

## MAG PARENT FINANCIAL AGREEMENT

Name of Gymnast \_\_\_\_\_ Current Level: \_\_\_\_\_ I/we, \_\_\_\_\_, understand that, in accepting a place on the MIDWEST ARTISTIC GYMNASTIC TEAM, I/we, the parent(s) are committed to meet the obligations of the Booster Club for the 2022-2023 season. MAG Booster Club is an organization run by parent volunteers. This organization was founded to support the gymnasts and fundraise to help offset out of pocket costs. The Booster Club Board will create a budget for the season that include social fees, coach expenses (including travel costs), meet registration fees. I/we understand that this budget is approved by the MAG Board and that I/we are required to pay all fees assigned for your designated level. Membership dues and meet fees may vary by level. I understand that I am financially responsible for timely payments of each installment. If your level changes midseason, you are responsible to pay the difference in membership dues. The budget will be prepared and released to the team prior to the first installment. The installment fees owed will be required to be paid from August to November. If your account is not paid in full by December 31, your child will be scratched from all meets and ineligible to compete until the balance is settled. If you need to scratch a gymnast from a meet, the booster club must be properly notified before the meet scratch date (this date varies based on each meet) so that the treasurer can refund your meet fee. We cannot refund meet fees that are not properly scratched in a timely manner; we appreciate your understanding in this. If your child leaves the team during the meet season, there will be no refund for membership dues and they will be added to the general fund. Again, the budget is determined based on participation of ALL gymnasts so we cannot make any exceptions to the above rules/guidelines. Please note, if your fees are not paid in a timely manner and/or volunteer obligations are not met, it will affect your gymnasts ability to attend social events until your account is current. MAG Booster Club hosts at least one meet each year (subject to change). As a member of the Booster Club, each family is responsible for working all hosted meets, regardless of whether or not your child is competing in the meet. Additionally, if your child is planning on leaving the team after the season, you are still required to work the meet. Any credits earned from volunteering will be rolled into the general fund. You must work all sessions that are required. The number of sessions required depends on the size of the meet being hosted and will be determined at a later date. If you are unable to work your assigned sessions you are required to pay the buyout fee.

By signing below, I agree to all the terms of this agreement and understand my financial liability for membership, social dues and meet fees.

**Printed Parent Name** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Parent Meeting Agenda

### Sign-in sheet

### Xcel and DP introduction and what they need to participate (Both USAG)

- Memberships and fees (USAG)
  - ALL USAG memberships must now be done by parent/guardian
  - Done online
- Competition gear sizing, fees (leotard, warm-ups)

### Competition fees (and their breakdown)

### Attendance during pre-season/season

- Routine learning. Spotty attendance means they miss out on routine learning
- Each level practice is geared towards their specific development, so no make-ups allowed
- Arrive early to be on time, practice begins promptly, address late arrivals (email, text, etc.—if it will be consistent, they need to let you know)
- Cancelled practice, practice changes, etc.
  - Potential cancelled practices are calculated into tuition. No refunds processed.
- Nourishment:
  - Water and proper hydrating drinks allowed only
  - Snacks must be quick and efficient. Something they can eat with little mess (BTW, goldfish are the biggest cavity culprit)
  - Medicine: If you send them in with medicine, we must know. Medication should be handled by an adult. If they get hurt and they took medicine, and took too much, while under our supervision, we are at fault. This is irresponsible on your end. Please be mindful. Rules here are like school rules. Medicine should be handled by an adult.
- Practice gear:
  - Proper leotards are important
  - No two-piece leotards allowed in gymnastics
  - Shorts must be without strings in the front
  - Hair must be **properly** secure (no loose headbands)
  - Bangs must be placed without falling in their face (Hair clips are going to be a norm for them)
  - No socks
  - Tape (could be purchased on Amazon in bulk)

### Email vs Text:

- When to use what form of communication
- The use of emails vs. the use of personal cell calls

### Multiple sports and how it affects their development

## High school gymnasts and their level of competition

### Meet Season Policies and Expectations:

- Entry fees are usually non-refundable. Please be understanding that although you may have paid in advance for entries, meet preparation usually happens well in advance of the competition on the meet hosts end. Entry fees are used to cover these expenses, so don't expect refunds when unexpected events occur on your end.
- Session times will be released as soon as we receive them. Please do not ask for that information prematurely.
- Every gymnast is required to attend the practice directly prior to their upcoming competition (granted some exceptions and is subjective).
- Injuries must be attended to proactively by parents, and a follow-up with coaches is important to maintain a healthy transition to normalcy.

