



FORGOTTEN COAST

A T H L E T I C S

CHEERLEADING  GYMNASTICS  TUMBLING

2018-2019 SIGN-UP PACKET

FORGOTTEN COAST ATHLETICS
305 3RD ST
PORT ST JOE, FL 32456
www.forgottencoastathletics.com
info@forgottencoastathletics.com
850-889-8765

WELCOME TO FCA

TUMBLING - GYMNASTICS

&

ALL-STAR CHEERLEADING

Thank you for your interest in Forgotten Coast Athletics - Tumbling, Cheerleading, and Gymnastics. We look forward to the upcoming 2018-2019 season. Please take the time to read all the information contained in this packet. Understanding this information will help in ensuring a fun, successful, and efficient 2018-2019 season.

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IMPORTANT DATES

July 1 – Registration Opens

August 11 – Open House

August 20 – Classes Begin

September 3 – Gym Closed (Labor Day)

October 15,16 – Gym Closed (Fall Break)

November 21, 22, 23 – Gym Closed (Thanksgiving)

December 19 thru January 4 – Gym Close (Christmas & New Years)

January 21 – Gym Closed (MLK Birthday)

January 26 – Diamond’s Gulf Coast Championship – Fort Walton

February 18 – Gym Closed (President’s Day)

March 2 – Battle at the Fort Championship – Fort Walton

March 18 thru March 22 – Gym Closed (Spring Break)

March 30-31 – Gulf Coast Championship – Panama City Beach

April 13-14 – Emerald Coast Nationals (Bid Invite Only) – Fort Walton

May 17 – Last Day of 2018 – 2019 Season

July 2019 TBD – Summer Tumbling Camp

July 2019 TBD – Gymnastics Camp

July 2019 TBD – Summer Cheer Camp

TUMBLING INFORMATION

No Tryouts Required

See “Tumbling Classes” Section for Classes Offered

No Special Uniforms/Practice Wear Required

Wear Something COMFORTABLE

Shorts and Tee Shirt

Leotard

CLEAN Shoes are Required (ONLY WORN INSIDE OF GYM)

Shoes can be purchased through the FCA Pro-Shop or through a vendor of your choice.

Barefoot is also acceptable, but not recommended

Signup on the Included “Athlete Registration Form” at the Back of the Packet

Due at Signup:

Registration Fee

First Month Class Fee

See “Payments” Section for Price List and Accepted Forms of Payment

Liability Waiver

Filled Out and Signed at the Start of the Athlete’s First Tumbling Practice

TUMBLING CLASSES

(1 Hour/Week)

Mommy & Me: Ages 1-3

Class for Mom and Child to Begin Working on Physical and Social Skills Related to Tumbling

Level 1

Beginner, forward roll, cartwheel, working back and front walkovers, bridge and bridge kick over, front limber, front walk over

Level 2

Working on back handsprings, standing back handspring, back walkover back handspring, running combination pass, multiple back handsprings, front handspring, perfecting variations of the skill level

Level 3

Working on back and front tucks, aerials, and, standing 3 back handsprings, round off back handspring tuck, perfecting variations of the skill Level

Level 4

Layouts, punch front step outs, standing tucks, whips, and perfecting variations of specialty skills

Level 5

Full twisting layouts, standing fulls, double fulls, arabians, and perfecting variations of specialty skills

COMPETITION CHEERLEADING INFORMATION

Tryouts Required

See “Cheerleading Teams” Section for Proposed 2018-2019 Teams. Actual Team Level/Skill Level Will Not Be Determined Until After Tryouts

Tryouts Will Take Place Saturday August 18, 2018

**BRING REGISTRATION FORM, REGISTRATION FEE,
AND 1ST MONTHS TUITION TO TRYOUTS IF NOT
PREVIOUSLY SUBMITTED**

**Wear Comfortable Clothes (Shorts, T-Shirt) and Clean
Shoes**

Uniforms/Practice Wear/Shoes - REQUIRED

Purchased Thru FCA Pro-Shop Only.

