



## **Welcome to the Lakeshore Gymnastics Team Program.**

### **OUR GOAL**

Our goal at Lakeshore is to provide the best and healthiest of learning environments. We aim to do this by providing a moralistic, safe and qualified coaching staff, in a safe and educational environment.

### ***To the Parents :***

Thank you for your interest in The Lakeshore Gymnastics Team. This will be an adventure for you and your child. Our goal is to help her/him to mature into a responsible and disciplined person. She/he has made the team because she/he possesses many fine qualities. We hope to develop the qualities of confidence, poise, individuality, and mental and physical discipline and determination.

Your child will mature among individuals and circumstances that will demand her/his best. Educational opportunities will be made available which will compliment and enhance the experiences she/he will have in the gym. We hope to make this entire experience a positive and memorable one. We hope she/he has lots of fun and makes long lasting friends.

## **BEING A COMPETITIVE GYMNAST**

### **To the student:**

Be patient with yourself, it takes many successes and failures and many hours to learn to be a fine gymnast. There are exercises to build your strength and flexibility. These exercises must be done over and over again and may be assigned to do at home. They are essential for developing your body to perform well.

It is natural and normal, to experience fear when learning new skills. Always let your coach know when you are having fear. In this way they can help you overcome and tackle that fear.

This sport is one of the hardest competitively because you have to learn to do your best for you and for your team. It is one of the only sports that you win awards individually and as a team.

## **TEAM DIVISION S AT LAKESHORE**

**AAU** It stands for Amateur Athletic Union. Competitions cost less. Gymnasts must pay an annual fee to become members of AAU. The rules may fluctuate according to the home gym's rules on some events.

**USAG** stands for USA Gymnastics Is the Governing body of The Olympics. The judging and the competitions are very strict. Competitions are more expensive. There is a yearly fee to become a member of USAG.



From now on in this handbook whenever it says she and it is a male team member reading just replace the she with he

## **A BRIEF DESCRIPTION OF THE LEVELS**

### **SUNBEAM**

We have Sunbeams 1,2, and 3

These are equivalent to the same levels but the children are chosen from the younger classes and usually do not exceed 8 years old. This is the first experience of their introduction to the team route based on talent

### **Level 3 or Sharks**

This is the first compulsory pre-team level. All of the gymnasts compete the same compulsory routine. In-house competitions are only attended. The Winter Nationals in Columbus would be an away meet that we could choose if the gymnast was ready. AAU competitions only.

### **LEVEL 4**

This is the first compulsory level, Gymnasts compete either USAG or AAU depending on the amount of hours they choose to study.

### **Level 5 and 6**

These are compulsory routines. All of the gymnasts compete the same routines, which are designed to develop techniques that build upon other levels. The gymnasts compete AAU and USAG.

### **Intermediate or Prep Optional**

Compete optional routines. This level highlights gymnasts' strengths. It is for the gymnasts who is in between levels They have required elements they must perform on each event. They purchase routines from a professional choreographer for the beam and floor exercise. Depending on their hours and dedication they may compete either AAU or USAG.

### **Level 7-9**

Gymnasts, compete optional routines at this level. Competitions are at the local, state, regional, and National levels. They have required elements they must perform on each event. They purchase routines from a professional choreographer for the beam and floor exercise. They compete AAU and USAG .

### **LEVEL 10 THROUGH ELITE**

This is the top level in gymnastics. Perhaps .001% of all gymnasts compete at this level.

Gymnasts compete up to the National and International level and represent the USA in most international competitions.

## **MOBILITY BETWEEN THE LEVELS**

The specific mission of Lakeshore Gymnastics is to develop happy, healthy, and confident children. One way in which we can meet this demanding goal is to place the gymnasts at the level where they can be happy, safe, and confident.

Before we move a gymnast to the next level they need to compete the previous level with a 34.00 AAU to 36.00 USAG all around score, and have mastered the next level skills, this means performing the skills consistently not just once or twice.

Advancement to the next level is also determined by

- mental attitude, strength, flexibility, work ethics and emotional standing
- Gymnasts will advance at a time in the season that is deemed appropriate by the coaching staff and it may vary depending on the gymnast and the particular situation.

**(IT'S NOT UNCOMMON FOR A GYMNAST TO REMAIN IN THE SAME LEVEL FOR TWO SEASONS, THIS IS A SPORT BASED ON PERFECTION)**

## **TIME COMMITMENT**

Competitive gymnastics is a year round commitment. Gymnasts are expected to attend all scheduled workouts. Therefore, occasional personal sacrifices will sometimes have to be made. This is not to say that gymnastics must

consume your life. Our coaching staff realizes that family and academics must be priorities. Ultimately, we hope that our athletes learn to budget their time when other activities arise.

