

Women's Xcel Program Team Handbook
2024-2025



GYMNASTICS

C E N T E R

ZnZ Gymnastics Center - Women's Xcel Program Team Handbook

Weclome.....	2-4
• Mission	
• Philosophy	
• Athletic Triangle	
Communication Directory.....	5
• Communication	
• Cooperative Communication	
• Attendance	
What is Competitive Team.....	6-11
• Advancement Criteria	
• Overview of Competitions	
• Before Competition Season Begins	
• Competition Guidelines	
• Meet Entries	
• Refunds, Scratches & Injuries	
• Rules For Meets	
Estimated Annual Expenses.....	12-13
• ZnZ Gymnastics Center Membership Insurance Fee	
• USAG Athlete Membership	
• Nebraska State Head Tax	
• Uniforms and Apparel	
• Individual Meet Fees, Team Fees & Coaches Expenses	
• Meet Travel Costs	
Team Policies.....	14-18
• Outstanding Balances	
• Monthly Tuition	
• Annual Insurance Fee	
• Withdrawal	
• Late Payment Policy	
• Refund Policy	
• Make Up Policy	
• Year-Round Commitment	
• Communication	
• Facility Maintenance	
• Team Attire	
• Conferences With Coaches	
• Safety	
• Handling Injuries	
• Discipline	
• Cell Phones	
• Locker Room	
• ZnZ Athlete Code of Conduct	
Parent/Gymnast Agreement.....	19

Weclome

We are delighted to welcome you to ZnZ Gymnastics Center's Women's Xcel Team Program! We value the opportunity and are committed to playing an integral role in your athletic journey as a competitive gymnast. Together, we form a cohesive unit where athletes, coaches, and parents support directives harmoniously to transform aspirations into reality. The following information will help you understand the world of competitive gymnastics and is designed to inform you of our expectations for participation. Competitive gymnastics requires a great deal of support both in training and in competition. Once again, welcome to ZnZ Gymnastics Center.

Mission

Our mission is dedicated to producing high quality performance through a systematic approach that fits the ability of each athlete as an individual. The coaches' at ZnZ will treat each athlete's goals and aspirations individually, however, will expect the same work ethic and desire. We will not accept mediocrity in training and will run a structured program. We firmly believe that gymnastics is far too dangerous and costly to have training be considered an opportunity for socializing or horseplay. Our coaches will demand respect for the sport along with a commitment to prioritizing safety and a high regard for our facility. In return, athletes will be treated with respect and provided practical guidance to help them achieve their full potential.

Philosophy

While our ultimate mission is to produce high quality performance, we recognize that our responsibilities extend beyond gymnastics. Our philosophy is rooted in prioritizing holistic development, emphasizing the importance of nurturing exceptional individuals. Through our program, athletes not only refine their physical skills but cultivate essential life skills such as self-discipline, time management, sportsmanship, work ethic, determination, and accountability. We measure our success not by the medals accumulated, but by the outstanding individuals who emerge for our program, 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. An athlete's progress depends, to a great extent, on this relationship. Each member of the triangle has a distinct role to play in fostering a productive environment. Therefore, it is essential for each individual to understand and fulfill their role in order to achieve the highest possible level of success.

Responsibilities for Athletes

- ❖ Learn to take responsibility for your performance
- ❖ Set attainable goals and maintain a commitment level that is consistent with reaching these goals
- ❖ Communicate with coaches
- ❖ Be prepared to start practice at the designated time
- ❖ Attend all scheduled practices
- ❖ Listen attentively when receiving instructions
- ❖ Perform technique drills and training assignments with effort and accountability
- ❖ Practice self-discipline, good sportsmanship, and time management
- ❖ Take responsibility for your actions, good and bad
- ❖ Respect yourself and those around you
- ❖ Demonstrate reliability and trustworthiness
- ❖ Have an appreciation for your body and good healthy habits
- ❖ Show patience and flexibility, when unexpected obstacles occur
- ❖ Learn to respect the hard
- ❖ Follow rules set forth by ZnZ Gymnastics Center
- ❖ "Be The Best You Can Be"

