

## Super Starz Shine Recreational Competition Team Parent Policy

**Team Goal:** *Provide the most efficient, and effective higher level of gymnastics training.*

**Team Motto:** *“Our effort makes a difference, so always offer the best!”*

### Costs:

- **Annual Registration fee:** \$35 Due on enrollment anniversary.
- **Annual Team Membership fee:** \$99 (awards, practice uniform, team party, and comp. staffing) Due August 1st
- **Monthly Tuition:**
  - Pre team: \$95 (one practice per week + leadership opportunity)
  - Level 2: \$125 (one practice per week + competition + leadership opportunity)
  - Level 3: \$150 (two practices per week + competition + leadership opportunity)
    - *Veteran Level 3: \$150 (one practice + tumbling class + competition + leadership opportunity)*
  - (Level 2 may add a tumbling class at a discounted rate of \$60 Monday at 7pm)
  - (Level 2 and Level 3 may add a second performance class for an additional \$55)

**Competition Leotard/scrunchie:** \$75-\$95

Optional Costs (Approximate)	
Competition Shorts	Amazon
Extra Practice Uniform	Top \$16 Bottom \$16 Both \$32
(provide your own black uniform and have the logos applied for \$20)	
Competition Leotard/scrunchie:	\$75-\$95

<b>Competition Entry Fee:</b>	\$70 * last season entry fee
<b>Routine Clinics:</b>	\$25
<b>Competition Clinics:</b>	\$25
<b>Team Camp</b>	\$150
<b>Warmup Suit</b>	\$65 jacket / \$35 pants
<b>Team Duffle Bag</b>	\$44

### **The Team Difference**

- Full hour of intense training
- Efficient and Effective lesson planning
- Specialized USAG Tough coaching techniques
- USAG team certified and trained team staff.
- Team dynamics and performance experience
- New essential training equipment (workout weights, springboards, high bar, stall bar, etc)
- Results! (improved self-value, confidence, skill ability, Body and Character shaping, personal organization, and leadership characteristics.)
- Gymnast leadership coaching opportunities (Cartwheel Clinic and Back Handspring Boot Camp)
- Parent Volunteers + background checked, USAG member.

### **Makeup Classes:** Not required

Pre-team make-up tokens redeemed in any All Starz or Gym Starz programs.

Level 2 make-up token redeemed in any other like level 2 class.

Level 3 make-up token redeemed in any other like level 3 class.

How to schedule a makeup: Send email to [Coaches@shinegymnastics.com](mailto:Coaches@shinegymnastics.com)

**Behavior:**

*Gymnasts will be expected to treat each other, their coaches, and themselves with respect. Remembering that we are all a team and working together efficiently and in an orderly manner promotes excellence.*

“3 Strikes” Behavioral Policy: Disrespect or a disagreeable attitude, will be penalized.

1. Verbal warning
  2. Conditioning Consequences (ex. Extra laps for slack warmups etc.)
  3. Early dismissal for the days practice
- (early dismissal qualifies for a “make-up token” -perhaps they had an off day)

**Attire:**

Practice uniform:

- Promotes team identity and conformity.
- Our recommendations for gymnasts’ attire is based on **safety and effectiveness**. Loose hanging clothing can be a detriment to gymnasts as they perform their elements, but also can make spotting more difficult and less accurate.
- Hair should be tied up, long nails are not permitted, Jewelry should be limited to non-dangling earrings.
- Rings, necklaces, and bracelets should be removed prior to practices.

**Competition Attire:**

- Competition Leotard clean and pressed
- Hair should be slicked back into a bun secured with the matching scrunchie.
- Hair should be slicked up into a tight bun, secured by matching scrunchie
- No long nails, or jewelry is permitted

**Competitions:** All competitions are optional.

There will be 5-6 Competitions every season. The Competition schedule is propagated by the hosting gyms. Specifics detailing the line-up for the

weekends are generally not released until the week prior to competition. Due to the late notice; It is best to reserve both Saturday and Sunday for the competition weekend.

- For your convenience, competitions and registration deadlines will be featured and displayed on the barrier wall and in the monthly newsletter.
- Enrollment for each competition will be posted on the parent portal.
- Plan to arrive 20 minutes prior to the start of your scheduled competition.
- Plan to arrive fully dressed/ performance ready
- All competitions are local. The hosting gyms are ETC and Let it Shine Gymnastics
- Attending families are asked to respect the regulations and rules of the hosting gyms.

**ETC Murfreesboro:** 1137 Haley rd. Murfreesboro Tn. 37129

**ETC Smyrna:** 11301 Old Nashville Hwy. Smyrna Tn 37167

**Let it Shine Gymnastics:** 1892 General George Patton Dr. Franklin Tn. 37067

**Routine Clinics:** All Clinics are optional.

There will be 2 Routine Clinics held on the Second Saturday at 9am during the months of August and September.

- *Routine clinics are geared toward helping gymnasts learn the fluidity, technicalities and choreography for their routine.*
- *Cost: \$25*

Sign-ups are on the **purple clipboard** in the Gym entryway.

