



# ***Pacific Stars Rhythmic Academy***

## **Information/Policies**

**Welcome to Pacific Stars Rhythmic Academy (hereby also referred as The Club)! Please read the following Policies to maintain productive training and positive atmosphere in the club.**

### **General Rules**

1. No child is permitted to attend class without filling out the enrollment form and signing a waiver by her parent/guardian.
2. Only gymnasts may enter the gym carpet area. We provide a special seating area where parents/guardians may wait for their children.
3. Gymnasts must be on time for practice. Parents must pick up their children on time also. As a USAG member club we have to abide by the "Safe Sport" rule. We are unable to supervise children prior or post class time. Gymnasts may be excluded from practice if they are ten minutes late for practice more than two times in a week.
4. If the gymnast is unable to practice due to illness or injury, the coach should be informed as soon as possible. The gymnast/parent needs to notify the coach before skipping a practice and gives an adequate reason.
5. If the parent needs to speak with your child's coach, please do so after class. The coach will inform the parent if a behavioral situation requires your attention
6. No food, drink (except water), or gum is allowed on the carpets. During the practice, gymnasts have to drink water to keep hydrated and take a snack time when your body needs it.
7. All clothes and personal belongings must be left at the designated areas/shelves. Remove shoes before stepping onto the carpets. Shoes, water bottles and gymnastics apparatus should be left at the designated area next to the carpet.
8. Gymnasts must stay respectful to their coaches and fellow teammates. No bullying, arguing or gossiping is allowed. The coach reserves the right to ask the gymnast to leave the carpet or call the gymnast's parent for pick-up, if the gymnast is not paying attention during training or is disrespectful to coaches or teammates.
9. The Club and its instructors reserve the right to dismiss any student at any time for conduct that might convey a negative image or be deemed harmful to fellow students, instructors, and any other person or property located within or outside the gym.
10. Videotaping or picture taking is not allowed from TV monitors in the lobby/waiting room/seating areas.
11. Gymnasts only ask coaches, teammates, or teammates' parents for band aids, first aid kit, or other essentials. Please do not ask anyone else not from the Club.
12. If gymnasts decide to leave this club, please provide a written notice (email) at least 1 month prior to the beginning of the next tuition payment cycle.
13. According to the USAG Safety and Response Policy, gymnasts are not allowed to stay at the same hotel room with coaches during the travels.

**Holiday Policy:** The Club will be closed on the following days/holidays: New Year Day, Memorial Day, July 4th Independence Day, Labor Day and Thanksgiving Day. We may be closed during Christmas break: December 24 to January 2. Please understand that the monthly tuition for December stays the same since it affects the rest of the monthly payments.

**Physical Interactions:** Flexibility is an important aspect in rhythmic gymnastics but stretching sometimes can be very painful. The instructors are professionals who know what they do. They will teach your child the difference between good pain and bad pain. Please note that physical interactions between coach and student will be part of daily routine. If a student or parents are not comfortable with it, please let the coach/manager know right away.

**Parent Initials:** \_\_\_\_\_ **Gymnast(s) Initials:** \_\_\_\_\_;



**Dress Code:** Gymnasts should wear black tank-tops (or t-shirts), black stretchy shorts, and half-sole gymnastics shoes, with hair in a bun and no jewelry.

**Photography:** As a parent, you agree to allow photographs taken of the child for promotional purposes.

**Club Events:** During the whole year we may organize and /or participate at various events, celebrations, school promotions, etc. Please be ready to take part in those events and show your team spirit!

**Parent volunteering:** Parents are strongly recommended to participate in all kinds of volunteering opportunities. The Club will send volunteering requests via email or through verbal.

**Tuition Policy:** Monthly payment is due **PRIOR** to the beginning of the month, on the 25th day of each calendar month. There will be a **\$50 late fee** if payment is not received by the 1st day of every month. Returned checks will be charged a **\$50 return check fee**.

**Family Discount:** Rhythmic gymnastics classes only - 5% off of lesser value for every extra immediate family member enrolled.

**\$100 annual registration fee** is required at time of registration, as well as annual renewal by August 1st.

**Competition Fees:** Parents are responsible for the coaches' competition fees and travel expenses, which includes transportation, lodging, and per diem. Coach competition fees and travel expenses are due at the time of event registration and are not refundable. For all Invitational events, as well as State and Regional competitions, the coach competition fees per gymnast are: Local competitions **\$60**, Southern California competitions **\$80**, Air Travels competitions **\$110**. For Open Championships, US National Championship, Junior Olympics, Level 9 Classic, US Challenge, National Qualifiers and International competitions, all expenses are divided equally among participating gymnasts. **\$60** per diem per day for each coach is divided equally among participating gymnasts. These rates are for season 2024-2025. They may be reviewed and adjusted afterwards and communicated accordingly.

**Refund/Credit Procedure:** There are no refunds or credits for missed classes. Make up classes may be available on other days with other levels if scheduled with a coach in advance. No refunds will be given after the first day of any term. In the event that injury or family emergency does occur, we will make every effort to work with you to reschedule your class.

**As a parent or legal guardian of this gymnast, I hereby verify by my signature below that I fully understand and will comply with the policies in order to permit my child to participate in classes, events, competitions, and activities conducted by the Club.**

**Gymnast name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Signature of (circle one) Parent/Guardian:** \_\_\_\_\_

**Parent's (printed) name:** \_\_\_\_\_ **Date:** \_\_\_\_\_