast Fees:

(Does not include: monthly tuition.)

USA 3 / 4	4 meets + St w/uniform
Meet Fees:	\$375
Uniforms + BC membership fee	\$400
Coaches Appropriations:	<u>\$200</u>
Total:	\$975
1 st installment (due June 15th):	\$400
2 nd installment (due July 15th):	\$350
3 rd installment (due September 15th):	\$225

USA 5/6	5 meets +St w/uniform	5 meets +St no uniform
Meet Fees;	\$450	\$450
Uniforms + BC membership fee	\$400	\$100
Coaches Appropriations:	<u>\$200</u>	<u>\$200</u>
Total:	\$1050	\$750

1 st installment (due June 15th):	\$400	\$100
2 nd installment (due July 15th)	\$450	\$450
3 rd installment (due September 15th):	\$200	\$200

Level 7-10	6 meets +St w/uniform	6 meets + St no uniform
Meet Fees;	\$700	\$700
Uniforms + BC Membership Fees	\$450	\$100
Coaches Appropriations:	<u>\$500</u>	<u>\$500</u>
Total:	\$1,650	\$1,300

1 st installment (due Aug 1st):	\$450	\$100
2 nd installment (due Sep 1 st):	\$400	\$400
3 rd installment (due Oct 1 st):	\$400	\$400
4 th installment (due Nov 1 st):	\$400	\$400

Prep-op Level	4 meets + St No uniform
Meet Fees;	\$500
BC Membership Fees	\$100
Coaches Appropriations:	<u>\$200</u>
Total :	\$800

Level 6 and Prep-op will stay in the current Leotard and Warm-up from last season.

DO'S AND DON'T'S FOR GYMNASTS

1. DO try to attend all the practices. Practice makes perfect.
2. DO try your best at every practice.
3. DON'T make the coach your motivator. The coach is not there to be constantly telling you to stop playing around and to start working hard. You need to always be motivated and working your hardest.
4. DO respect all coaches and gymnasts at all times. No eye rolling, back talking, or rude attitude.
5. DO cheer for your teammates and show your support. If a teammate is not feeling well or is having difficulty learning a skill, they need extra support and cheering. At meets the team should constantly be cheering for the gymnasts that are competing.
6. Remembering that you DON'T want underwear to show under your leotard. If underwear must be worn, it should never be visible. Judges are known to deduct points for this. Typically, younger girls just go without. However (and especially for the older girls,) there is special underwear (briefs) that can be purchased at places such as Dance Fashions, which is made especially to be worn underneath a leotard.

DO'S AND DON'T'S FOR PARENTS

DO FOR YOURSELF

1. DO support your child at all times. Always give positive feedback no matter how your child seems to be doing.
2. DO try to enjoy yourself during competitions. Sometimes competitions are long, but if you can try to enjoy yourself, the meet will not seem quite as long.
3. DO look relaxed, calm, positive, and happy when watching your child. Your attitude influences the way your child feels and performs.
4. DO volunteer. When North Stars is hosting a meet we will need all the help we can get! We know everyone is busy, but we are so thankful for the time you give to us.
5. DO check your mail folder regularly. There is a mail folder with your child's name located by the front desk. Sometimes, there may be important information that is put in the folder. We will use email as much as possible, but there will be times when we have "hard copies" and will use the folders.

DO WITH OTHER PARENTS

1. DO make an effort to become friendly with other parents. Socializing makes meets and other events a lot more enjoyable.
2. DO police your own rank. If you see a parent behaving inappropriately at a meet or practice, try to work with them to help them change. Sometimes parents get caught up in the moment and do not recognize their behavior and will respect you if you politely point it out for them.

DO TOWARD COACHES

1. DO respect your coaches.
2. DO give the coaches support which will help them do their jobs better.

3. DO communicate with the coaches about your child. Even though the coaches spend a lot of time with your child, they do not know everything. If you see a recurring problem between the gymnasts and coaches, you need to bring it up to the coaches.
4. DO inform the coaches of any problems at school or home that might affect your child at practice. There are may be times when your gymnast may want the coaches to lay off a bit because they are not feeling 100%.
5. DO make the coaches your allies.

DO FOR YOUR CHILDREN

1. DO support your gymnast at all times.
2. DO help your child set realistic goals that will help them succeed.
3. DO show interest in your child's gymnastics. Watch some practices, attend meets, and ask questions about skill and terms that you do not know.
4. DO be a healthy role model for your child by being positive and relaxed.
5. DO give them unconditional love at all times. Show them you love them whether they win or lose.