Responsibilities for Coaches

- ❖ Provide a program that enables each athlete to "Be The Best They Can Be"
- ❖ Design a training program that is appropriate and conducive to the level and ability of every athlete
- ❖ Utilize proven training principles that adhere to specific requirements of each level and athlete's willingness
- ❖ Determine the competitive objective for each practice, level, and competition
- ❖ Lead and supervise practice objectives
- ❖ Assist each athlete in setting attainable goals and guiding the athlete toward their goals
- ❖ Evaluate and analyze practice and competitive performance
- ❖ Provide necessary instruction and feedback to enhance performance
- ❖ Communicate with athletes and parents constructively
- ❖ Determine the code of conduct and disciplinary action

Responsibilities for Parents

- ❖ Provide a consistent loving, and supportive environment that enables your athlete to enjoy their successes and learn from their failures
- ❖ Demonstrate your interest in their participation by supporting their commitment to practices and competitions.
- ❖ Make every effort to bring your athlete to every practice/competition, be on time for every practice/competition, keep them at practice/competition the entire time, and encourage a strong work ethic
- ❖ Provide an unwavering support system regardless of performance, set-backs, level, or skill acquisition
- ❖ Practice restraint by not interfering during practices and competitions with instruction, hand gestures, or motions that will be distracting
- ❖ Communicate concerns with coaches rather than discussing them with other parents “lobby talk”
- ❖ Encourage other parents to address concerns directly with the coach. Do not be a soundboard.
- ❖ When contacting coaches, please address away from scheduled practice times and competitions
- ❖ Remember every coach is committed to this sport and has your child’s best interest and ability in mind
- ❖ Trust the coach’s approach! You will have better rapport and are more likely to engage in constructive dialogue
- ❖ Show respect for the authority of your child’s coach
- ❖ Remember that the coach must balance your perspective of what is best for your athlete with the reality of development

Communication Directory

Emily Kelly	Women's Program Director Women's USAG Club Administrator	emilykellyne@gmail.com
Andrew Zymball	Financial Systems Director Gym Manager	andrewzymball@znzgyrnastics.com
SammyJo Strudl	Xcel Program Co-Manager	xcel_program@znzgyrnastics.com
Nora Friberg	Xcel Program Co-Manager	xcel_program@znzgyrnastics.com

Communication

Communication with the coaching staff needs to be done through the above emails that correlate directly with personnel roles. ZnZ Gymnastics Center makes it a policy to not give out employee's personal phone numbers. Respect employee privacy and personal time by communicating through email not texting. ZnZ Gymnastics Center's employee policies do not allow coaches to leave their scheduled on-floor coaching hours to talk with a parent. Employees will ONLY be allowed to leave the floor in an emergency situation or safety concern. Please refrain from putting employees in a position to break employment policies that can result in infractions that may jeopardize their employment status. Questions, concerns, and/or issues will need to be addressed by scheduling an appointment via email along with an outline of topics to be discussed. Employees will not attend a blind meeting. All meetings **MUST** have two employees present.

Cooperative Communication

Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your child's coach. Members of our coaching staff will be available by appointment to discuss any concerns you may have about your daughter. We encourage speaking with the coach and not engaging in "lobby talk". "Lobby talk" will not be permitted here at the gym, or at competitions because it can be destructive to a team environment. The staff at ZnZ Gymnastics Center understands that we shoulder a huge responsibility as major contributors to our athletes over-all development. We want you to know that this is a responsibility that we do not take lightly.

Attendance

Consistent attendance at scheduled practices and other functions is essential to progress, success, goal setting, and competition readiness. In order for our coaching staff to do the best job possible we ask that you make every effort to bring your daughter to every practice, bring your daughter to practice on-time, and keep your daughter at practice the entire time. Please inform the Xcel manager and coordinator via the posted email above of absenteeisms, late arrivals, or leaving early. Do not text.

What is Competitive Team

Competitive team membership is for the child who wants more from gymnastics than just recreational classes. Membership in our competitive team program results when a child has completed a skill evaluation process and is invited onto the team. Competitive team requires more determination and commitment on the part of the child, the parent and the coaching staff.

