



Team Parents Meeting

| Name | Position | Office Hours | Contact Information |
|--------------|--|---|--|
| Ryan Vaughn | Boys Program Director FLYERS Boys Head Coach | M-TH (5 - 5:15 pm) M & W (2-3pm) Or by appointment | Work cell (720) 951-6301 VaughnR@bouldercolorado.gov |
| Keely Miller | Girls Program Director FLYERS Girls Head Coach | M-TH (4:30 - 5pm) T & W (2 - 3pm) Or by appointment | Work cell (720)-467-2468 MillerK@bouldercolorado.gov |
| Erynn Simone | Gymnastics Program Supervisor | By appointment | SimoneE@bouldercolorado.gov |



Introduction (Page 3)

- ▶ **City of Boulder Gymnastics Mission Statement:**
 - ▶ *“We provide student focused gymnastics supporting growth through movement”*
- ▶ **We want:**
 - ▶ To empower our athletes to take pride in their gymnastics
 - ▶ Cultivate a love for learning
 - ▶ Teach athletes proper and safe progressions
 - ▶ Develop life long and healthy habits
 - ▶ Good Sportsmanship
 - ▶ Team Camaraderie
 - ▶ RESPECT



General Rules & Policies: Gymnasts

(Page 4)

- ▶ Required to attend all practices unless excused for illness or other approved activity
- ▶ Inform of their absences when missing practice - *athlete* must take responsibility and email Keely (millerk@bouldercolorado.gov) or Ryan (vaughnr@bouldercolorado.gov)
- ▶ Team members must be respectful toward every athlete, employee in the NBRC, parent or guardian and the GYM!
- ▶ Team members must model positive and appropriate behavior always
- ▶ Team members are encouraged to report any serious misconduct towards them by another athlete, coach, or staff to their head coach



General Rules & Policies: Parents

(Page 5)

- ▶ Respect your gymnast and coaches - we are here to do what is best for your child.
- ▶ Respect other families and gymnasts!
- ▶ Concerns about the gym, a policy, schedule, or a coach should be discussed with Erynn, Ryan or Keely, not with other parents
- ▶ **Parents are not permitted to coach in the stands, in practice, or when the gymnast comes off the floor**
- ▶ **Parents are not permitted to go inside the gym**
- ▶ Pay monthly tuition, meet entry fees, team fee, and uniform fees on time
- ▶ Schedule vacations around competition season to the best of your ability
- ▶ **Actively participate and support the GO FLYERS CLUB as its purpose is to benefit your gymnast and your family**



Parent Expectations at Competitions (Page 5)

- ▶ USA Gymnastics Rules:
 - ▶ Parents are not permitted to use flash photography during warm ups or competition.
 - ▶ Parents are not permitted to go onto competition at anytime during the competition
 - ▶ Parents are not to speak with or approach other coaches, judges, or the meet director
 - ▶ 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.



Practice Schedule/Open Gym & Tuition Girls Program (Page 6)

| Level | Coached Practice | Open Gym Time Available | Monthly Tuition |
|--|--|--------------------------------|-----------------|
| Level 3 & 4 "Beginning Team" | M 5:15 - 8 pm W 5:15 - 8 pm | T/TH 4 - 8 pm M/W 4 - 5pm | \$137 |
| Level 5 "Intermediate Team" | M 5:15 - 8 pm W 5:15 - 8 pm F 5 - 7:15 pm | T/TH 4 - 8 pm M/W/F 4 - 5pm | \$152 |
| Level 6+ "Advanced Team" | M 5 - 8pm T 5 - 8pm TH 5 - 8 pm F 4 - 7:15 pm | M-TH 4 - 5pm W 4 - 8 pm | \$178 |



Practice Schedule/Open Gym & Tuition Boys Program (Page 6)

| Level | Coached Practice | Open Gym Time Available | Monthly Tuition |
|--------------------|---|---------------------------------|-----------------|
| Level 4 & Pre Team | T 5:15 - 7:15 pm TH 5:15 - 7:15 pm | T/TH 7:15 - 8 pm M/W 4 - 8pm | \$137 |
| Level 5/6 & JD | T 5:15 - 8 pm W 5:15 - 8 pm TH 5:15 - 8 pm | T/TH 7:15 - 8 pm M/W 4 - 8pm | \$152 |
| Level 7+ | M 5 - 8pm T 5 - 8pm W 5 - 8 pm TH 5 - 8 pm | M- TH 4 - 5pm F 4 - 7:15 pm | \$178 |



Injury Policy (Page 8)

- ▶ 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 athletes can return to practice

- ▶ We will record injury in injury log
- ▶ Connect with parent following practice

Option 2: If athlete is unable to return to practice

- ▶ Once athlete has received immediate care, we will contact parent immediately
- ▶ If the injury is life threatening or severe we will call 911 first, then parent
- ▶ Coach will stay with athlete until parent arrives where coach and parent will connect



Injury Policy Cont'd

(Page 8)

- ▶ **If your child is injured outside of the gym:**
 - ▶ ***Must have doctors note before returning to practice***
 - ▶ Communicate with your child's coaches so we can support your child in their recovery
- ▶ **Emergency Contact Numbers:**
 - ▶ Ryan Vaughn Work Cell (720) 951-6301
 - ▶ Keely Miller Work Cell (720) 467-2468



Uniform: Team Expectations

(Page 9)

- ▶ 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!
- ▶ **ALL ATHLETES (boys and girls) must receive awards with jackets and pants on, fully zipped**
 - ▶ *We expect all athlete to stay until the end of awards. Please do not leave early*
- ▶ During march-in, the team must look unified
- ▶ Boys! Bring black socks with **no logos**.
- ▶ No nail polish, necklaces, bracelets, anklets, rings, and only one pair of stud earrings in each ear



Uniform: Payment Breakdowns

June 5th: 2018-2019 Season Commitment Date

- ▶ Competition Commitment Fee = \$300
 - ▶ \$200 = Team Fee (Pay the coaches at competitions) - **required for competition**
 - ▶ \$60 = USAG Membership- **required for competition**
 - ▶ \$40 = Cost for sleepovers, pizza parties/Aspen party, holiday party food...**if your gymnast does not compete, you still need to pay this \$40 fee**
- ▶ Compulsory Girls Uniform Total Cost = \$195 (Page 13; Boys Page 12)
 - ▶ \$105 = Competition Leotard
 - ▶ \$50 Used Competition Leotard (Details of that sale, next slide)
 - ▶ \$25 = GK Capri Leggings
 - ▶ \$65 = Flyers Jacket



Compulsory Girls: Used Leotard Sale

Drop Off Used Competition Leotards By:
Wednesday May 16th

Leotard Sizing Week:
May 7th - May 11th from 7 - 8 pm

Used Leotard Sale = Wednesday May 23rd 4:30 - 8 pm

Criteria for Selling Used Leotards:

- 1) MUST BE WASHED
- 2) Dropped off in Ziploc Bag (On Keely's Desk)
- 3) Size
- 4) Names (Athlete AND Who we write check to)



**Boulder Parks
& Recreation**

Go Flyers Club!



**Boulder Parks
& Recreation**