ESTIMATED Costs:

Uniform \$150.00 (Used 2 Seasons)

Practice Wear \$75.00

Shoes \$40.00

**Must Be Kept In Good Condition and
Appearance. More Than One Pair May be
Required for the Season**

Shoes to Be Worn Inside the Gym ONLY

Warm-Ups - OPTIONAL

Available for Purchase Thru FCA Pro-Shop

ESTIMATED Cost:

Warm-Ups (Jacket and Pants) \$100.00

Other FCA Cheerleading Items – OPTIONAL

Available for Purchase Thru FCA Pro-Shop

Bags, T-Shirts, Tank Tops, Hats

Competitions

January 26 – Diamond’s Gulf Coast Championship – Fort Walton

March 2 – Battle at the Fort Championship – Fort Walton

March 30-31 – Gulf Coast Championship – Panama City Beach

Two-Day Event. Overnight Stay Required

April 13-14 – Emerald Coast Nationals (Bid Invite Only) – Fort Walton

Two-Day Event. Overnight Stay Required

Attendance Expectations

If You Join a Competition Cheer Team, You are on a Team. All Practices are REQUIRED. All Competitions are NOT OPTIONAL. If You Must Miss a Practice, Notifying Your Coach Prior to Practice is MANDATORY.

Discipline for Unexcused Absences May Result in the Following

Sit Out Practice

Sit Out Competition

Removal from Competition Team

If an Athlete is Removed From a Competition Team, the Remainder of that Years Tuition is Still Due on the Schedules “Due Dates” Listed in the “Payments” Section.

Discipline is at the Discretion of the Athlete's Coach

Signup on the Included Enrollment Form at the Back of the Packet

Due at Signup:

Registration Fee

First Month Class Fee

**See "Payments" Section for Price List and Accepted
Forms of Payment**

Liability Waiver

**Filled Out and Signed at the Start of the Athlete's
First Cheer Practice**

COMPETITION CHEERLEADING TEAMS

(Two 1 Hour Classes/Week + One 1 Hour Specialized Tumbling Class
– Total of Three Hours Per Week)

Final Team and Placement Determined After Try-Outs and Team Evaluation. The Following are Proposed Possible Teams for 2018-2019. Final Team List and Placement will Be Announced August 19, 2018. Current Expectations are 2 or 3 Teams from the Following List (United States All-Star Federation – USASF Categorization):

Tiny (Ages 3-6)

Mini (Ages 5-8)

Youth Level I (Ages 6-11)

Youth Level II (Ages 6-11)

Youth Level III (Ages 6-11)

Junior Level II (Ages 8-14)

Junior Level III (Ages 8-14)

Senior Level II (Ages 11-18)

Senior Level III (Ages 11-18)

Senior Level IV (Ages 11-18)

For Reference – Tiny, Youth, Junior, Senior are Age Categorizations, the Level is Related to Skill Difficulty

GYMNASTICS INFORMATION

No Tryouts Required

See “Gymnastics Classes” Section for Classes Offered

No Special Uniforms/Practice Wear Required

Wear Something COMFORTABLE

Shorts and Tee Shirt

Leotard

Athletes Practice Bare-Footed (NO SHOES)

Signup on the Included Enrollment Form at the Back of the Packet

Due at Signup:

Registration Fee

First Month Class Fee

See “Payments” Section for Price List and Accepted
Forms of Payment

Liability Waiver

Filled Out and Signed at the Start of the Athlete’s
First Gymnastics Practice

GYMNASTICS CLASSES

(1 Hour/Week)

Early Levels (1-4) Girls Recreational Gymnastics

Strength Techniques and Gymnastics Techniques working on all (4) Olympic Events – Floor, Vault, Balance Beam, Uneven Bars, and Trampoline. This is a girls-only class.

Early Levels (1-4) Boys Recreational Gymnastics

Strength Techniques and Gymnastics Techniques working on (5) Olympic Events – Floor, Vault, Balance Beam, Uneven Bars, Rings, and Trampoline. This is a boys-only class.