### Parent competition attendance expectations (handout)

- Show up early (on time is late)
- No sideline coaches (do not interfere)
- No calling your gymnast over to you (until the competition is over and they are released from our supervision)
- Cheering is encouraged
- No flash photography
- Home gym gear also encouraged (See Hannah)
- Plan to attend entire awards ceremony, to encourage team bonding
- Plan to sit for extended periods (patience is necessary)
- **Make sure all their "necessities" are with them when they head into the competitive arena (this includes snacks, water, and whatever else they may come to you looking for)**

### Gymnast meet expectations (also in handout)

- Arrive early. Arrival on time is late.
- No emotional outbursts during competition (crying, pouting, etc.)—the coaches reserve the right to remove the gymnasts from that meet and-or the following meet for unsportsmanlike behavior
- Be adequately nourished and rested
- Observe curfew and allow for enough rest time before meet day
- (More in handbook)

## Competition preparation

- No late nights
- **No open gym** for any team member. This means all gyms in the area and trampoline parks.
- Stud earrings **only**, no distracting nail polish, and no jewelry (bracelets, anklets, etc)
- Hair should be **secure**
- Jackets/warm-ups are a must: Must have for uniform team appearance
- See Hannah if any issues arise with gear (lost, outgrown, damaged, need extra, etc.)
- No-show bras (best to shop for these **now**)
  - They are easily found at dance shops
  - this will be a deduction, and they will be given a choice to take the deduction by the judges, or to remove the undergarment
- If they wear underwear, it needs to be either skin tone, or the color of their leo. No other color or there is a deduction.

## Team Parent Handbook (MUST SIGN)

- Signed copy of handbook to be handed in **to me** by August 31<sup>st</sup>, no later.

## Level confirmation for competition

- What level the girls will be expected to compete (will be determined by September 17<sup>th</sup>)
- What to do if they do not have their skills in time for this date, and competition season?
  - One-on-one lessons: schedule with coach directly, outside of practice time. Please make sure to be on time; cancellations; no-shows
  - Be patient. This is your gymnasts sport, not yours. Let them develop at their own pace, without the added pressure from you. We do plenty while they're here. No need to second guess their ability.
- If they are still missing the skills required for the level they are training for, it would be at our discretion what level they will compete. Please respect the decisions, as they are not made lightly.
- The level they compete may alter their training days and times. Please be understanding.

## Meet schedule:

- Released This Saturday, August 27<sup>th</sup>
- Meet entry fees due to ensure meet entry
- Out of state meets are optional, does not count towards min required meets
- Home meet is mandatory. If unable to attend, let me know, and let boosters know. You must do your part to "qualify" that you assisted in its prep, or volunteer. If not, it will affect you financially (gymnast account will not be replenished).

## Home Meet:

- Incentive for working meet
- Can't work? Make sure you cover your part **generously**
- Join a committee. Set-up and tear down assistance

## **Conditioning:**

- Strength is pertinent to their development. Muscle soreness is no excuse to miss practice.

## **Injuries:**

- While injured, it is pertinent to attend practice. There is plenty for them to do to stay busy and remain knowledgeable for the season. Doctors note that states to not participate, does not mean to not be in attendance. They can bring their homework to stay busy, but the lessons are not just physical, but also instructive. We coach verbally, and their attendance means they can continue to learn through visual learning, as well as instructional.

## **Upcoming holidays and practice changes:**

- I will have a Holiday schedule sent out by the end of the month. Please input these into your schedule.
- FYI: **Saturday, November 26<sup>th</sup>, we pick secret Santa's—Holiday kick-off season!**

## **Mock Meet: Date TBD**

- All are required to attend. This is the official competition season kick-off date.

## **Winter holiday practice and hours**

- **Clinics will replace practice for the week between Christmas and New Year**
- **More info to come soon.**

## **Grips**

### **End of meeting:**

Feedback from previous season (home meet, etc.)

