



Boulder Flyers

Parent Handbook

Have any questions, comment, and/or concerns? Please contact:

Name	Position	Phone	Contact Information
Keely Miller	Gymnastics Program Coordinator	(303) 441-3412	MillerK@bouldercolorado.gov
Cindy Ferrari	Gymnastics Recreation Coordinator	(303) 413-7265	FerrariC@bouldercolorado.gov
Andrew Ghizzone	Gymnastics Team Coordinator	(303) 413-7265	GhizzoneA@bouldercolorado.gov



Congratulations and Welcome to Boulder Flyers Team Gymnastics!

Table of Contents:

Introduction (Visions & Values).....	3
General Rules and Policies for Team Gymnasts.....	4
General Rules and Policies for Team Parents.....	5
Injury Policy.....	6
Go Flyers Club (GFC) Information Page.....	7
GFC Photo Release.....	8
Financial Planning.....	9
Commitment Forms.....	10 & 11

Our Gymnastics Focus:

- ❖ Empower our athletes to take pride in their gymnastics.
- ❖ Teach athletes proper and safe progressions.
- ❖ Cultivate a love for learning.
- ❖ Develop life-long and healthy habits.
- ❖ Refine the skill of self-discipline and work ethic.
- ❖ Be respectful.
- ❖ Collaborate and support your teammates. We are stronger together!



Introduction

Our City of Boulder Visions & Values were established to align all City of Boulder employees and program in a shared sense of purpose as well as commitment to each and the community. We adhere to these values as a Boulder Flyers community.

Vision

“We provide student focused gymnastics supporting growth through movement.”

Values

Customer Service

We are dedicated to exceeding the expectations of our community and our co-workers by demonstrating consistent and professional service with a solution-oriented approach.

Respect

We champion diversity and welcome individual perspectives, backgrounds, and opinions. We are open-minded and treat all individuals with respect and dignity.

Integrity

We are stewards of the public’s trust and are committed to service that is transparent and consistent with city regulations and policies. We are honorable, follow through on our commitments and accept responsibility.

Collaboration

We are committed to organizational success and celebrate our shared dedication to public service. We believe community collaboration and the sum of our individual contributions leads to great results.

Innovation

We promote a forward-thinking environment that supports creativity, calculated risks, and continuous improvement. We embrace change and learn from others to deliver leading edge service.



General Rules and Policies for Team Gymnasts

Who are team members?

- ❖ Girls' Xcel (Bronze, Silver, Gold, Platinum, & Diamond) athletes
- ❖ Boys' Team athletes

Attendance:

- ❖ Team members are required to attend all practices unless excused for illness or other approved activity.
- ❖ Team members are required to inform of their absences when missing practice.
 - Xcel Gold + & Boys – Email Andrew Ghizzone (GhizzoneA@bouldercolorado.gov)
 - Xcel Bronze & Silver – Email Cindy Ferrari (FerrariC@bouldercolorado.gov)
- ❖ Team members should arrive 5 – 10 minutes early for their practice.
- ❖ Team members are required to be properly dressed and ready for practice at their scheduled time. (*Girls must wear leotards; boys must wear appropriate workout attire*)
- ❖ Team members are highly encouraged to attend all team functions.

Attitude and Respect:

- ❖ Team members must be respectful toward every athlete.
- ❖ Team members must be respectful toward every employee in the NBRC facility.
- ❖ Team members must be respectful toward every parent or guardian.
- ❖ **No cell phone** use in practice without coaches' permission.
- ❖ Team members must be respectful of the gymnastics facility, and all the equipment - by treating it with care and cleaning up after themselves.
- ❖ Team members must demonstrate a good work ethic and desire to learn and improve.
- ❖ Team members must eat nutritiously to fuel their bodies and perform at their best.
- ❖ Team members must communicate with their coaches.
- ❖ **Team members are encouraged to report any serious misconduct towards them by another athlete, coach, or staff to their head coach.**
- ❖ Team members must model positive and appropriate behavior.
- ❖ Team members in noncompliance of the attitude and respect expectations will be withheld from participation and parents will be notified.

Come to practice with a goal of having fun, supporting teammates, respecting coaches, and working hard!



General Rules and Policies for Team Parents

- ❖ **Please DO NOT coach your athlete!!** It is our role and responsibility to coach your athlete(s) and it is your role to support them, as a parent. Please respect that boundary.
- ❖ Trust your gymnast's coach(es).
- ❖ Respect other families and gymnasts – please do not gossip and/or talk negatively about other people.
- ❖ Concerns about the gym, a policy, schedule, or a coach should not be discussed with other parents – please talk with the head coach or coordinators.
- ❖ Parents may not enter the practice or competition floor.
- ❖ Pay monthly tuition, meet entry fees, team fee, and uniform fees on time.
- ❖ Schedule vacations around mock meets, competition season, and peek training times to the best of your ability.
- ❖ A vacation lasting longer than 1 month will be eligible to pause a team membership. More than 2 months out of the gym for non-injury related reasons, will result in a skill test before returning to the team space.
- ❖ All level decisions will be made by the coaching staff for the greatest success and safety of your gymnast.
 - Completion of the current level's skills does not mean you are ready to move to the next level.
- ❖ Flyers does not offer make-up classes for team athletes.
- ❖ All team members are required to have a 7-month commitment during the competitive season.
- ❖ Flyers reserves the right to:
 - Change practice schedules as needed.
 - Change coaching assignments as needed.
 - Cancel or add practice when needed without financial adjustment.
 - Place athletes in the level we deem necessary.
 - Scratch athletes from competition

