

SOKOL KHB

Ennis, Texas

Registration Packet for Gymnastics Classes

For the 2019-2020 School Year





**2019-2020
FEES FOR ENROLLMENT
SOKOL KAREL HAVLICEK
BOROVSKY, ENNIS**

SOKOL MEMBERSHIP. At least one parent is required to be a Sokol member. The annual fee is \$65 January through December. The membership fee for new incoming members who join for the gymnastics program in the Fall is adjusted to \$40 plus a one-time initiation fee of \$15, making it \$55.

NEW MEMBERS: Two choices in paying your membership fee:

- 1) Pay the \$55.00 prorated fee at class registration time, then pay the \$65.00 annual membership by January 1.
- 2) Pay the entire \$110.00 (includes a \$10 discount) for the remainder of 2019 and for 2020 at class registration.

Membership dues for 2020 will be required for your child to remain in gym classes after January 1, 2020. Your 2020 membership will include all swimming pool privileges next summer, and allow you to rent the hall facilities for private social events, such as weddings, showers, reunions, etc.

EXISTING MEMBERS: Current Sokol KHB members will be receiving their 2020 dues notices within the next three months.

REGISTRATION FEE per participant, for the season, is \$60. This is a one-time fee per student per season and is non-refundable. This fee is due at the time of registration.

TUITION MONTHLY DUE DATE: In order to reserve your child's spot in their class, tuition is due by the 10th of each month. After the 10th, a \$10 late fee will be assessed. If tuition is not paid by the 30th of the month, your child will be considered dropped and will not be allowed on the floor to participate in class until tuition is paid in full. There is no guarantee that their spot will still be available once they are dropped. Payments made by check or money order should be payable to American Sokol of Ennis. Cash will only be accepted if placed in an envelope with the child's name on it. Tuition may also be paid monthly via PayPal on our website www.sokolennis.com under the Gymnastics link.

UNIFORM: Each Sokol gymnastics class will have a required uniform that the student is responsible for purchasing. The required uniform will be worn for performances and may be worn for class. Gymnasts must wear proper workout attire.



2019-2020 TUITION RATES

MONTHLY / SEASONALLY (August - May)

45 minute class 1x week	Beginner Tots 2nd year Pre-schoolers / Novice Level \$55.00 per month \$467.50 for the season if paid by September 1, 2019
1 hour class 1x week	Boys \$65.00 per month \$510.00 for the season if paid by September 1, 2019
1 hour class 1x week	Tumbling \$60.00 per month \$552.50 for the season if paid by September 1, 2019
1 hour class 1x week	Girls Levels 1 & 2 \$65.00 per month \$552.50 for the season if paid by September 1, 2019
1 hour class 2x week	Girls Levels 1 & 2 \$95.00 per month \$807.50 for the season if paid by September 1, 2019
1-1/2 hour class 1x a week	Girls Levels 3, 4 & 5 \$85.00 per month \$722.50 for the season if paid by September 1, 2019
1-1/2 hour class 2x a week	Girls Competitive Gymnastics Levels 3, 4 & 5 \$115.00 per month \$977.50 for the season if paid by September 1, 2019

Monthly tuition is due during the first week of classes each month if not pre-paid annually. A \$10 late fee will be imposed if not paid by the 10th of the month.

Families having more than one child enrolled in our program will receive a tuition adjustment of \$5 per child.

Payment is accepted by check, cash or PayPal. We are unable to accept credit cards. Using PayPal for either monthly or annual tuition includes a 3% fee added to the payment option.