Activities and suggestions for team bonding

Address any questions

Other Topics:

# Competition Season Prep for Gymnasts & Attendees

## Competition preparation:

- Sleep overs/late nights prior to meet day not recommended
- Be in good behavior, good attitude (encouraging, positive, attentive)
- If earrings are necessary, stud earrings **only** (no earrings that dangle)
- Nail polish now allowed, but may not be a distracting color
- No jewelry (rings, bracelets, headbands, anklets, hair ties around wrists)
- Hair should be secure, out of face, and in high bun, so it won't interfere with performance
  - Use of hairspray, and hair products are recommended to keep the hair in place
  - Bobby pins and monotone (or colorless) clips are good for shorter hair that needs to be placed, but please mind their placements, as they do poke into their heads, and irritation might occur
- Braids, and such are encouraged, if they are not a distraction
- No-show bras (if you need guidance, let us know)
  - If their bra shows, it will be a deduction, and they will be given a choice to take the deduction by the judges, or to remove the undergarment
- If they wear underwear, it needs to be hidden, skin tone, or matching their leotard color. No other color is allowed, or they will get deductions.
- At home, the primary focus is support, let the scoring and skill talk be done by the coaches

## Competition Day:

- Show up early. On time is late. They need to "prep" for competition, and that takes time. Be Mindful.
- No sideline coaches (do not interfere)
- No calling your gymnast over to you (until the competition is over and they are released from our supervision)
- Cheering is encouraged
- No flash photography
- Spectators wearing MIDWEST gear also encouraged (See Hannah)
- When applicable, plan to attend entire awards ceremony, to encourage team bonding
- Plan to sit for extended periods (patience is necessary)
- **Make sure all their "necessities" are with them when they head into the competitive arena (this includes snacks, water, and whatever else they may come to you looking for)**

### Meet gear Checklist:

- ✓ Grips (subjective)
- ✓ Wrist bands (subjective)
- ✓ Matching Hair tie (From Boosters)
- ✓ **TEAM Warm-up Jackets/Leggings**
- ✓ Water/healthy hydration/healthy snacks
- ✓ Flip flops (to keep feet clean)
- ✓ Team backpack for storage of personal items

### A few suggestions to pack:

- ✓ Feminine products
- ✓ Deodorant/anti-perspirant
- ✓ Extra hair products

## Competition Leotard Maintenance

- ✓ Hand wash only, with mild soap
- ✓ Hang dry
- ✓ Only to be worn on competition day

# MAG Team Meet Season Conduct and Expectations

**Information:** You are responsible for all information sent out via email. Please be vigilant when checking your emails. **During pre-season and season**, we suggest you check your email **(as well as your junk folder)** twice a day, usually in the morning, and then in the evenings. This will ensure you do not miss anything important. **This applies to meet season as well. We request that you refrain from asking us about session times, as well as specific meet days. We send that information out as soon as we receive it, and that information is usually provided to us 1 to 2 weeks prior to the meet day for in-state meets, and 3 to 4 weeks for out-of-state meets, but these windows will vary.** If you have questions or concerns, please email me directly, and request a time to speak, **and be specific about your request.** Calling or texting personal cellphones at your convenience is not the best approach. Mind our personal boundaries.

**Attendance:** Gymnasts must attend their regular practices. **Make-ups are not allowed, due to gym and team policy. During competition season every competing gymnast is required to attend the practice directly prior to their upcoming competition.** If your gymnast is not in attendance for the mandatory practice prior to meet day, the coaches reserve the right to scratch gymnasts from either individual events, or competitions, with no repercussions or discussion.

**Injuries, etc.:** If your gymnast suffers an injury, whereas they are required to attend Physical Therapy (PT), or rehabilitation (rehab), or are to undergo any sort of medical treatment, it is required that you as their guardian, provide the gym/coaches, with legitimate paperwork that details these needs. This paperwork needs to be official, with the following information reflected:

- The diagnosis of the injury, as well as details on timeline for recovery
- If treatment is needed, the date of the start of their treatment, as well as a documented timeline of the recovery and treatment process
- The dates of when each step of participation becomes allowable, based on the recommendations of the medical professional
- Detailed information on restrictions of the gymnast's participation (the things the medical professional states they may and may not do, during their attendance at practice), with a timeline of progression towards normalcy
- Exercises recommend by the medical professional that could be performed during their time in the gym, as well as exercises that could be performed with limitations

The information stated above is not optional. This information is needed for us coaches to be able to perform our duties correctly. If the above information is not provided, as a coaching staff we are safe to

assume, with no liability, that the gymnasts condition is not as severe as it appears to be, and we would advise them to participate accordingly. If you feel your gymnast may require special attention due to an injury (of sorts), we advise you to provide this information via a professional, so we can sufficiently and cautiously approach their attendance and participation.