From time to time, gymnasts come to us from other team programs. In these cases, gymnasts must fill out the online try-out form located on our website and provide video submissions of up-to-date routines from competitions or practice. Once submitted, gymnasts may be invited to a skill evaluation. Based on their evaluation, gymnasts may be invited to train for 1 week at the appropriate level determined by the Xcel Manager. Commitment to our team is due by July 1st.

Our national governing body, USA Gymnastics, directs competitive gymnastics. USAG has three distinct programs: Xcel, Women's Development Program, and Elite. The USAG Xcel program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. The program allows a wide choice in skills to meet requirements so selection may be based on an individual athlete's strengths. The emphasis in the Xcel program is on correct technique, form, and performance. In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member.

At ZnZ Gymnastics, we want to set a high priority on rewarding the effort and accomplishments of our gymnasts by giving them the opportunity to participate in competitions. It is hoped that the following information will acquaint you with the structure and rules surrounding competition with ZnZ, and make it easier to support your gymnasts and "enjoy the show".

Xcel Team Level Advancement Criteria

The next section describes in a very general sense the guidelines we follow when making decisions regarding advancement. At ZnZ Gymnastics, our primary focus is on nurturing resilient and accomplished athletes. To achieve this aim, we place gymnasts at levels where they can **confidently** and **safely** execute skills and routines across all events. As gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's development. USA Gymnastics, the National Governing Body for gymnastics, has minimum requirements to advance through the Xcel level system. However, per USAG rules and policies member clubs may have additional requirements that must be attained before advancing to the next level. By achieving the requirements set forth, the gymnast will develop self-assurance that will lead to future success. Information regarding these requirements will be distributed to the gymnast. Gymnasts who have not met the requirements as listed will train and compete at the previous level for the next season.

Overview of Competitions

USA Gymnastics is the National Governing body for the sport of gymnastics in this country. ZnZ participates in meets that are sanctioned by USAG. Gymnasts can progress to State and Regional Championships by achieving the required qualifying score determined by The State and Regional committee. Invitational meets (hosted by other clubs) will comprise the majority of our meet schedule.

The USAG Xcel program includes six competitive divisions Bronze, Silver, Gold, Platinum, Diamond, and Sapphire. Xcel competitions are conducted throughout the United States and are organized by the USA Gymnastics State (SAC) and Regional (RAC) Administrative Committees. Each state has the jurisdiction to determine its state calendar, according to the needs of its members. An Xcel COMPETITIVE YEAR is defined as the period from August 1 through July 31. A COMPETITIVE SEASON is defined as that period from the first designated qualifying competition through the culminating Championships at each division.

USAG Xcel AGE REQUIREMENTS, ENTRY DIVISIONS, AND MOBILITY SCORES

A. In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within the Xcel Program should be followed in the manner that it was intended: 1. Before moving up a competitive division, every athlete should show proficiency at her current competitive division. 2. Once a high level of proficiency is achieved at the

athlete's current competitive division, she should strive to move up to the next competitive division, as long as it is done safely

B. AGE DETERMINATION AND REGULATIONS

1. All gymnasts must reach the minimum age for the division before competing in any USA Gymnastics sanctioned competition (see chart below). Example: Bronze State Championships date is Dec. 1; the last Bronze State Qualifier is November 17; the gymnast will turn the minimum age for Bronze (5 yrs. old) on November 28th. She is ineligible to compete in the qualifying meet, and therefore does not have the opportunity to qualify to the Bronze State Championships that season.

XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART

Division	Minimum Age Requirement	Prerequisite Scores	Entry Division from the Development Program*
BRONZE	Reached 5 th birthday	None	DEV Levels 1, 2
SILVER	Reached 6th birthday	None	DEV Levels 1, 2, 3
GOLD	Reached 7th birthday	None	DEV Levels 1, 2, 3, 4
PLATINUM	Reached 8th birthday	32.00 AA at Gold Division	DEV Levels 5,6,7
DIAMOND	Reached 9th birthday	32.00 AA at Platinum Division	DEV Levels 7, 8
SAPPHIRE	12th birthday **	32.00 AA at Diamond Division	Levels 8, 9, 10

*Must have competed all-around at a minimum of one (1) sanctioned meet at the specified Development Program level to enter in the appropriate Xcel division.