PAYMENTS

Registration Fee

\$75.00 Annually

Paid at the Time of Signup During Registration
Period

Mommy & Me Class

\$45.00 Monthly (9 Months)

Tumbling Classes (Level 1 Thru Level 3)

\$55.00 Monthly (9 Months)

Additional Tumbling Class \$35.00 Monthly (9 Months)

Competition Cheerleading

\$115.00 Monthly (9 Months)

Includes 1 Specialized Tumbling Class Designed for
Competition Cheer

Gymnastics Classes

\$55.00 Monthly (9 Months)

Additional Gymnastics Class \$35.00 Monthly (9 Months)

PAYMENTS

Due Dates

1st Month Paid During Registration Period

2nd Month Due October 1, 2018

3rd Month Due November 1, 2018

4th Month Due December 1, 2018

5th Month Due January 7, 2018

6th Month Due February 1, 2018

7th Month Due March 1, 2018

8th Month Due April 1, 2018

9th Month Due May 1, 2018

PAYMENTS

Making sure the Athlete's account status is up to date is the responsibility of the parent/athlete.

Monthly Tuition MUST Be Paid By the 1st of Each Month

If the 1st Falls on a Weekend or a Day the Gym is Closed, Payment is Due the Next Business Day

If Payments Are Delinquent, Starting the 10th of the unpaid Month, the Athlete Will Not Be Allowed to Participate Until Billing Is Brought Up to Date

FCA WILL ACCEPT THE FOLLOWING FORMS OF PAYMENT:

**Credit Card – Through Online Payments @
www.forgottencoastathletics.com**

Click the “More” Drop Down Menu in the Upper Right-Hand Corner of the Webpage. Click “Online Tuition Payments”. Add the Athletes Class or Classes to the Shopping Cart (Along with Registration Fee if Signing Up), Click “Check Out”, Fill Out the Required Information, Click “Continue”. Fill Out the Payment Information and then Click “Complete Your Order.”

Personal Check or Cash

Please Include a Fill-Out “Payments” Form Available Next to the “Payments” Box Located in the Pro-Shop. Place Payment and Form in Provided Envelope, and Place Into the “Payments” Box.

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PROPOSED CLASS SCHEDULE

(Subject to Change Depending on Class Demand)

Mommy & Me	Monday	10:00am-11:00am
Tumbling Level I Class A	Monday	4:00pm-5:00pm FULL
Tumbling Level I Class B	Tuesday	7:00pm-8:00pm
Tumbling Level I Class C	Tuesday	6:00pm-7:00pm NEW
Tumbling Level II Class A	Monday	5:00pm-6:00pm
Tumbling Level II Class B	Thursday	7:00pm-8:00pm
Tumbling Level II/III Class A	Thursday	6:00pm-7:00pm NEW
Tumbling Level III Class	Monday	6:00pm-7:00pm
Competition Cheer Tumbling	Wednesday	4:00pm-5:00pm
Youth L2 Comp Team Session I	Tuesday	5:00pm-6:00pm
Youth L2 Comp Team Session II	Thursday	5:00pm-6:00pm
Tiny Comp Team Session I	Tuesday	4:00pm-5:00pm
Tiny Comp Team Session II	Thursday	4:00pm-5:00pm
Girls Gymnastics Class A	Tuesday	4:00pm-5:00pm
Girls Gymnastics Class B	Tuesday	5:00pm-6:00pm
Girls Gymnastics Class C	Thursday	4:00pm-5:00pm
Boys Gymnastics Class A	Thursday	5:00pm-6:00pm

ATHLETE REGISTRATION

Athlete's Full Legal Name: _____

Athlete's Address: _____

Athlete's DOB: _____

Age as of August 31st 2018: _____

Athlete's Cell Phone (if available): _____

Parent Guardian Name: _____

Parent/Guardian Phone: _____

Parent/Guardian Email: _____

Other Emergency Contact Phone: _____

CLASSES FOR ENROLLMENT

(Please Circle All Classes the Athlete Will Enroll In)

Tumbling

Mommy & Me

Level I

Level II

Level III

Additional Tumbling Class

(How Many Extra? ____)

Cheerleading

Tiny Competition Team

Level I Competition Team

Level II Competition Team

Level III Competition Team

Gymnastics

Early Levels (Girls)

Early Levels (Boys)

Additional Gymnastics Class

(How Many Extra? ____)

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