**Advancement and Progression:** The success of your child is based on the coaching staff placing them into a workout group with the most appropriate coach (for that level, that day, or that event), as well as the appropriate group for training. This will allow them to learn quickly and correctly. Our job at MIDWEST GYMNASTICS is to train your child not only for today, but also for the future. The workouts are based not only on their current competition level but also on the long-term plans and goals we have for each gymnast. For this reason, we feel that **correctly** is more important than quickly.

**Move-Ups:** This is a sport where a level change is not determined by the coaches alone, rather, it is determined by the development of the gymnast. When a season comes to an end, the gymnast is not moved up to the next level automatically. Each gymnast will have the opportunity during their off season, to develop the skills necessary for the next level, and move-ups are decided upon the status of these skills, as well as the promise shown towards their progression, as well as timeliness. We would rather have a strong Level 3 gymnast than a weak Level 4 gymnast/strong Xcel Gold gymnast than a weak Xcel Platinum gymnast/etc. Premature move-ups does damage to any athlete's ego.

These level changes are usually determined at the end of the preliminary off season (**end of summer**). Each move-up will begin their new level status during the decided fall session date. If we deem it too early to move up a gymnast by this time, or the gymnast training for the next level is not developing at a pace that will lead to success at that level, we may decide to keep a gymnast within their comfortable competition level until they hone the required skills for a move-up/level change. If a move-up/level change was to occur after this preliminary time frame, we will determine level move-ups on a gymnast-to-gymnast basis (which may include a shift in their practice schedule as well).

Participation in a specific practice, and training to compete a specific level, does not constitute that the gymnast is officially that level. The gymnasts will continue to train the skills they need for the level they are looking to compete, but the level they usually compete will be determined by their ability and skill development by the time their competition season is in full force (usually Late November, Early December). This decision is not made lightly, rather with the safety of the gymnasts and coaches in mind and will be made at the discretion of the coaching staff, **without outside influence.**

**Meet/Competition Requirements:** As stated earlier, every competing gymnast is required to attend the practice directly prior to their upcoming competition (granted few exceptions). As a health and safety issue, we must make sure the gymnast is in good condition to compete (physically and mentally), to avoid any injury/complications. Not attending the practice scheduled directly prior to the day of competition will result in scratching the gymnast from the competition, with no entry fee refund processed. We will usually provide practice schedule changes on a month-to-month basis, as the season



progresses. Rarely, will we make changes last minute, but it is always a good idea to keep checking your emails 1 or 2 days prior to the day of competition **for your gymnast**, in case of any last-minute changes.

If the gymnast is unable to perform the correct skills safely during this practice, then it is up to the coaching staff to determine the competition status of the gymnast (whether they will scratch the event or the meet). During meet season, if said gymnast is unable to perform the required skills or series of skills within their competition level safely (without the assistance of the coach), the competition status of said gymnast is determined by the coaching staff. We as a coaching staff reserve the right to modify routines, omit unsafe skills (which will result in a reduced overall score start value), or scratch (not compete) the gymnast from the individual event.

In the case that a gymnast is not capable of performing the required skills for the level they are training in during competition season, the proper approach is for the coaching staff to place them in the proper training group moving forward. The practice times for these (minor) changes will not change, so when the gymnast is fully capable of performing their specified level skills, it will not cause any changes to their pre-set schedules.

If said gymnast is incapable of performing the required skills for the level they are currently in, for an extended period (extended period length is determined by the coaching staff), we reserve the right to move said gymnast to the appropriate level (even if this may cause a change in their practice times).

**The mental health of an athlete is just as important as the physical health.** We as a coaching staff reserve the right to scratch a gymnast from competing if we believe they're not in a good mental state to compete. This decision is only reserved for extreme cases and is not one that is used frequently.

### **Gymnast meet expectations:**

- No emotional outbursts during competition (crying, pouting, etc.)—the coaches reserve the right to remove the gymnasts from that meet and-or the following meet for unsportsmanlike behavior
- Be adequately nourished and rested
- Observe curfew and allow for enough rest time before meet day
- No leaving the competition floor, unless allowed to do so by supervising coach
- Check to make sure **you** have everything you need for meet day—this is your responsibility
- Must accept awards in uniform (no socks, shoes, unauthorized clothing, improperly worn uniform)
- Observe all rules of the host facility—no unauthorized use of their equipment, or entry into unauthorized areas
- Be positive and supportive towards your teammates, as well as to your competitors and teams