Before Competition Season Begins

Each fall a competition schedule for the season will be posted and shared with our team members. Occasionally, meets are added, dropped, or rescheduled after the original schedule is posted due to unforeseen circumstances. Please do not assume that the posted schedule is complete. It is only a general guide for planning the season.

Meets are typically on Friday, Saturday, and Sunday. We cannot guarantee and have no control over when our levels or teams compete. We generally do not find out which day each level competes on until two weeks or so prior to the competition. As soon as we receive and review the schedule this information will be conveyed via email to parents. **Do not ever call a meet host to inquire about meet times or inform parents of the online posting of a schedule. ONLY the ZnZ coaching staff will distribute competition schedules to parents.** There are times when the final schedule sent to the club administrators and the online version have discrepancies that need to be adjusted. As we never know which day the meet will fall on, please leave all days of a scheduled meet weekend open.

Competition Guidelines

Gymnasts must meet certain criteria such as skill competence, skill consistency, healthy body and attitude, and good attendance in order to be allowed to compete. Some of the reasons why an athlete may NOT be allowed to attend a competition can include, but are not limited to:

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

Our coaching staff sets skill requirements that gymnasts must meet to qualify for competitions. All gymnasts will be made aware of these requirements; however, if your child is not clear, please feel free to schedule an appointment with your child's coaches. In all instances, (injury is a sometime exception) where a gymnast does not compete in a scheduled competition, meet fees **WILL NOT** be refunded to you.

Meet Entries

Each meet has an entry registration deadline with no exceptions. In order to be registered, gymnasts' cannot have any financial outstanding balances. All accounts **MUST** be current. It is expected that every gymnast on our competitive team attends all scheduled competitions. Every gymnast will be entered into all scheduled meets in the early fall. Entry is not guaranteed, so early registration is necessary.

Refunds, Scratches & Injuries

If a gymnast is entered in a meet, but cannot compete due to injury or unforeseen extenuating circumstance the club administrator will request a refund from the host club as long as the refund date has not passed. Please be aware each host club of a sanctioned meet has strict refund policies and dates that do not allow for exceptions. Any fees not refunded are the loss to the parent, not ZnZ Gymnastics Center.

Gymnasts who are scheduled to compete may be scratched for safety reasons at the discretion of the coaches. Reasons that a gymnast may be scratched from a meet include poor training habits, lack of mental or physical preparedness, attitude or disciplinary problems, injury, prolonged illness, and/or poor attendance prior to the meet. Gymnasts are expected to participate in every practice prior to the meet, unless unexpected extenuating circumstances arise, and the coaches should be notified as to these circumstances. Every scratch will be handled on an individual basis.

Rules For Meets

1. All competitors **MUST** arrive at the competition by the designated check-in time.
2. Competitors must stay with their team throughout the entire competition. Only after awards are over will competitors be dismissed to their parents.
3. Healthy snacks and closed container drinks are allowed at the meet. However, candy, open containers, and concession food are not allowed until the gymnast has finished their competition.
4. Athletes must remain in their ZnZ uniforms from the start of warmups until the team has been dismissed after awards. All gymnasts are required to wear their full warmup uniform for the awards ceremony.
5. Cell phones are to remain in your gym bag from the start of open warm-ups through the awards ceremony.

6. Competitors need to bring their gym bag to every competition. Grips, wrist guards, tape, a copy of floor music, hair supplies, feminine hygiene products, and any other personal items should be in your gym bag.
7. Briefs worn by the gymnast MUST be nude or the same color as the bottom half of the leotard (USAG RULE) and must not be visible. Underwear of any other color isn't allowed, it is a deduction for showing. Underwear (including sports bras) should not be visible. • If underwear is visible due to the cut of the leotard, warn the Gymnast's Coach. If the Gymnast does not correct it, take a deduction on her subsequent event. • Underwear, including sports bras, should not be intentionally visible throughout the entire routine.
8. One pair of stud earrings is allowed; one earring per ear, in any part of the ear. • All other piercings must be removed. • Not just covered with tape or a bandage.
9. Necklaces and Bracelets are not allowed. EXCEPTION: Medical bracelets must be covered by athletic tape.
10. Hair and makeup need to be fixed appropriately BEFORE the start of open warmups.
11. Parents, friends, and family members are encouraged to clap and cheer for our gymnasts. Do not distract gymnasts with instruction, hand gestures, motions, and/or side conversations while at a competition. We want them to focus all their energy on the competition with as few distractions as possible.
12. NO flash photography is allowed at meets for the safety of the gymnasts.
13. USAG RULE, parents are not allowed to talk with meet personnel or enter the gym floor for any reason. This includes judges and meet officials.
14. As ZnZ must submit entry fees months in advance of a competition, and entry fees are rarely refunded, each family is responsible for staying current in their tuition and competition expenses. Families are also expected to stay current in their financial obligations to ZnZ Gymnastics Center. **Gymnasts with outstanding balances will not be allowed to compete. NO EXCEPTIONS.**
15. Gymnasts will not be allowed to compete in a scheduled competition due to poor training habits, lack of mental or physical preparedness, attitude or disciplinary problems, injury, prolonged illness, and/or poor attendance. Exceptions could be, but are not limited to:
 - a. Religious obligation
 - b. School activity required for a grade
 - c. Unforeseen extenuating circumstance