If a family has a particular concern they need to ask the head coach and the director.

## **CLASS PROCEDURE**

Arrive at the gym, on time and stay until practice is over.

On time means ready to go on the floor at the time practice begins not walking in the door when practice begins. If the gymnast is going to be late or absent, please call the gym and leave a message for the coach before practice.

Be ready to participate with the proper attire, hair pulled back, jewelry off, gum in the trashcan, well rested, and ready to go. Stay out of the gym area until it is time to start. Ask permission to leave the gym. This applies to leaving practice early, going to the restroom, or calling home. Your coaches need to know where you are, at all times. **At team level make-ups are not allowed. If a gymnast has an extended illness please see the director and they will work something out.**

If a gymnast misses practice for more than 3 full weeks, they may be re-evaluated when they return. Gymnasts who are out of practice for several weeks tend to lose strength, flexibility, and skills.

**Cell phones are not to be used during class time. If there is an emergency gymnasts should use the gym phone**

## **Attitudes:**

- Set realistic, progressive short and long term goals.
- Be willing to work hard and find reward in that.
- Be willing to take instruction without resenting constructive criticism. Listen and trust the coaches.
- Stay positive and refuse to be frustrated, work through all obstacles and frustrations.
- Rebound back from setbacks and defeat, in order to apply yourself.
- Be polite and well mannered in training, demonstration, and competitions.
- Have mental courage. You may be apprehensive about a move, but stay calm to work through the fear with the coach's reassurance
- Listen carefully to your coach, and ask questions if you don't understand.
- Work hard during practice, at everything.
- Be polite and respectful at all times to all coaches, staff and office personnel
- Display good sportsmanship at all times.
- Dream big, anything is possible.
- Smile and have fun
- Team members are expected to exhibit moralistic and respectful behavior. The following behavior may result in a dismissal or suspension from the team:
  1. Any student using profanity.
  2. Any student disrespecting the coaching staff, office personnel, or their teammates
  3. Any student vandalizing the gym or not cleaning up if they make a mess. This includes the bathroom area. 1<sup>ST</sup> Offense –warning issued, 2<sup>nd</sup> Offense conference & suspension, 3<sup>rd</sup> Offense May ask to leave the gym.

You are expected to work hard and to try your best. This is all that we will ever ask of you and this is always what you should demand of yourself.

Show respect for your safety and to the wishes of your coaches by staying off the equipment without the specific permission and supervision of a coach. Stereo and video equipment is to be used only with the specific permission of the coach.

## **VOLUNTARY TERMINATION**

If a gymnast decides to leave Lakeshore Dance & Gymnastics they will need to inform the head coach as soon as they make their decision. At the time we are notified of your decision, you will be asked that your daughter's last day at Lakeshore will be that one. Any account debts or credits should be taken care of at that time with our office staff.

## **FLEXIBILITY AND STRENGTH**

Continuously work to increase flexibility and strength in all joints and muscles.

**Do your conditioning to the best of your ability.** We feel that it is important to develop self-discipline and self-motivation habits. Those habits are the ones that will stay with them long after they leave gymnastics.

Time in the gym is for gymnastics, if you are not working physically on tricks or routines, then mental preparation should be done.

There should be a minimal amount of talking while waiting for your turn, instead gymnasts should develop their own work ethics by keeping busy and working on areas that are weak for them.

## **NUTRITIONAL GUIDELINES**

Team members are expected to maintain good nutritional habits. Gymnasts need proper nutrition to keep their bodies fueled for tough workouts. Good nutrition leads to a healthier, longer life. Gymnast can bring a small, healthy snack to practice in case they need to take a break and refuel. Provide your body with food and drink that will help you do your best. You should drink water or a sports drink during practice. Drinking pop or even fruit juice during practice is not appropriate. Eating anything with sugar in it either before or during practice is a terrible idea. The old myth that sugar gives a quick energy boost is just that, an old myth. In reality, sugar leads to a drop in energy. No food, drink or gum is permitted in the gym workout area. Food at a meet: A meet is much less physically demanding than a practice, so no special energy foods are necessary. If it is going to be a long meet a piece a fruit may be sufficient for a fast energy boost, usually fruit will digest in about 15 minutes to give that lift in energy. While obsessing about weight can be a problem, overweight gymnasts are a danger to themselves and those who have to spot them. The way you look is very personal matter and we will not comment on it unless it interferes with your ability to perform gymnastics to the best of your ability