### **Gymnasts' Practice Rules of Conduct:**

- Be physically and mentally prepared to practice, daily
- Know and follow all gym and workout safety rules

- Proper workout attire is required (**2-piece leotards (exposed midriff) are not acceptable and are not allowed**)
- No chewing gum in the gym
- Always put in your 100% effort to avoid injury at all costs
- The gym is no place for discussing your social life. Mind the younger ones when talking to one another
- Do not leave the workout area without your coach's permission **first**
- **No early dismissal without proper and timely notification by your parent/guardian**
- Respect all other gymnasts and treat them accordingly
- Use all workout time efficiently—no standing around
- No talking while in line for your turn, or while on apparatus
- **No phones (calls, texts, social media) during workouts**
- Long hair must be secured
- No body piercings, and all ear piercings (studs only) are to be tastefully done
- Help one another when needed
- **Always** follow the coach's instructions
- No jewelry of any kind, except piercings (that includes watches, rings, anklets, bracelets, etc.)
- **Always keep a positive attitude towards your coaches and workouts**
- Grips and other equipment must be approved by your coaches
- **Only MIDWEST GYMNASTICS approved training should be used: no outside coaching, choreography, private lessons. Private lessons performed by an approved Midwest coach/instructor is only allowed, and this must be authorized by the Head coach prior to you scheduling your private lesson.**
- **Participation in other sports must not diminish your time in the gym, or your efforts**
- It is expected that your school grades are kept in high standard

Where applicable, a gymnast may be removed from practice, or from the team. These decisions are made only in situations where the safety of the gymnast(s) and/or coaches are in question.

**Attitude:** Considering this being a highly competitive sport, we expect your gymnast to approach practice with a competitive mindset, along with a positive attitude. We don't, however, expect the competitiveness from the parents. Let us as coaches do the coaching, and you be the support along the way. Note that it is good to remember that this is your child's sport, and their development relies on the support you provide them along the way, regardless of their struggles. Parents who try to coach their kids, no matter how well-intentioned, will do more harm than good. If you have any questions regarding your child's training—ask us directly, either after practice, or via email. Any concerns the parent has regarding their gymnast should be discussed by appointment, in private, with the coach(es), and done through the proper avenue (professional email, not text). **Any diet, illness, allergies, injuries from extracurricular activities, as well as other athletic involvement should be made known to the head coach and handled appropriately inside and outside of the gym.**

It is imperative that the parent be supportive of the gymnasts throughout their practices as well as their competitions regardless of whether their child is having a good day or a bad day, or if their child is in

first or last place. **Any negativism on the part of the parent towards a coach, a gymnast, or a staff member of Midwest, a volunteer of any sorts, attendees of any competition, judges, meet representatives, or meet directors of a host meet will not be tolerated on any level.** This pertains to the entire training experience and not just immediately before and after competitions.

Parents should not put pressure on the gymnast to perform better or to not make mistakes, or to beat a specific teammate, and is completely barred from putting pressure on a coach for the lack of progression of the gymnast. Certainly, this pressure will result in heightened anxiety and impaired performance (and eventually burn-out) of your gymnast. Pressure on a specific coach, or the coaching staff, to speed up the development of your gymnast could result in athlete burnout, as well as unnecessary injuries. Allow the coaching staff to do the job they are hand-picked to perform, within the proper boundaries of the sport's progressive timeline. Your input as a parent is only seen as information and should never be projected onto a coach as a form of guidance towards their expertise. If it is suggested that as a parent, you have placed unnecessary pressure onto a coach or the coaching staff, to speed up the progression of your gymnast(s), and these requests conflict with the recommended progression put in place by the coach (or the coaching staff), this will result in repercussions taken by Midwest, including but not limited to, suspension of the gymnast, and could even lead to forfeiture of your gymnast's place on the MIDWEST GYMNASTICS team here at Midwest, as well as the facility as a whole. This is only in extreme cases, and this information is outlined below.

We, the coaching staff, are on the same side, and on the same team as your gymnasts, and our actions and decisions are always done with the best intentions. We try and promote positive reinforcement as a process of development, but as each practice progresses, the approach we take is adjusted based on the attitude the group projects towards their lessons.

We expect each athlete to use their time in the gym as efficiently as possible. If we find that a gymnast is not

- using their time in the gym productively
- are being a disruption to the group
- have shown signs of hostility
- are being disrespectful towards their teammates, their coaches, or any staff of Midwest
- are causing issues in the training regimen of the group as a whole

as a coaching staff, we reserve the right to remove your gymnast from practice from that day without repercussion or hostility towards the coaching staff, the front office, or the facility, with the decision. If further action or discussion is needed, it is in the best interest of the parent to approach this in a timely and respectful manner, without hostility.