Parent Expectations at Competitions/Mock Meets:

- ❖ Parents are not permitted to use flash photography during warm-ups or competition.
- ❖ Parents are not to speak with or approach other coaches, judges, or the meet director.
- ❖ If a parent needs to communicate with their child at a competition – they must talk in person with the head coach at an appropriate time (off the competition floor and being mindful of the flow of the meet).
- ❖ Parents are not permitted to coach from the stands or when the gymnast comes off the floor.
- ❖ Parents in noncompliance of competition policies can be withheld from participation. It may also result in disqualification of your athletes from the meet as well as the ENTIRE meet losing its sanction. **This a USAG rule.**



Injury Policy

Our primary focus is to keep all athletes safe. Unfortunately, injuries do happen in this sport. Our goal is to minimize the frequency of injuries happening.

If your child is injured in the gym, here is what we do:

1. Assess injury and athlete.
2. Provide immediate care (i.e., ice, band aid, elevation).

Option 1: If athlete can return to practice.

- ❖ We will record injury in an incident/accident report and submit to supervisor.
- ❖ Communicate with parent following practice.

Option 2: If athlete is unable to return to practice.

- ❖ Once athlete has received immediate care, we will contact parent.
 - If the injury is life threatening or severe, we will call 911 first, then parent.
- ❖ Coach will stay with athlete until parent arrives.
- ❖ Coach who witnessed accident will fill out an incident/accident report.

If your child is injured outside of the gym:

- ❖ Must have doctors note before returning to practice.
- ❖ Communicate with your child's coaches, and/or Program Coordinator (Keely) so we can support your child in their recovery.
- ❖ If your child is out for more than one month due to injury, you will be eligible for a pause in membership, without a loss of spot on the team.

Emergency Contact Numbers:

- ❖ Gymnastics Office: (303) 413-7265
- ❖ Program Coordinator Direct Line: (303) 441-3412

**These are personal cell numbers – please use only in case of emergency.*

<i>Andrew Ghizzone</i>	<i>(908) 477-7890</i>
<i>Cindy Ferrari</i>	<i>(303) 332-6982</i>
<i>Keely Miller</i>	<i>(970) 215-1753</i>



GO Flyers! club

The GoFlyers! Club is a parent organization that supports the Flyers competitive gymnastics team for boys and girls. The club was founded in 2016 and oversees administrative and fundraising activities for the Flyers in conjunction with the City of Boulder.

Board members collect fees, order uniforms, organize home meets and plan other Flyers-related activities. Two highlights, hosted by the Flyers, are the Girls and Boys Stiletto Invitationals (we look forward to bringing back these highlighted meets in the 2022-2023 season)

The GoFlyers! Club also organizes parties and other team bonding events. Throughout the seasons, gymnasts help with fundraising activities. A long-term goal of the GoFlyers! Club is to be able to provide scholarships to the families of gymnasts in need.

The club helps the gymnastics department align with the goals of the Boulder Department of Parks and Recreation to take team and travel expenses out of the city's budget. GoFlyers! is a registered 501 c3 non-profit club.

Please contact GoFlyers! Club at info@goflyersclub.com or visit us at www.goflyersclub.com





Photo Release Form for Minors (if under 18)

The Go Flyers! Club has my permission to use my or my child’s photograph publicly to promote the Boulder Flyers Team and the Go Flyers! Club. I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee, or other compensation shall become payable to me by reason of such use.

Parent/Guardian’s signature: _____ Date _____

Parent/Guardian’s Name: _____

Child’s Name: _____

Phone Number: _____

Photo Release Form for Adults

The Go Flyers! Club has my permission to use my photograph publicly to promote the Boulder Flyers Team and the Go Flyers! Club I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee, or other compensation shall become payable to me by reason of such use.

Signature: _____ Date _____

Name: _____

Phone Number: _____



Financial Planning for Boulder Flyers Competitive Gymnastics

All uniforms, leotards, jackets, and spirit wear items go through the Go Flyers Club. **Note: Uniforms will be available for purchase through the [website](#)*