Estimated Annual Expenses

We wanted to take a minute to let you know that there will be many different fees that come up throughout the year that you will be responsible for. For those of you just beginning in the world of competitive gymnastics, this list will let you know what to be prepared for. The different fees for this season include, but are not limited to the following fees outlined below.

ZnZ Gymnastics Center Annual Insurance Fee

The gym must have general property and professional liability coverage in order to operate. Each student who receives instruction at ZnZ Gymnastics must be covered by this insurance. The annual membership fee per student is \$100.00 and is due annually on June 1st.

USAG Athlete Membership

Each competitive gymnast is required to become a member of USA Gymnastics. USAG is the governing body for competitive gymnastics in the United States. All competing athletes are provided with special insurance coverage during sanctioned events/competitions and must have a valid USAG membership in order to be entered. The cost of a one-year returning athlete membership is approximately \$71.00 (subject to increase yearly). New first-time athlete membership is approximately \$25 (subject to increase yearly).

Nebraska State Head Tax

The Nebraska State Committee Head Tax is approximately \$10 (subject to increase yearly). The fee must be paid as a Nebraska USAG Athlete member.

Uniforms and Apparel

All competitive team members are required to purchase a team leotard, warm-up jacket, pants, leggings, and backpack. The following are approximate costs for these items and are subject to change:

Competition Leo (Levels 6-10 & Xcel Gold-Sapphire).....	[\$225-\$300]
Competition Leo (Levels 3-5 & Xcel Bronze-Silver).....	[\$85-\$100]
Warm Up Jacket.....	[\$35]

Black Leggings..... Purchase on own

Team Backpack..... [\$50]

Individual Meet Entry Fees, Team Fees & Coaches Expenses

All meet entry fees and expenses incurred for attending meets are the responsibility of the team parents. Meet fees for competing gymnasts for all levels is outlined below. This money is kept in an account to be used to enter gymnasts into meets. A portion of this money will also be allocated for coaches session fees, transportation, meals, parking, and hotel expenses.

Level	Individual Meet Entry Fees	Coaches Fees	Total Fees
Xcel Bronze/Silver	\$628.65	\$283.65	\$912.30
Xcel Gold/Platinum	\$848.65	\$283.65	\$1132.30

Meet entry and coaches fees will be due in 4 equal installments as outlined below. These fees will be posted onto your JackRabbit accounts and will be automatically processed on the due dates.

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
Xcel Bronze/Silver	\$228.08	\$228.08	\$228.08	\$228.08
Xcel Gold/Platinum	\$283.08	\$283.08	\$283.08	\$283.08

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.