DON'T FOR YOURSELF

1. DON'T compare one child to another child. Everyone is different and excels at different rates. Your child needs to know that she is special no matter what.
2. DON'T watch every practice. Sometimes when you watch a practice your child feels pressured and cannot perform to her highest potential. Watching every practice also hinders your child from forming a relationship with the coaches and teammates.

DON'T WITH OTHER PARENTS

1. DON'T GOSSIP! Always bring concerns to the coaches not to other parents. Refrain from making comments inside or outside of the gym. Negative comments about coaches, gymnast, or parents will not be tolerated at any time. If your child hears you making negative comments, she may think it is okay for her to do the same.

DON'T WITH THE COACHES

1. DON'T interfere with their coaching. Parents are not allowed on the gym floor during practice or at meets. If your child is not paying attention or is playing around, it may be tempting to make a comment, but it is the coaches' job to correct the problem.
2. DON'T discuss your child's meet performance directly after a meet; wait until the next practice.
3. DON'T call the coaches at home.

DON'T WITH YOUR CHILDREN

1. DON'T coach your child. Leave all coaching for the coaches.
2. DON'T show them negative emotion to give them too much pressure.
3. DON'T live your childhood dreams through your child.
4. DON'T compare your child.
5. DON'T make them practice at home. If they would like to stretch or condition at home that would be okay, but each level trains for a sufficient amount of time. Let them enjoy their playtime at home.
6. DON'T do or say anything that would make them think less of themselves or of you.

MEET POLICIES AND GUIDELINES

1. Only the coach can determine the readiness of the athlete. If you have a problem with the coach's decision, talk to the coach – but NOT during the meet.
2. Gymnasts need to be 15 minutes early to all meets.
3. Gymnasts are expected to stay with the team at all times throughout the meet. Gymnasts are not allowed into the stands at any time unless they have specific permission from a coach.
4. Gymnasts cannot leave until awards are completed. No gymnast can leave at any time while awards are being given unless they have specific permission from a coach.
5. Gymnasts who show anger or cry because of their performance will be asked to go to the restroom in order to collect themselves.
6. Good sportsmanship is a priority. Always cheer for teammates and show your support.
7. At no time are parents allowed on the floor. If there is a serious problem a coach will confront you.
8. Gymnasts must wear their competition attire throughout the entire meet including awards.
9. Gymnasts must salute the judges before and after competing on each event.

ANSG Policies

1. If your child can not attend practice, please call ANSG or the coach.
2. No child may take private lessons from a coach or gym outside of ANSG. Since we offer private lessons, any student who takes private lessons outside of ANSG will be removed from the team.
3. If a student will be away from ANSG for an extended period of time (vacation, etc), the student may practice at another gym ONLY with the approval of her coach.
4. Gym and Booster Club communications will occur through email most of the time. Do not "Reply to All" when responding. If there is a problem, please take up the issue with the coach directly or discuss the issue with Grisha. There is no reason to involve the rest of the team in your personal issues.
5. Level placement will be determined by the coaches based on maturity, ability and scores; please be respectful of placement decisions. They are determined in the best interest of the gymnast.
 - a. Compulsory – Several evaluations will be done during the beginning of summer for competitions starting in September.
 - b. Optionals – Evaluations will be performed at the end of October for competitions starting in January.
6. All meet inquiries are to be directed to your Coach or Meet Coordinator. Parents are never permitted to call the "host" gym or meet site for information or to ask questions.
7. Coach x Gymnast Ratio is the discretion of the coaches at meets. There will always be a minimum of 2 coaches per meet to best fit the gymnast's skill level, personality and safety concerns.
8. Injured gymnasts are expected to be at practice for at least part of the practice. When an athlete becomes injured it is our goal to concentrate on the areas of the body or training that we can improve while the gymnast is recovering.
9. Team Summer Camp for Compulsory and Optional Gymnasts is required! Please make your summer vacation time to not interfere with this mandatory camp. This is our special and unique week for team building, flexibility, strength conditioning, new skills, dance/ballet, level evaluations, education and fun!
10. We require a signature from Gymnast and Parents agreeing they have read the Team Handbook and agree to abide by the rules and regulations set forth at ANSG. It is necessary to have this "on file" at the reception area prior to ordering your leotards and registering for meets.

Acknowledgement of Team Handbook

I have read and understand the contents of the Team Handbook, and I agree to abide by the rules and regulations set forth.

Childs Name

Parents Name

Date

Parents Signature