**Competition Clinics:** All clinics are optional.

There will be 2 Competition Clinics held prior to the first competition and the finale Championship: Competition Clinics will be the Second Saturday of the month at 9am

## October and the April Championship Clinics

- *Championship clinics are geared to helping gymnasts focus on any needed competition skill for competition events.*
- *Cost: \$25*

Sign-ups are on the **purple clipboard** in the Gym entryway.

## Cartwheel Clinics: FREE

Shine Gymnastics hosts 3 Cartwheel clinics annually on Tuesday night at 7:00 PM.

- We invite all level 2's to **volunteer** for cartwheel demonstrations and help **lead** these clinics.

Sign-ups are on the Gold Clipboard in the gym entryway

## Back Handspring Boot Camp: FREE for Level 3s

Shine Gymnastics hosts 3 BHS Bootcamps annually on Tuesday nights at 7:00 PM.

- We invite all Level 3's to **volunteer** and demonstrate their back handspring. (MUST have an independent back handspring to qualify)
- We strongly encourage all Level 2's to participate in the BHS boot camps!!

Sign-ups are on the Gold Clipboard in the gym entryway

## Tough Coaching:

**Tough coaching is an elevated form of coaching that challenges athletes to push themselves to a higher level of performance.**

- Coaches hold higher expectations of an athlete's effort.
- Though negative feedback will sometimes be necessary for the betterment of the gymnast's skills, we strive for an overall supportive training approach.

- Gymnasts may be asked to repeat a drill or element until they have performed it accurately. Fine details are more critical at the competitive level.
- Coaches will, in no way, be out to belittle, degrade or humiliate an athlete. Critiques will be sport specific and be delivered in a problem-solving manner. Some gymnasts may get discouraged due to the increased level of difficulty and expectations. Frustration may turn to tears. Please understand your athlete is becoming not only physically stronger but also emotionally stronger by working through these challenges. **Coaches seek to build up your child's self-worth and self-confidence by helping them see how much they are capable of when they practice self-discipline and hard work.**

### **Judging Technicalities and Performance Scoring:**

“Point your toes, straight knees, maximum extension”, this is some of the terminology gymnasts here as they complete breath taking skills and unfortunately these are the tiny infractions that cost gymnasts the most points. **Gymnastics is the one sport that is defined by**

**perfection.** Judges, as in any level of gymnastics competition, will make individual calls. Some will score harshly and others more lenient.

Competitions offer us the opportunity to perform under stress and grow to overcome our own weaknesses but at the end of the day a personal best performance could result in a lower score, depending on the strictness of the judge. The BEST way to evaluate if your gymnast is thriving in this tough sport is by simply seeing progress in their skills, confidence, and strength. Coaches will speak out against unfair or in-consistent judging.

**PLEASE NOTE:** Shine Gymnastics is not responsible for discrepancies with competitive gymnastics judging, judge decisions, competition results, podium placement or other results of competitions. We ask parents to please understand that occasionally there will be unfair scores and wrong decisions.

Competitions may be scheduled on Sundays. We have requested not to have our competitions scheduled on Sundays, so families and staff can attend church.

<b>2025-2026 Team Training and Competition Schedule</b>		
Routine Season	May 1-31	Routine memorization
Summer Conditioning	June 2-4	Super Starz Team Camp 1
	July 21-23	Super Starz Team Camp 2
Pre-Competition Season	August 9	Super Starz Routine Clinic
	August 12	Volunteer: Cartwheel Clinic
	August 19	Volunteer: BHS boot camp
	September 13	Super Starz Routine Clinic
Competition Season	October 11	Super Starz Competition Clinic
	October	1 <sup>st</sup> Competition
	November 4	Volunteer: Cartwheel Clinic
	November 11	Volunteer: BHS boot camp
	November	2 <sup>nd</sup> Competition
	December	3 <sup>rd</sup> Competition
Competition Season Upgrade and Progressive Skills	January	4 <sup>th</sup> Competition
	February 3	Volunteer: Cartwheel Clinic
	February 10	Volunteer: BHS boot camp
	February	5 <sup>th</sup> Competition
	March	6 <sup>th</sup> Competition
	April 4	Super Starz Competition Clinic
	April	Finale Championship
	April	Team Party

Communication: [Coaches@shinegymnastics.com](mailto:Coaches@shinegymnastics.com)

Team coaches are available for quick questions following a practice. Should a lengthy discussion be necessary please reach out to schedule a time and we will be happy to discuss.



## Signature Page

As a Super Starz competitive gymnast, I am committed to be a gym leader. Leadership means showing up for practice, being prepared and arriving on time. I am committed to doing my personal best with a positive attitude. I understand I am here to learn, and I understand that poor behavior and poor attitude during practice can result in a dismissal.

Gymnast signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

T-Shirt youth Size: S, M, L, XL

Leotard Size: \_\_\_\_\_

- ☐ Please add a team warmup Jacket for 65
- ☐ Please add a team warmup pants for 35