Competitive and Developmental Team Policies

<p><i>Outstanding Balances</i></p>	<p>All families are required to stay current in their financial obligations to ZnZ Gymnastics Center. Gymnasts with outstanding balances will not be allowed to participate in Team practices or competitions. No Exceptions.</p>
<p><i>Monthly Tuition</i></p>	<p>Tuition fees are based on a four-week month, which is a total of 48 weeks a year. Thus, there are four unbilled weeks in the year that should more than cover absences due to illness, injury, vacation, holidays, school conflicts and cancellations due to inclement weather or competition schedules.</p> <p>Monthly tuition fees are due on the 15th day of each month and must be paid by credit/debit card on file in the parent portal. Tuition payments will be automatically billed on the 15th day of each month. Families with two or more children on the team will receive a 10% discount on the siblings' lowest tuition.</p> <p>We offer a 10% military and first responder discount. Proper paperwork and identification is required.</p>
<p><i>Annual Insurance Fee</i></p>	<p>The gym must have general property and professional liability coverage in order to operate. Each student who receives instruction at ZnZ Gymnastics Center must be covered by this insurance. Annual membership fees of \$100 per student and \$35 for additional students are due annually on June 1st</p>
<p><i>Withdrawal</i></p>	<p>Thirty (30) days notice is required when a gymnast leaves the program. Any charges incurred during these 30 days must be paid in full. This notice must be provided to the program director, financial director, and manager in writing by the 10th day of the month. Any notice given after this date, will result in full tuition charges for that month. Your account must be in good-standing with ZnZ Gymnastics for withdrawal from our program.</p>
<p><i>Late Payment Policy</i></p>	<p>Accounts that have not been paid after the 22nd of the month will automatically incur a late fee of \$25.00. (This would only happen if the credit card on file has been declined.) Please update any changes to your debit card and/or credit card that we have on file so that your payments will go through smoothly.</p> <p>If you have an outstanding balance for more than 15 days your child will not be allowed to participate in Team practice until that balance is paid in full. No exceptions. You will be given a courtesy email if this applies to you.</p>

<i>Refund Policy</i>	ZnZ Gymnastics does not offer refunds for any reason nor do we prorate for missed training sessions. Monthly tuition is determined by considering the cost of the total program and not a per-hour charge.
<i>Make Up Policy</i>	Make ups are not generally allowed on our team program, but exceptions may be made occasionally, space permitting, and with coach approval.
<i>Year-Round Commitment</i>	Gymnastics is a year-round sport. While we recognize that families may plan vacations in the summer, we advise gymnasts to limit their absence from the gym during this period. Those who do not train at ZnZ Gymnastics over the summer will require a skill level evaluation in September. Monthly billing will continue as usual. If you will be away from the gym due to family vacation for more than 3 consecutive weeks, you will be charged 50% of the monthly tuition as a reservation fee to ensure your child has a spot on the team.
<i>Communication</i>	Primarily, all communication will be via email. It is important to check your email frequently. Please make sure you have a current email address in the parent portal. Occasionally, gymnasts will receive handouts from our coaches.
<i>Facility Maintenance</i>	Keeping our facility looking good is a continuous process. Given the scope of this task, it becomes necessary to require daily assistance from staff and team members. We require that each and every gymnast make a conscientious effort to be responsible for their own clean up as well as helping out with the daily "power clean". Team coaches will organize this power clean at the end of each practice. This will entail picking up trash, water bottles, straightening mats, stacking spotting blocks, etc.
<i>Team Attire</i>	While in the gym, team members are required to wear a leotard only. Form-fitting bike shorts are allowed. No baggy loose fitting attire. Jewelry is limited to small earrings. No necklaces or bracelets, except medical. Hair should be pulled back and out of the face.
<i>Conferences With Coaches</i>	For any questions or concerns necessitating a discussion with a coach, please request an appointment via email including topics to be discussed. We expect respectful and constructive communication during these interactions.

Safety	Safety is the most important issue to us here at ZnZ. Team members should familiarize themselves with the general safety rules set forth by ZnZ Gymnastics Center. Team members should never use any equipment or apparatus that is not properly matted. Although staff and management will continually monitor equipment and procedures, team members also share the responsibility for a safe training environment. NO HORSEPLAY at any time.
Handling Injuries	Gymnastics, as with most sports, has the potential for injury. If your child is complaining of pain, please notify your child's coaches immediately. Injured athletes who are unable to practice are required to provide their coach with a doctor's note outlining the injury diagnosis, restrictions, and expected recovery time. ZnZ Gymnastics Center will abide by all medical orders. Usually minor injuries can be handled by modifying your training routine. This should always be our first approach toward a successful recovery. Attendance at practice is still required during this recovery, although times may be modified at the discretion of your team coach. Once the athlete is able to return, you are expected to participate in practice to the highest possible degree. It is often possible to work around injuries and to turn a difficult time into something positive by increased work on flexibility, strength, specific events, or specific skills. Athletes who miss a month or more will be required to submit a release from a doctor in order to return to training.
Discipline	In most cases, discipline problems are minor and will be handled quickly and easily in the gym during the workout. If the discipline problem is persistent, a coach's conference with the parents will be scheduled.
Cell Phones	Cell phones are not allowed on the gym floor during practice or in the locker room. Cell phones must be placed in the labeled cell phone box upon entrance.

