

## **Midwest Gymnastics Team Handbook 2025-2026 Season**

### **Tuition:**

Tuition at Midwest Gymnastics is considered a monthly membership fee; you will be charged the same amount each month regardless of cancelled practices or gym closings. The monthly membership fee is calculated on 48 weeks per year plus closings for “Major” holidays. There will be one week in December in which the gym is closed for practice. The holidays include Memorial Day, 4th of July, Labor Day, Thanksgiving, Christmas Eve and Christmas Day, and New Years’ eve New Years’ Day.

Vacations will not be prorated.

Any injuries that keep a gymnast out of the gym for 2 straight months will receive a 50% discount in tuition. Full tuition will start when the gymnast is training on events.

### **Annual Equipment Fee:**

New team members will incur a one time registration fee of \$100.00. Current team members will pay a registration fee of \$50.00 a year due on the 1st of June, 2026. Registrations will be added to the tuition that month. Fees will not be prorated. Families that come from our recreational program and move on to the team are considered new members and will be charged \$100. This is a separate registration fee from recreational classes. *This fee will pay for all the equipment updates we make to ensure the gymnasts are working on state of the art equipment that includes but not limited to chalk, new rails, new floor, etc.*

*Gymnasts will receive 50% off all open gyms!*

### **Rest & Recovery**

One of the most important, and greatly underestimated, aspects to training (in any sport) is adequate rest & recovery time. One of the reasons our upper levels do not train 25-35 hours as some of the other top gymnastics teams in our region/country, is because we strongly believe that rest is extremely important in terms of building strength & keeping the gymnasts as injury free as possible through their entire season. We feel the hours and training we have set up help the girls to improve gymnastically, as well as stay as healthy as possible. Muscles need time to repair & grow. Gymnasts who are doing sports 6-7 days a week run a significantly greater chance of developing an overuse injury than do gymnasts who do not. The purpose in giving the gymnast a day of rest in between practices—i.e. train 2 days on, one day off—is to allow the body to mend itself & prepare for the demands of the next practice. One of the sayings in the coaching world (you especially hear this as level 10 Nationals approaches) is that it’s far greater to have an “under trained” gymnast than an “over trained” gymnast. The under trained gymnast has more energy, physical & mental strength, as well as power. The over trained gymnast is fighting an injury & in some cases isn’t even healthy enough to compete. Our priority is for all the girls who start the season to remain healthy enough to finish the season. In addition, in our years of coaching experience, we’ve found that gymnasts who participate in other sports during

their competitive gymnastics season, are not as successful as gymnasts whose main focus is gymnastics. Our goal is to set these girls up to succeed and achieve the goals they set.

### **Fundraising and Volunteer Requirements**

We rely on the support of our parents to help create a thriving gymnastics community. Volunteering and fundraising are essential to maintaining our programs, supporting our athletes, and keeping costs manageable for all families.

#### ***Volunteer Requirements: (NEW FOR 2026 SEASON)***

Parents are required to participate, annually, in our Midwest Classic meet, this year it will be held at the Midwest Dyer location. All Parents should block off the ENTIRE WEEKEND OF THE MIDWEST CLASSIC—February 27-29, 2026. Sessions will be assigned, and each gymnast's parent is required to work set up on Thursday evening or take down on Sunday night, in addition to sessions throughout the weekend. Failure to complete the minimum required hours without prior notice may impact the athlete's placement on the team. Parents are required each year to work a specific amount of sessions at this meet as part of your membership on the team. The number of sessions parents will work will be based on the total number of sessions offered and how many girls are on the team. Typically, parents work 2-4 sessions per gymnast on the team. Levels 7-10 gymnasts themselves may also be required to work sessions. If a parent misses a session they are assigned, there will be a \$250/session fee charged to cover your job. We may offer other fundraising opportunities to help families with the costs associated with team gymnastics. These include, but are not limited to raffles, selling popcorn, etc. We appreciate the time and dedication our families contribute to making Midwest Gymnastics a supportive and successful program.

### **Attendance/Tardiness/Absences**

Regular attendance is essential for every gymnast's growth and success. Consistent attendance helps the gymnast acquire new skills, perfect and maintain current skills, increase & maintain strength, flexibility, & endurance. It will also help the gymnast with her confidence in her own ability to safely perform the skills. These policies ensure fairness and consistency for all participants.

#### ***Reporting Absences Notification:***

Report all absences to [kevin.midwestgymnastics@gmail.com](mailto:kevin.midwestgymnastics@gmail.com) in advance; they will notify the coach. Excessive absences may affect competition eligibility, routines, or team placement, at the coaches' discretion.

#### ***Tardiness Expectations:***

Gymnasts should arrive on time, ready to start on time.

#### ***Illness and Injuries:***

***Illness:***

Stay home if experiencing fever, vomiting, or contagious symptoms. Gymnasts must be symptom-free for 24 hours before returning.