The minimum required wait time before reaching out to the coaching staff regarding this decision needs to follow the 24-hour rule. **The 24-hour rule states that if a child is addressed directly from a coach or a staff member of Midwest for their disruption of their practice, or of another class or practice, whether they have been removed from practice or not, the parent should allow 24 hours to pass before requesting more information from the coaching staff.** The information request will only be acceptable through a professional email sent to the coaching staff as a whole and is to be done in a neutral approach.

## Parents/Guardians/Spectators Rules of Conduct:

- Parents are asked to always conduct themselves in the utmost professional fashion as representatives of the Midwest Artistic Gymnastics Team when spectating team practices.
- To remember to be mindful and respectful when attending team sanctioned events including but not limited to team outings, team practices, events involving team appearances, meetings of all types, social interactions involving any representative of this sport, fundraisers, competitions, and all forms of communication including face-to-face, phone calls, emails, and text messages.
- Not interrupting any form of practice that is being led by a professional USAG membership holder, including regular practices, irregular practices, one-on-ones, choreography, sanctioned events, and any form of instruction being provided by a professional of the sport (IE: coaches, judges, meet directors, choreographers). Any interruption of a practice should be preceded by an emergency or a notice and followed up with a medical release to continue.
- Be respectful towards any professional of the sport, including but not limited to coaches and meet directors.
- Understand that their (parent/guardian) opinion is not to be forced upon the decisions made by those who were chosen to make the proper decisions (IE: coaches, judges, meet directors, choreographers), and may or may not be considered when decisions are being made, with little to no repercussions towards these sound decisions.
- Respect the boundaries of all representatives of the sport (IE: coaches). Examples may include but are not limited to sending text messages to coaches when the message is not an emergency, sending messages before/after regular business hours (between 9 am and 9 pm), requesting meetings informally (via text), phone calls made to personal cell phones without proper mutual agreement, as well as any form of communication that is done outside of the regularly acceptable professional forms of communication. Personal cell phones are just that, personal. Respect the natural boundaries placed upon that mode of communication and use them properly.
- To be a positive source of energy for your athlete, and to be mindful of what you say and how you say things to or around your athlete, or any athlete that is a member of the sport or Midwest as a whole, including outside of the gym.
- Parents/guardians should never talk poorly about any coach or athlete of the team at Midwest, other athletes that are members of Midwest, as well as any athlete that attends any of the sanctioned events. Mindful comments are always welcomed, but hurtful ones will not be tolerated, and could result in immediate removal from the MAG team, without notice. There is a zero-tolerance policy for any form of disrespect, and a warning is too generous. **May this serve as your requested warning.**

## **Consequences for Misbehavior (for Gymnast(s) as well as Parents/Guardians):**

Midwest has a zero-tolerance policy towards misconduct. If any of the rules of conduct listed are not abided, your child's status as a member of the MAG Team will be reconsidered, and the decision will be made accordingly by the proper parties. **This is non-negotiable.** We only ask that you and your child conduct yourselves properly and professionally. The rules of conduct are put in place to allow for a harmonious and nurturing environment to exist, and we will do what is needed to continue to provide this environment for all members of the MAG family. These rules are forever changing, and as we see fit, changes, additions, as well as omitted and amended rules of conduct will likely be made, and this informal document, and your continuation as a member of the MAG team is your agreement, that you are willing to conduct yourselves in accordance with these modifications as they are made.

The preceding is not a binding agreement but serves as the proper outline of the code of conduct expected by each team member and parent/guardian and serves as the policy of which MIDWEST TRAINING & ICE, as well as the MAG Boosters (also referred to as management bodies) will uphold when making decisions. Violation of the Policies listed in this handbook may affect the placement of you and your gymnast(s) on the competitive team. Following this policy is not a suggestion, rather, it is a requirement to maintain your membership of both the MAG team at MIDWEST, as well as a member of MIDWEST TRAINING & ICE. Should you decide to go against any of the above policy and conduct listed, the management bodies reserve the right to revoke your membership on either the MAG Team, or the facility herein referred to as MIDWEST TRAINING & ICE, or both.

**Your signature below states that you read and understand the Code of Conduct, as well as the Policies, and agree.**

Parent/Guardian Signature: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_