



ZODIACS USAIGC PROGRAM
TEAM HANDBOOK
2019

THE PRIDE RUNS IN THE FAMILY

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PRACTICE AND ATTENDANCE POLICIES

PRACTICE

ONCE TEAMS ARE FORMED, YOU WILL RECEIVE THE PRACTICE SCHEDULE. PRACTICE MAY BE CHANGED AND/OR ADDED THROUGHOUT THE SEASON AT ANY TIME. IF PRACTICE IS ALTERED, YOU WILL BE NOTIFIED OF ANY CHANGES. IF ANY TEAM MEMBER DISRESPECTS THEIR TEAMMATES, COACHES, OR FACILITY BY CONTINUOUS TARDINESS, LACK OF DESIRE, OR COMMITMENT, THE ZODIACS ATHLETICS STAFF RESERVES THE RIGHT TO IMPLEMENT DISCIPLINARY ACTIONS.

PRACTICE ATTIRE

EVERY ATHLETE IS REQUIRED TO WEAR PROPER GYMNASTICS ATTIRE. ATHLETES WILL NEED TO WEAR GYMNASTICS LEOTARD AND HAVE HAIR PULLED BACK NEATLY AT ALL TIMES.

SUMMER

THE SUMMER MONTHS OF JUNE- AUGUST WILL BE USED AS A TIME FOR THE GYMNASTS TO CONTINUE IMPROVE THEIR SKILLS AND BEGIN TO LEARN CHOREOGRAPHY. WE KNOW FAMILIES USE THE SUMMER MONTHS AS A TIME FOR RELAXING AND ENJOYING OTHER ACTIVITIES SUCH AS VACATIONS & CAMPS, HOWEVER PRACTICES DO STILL RUN THROUGHOUT EACH SEASON. NOTIFY THE COACHING STAFF THROUGH ONE OF THE LINES OF COMMUNICATION IF YOUR ATHLETE IS SICK AND CAN NOT MAKE PRACTICE.

INJURY

UNFORTUNATELY, INJURIES CAN OCCUR IN THIS SPORT. IN THE EVENT THAT AN INJURY HAPPENS, THE ATHLETE IS STILL EXPECTED TO ATTEND PRACTICE AND EVERY OTHER COMMITMENT TO THE PROGRAM (INCLUDING COMPETITIONS). ALL INJURIES REQUIRING AN ATHLETE TO SIT OUT MUST BE DOCUMENTED WITH A DOCTOR'S NOTE, UNLESS THE COACH FEELS ITS NECESSARY FOR THE ATHLETE TO SIT OUT. THE ATHLETE WILL NOT BE ABLE TO RETURN TO THE TEAM UNTIL HE/SHE HAS HEALED 100% AND CAN PERFORM THE NECESSARY SKILLS IN THE ROUTINE SAFELY.

PARENT INVOLVEMENT

WE WOULD NOT HAVE THE AMOUNT OF SUCCESS WE HAVE TODAY IF IT WERE NOT FOR THE DEDICATED AND SUPPORTIVE PARENTS OF ZODIACS. WE WANT EVERY PARENT TO FEEL COMFORTABLE AND INFORMED ABOUT HIS/HER CHILD, THEREFORE; WE MAKE EVERY EFFORT TO KEEP THE LINES OF COMMUNICATION OPEN. IT IS THE **PARENTS' RESPONSIBILITY** TO KNOW WHAT IS GOING ON WITH THE PROGRAM AT ALL TIMES. EMAIL IS OUR PRIMARY SOURCE OF COMMUNICATION SO PLEASE MAKE SURE TO CHECK IT DAILY. SEVERAL METHODS WE USE TO COMMUNICATE IMPORTANT INFORMATION ARE:

- *E-MAIL
- *REMIND/TEXT APP
- *NOTES/HANDOUTS
- *WEBSITE POSTINGS/PARENT PORTAL

THE GYM IS A PLACE FOR COACHES AND STUDENTS ONLY. THERE IS ABSOLUTELY **NO** UNSUPERVISED TUMBLING ALLOWED IN THE GYM WITHOUT A COACH PRESENT.

PERFECTION BEFORE PROGRESSION IS THE KEY TO GREAT TECHNICAL SKILLS. WE WILL NEVER HOLD AN ATHLETE FROM PROGRESSING HOWEVER, WE WILL NOT PROGRESS STUDENTS TO MORE ADVANCED SKILLS WITHOUT PERFECTING BASIC SKILLS. **BOTH STUDENTS AND PARENTS NEED TO PLEASE BE PATIENT AND REMEMBER THAT WE ALL WANT THE SAME GOALS FOR THE ATHLETES.**

GENERAL GYM RULES

1. ONLY ATHLETES AND COACHES ARE ALLOWED IN THE PRACTICE AREAS. ALL PARENTS AND SIBLINGS MUST REMAIN IN PARENT AREAS.
2. NO FOOD, DRINK, OR GUM IS ALLOWED IN THE GYM AREA.
3. NO CELL PHONES ALLOWED ON GYM FLOOR DURING PRACTICE TIME.
4. NO PLAYING ON THE EQUIPMENT BEFORE OR AFTER PRACTICE.
5. FINGERNAILS SHOULD BE KEPT SHORT FOR SAFETY REASONS.
6. TEAM MEMBERS ARE EXPECTED TO ARRIVE ON TIME FOR PRACTICE AND IN THE PROPER ATTIRE WITH HAIR PULLED BACK AWAY FROM THE FACE.
7. FOR THE SAFETY OF THE ATHLETE AND THE OTHER SQUAD MEMBERS, ALL JEWELRY MUST BE TAKEN OFF PRIOR TO THE BEGINNING OF PRACTICE. THIS INCLUDES ALL BODY JEWELRY.