August 2019 - June 2020

CLASS RULES

1. Participants are to stay in designated sitting area until their class is called to the floor. (No crossing ropes until your class time)
2. NO PLAYING ON THE EQUIPMENT/APPARATUS AT ANYTIME UNLESS IT IS YOUR CLASS OR A COACH IS PRESENT HELPING YOU!
3. Gymnasts MUST wear proper attire.
4. Girls: Leotards are required. NO t-shirts will be allowed.
5. The official Sokol uniform may be purchased and worn to class.
6. Boys: Stretch shorts and T-shirts. NO baggy shirts or jeans shorts will be allowed.
7. Hair must be secured back from the face. Ornamental clips and large bows are not acceptable. No jewelry (Small stud earrings will be allowed).
8. No chewing gum allowed.
9. Gymnasts are to be on time for class.
10. Parents are not allowed on the floor and should sit in designated seating area.
11. Parents should not interact with children in class as such distractions can result in injuries. (pictures or recordings of gymnast should be held till class is over)
12. Children not participating in class should be seated with their parents and should not play on apparatus. (*Suggestion: bring homework*)
13. Participants must keep their water bottles on the table by radio. (NOT BY THEIR PARENTS)
14. Food and drinks are allowed only in designated area. Trash should be placed in a waste basket.
15. Gymnasts should not come off the floor for any means other than to go to the bathroom or get a drink out of water fountain.
16. Gymnasts/Coaches are not to have cell phones out during class time.
17. Gymnasts are not to interact with parents while class is in session.
18. No bullying (WILL NOT BE TOLERATED!)
19. There will be no back talking to the coaches or staff from the gymnast. (show respect at all times)
20. THESE ARE IMPORTANT SAFETY REQUIREMENTS WHICH WILL BE ENFORCED.
21. Children should be picked up promptly after class
22. Children must wait for their ride inside the building.
23. Tuition payments are due on the first week of each month.
24. Failure to pay by the 10th of the month will result in a \$10 late fee being assessed. If tuition is not paid by the 30th of the month, your child will be considered dropped and will not be allowed on the floor to participate in class until tuition is paid in full.
25. Parents in gymnast are mandated upon joining program to help with activities (i.e fundraisers, floats, competitions) to help support our program. (There will be an incentive program)
26. Gymnast will help clean/sanitize equipment to help prevent sickness.

PARENT OR GUARDIAN SIGNATURE

DATE

FREQUENTLY ASKED QUESTIONS ABOUT SOKOL

The name Sokol: Sokol is the Czech word for Falcon, a courageous, agile bird; fast and high flying.

KHB: The initials of Karel Havlicek Borovsky [October 31, 1821 - July 29, 1856], a Czech writer, poet, political journalist, publisher. He advocated ideas like universal suffrage (right to vote) and Czech national independence. Our Ennis unit is named for him.

The Sokol motto: A healthy mind in a strong body.

How Sokol started: Dr. Miroslav Tyrš [August 17, 1832 –August 8, 1884] (*whose name is on our swimming pool*) and Jindřich Fügner founded the Sokol organization in 1862 in Bohemia. Tyrš was a Czech art historian and educator. His bad physical condition in earlier life gave him an interest in sports to strengthen himself, and he came to create a system of physical training based on the Greek ideal of harmony between physical and mental values.

What we say at the end of every class: The instructor calls out, “Nazdar!” which is the Czech word for “To Success!” The students then answer, “Zdar!” which means simply, “Success!”

Slet: A Sokol gymnastics meet. Our Southern District (Texas and Oklahoma) has a slet every June. The American Sokol hosts a national slet every 4 years.

Texas cities with Sokol units:

- Ennis
- Dallas
- Fort Worth
- West
- Houston
- Corpus Christi

The Sokol philosophy: While there are plenty of competitive opportunities, Sokol equally serves those who don't strive for a top sport performance, but simply like to exercise, be fit and healthy, and want to enjoy the experience. A fundamental part of the Sokol program is our general fitness program for people of all ages to improve health, fitness level and overall well-being. Sokol was founded on the philosophy that physically fit, mentally alert and culturally well-developed people make a strong community. That's Sokol Strong.

Websites to learn more about Sokol:

www.czechgallery.com/sokol

www.american-sokol.org

www.sokolennis.com/





2019 – 2020 REGISTRATION FORM

CHILD'S NAME M or F

FORMER STUDENT: Y or N LAST SKILL LEVEL

AGE: BIRTHDAY:

ADDRESS:

HOME PHONE: ALTERNATE PHONE:

E-MAIL:

FATHER'S FULL NAME: SOKOL MBR: Y or N

ADDRESS (if different)

MOTHER'S FULL NAME: SOKOL MBR: Y or N

ADDRESS (if different)

I wish to register my child for the following class(es):

In so doing, I understand that my child will engage in a program of physical education and discipline. I certify that my child is in the physical condition that assures a healthy, safe participation in all required activities and agree that I will bring no claim, legal action, suit or proceedings of any kind or character against the American Sokol or any of its members, associated clubs, because of damages, losses, or injury to person or property or both while participating in and enjoying the privilege of the Sokol program.