If a gymnast is missing due to illness, please email to let us know and explore training options.

*Injuries:*

Notify coaches of any injury. Medical clearance may be required for return to full participation. Gymnasts must attend 2 full week's worth of practices in order to compete at any State, Regional, or National competition. For invitational meets (non-state, etc.), girls must attend 1 full week's worth of practices in order to compete. This will help the gymnast to not only be physically prepared for the major competition, but more importantly, mentally prepared. The key to competing confidently is having done many successful repetitions of the routines & skills beforehand. If the gymnast is not at practice, it is impossible for her to do the appropriate amount of repetitions to safely & successfully compete.

**Expectations for Conditioning:**

Example: The purpose of the team conditioning program is to foster physical development and athletic skills while teaching the value of discipline and commitment to the higher goal of team personal and team achievement. All competitive athletes must participate in nightly conditioning. If an athlete is late, they are still expected to take part in conditioning for the parts they missed once they arrive.

**Midwest Parent Code of Conduct:**

We recognize that parents play a crucial role in fostering a positive and supportive environment for all athletes. To ensure that every child can train in a respectful and encouraging atmosphere, we have established the following guidelines:

**Behavioral Expectations**

**Encourage, Don't Coach:**

Support your child by cheering them on, but leave coaching and instruction to the professionals.

**Model Respectful Behavior:**

Demonstrate kindness, respect, and fairness toward all athletes, coaches, staff, and fellow parents. Children learn by example, so please act in a way that reflects the values of our gym.

**Respect Other Parents:**

Treat fellow parents with courtesy, patience, and understanding. Disagreements should be handled calmly and respectfully. Harassment, aggressive behavior, or public confrontations will not be tolerated.

**Lead by Example:**

Display good sportsmanship, both in and out of the gym. Speak positively about your child's teammates, coaches, and the gym community.

**Resolve Conflicts Appropriately:**

If you have a concern, address it directly with the appropriate staff rather than discussing it with other parents. If further resolution is needed, follow the gym's formal process for addressing concerns.

**No Confrontations on Gym Property:**

Heated arguments, yelling, or physical altercations between parents, whether inside the facility or in the parking lot, are strictly prohibited. Such behavior sets a negative example for children and disrupts the gym environment. Any violations may result in immediate disciplinary action, including suspension of gym privileges.

**Avoid Gossip:**

Refrain from spreading rumors or speaking negatively about other parents, athletes, or coaches. A culture of support and encouragement benefits everyone.

**Be Inclusive and Welcoming:**

Help create an environment where all parents feel welcome and valued. Support new families as they adjust to the gym community.

**Online Behavior:**

Address any concerns or issues directly with the club rather than airing grievances on social media. Only post photos or videos of your own child and ensure that all posts reflect a respectful tone.

**SafeSport**

SafeSport is a comprehensive initiative aimed at creating a safe and inclusive environment for athletes by preventing all forms of abuse, including emotional, physical, and sexual misconduct. One crucial aspect of these policies is the implementation of one-on-one policies, which dictate that a coach should never be alone with an athlete. This measure is designed to safeguard both the athletes and the coaches, promoting transparency, accountability, and preventing any potential misconduct or inappropriate behavior.

The one-on-one policies include areas such as:

1. Bathrooms and locker rooms
2. Time outside of the gym such as a private home or invitation to meet outside of the training environment
3. Travel
4. Gift giving
5. All electronic communication

The one-on-one policy recognizes the power dynamics inherent in coach-athlete relationships and aims to eliminate situations where impropriety might occur. By prohibiting one-on-one interactions or interactions that may occur outside of the club environment, the organization

seeks to foster an environment where athletes feel secure and protected, allowing them to focus on their training and personal development without the distraction or risk of inappropriate conduct. Adhering to such policies not only demonstrates a commitment to the welfare of athletes but also reinforces the club's dedication to creating a culture of respect, integrity, and accountability. It sends a clear message that the well-being of athletes is paramount, and any violation of these guidelines will not be tolerated. In addition to the one-on-one policy, being bound by SafeSport means that the club is obligated to report and address any suspicions or allegations of misconduct promptly. This commitment to swift and thorough action further reinforces the organization's dedication to maintaining a safe and supportive environment for all its members.

### **Acknowledgment of Receipt**

I, the undersigned, acknowledge that I have received and reviewed the Midwest Gymnastics Parent Handbook. I understand and agree to adhere to the policies, including financial responsibilities, communication expectations, injury and return-to-play procedures, and any other club requirements outlined within this document. I acknowledge that these policies may be updated at the discretion of Midwest Gymnastics management, and I agree to comply with any revisions as communicated by the club.

Signed: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_ Gymnast's Name: \_\_\_\_\_

By signing this document, I confirm my understanding of the expectations set forth by Midwest Gymnastics and my commitment to abiding by them throughout the season.