

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 our best!”*

Costs: Due August 1st.

- **Annual Pre- team Registration fee:** \$35 Due on enrollment anniversary.
- **Annual Team Membership fee:** \$99 (awards, practice uniform, team party, and comp. staffing) Due June 1st
- **Monthly Tuition:**
 - Pre team: \$95 (one practice per week + leadership opportunity)
 - Level 2 and Veteran Level 2 : \$125 (one practice per week + competition + leadership opportunity)
 - Level 3: \$150 (two routine practices per week + competition + leadership opportunity)
 - Veteran Level 3: \$150 (one required routine practice + tumbling class + competition + leadership opportunity)
 - Level 4: \$175 (two back-to-back routine practices + sole occupancy for practices + competition + leadership opportunity)
 - (Level 2,3,4 may add a tumbling class at a discounted rate of \$55 Monday at 6 or 7pm) Note: no wait list for team members
 - (Level 2 and Level 3 may add a second performance class for an additional \$55)

Optional Costs (Approximate)	
Competition Shorts	\$24
Extra Practice Uniform	Top \$16 Bottom \$16 Both \$32

Competition Leotard/scrunchie:	\$75-\$95
Competition Entry Fee: Option	\$70 * last season entry fee
Routine Clinics: Optional	\$25
Competition Clinics: Optional	\$25
Team Camp: Optional	\$150
Warmup Suit: Optional	\$65 jacket / \$35 pants

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 or Conditioning Class Monday at 6pm

Level 2 make-up token redeemed in any other like level 2 class or Conditioning Class Monday at 6pm.

Level 3 make-up token redeemed in any other like level 3 class or Conditioning Class Monday at 6pm.

Notice: Makeup classes are open to all team gymnasts at any time, no scheduling necessary.

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 kept
- Hair should be slicked back into a bun secured with the matching scrunchie.
- No long nails, or jewelry is permitted

Competitions: All competitions are optional. Note: Coaches may suggest certain gymnasts do not compete in certain events based on practice performance.

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 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 to achieve higher scoring.
- 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:

“Pointed toes, locked out legs, maximum extension”, these are some of the detailed terminology gymnasts hear 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.** Each gymnast begins their routines with a 10.0. Deductions are taken based on error throughout performance.) Judges, as in any level of gymnastics competition, will make individual calls. Some will score harshly and others more leniently.

No matter, competition offers us the opportunity to perform under stress and grow. Please be warned that a personal best performance can still result in a lower score, all dependent 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. Rest assured coaches will and have advocated against unfair judging.

PLEASE NOTE: Shine Gymnastics is not responsible for discrepancies with competitive gymnastics judging, judging 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. These are rare occurrences. Coaches are trained to see what the judges see and will challenge, if necessary.

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

2025-2026 Team Training and Competition Schedule		
New Season	May 1-31	
Summer Conditioning	July 6-8	Super Starz Team Camp
Routine Season	August 15	Super Starz Routine Clinic
	September 13	Super Starz Routine Clinic
Competition Season		
	November	Competition
	December	Competition
Progressive Season	January	Competition
	February	Competition
	March	Competition
	April 4	Super Starz Competition Clinic
	April	Team Party Friday
	April	Championship

Communication: Coaches@shinegymnastics.com

Team coaches are available for quick questions following 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 being 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 according to age: (Size 7-8) _____

Team practice uniform size _____

☐ Please add a team warmup Jacket for 65

☐ Please add team warmup pants for 35



Welcome to the Super Starz Competition Team!

