



GYMNASTICS

C E N T E R

Parent Information Meeting



Welcome to ZnZ Gymnastics Center

- We are thrilled to have you join our Men's Team Program
- Together, we form a cohesive unit where athletes, coaches and parents work together to make this season a success!
- The following information will help you understand the world of competitive gymnastics

Our Mission & Philosophy

Our mission is dedicated to producing national caliber gymnasts that fits the ability of each athlete as an individual



Our philosophy is rooted in prioritizing holistic development of athletes and cultivating essential life skills such as:

Self-discipline

Time management

Sportsmanship

Work ethic

Determination

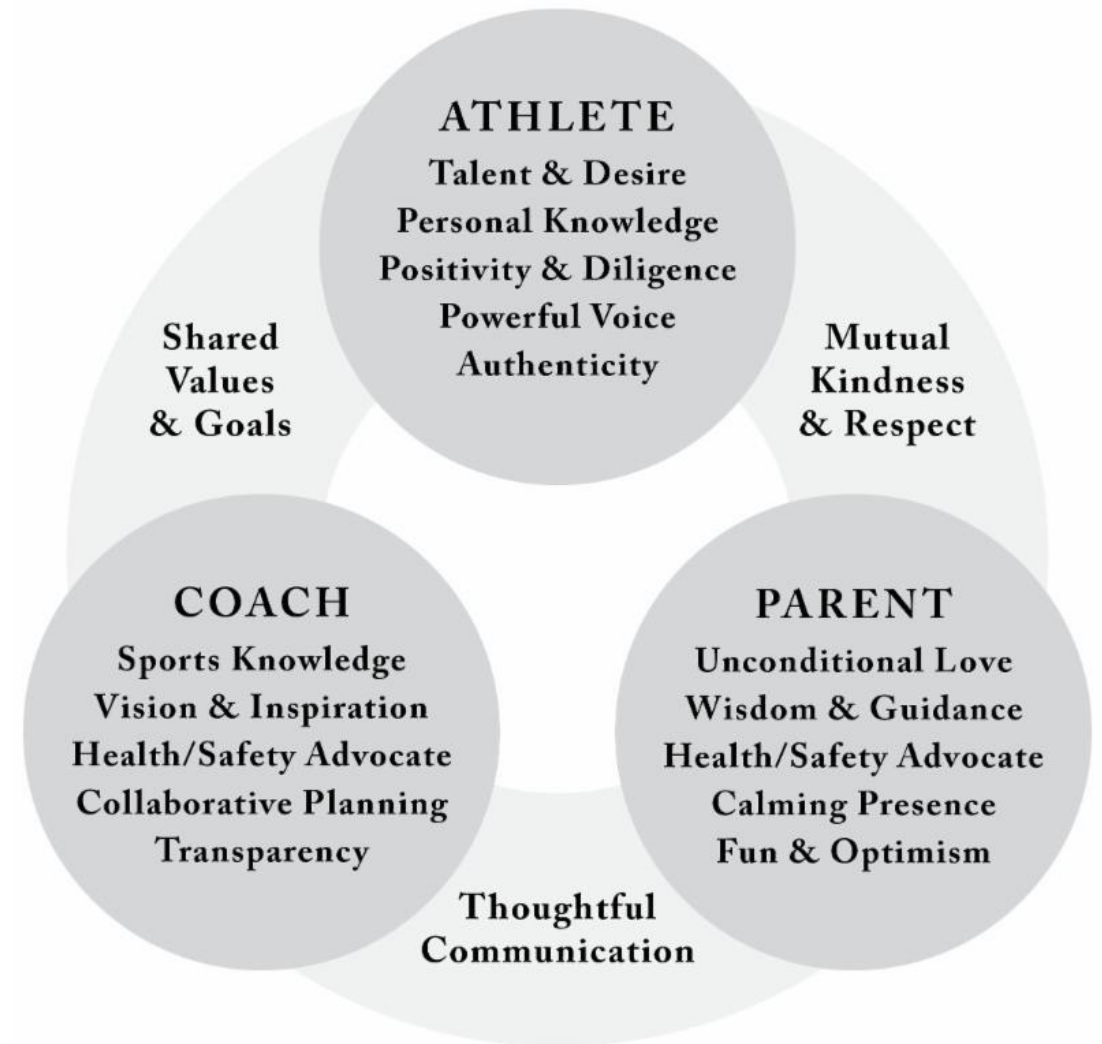
Sacrifice



Success is not measured by medals, but by developing outstanding individuals who are equipped to conquer the challenges of life.