Locker Room	Open container food and beverages are prohibited in the locker room (health code violation). Cell phones or any device with the ability to take photos or video recording are prohibited. No horseplay, running, or chasing. Throwing or hiding of any objects is prohibited. The locker room is not a hang out area. Enter, drop off items, get ready, and leave. Please help to keep our locker room looking great by picking up trash, cleaning up spills, and keeping personal items tidy. To prevent loss or damage to other's property do not use any items that are not yours. Overnight storage of items needed specifically for training are allowed; team backpack, grips, wrist guards, tape, attire, personal hygiene products, etc. Anyone found defacing, damaging, or violating the rules is subject to disciplinary action and potential loss of locker room privilege.
--------------------	---

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 coaching staff, your teammates, as well as yourself. The following guidelines are expected of all team members:

1. **Team members should always report on time for training.** Warm up is an important part of the training process. A good warmup limits potential injury. Being on time for warm up also shows respect and sets a disciplined tone for training sessions. This is also the time where goals and objectives for each practice are discussed.
2. **Practice mutual respect with your teammates and coaches at all times.** Cruelty or disrespect to other members on your team will not be tolerated and will result in an automatic coach/athlete conference. The second infraction of this will result in an immediate one week suspension from the team and a coach/parent conference. A third infraction can be grounds for dismissal from our team program.
3. **Email the coaching staff directly when you will be late or absent from practice.** This effort will assist coaches in planning daily requirements, goals, and objectives. It also shows a level of respect for the program. Likewise, if a child needs to leave early, please inform the coaches at the beginning of practice so they can make adjustments to the daily assignments.
4. **Team members must listen to, respect, and adhere to the training outline established daily by the coach.** Disrespect and or negative attitudes will not be

tolerated. Major conduct violations include cheating on assignments, lying, unproductive effort, improper tone of voice or body language when addressing coaches, teammates and/or other adults.

5. **Use of the locker room is a privilege for our team members. It is the responsibility of those using it to keep it clean and follow the rules.**
6. Do not enter the gym floor until your scheduled practice time or with permission from your coach.
7. Be a positive role model for gymnasts younger than you. You are setting the example for them to follow and your behavior has a strong effect on how they will behave in the future.
8. Report any injuries immediately to your coach. As an athlete in a sport where injuries can and do occur, it is essential to communicate with the coaching staff when you are injured.
9. Understand that social media accounts have an impact on our Team. You are representing yourself, your family, and your gym with what you choose to post. You are expected to keep things positive and appropriate. Any violation of this will result in an immediate meeting with the coaching staff and your parents.

We're Glad You're Here

Lastly, we would like to let you know that we are glad you have chosen ZnZ Gymnastics Center and can't wait for the journey ahead. Thank you for your understanding, commitment, and support!

ZnZ Gymnastics Center Parent/Gymnast Agreement

The following agreement **MUST** be completed and turned into the Xcel Team managers by October 10, 2024 for continued enrollment in ZnZ Gymnastics Center's Team program.

I/we have read and accepted the team information and policies included in the handbook, and will at all times, abide by and have my child abide by rules, regulations and policies as set forth by ZnZ Gymnastics Center. Upon signing, the gymnast and family are also financially responsible for all monetary obligations the athlete accrues.

_____ has my/our consent and permission to participate in the Xcel Team program at ZnZ Gymnastics Center.

Parent Signature _____ Date _____

Gymnast Signature _____ Date _____

I understand that failure to complete this agreement will result in my child not being allowed to be a member of the ZnZ Gymnastics Center Team program. In addition, ZnZ Gymnastics Center reserves the right to cancel this contract at any time