



**GYMNASTICS**

**C E N T E R**

Parent Information Meeting



# Welcome to ZnZ Gymnastics Center

- We are thrilled to have you join our Women'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

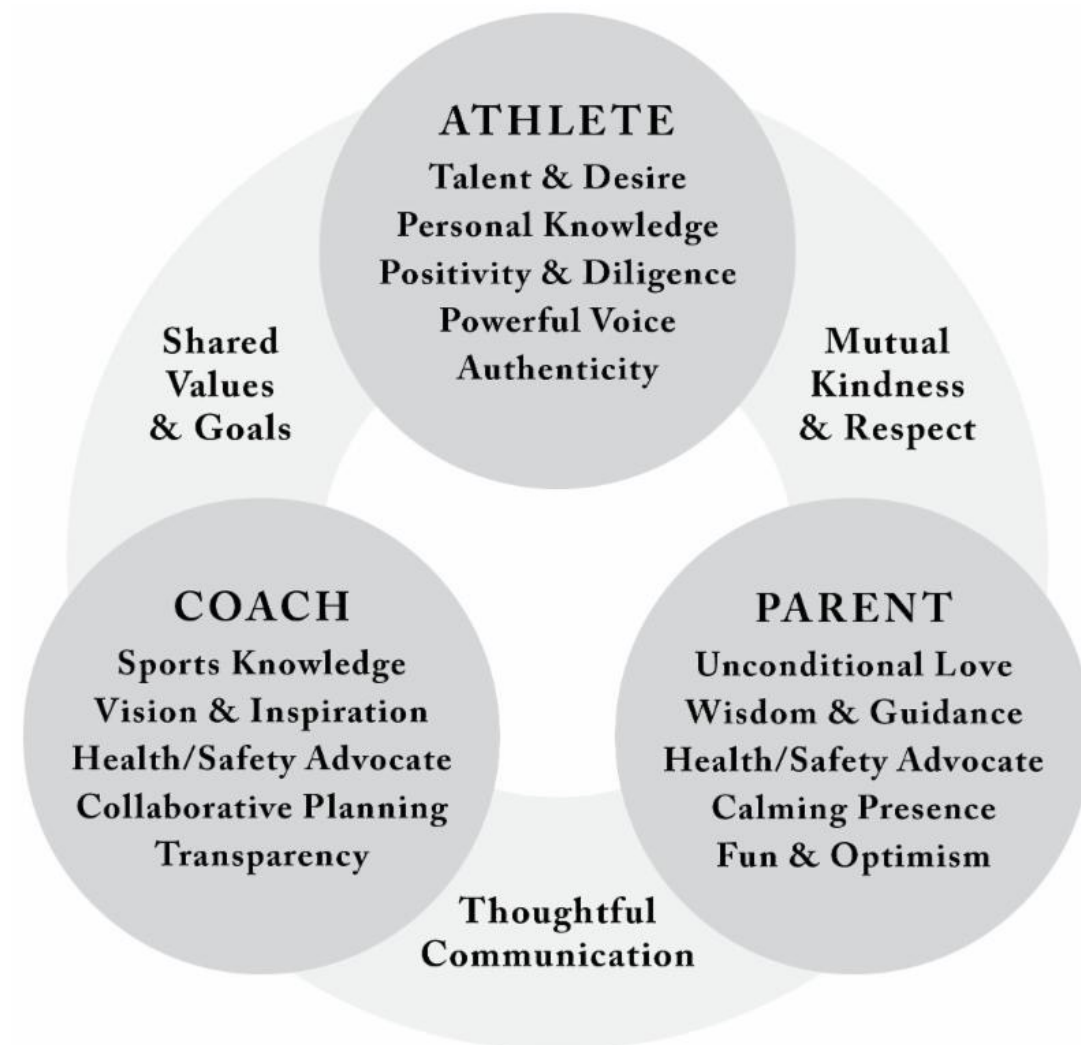
Sacrifice



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

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Emily Kelly	Women's JDP Program Director	emilykellyne@gmail.com
Sammy Jo Strudl Nora Friberg	Xcel Team Co-Managers	xcel_program@znzgymnastics.com
Andrew Zymball	Financial Systems Director Gym Manager	andrewzymball@znzgymnastics.com
ZnZ Gymnastics Booster Club	Fundraisers	board@zgbc.org