Athletic Triangle

- For our program to be successful, there must be a foundation of mutual understanding and cooperation among parents, athletes, and coaches.
- Each member of the triangle has a distinct role to play in fostering a productive environment



Communication Directory

Andrew Zymball	Men's Optional (6-10) Team Program Director	andrewzymball@znzgymnastics.com
Scott Zymball	Men's Compulsory (3-5) Team Program Director	scottzymball@znzgymnastics.com
Andrew Zymball	Financial Systems Director Gym Manager	andrewzymball@znzgymnastics.com
ZnZ Gymnastics Booster Club	Fundraisers	board@zgbc.org

Competition Season Overview

Our competition schedule is available to view on our website at znzgyrnastics.com under the men's competition page

Every gymnast will be registered into all competitions in our schedule.

We ask that when planning, to block out the entire weekend as we have no control which day our athletes compete

Final schedules will be communicated via email

Do not ever call a meet host to inquire about meet times. If you have questions regarding a competition, please ask your team coach

Competition Schedule

Date	Levels 3-4	Levels 5-10	Location	Deadline Date
Oct 26-27		Regional Clinic	Plymouth, MN	10/8/2024
Dec 8 or 15	State Clinic (Level 4 only)	State Clinic	Omaha, NE	12/1/2024
Jan 5	OGA In House		Papillion, NE	12/1/2024
Jan 11-12	Emerge Academy Invitational	Emerge Academy Invitational	Des Moines, IA	11/22/2024
Jan 17-19*		JR Rocky Mountain Open	Colorado Springs, CO	10/10/2024
Jan 24-26	KC Coed Classic		Kansas City, MO	11/1/2024
Feb 1-2		Iceberg Open	Shakopee, MN	11/22/2024
Feb 9	ZnZ In House (Level 5*)	ZnZ Intersquad (8-10)	Omaha, NE	12/31/2024
Feb 14-16		Horton Challenge	Fort Worth, TX	12/1/2024
Feb 21-23	Cornhusker Classic		Council Bluffs, IA	12/1/2024
Feb 28-Mar 2		Salto Invitational	Milwaukee, WI	10/20/2024
Mar 8	OGA Invite		Papillion, NE	1/1/2025
Mar 15 or 22	State Championships	State Championships	Lincoln, NE	1/15/2025
Apr 4-6		Region 2 Championships	Moorhead, MN	3/15/2024
Apr 25-27		Western Nationals (Qualified Individuals)	Reno, NV	4/6/2024
May 6-11		JDP Nationals (Qualified Individuals)	Salt Lake City, UT	4/6/2024



Uniform Expenses

- Competition Singlet..... \$60.00
 - Shorts.....\$28.00
 - Stirrup Pants..... \$40.00
 - Warm Up Jacket.....\$35.00
 - Warm Up Pants.....\$35.00
 - Competition Socks (2 pairs)..... \$12.00
 - Team Backpack.....\$50.00
 - **Levels 3-10 Total.....\$260.00**
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Individual Meet Entry Fees – Level 3

Level 3	Entry Fee	Team Fee
OGA In House	\$55.00	\$0.00
Emerge	\$150.00	\$0.00
KC Coed	\$130.00	\$0.00
ZnZ In House	\$75.00	\$0.00
Cornhusker Classic	\$130.00	\$0.00
OGA Invite	\$100.00	\$55.00
State	\$75.00	\$40.00
Totals	\$715.00	\$95.00

Individual Meet Entry Fees – Level 4

Level 4	Entry Fee	Team Fee
OGA In House	\$55.00	\$0.00
Emerge	\$150.00	\$0.00
KC Coed	\$130.00	\$0.00
ZnZ In House	\$75.00	\$0.00
Cornhusker Classic	\$130.00	\$0.00
OGA Invite	\$100.00	\$55.00
State	\$130.00	\$40.00
Totals	\$770.00	\$95.00

Individual Meet Entry Fees – Level 5

Level 5	Entry Fee	Team Fee
JRMO	\$150.00	\$0.00
Emerge	\$150.00	\$0.00
Iceberg	\$165.00	
ZnZ In House	\$75.00	\$0.00
Horton	\$125.00	\$70.00
Salto	\$150.00	\$50.00
State	\$130.00	\$40.00
Regionals	\$160.00	\$65.00
Totals	\$1,105.00	\$225.00