8. ALL ATHLETES ARE EXPECTED TO BEHAVE IN A RESPECTFUL MANNER AND UPHOLD ZODIACS RULES AND POLICIES AT ALL TIMES. UNSATISFACTORY ACTS DURING PRACTICE MAY RESULT IN REMOVAL FROM PRACTICE/PROGRAM.
9. THERE IS ABSOLUTELY NO UNSUPERVISED SPOTTING IN THE GYM OR AT AN EVENT WE ARE TAKING PART IN. THIS INCLUDES ATHLETES SPOTTING EACH OTHER AND/OR PARENTS SPOTTING THEIR CHILDREN.

COMPETITION RULES

1. FINGERNAILS SHOULD BE KEPT NEAT, CLEAN. NO NAIL POLISH.
2. NO FOOD OR DRINKS WITHOUT WEARING A SHIRT OVER UNIFORM TOP.
3. HAIR MUST BE WORN EXACTLY AS INSTRUCTED
4. ALL ATHLETES MUST BE IN FULL UNIFORM/WARMUP AT AWARDS.
5. ALL ATHLETES AND PARENTS SHOULD BE RESPECTFUL TO THE COMPETITION STAFF AND OTHER ATHLETES, COACHES AND PARENTS FROM OTHER GYMS.
6. ITINERARIES WILL BE GIVEN OUT PRIOR TO THE COMPETITION. EVERYONE IS EXPECTED TO ADHERE TO THE COMPETITION ITINERARY GIVEN OUT BY ZODIACS. PLEASE PAY CLOSE ATTENTION TO THE ARRIVAL TIMES.
7. ALL OF THE ATHLETES AND PARENTS ARE A DIRECT REFLECTION OF ZODIACS AND SHOULD CONDUCT THEMSELVES APPROPRIATELY AT ALL TIMES. DISRESPECTFUL OR ABUSIVE BEHAVIOR, DISHONESTY, OR ANY FORM OF NEGATIVE BEHAVIOR ARE GROUNDS FOR IMMEDIATE REMOVAL FROM THE ZODIACS EXTREME PROGRAM.

ACCEPTANCE OF TERMS AND CONDITIONS

~PLEASE READ AND INITIAL BESIDE EACH ITEM. IT IS IMPORTANT YOU FULLY UNDERSTAND THE TIME AND FINANCIAL COMMITMENT YOU ARE MAKING.

____ I UNDERSTAND THAT I AM ENTERING INTO THE ZODIACS PROGRAM OF MY OWN FREE WILL, AND I HAVE THOROUGHLY READ AND UNDERSTAND THE ZODIACS TEAM HANDBOOK.

____ I UNDERSTAND THAT MY CHILD HAS BEEN PLACED ON A TEAM(S), BUT CAN BE MOVED TO ANY OTHER TEAM(S) AT ANY TIME FOR ANY REASON AT THE COACHING STAFF DISCRETION.

____ IN THE EVENT THAT MY CHILD QUILTS OR GETS DISMISSED FROM A TEAM , A \$200 CANCELLATION FEE WILL BE PROCESSED IMMEDIATELY. I ALSO UNDERSTAND ANY OUTSTANDING BALANCES MUST BE PAID IN FULL.

____ I UNDERSTAND THAT I PAY FOR A SKILL PROGRESSION PROCESS OF COMPETITIVE CHEERLEADING AND NOT FOR SPECIAL TREATMENT OR PLACEMENT.

____ I UNDERSTAND MY CHILD NEEDS TO ARRIVE ON TIME FOR ANY SCHEDULED PRACTICES, COMPETITIONS, OR MANDATORY EVENTS.

____ I UNDERSTAND THAT AN EXCUSED ABSENCE IS LIMITED TO MANDATORY SCHOOL FUNCTIONS THAT RESULT IN A LETTER GRADE, DEATH IN THE FAMILY OR CONTAGIOUS ILLNESS. MISSING PRACTICE FOR ANY OTHER REASON THEN THE THREE LISTED PREVIOUSLY WILL RESULT IN AN UNEXCUSED ABSENCE. EXCESSIVE UNEXCUSED OR EXCUSED ABSENCES WILL RESULT IN AN ATHLETE BEING PULLED FROM ANY UPCOMING PERFORMANCE OR COMPETITION AT THE DISCRETION OF THE COACHING STAFF. IF THE PROBLEM PERSISTS, WE MAY ALSO ELECT TO SUSPEND THE ATHLETE TO AN ALTERNATE POSITION OR REMOVE THE ATHLETE FROM THE ZODIACS GYMNASTICS PROGRAM.

____ I UNDERSTAND MY CHILD MUST WEAR THE PROPER PRACTICE ATTIRE TO EVERY SCHEDULED PRACTICE.

____ I UNDERSTAND THAT I WILL NEED TO GET PERMISSION AND APPROVAL FROM ZODIACS BEFORE USING THE ZG/ZODIACS LOGO, NAME OR ANY LIKENESS ASSOCIATED WITH ZODIACS FOR APPAREL OR ANY OTHER PURPOSE.

I _____ (GUARDIAN'S PRINTED NAME),
UNDERSTAND AND ACCEPT AND AGREE TO ALL OF THE TERMS AND CONDITIONS WITHIN THE ZODIACS TEAM HANDBOOK.

SIGNATURE _____ DATE: _____