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# Competition Season Overview

Our competition schedule is available to view on our website at [znzgymnastics.com](http://znzgymnastics.com) under the women'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**

# Xcel Bronze & Silver Competition Schedule

<b>Date</b>	<b>Competition</b>	<b>Location</b>	<b>Registration Deadline</b>
Jan 24-26	Make A Wish	Kansas City, MO	10/25/2024
Feb 7-9	River City Classic	Omaha, NE	11/8/2024
Feb 28-March 2	Pink Ribbon	Kansas City, MO	12/20/2024
March 7-9	Triad Classic	Des Moines, IA	11/8/2024
Mar TBA	State Championships	Lincoln, NE	02/01/2025

# Xcel Gold & Platinum Competition Schedule

Date	Competition	Location	Registration Deadline
Jan 17-19	Colorado Classic	Castle Rock, CO	12/01/2024
Feb 7-9	River City Classic	Omaha, NE	11/8/2024
Feb 28-March 2	Pink Ribbon	Kansas City, MO	12/20/2024
March 7-9	Triad Classic	Des Moines, IA	11/8/2024
Mar TBA	State Championships	Lincoln, NE	02/01/2025
	Xcel Regionals		03/22 or 03/29/2025



# Level 3-5 Competition Schedule

Date	Competition	Location	Registration Deadline
Jan 11-12	R U Ready Critique	Omaha, NE	12/01/2024
Jan 24-26	Make A Wish	Kansas City, MO	10/25/2024
Feb 7-9	River City Classic	Omaha, NE	11/8/2024
Feb 28-March 2	Salto Invitational	Milwaukee, WI	10/20/2024
March 7-9	Triad Classic	Des Moines, IA	11/8/2024
Mar TBA	State Championships	Lincoln, NE	02/01/2025

# Levels 6-10 Competition Schedule

Date	Competition	Location	Registration Deadline
Jan 11-12	R U Ready Critique	Omaha, NE	12/01/2024
Jan 17-19	Colorado Classic	Castle Rock, CO	12/01/2024
Jan 24-26	Make A Wish	Kansas City, MO	10/25/2024
Feb 7-9	River City Classic	Omaha, NE	11/08/2024
Feb 28-March 2	Salto Invitational	Milwaukee, WI	10/20/2024
March 7-9	Triad Classic	Des Moines, IA	11/8/2024
Mar TBA	State Championships	Lincoln, NE	02/01/2024
April 11-13	WDP Regionals	Minneapolis, MN	3/22 or 3/29/2024
May 1-4	Westerns	Fargo, ND	4/12/2025
May 8-11	WDP Nationals (Qualified Individuals)	Salt Lake City, UT	4/12/2025



# Uniform Expenses

- Competition Leo (Bronze-Silver, & L2-5).....\$89.99
  - Competition Leo (Gold-Diamond & L6-10).....\$230.49
  - Warm Up Jacket.....\$35.00
  - Black Leggings.....Purchase on own
  - Team Backpack.....\$50.00
  - **Levels Xcel Bronze-Silver & L2-5 Total.....\$174.99**
  - **Levels Xcel Gold-Diamond & L6-10 Total.....\$315.49**
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# Individual Meet Entry Fees – Xcel Bronze & Silver

<b>Xcel Bronze &amp; Silver</b>	<b>Entry Fee</b>	<b>Team Fee</b>
Head State Tax	\$10	\$0
Make A Wish	\$125	\$50
RCC	\$100	\$60
Pink Ribbon	\$125	\$50
Triad	\$140	\$50
State	\$95	\$40
<b>Totals</b>	<b>\$595</b>	<b>\$250</b>