Individual Meet Entry Fees – Levels 7-10

Levels 7-10	Entry Fee	Team Fee
JRMO	\$150.00	\$0.00
Emerge	\$150.00	\$0.00
Iceberg	\$165.00	
Horton	\$125.00	\$70.00
Salto	\$150.00	\$50.00
State	\$130.00	\$40.00
Regionals	\$160.00	\$65.00
Western/Nationals	\$165.00	\$0.00
Totals	\$1,195.00	\$225.00



Coaches Fees

- Coaches fees include the following expenses:
 - Coaches session fees
 - Coaches Transportation/Travel
 - Meals
 - Parking
 - Hotel Expenses
- The total coaches fees for the 2025 competition season is **\$283.65** for all levels

Total Competition Expenses

Level	Individual Meet Entry Fees	Team Entry Fee	Coaches Fees	Total Fees Due
Level 3	\$715.00	\$21.57	\$283.65	\$1,020.22
Level 4	\$770.00	\$21.57	\$283.65	\$1,075.22
Level 5	\$1,105.00	\$21.57	\$283.65	\$1,410.22
Level 7-10	\$1,195.00	\$21.57	\$283.65	\$1,500.22

Payment Due Dates

- All fees will be charged to your JackRabbit account and will be automatically taken out on the due date.
- All accounts must be up to date with no outstanding balances to be eligible to compete.

Level	Meet Fee #1 - Due Nov. 1	Meet Fee #2 - Due Dec. 1	Meet Fee #3 - Due Feb. 1	Meet Fee #4 - Due Mar. 1
Level 3	\$255.06	\$255.06	\$255.06	\$255.06
Level 4	\$268.81	\$268.81	\$268.81	\$268.81
Level 5	\$352.56	\$352.56	\$352.56	\$352.56
Level 7-10	\$375.06	\$375.06	\$375.06	\$375.06

Meet Travel Costs

All athletes and families are accountable for their expenses to competitions, including hotel and travel arrangements.

ZnZ gymnasts must travel with a parent, legal guardian, or in a pre-arranged scenario with another family. Traveling with a coach is **prohibited**.

ZnZ Gymnastics Center and ZnZ Gymnastics Booster Club are not responsible for any out-of-pocket travel expenses incurred or lost.

Meet hosts typically reserve hotel blocks to get rooms at a discounted rate. This information will be conveyed via email.

Competition Guidelines

Gymnast must meet certain criteria in order to be allowed to compete.

Some reasons a gymnast may not compete an event or competition can include, but are not limited to:

- Absenteeism
- Inadequate meet preparation
- Lack of required skills
- Poor academics
- Illness
- Injury
- Tuition and/or meet fees not paid up to date
- Inappropriate behavior while representing ZnZ

Where a gymnast does not compete in a scheduled competition, meet fees are non-refundable (injury is a sometime exception)

Scratches from a Competition

If a gymnast cannot compete due to an injury or unforeseen extenuating circumstances the club administrator will request a refund from the host club. Refund policies are handled at the discretion of the host club.

If you are unable to attend a competition for any reason, you must inform your team coach ASAP. Any notice of absence from a competition that is past the meet due date is not eligible for a refund.

All awarded refunds will be applied and adjusted to the 4th meet fee due March 1st.

ZnZ Athlete Code of Conduct

- As a member of the ZnZ Gymnastics team, you are expected to conduct yourself in a manner befitting of a ZnZ athlete.
- Your behavior and actions show respect for our gym, the coaches, your teammates, and most importantly, YOURSELF!
- Team Member Expectations:
 - Report on time for training to the best of your abilities
 - Practice mutual respect with your teammates and coaches
 - Call the gym and notify the office when you will be late or absent
 - Listen to, respect, and adhere to the training outline
 - Only enter the gym floor with permission from your coach
 - Report injuries immediately

Use of the Locker Room

- Cell phones or any device with the ability to take photos/video recording are prohibited.
- Open container food/beverages are prohibited in the locker.
- No horseplay, running, or chasing.
- No throwing or hiding objects.
- The locker room is not a hang out area.
- Keep your locker tidy
- Anyone found defacing, damaging, or violating the rules is subject to disciplinary action and/or potential loss of locker room privilege.





We're Glad You're Here

We hope that your experience at ZnZ will be one that helps to shape and change your life in a positive way...one that helps you achieve your goals and live out your dreams.

Please return your completed Parent/Gymnast Agreement form to the front desk by October 10th.