Checklist: Financial Planning



Bronze & Silver (Fall/Spring)	Gold	Platinum +	Boys
<ul style="list-style-type: none"> <input type="checkbox"/> USAG Athlete Membership = \$25 new/\$65 returning <input type="checkbox"/> Team Fee = \$300 <input type="checkbox"/> Bronze/Silver Leotard = \$70 <input type="checkbox"/> 1st Meet Package = \$100 <input type="checkbox"/> *Required* 3 – Meets Package = \$300 <input type="checkbox"/> *If Qualify* State Meet = \$100 <input type="checkbox"/> *Optional* Flyers Sweatshirt = \$40 	<ul style="list-style-type: none"> <input type="checkbox"/> USAG Athlete Membership = \$65 <input type="checkbox"/> Team Fee = \$300 <input type="checkbox"/> Gold + Leotard = \$175 <input type="checkbox"/> 1st Meet Package = \$100 <input type="checkbox"/> *Required* 3 – Meets Package = \$300 <input type="checkbox"/> *If Qualify* State Meet = \$100 <input type="checkbox"/> *If Qualify* Regional Meet = \$150 <input type="checkbox"/> *Optional* Flyers Sweatshirt = ~\$40 	<ul style="list-style-type: none"> <input type="checkbox"/> USAG Athlete Membership = \$65 <input type="checkbox"/> Team Fee = \$300 <input type="checkbox"/> Gold + Leotard = \$175 <input type="checkbox"/> Pikes Peak Cup Meet = \$150 <input type="checkbox"/> *Required* 3 – Meets Package = \$300 <input type="checkbox"/> *If Qualify* State Meet = \$100 <input type="checkbox"/> *If Qualify* Regional Meet = \$150 <input type="checkbox"/> *Optional* Flyers Sweatshirt = ~\$40 	<ul style="list-style-type: none"> <input type="checkbox"/> USAG Athlete Membership = \$25 new/\$65 returning <input type="checkbox"/> Team Fee = \$300 <input type="checkbox"/> Boys Jacket = \$35 <input type="checkbox"/> Boys Competition Pants = \$30 <input type="checkbox"/> Boys Competition Shorts = \$20 <input type="checkbox"/> Boys Singlet = \$85 <input type="checkbox"/> JRMO Meet = \$150 (Optionals ONLY) <input type="checkbox"/> 1st Meet Package = \$100 (Level 3-5) <input type="checkbox"/> *Required* 3 – Meets Package = \$300 <input type="checkbox"/> *If Qualify* State Meet = \$100 <input type="checkbox"/> *If Qualify* Regional Meet = \$150 <input type="checkbox"/> *If Qualify* Westerns/Nationals = \$150

Fees are subject to change at any time

Uniform Expectations at Mock Meets & USAG Sanctioned Competitions:

- ❖ All uniforms are clean and presentable.
- ❖ Girls arrive and stay in leotards the **entire** competition, including awards – please do not pull leotard down by hips!
- ❖ We expect all athlete to stay until the end of awards. Please do not leave early.
- ❖ During march-in, athletes can either wear leotard/competitive attire OR full warmups – **team must look unified!**
- ❖ Boys! Bring black socks with **no logos**.
- ❖ Girls must arrive to competitions with meet ready hair!
- ❖ No nail polish, necklaces, bracelets, anklets, rings, and only **one pair of stud earrings in each ear**.

During season, girls will participate in bun nights regardless of whether they compete or not.



Athlete Commitment Form

Gymnastics is a sport that requires a serious level of dedication, commitment, and focus from its participants. It is a long-term project, which requires a solid commitment from both parents and gymnasts.

ATHLETE UNDERSTANDING OF EXPECTATIONS AND COMMITMENT:

___ I understand that I am required to attend my practices to ensure my safety, team support, and skill development.

___ I understand if I cannot attend practice, I must communicate and email Andrew (GhizzoneA@bouldercolorado.gov)

___ I understand that if I miss 2 months of practice, I need to re-skill test to join the team. Re-joining team will depend on available spots.

___ I understand that I am required to compete in three (3) competitions, and be up to date with competition dues.

___ I understand that I must **always** respect my teammates, coaches, the equipment, and employees of the NBRC.

___ I understand that noncompliance with any of these expectations may lead to disciplinary measures up to and including my dismissal from the team.

I have read and initialed the above statements in agreement with the expectations of my participation on the Flyers team. I further agree to communicate any problems with my coaches such that an understanding may be established if I cannot meet a requirement.

X

Athlete's Name (Print)

X

Athlete's Signature

X

Parent's Name (Printed)

X

Parent's Signature

Date: _____



Athlete & Parent Commitment Form

I have read and understood the team rules, policies, and the responsibilities for my gymnast and myself, as a parent, here at the Boulder Flyers. I feel that this sport has many benefits to offer my family, my child, and myself by choosing Boulder Flyers. I feel that my child's goals can be reached in this program.

I make a commitment to fulfill my roles to the best of my ability and to support this program with my words and actions. If I have a disagreement or problem with the staff or program, I will contact the gym first to attempt to resolve the situation.

I also understand and agree that if any time my actions or words become detrimental to this program, I will be asked to remove my child from the program and find another gym. I understand that if my child participates in the team program and this agreement is not signed and returned, it is implied that participant and my family agree to all rules, policies, and responsibilities, including financial responsibility for participation.

X

Parent/Guardian Name (Print)

X

Parent/Guardian Signature

X

Athlete's Name (Print)

X

Athlete's Signature

Date: _____