# Individual Meet Entry Fees – Xcel Gold-Diamond

<b>Xcel Gold-Diamond</b>	<b>Entry Fee</b>	<b>Team Fee</b>
Head State Tax	\$10	\$0
Colordao Classic	\$145	\$50
RCC	\$140	\$60
Pink Ribbon	\$135	\$50
Triad	\$140	\$50
State	\$95	\$40
Regionals	\$150	\$0
<b>Totals</b>	<b>\$815</b>	<b>\$250</b>

# Individual Meet Entry Fees – Level 3

Level 3	Entry Fee	Team Fee
Head State Tax	\$10	\$0
Critique	\$30	\$0
Make A Wish	\$125	\$0
RCC	\$100	\$0
Salto	\$120	\$0
Triad	\$140	\$0
State	\$95	\$50
<b>Totals</b>	<b>\$620</b>	<b>\$50</b>

# Individual Meet Entry Fees – Level 4-5

Level 4-5	Entry Fee	Team Fee
Head State Tax	\$10	\$0
Critique	\$30	\$0
Make A Wish	\$125	\$50
RCC	\$100	\$60
Salto	\$120	\$50
Triad	\$140	\$50
State	\$95	\$50
<b>Totals</b>	<b>\$620</b>	<b>\$260</b>

# Individual Meet Entry Fees – Level 6-8

Level 6-8	Entry Fee	Team Fee
Head State Tax	\$10	\$0
Critique	\$30	\$0
Colorado Classic	\$130	\$0
Make A Wish	\$145	\$50
RCC	\$140	\$60
Salto	\$150	\$50
Triad	\$140	\$50
State	\$105	\$50
Regionals	\$150	\$0
<b>Totals</b>	<b>\$1,000</b>	<b>\$260</b>



# Individual Meet Entry Fees – Levels 9-10

<b>Levels 9-10</b>	<b>Entry Fee</b>	<b>Team Fee</b>
Head State Tax	\$10	\$0
Critique	\$30	\$0
Colorado Classic	\$130	\$0
Make A Wish	\$145	\$50
RCC	\$140	\$60
Salto	\$150	\$50
Triad	\$140	\$50
State	\$105	\$50
Regionals	\$150	\$0
Western's/Nationals	\$175	\$0
<b>Totals</b>	<b>\$1,175</b>	<b>\$260</b>



# 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 per gymnast**

# Total Competition Expenses

<b>Level</b>	<b>Individual Meet Entry Fees</b>	<b>Team Entry Fee</b>	<b>Coaches Fees</b>	<b>Total Fees Due</b>
<b>Xcel Bronze-Silver</b>	\$595.00	\$33.65	\$283.65	<b>\$912.30</b>
<b>Xcel Gold-Diamond</b>	\$815.00	\$33.65	\$283.65	<b>\$1,132.30</b>
<b>Level 3-5</b>	\$620.00	\$33.65	\$283.65	<b>\$937.30</b>
<b>Level 6-8</b>	\$1,000.00	\$33.65	\$283.65	<b>\$1,317.30</b>
<b>Level 9-10</b>	\$1,175.00	\$33.65	\$283.65	<b>\$1,492.30</b>

# 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
Xcel Bronze-Silver	\$228.08	\$228.08	\$228.08	\$228.08
Xcel Gold-Diamond	\$283.06	\$283.06	\$283.06	\$283.06
Level 3-5	\$234.31	\$234.31	\$234.31	\$234.31
Level 6-8	\$329.31	\$329.31	\$329.31	\$329.31
Level 9-10	\$373.06	\$373.06	\$373.06	\$373.06

# Meet Travel Costs

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

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

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

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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 4<sup>th</sup> meet fee due March 1<sup>st</sup>.

# 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/or notify your team coach via email 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 10<sup>th</sup>.