I further understand that each participant is expected to:

- (a) purchase the required uniform for his or her class;
- (b) participate in all Sokol programs and competitions;
- (c) attend classes regularly;
- (d) abide by the rules set forth by the Board of Instructors and be courteous to all instructors and fellow gymnasts;
- (e) be clean and wear appropriate attire;
- (f) help support the activities and projects of Sokol;
- (g) be picked up by parents at the end of class and/or are instructed to remain off the gym floor following their class if another class follows.

PARENT OR GUARDIAN SIGNATURE

DATE

[THIS PAGE FOR USE OF THE SOKOL BOARD OF INSTRUCTORS]



EMERGENCY MEDICAL DATA

CHILD'S NAME

Does this child have any food allergies? Yes or No

If yes, please explain:

EMERGENCY NAME AND PHONE CONTACT DURING CLASS TIME

NAME:

PHONE:

In case our child becomes ill at Sokol or is injured and we cannot be reached by telephone, use the following method we have checked:

PLEASE NOTIFY:

NAME:

PHONE:

TAKE TO EMERGENCY ROOM AND CONTACT DOCTOR:

NAME:

PHONE:

MEDICAL INSURANCE INFORMATION

INSURER:

POLICY #:

Pertinent medical information regarding my child that instructors should know:

I fully realize that failing to complete this form in detail automatically gives Sokol instructors absolute authority to act in the best interest of my child.

PARENT OR GUARDIAN SIGNATURE

DATE

[THIS PAGE FOR USE OF THE SOKOL BOARD OF INSTRUCTORS]



MINOR CONSENT AND ASSUMPTION OF RISK STATEMENT

In consideration of participation in activities of Sokol Karel Havlicek Borovsky - Ennis, the Parent and/or legal guardians(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) consent(s) to and will instruct the minor participating in any Sokol activity or event and regularly thereafter, that he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the instructor of such condition and refuse to participate.
2. Participant shall be instructed to and shall carefully review and follow all safety rules.
3. I / we fully understand and will instruct the minor participant that:
 - A. There are risks and dangers associated with participation in our activities and programs including but not limited to those of bodily injury, partial and/or total disability, paralysis and death;
 - B. The social and economic losses and/or damages, which could result from those risks and dangers described above could be severe;
 - C. These risks and dangers may be caused by negligence of the participant or the negligence of others, and
 - D. There may be other risks not known to us or not reasonably foreseeable at this time.
4. I / we accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused or alleged to be caused in whole or in part by the negligence of the American Sokol, its member clubs, event hosts, other participants, coaches, instructors, officials, sponsors, advertisers, owners and lessees of the premises used to conduct the event or activity and each of them, their officers, directors agents, and employees.
5. I / we agree that this Consent and Assumption of Risk Statement covers each and every event or activity sponsored by the American Sokol and/or its member clubs.

Photo Release for Children Under 18 Years of Age

I hereby grant to Sokol KHB and any of its subsidiaries and to its employees, agents and assigns the right to photograph my dependent in any and all classes, events and competitions and to use the photo and or other digital reproduction of him/her or other reproduction of his/her physical likeness for publication processes, whether electronic, print, digital or electronic publishing via the internet.

I / WE HAVE READ THE ABOVE WAIVER AND SIGN IT VOLUNTARILY

PARENT OR GUARDIAN SIGNATURE

DATE

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SOKOL KHB GYM REGISTRATION FEE SUMMARY

CHILD'S NAME _____

CLASS _____

NOTE: If you are paying by check, please pay for Membership Dues by a separate check.

Registration Fee (\$60) _____

Tuition Payment (circle): Monthly / Annual _____

Uniform (circle): order / in stock

Leotard color _____ Size ____ Price _____

Shorts color _____ Size ____ Price _____

Boys T-shirt Size ____ Price _____

Total Uniform Price _____

Other _____

Other _____

TOTAL FEES _____

Special Notes: _____

MEMBERSHIP DUES:

New Member 2019 (complete registration form) \$55 Paid

New Member 2019 - 20 (complete registration form) \$110 Paid

Existing Member 2020 Dues \$65 Paid