## **FINANCIAL COMMITMENT**

You must be willing to undertake the expense of gymnastics. You will be the bank for leotards, warm-ups, tape, pre wrap, travel, doctors, annual registration, tuition, meet fees, gym bags, USAG fees or AAU fees. Optional gymnasts are responsible for your own floor music, and choreography for routines. Note: the USAG insurance covers medical cost due to injury at meets. Part of your registration fee goes to your secondary insurance coverage of any injury. If fees are in arrears beyond 30 days, gymnast will not be allowed to travel to meets and will not be able to participate in practice. All payments will be applied to the oldest portion of the bill.

### **Tuition**

Tuition is due between the 1<sup>st</sup> thru the 7<sup>th</sup> of each month there will be a 10% late charge if not paid. You are expected to pay for 12 months of tuition.

### **DISCOUNTS**

Second family members will receive a 10% discount, on the lesser of tuition family charges.

### **PRIVATE LESSONS**

**The following rules and policies are in effect at all times for all athletes taking private lessons at Lakeshore Dance & Gymnastics, Inc:**

There may be times when you feel that intense instruction might help to achieve a breakthrough in some area, but those times should be rare. If you do decide that you want private lessons you should make contact with the individual coach on your own. In all cases, Lakeshore coaches at Lakeshore Dance & Gymnastics must conduct such private lessons. Private lessons include instruction in gymnastics, dance, conditioning, or any other area of training. Remember when a private lesson is going on other teammates should respect the teammate and let the private go uninterrupted. The availability of the gym to use during private lessons is a privilege.

The coach and gymnast decide on a time that is convenient on the coaches off time. The specific fee for private lessons are established between the coach and gymnast and does not involve the office.

All team members taking private lessons must be current on their tuition and Booster obligations or the privilege to take private lessons will be suspended.

We ask that all private lessons are conducted with the coaching staff at Lakeshore and not outside of the gym so that a gymnast is not receiving conflicting training technique.



## **INJURIES: A FACT OF LIFE**

It is unfortunate but injuries are a part of the life in gymnastics as with all athletic activities. During the course of a typical workout our gymnast's will perform hundreds of skills, during the course of a week, thousands will be executed, over the course of a year.

No matter how well conditioned she is, no matter how agile or coordinated, no matter how many mats or pits we have to land in, no matter how many times she is spotted, no matter how skilled she is, and no matter how many thousands of times she has performed the skills successfully, she will occasionally make mistakes and there will be times when those mistakes lead to injuries.

## **CARE OF INJURIES R.I.C.E.**

If you follow the following procedure you will decrease the healing time of your child by 50% or more in most cases. You should, of course, consult a doctor if there is any chance that your child suffered a serious injury.

Rest the injured body part

Apply Ice.

Apply Compression

Elevate the injured extremity

Above heart level

**Apply ice for 20 minutes at a time, 3 to 4 TIMES A DAY FOR 48 HOURS AFTER THE INJURY**

Notes:

In almost all cases plunging the injured area in a bucket of ice water will have profound positive healing effects when compared to simply placing an ice pack over the injured area. Tolerance to the cold will build over time.

More is not better. Do not ice longer than 20 minutes.

Do not elevate a head injury above the heart.

## **INJURY POLICY AND RECOVERY**

If a gymnast becomes injured, they are required to continue attending all scheduled practices. It is necessary for the gymnast to continue their strength, flexibility, rehabilitation and visualization training. This will allow them to return to event training immediately after the injury is healed minimizing the gymnast's training recovery period. The gymnast will train 3 times the amount they normally would in flexibility, strength and visualization, in order to prepare them for a timely return when they are fully healed. There are exceptions to this policy depending on the severity of the injury. These exceptions will be determined by the coaching staff after consulting with the gymnast's physician. **Monthly tuition rates will be discussed in each individual situation.**

## **SAFETY**

Team coaches are always stressing safety. Periodically throughout the year they will conduct a safety review of how to do proper falls. Students will be reminded of tumbletrak safety and general gym safety.

## **PARENT/COACH ROLES**

### **It is imperative that parents trust their coaches and not coach their children**

When a parent begins to make technical corrections on the way a skill is being done, or begins to coach their child outside of the gym this can lead to a very confused child. The gymnast needs to listen and not question their coach. If a parent has background experience in gymnastics and wants to discuss training techniques, please set up a conference with the coach to discuss it.

If you have chosen Lakeshore as the gym to train your child, be sure of your decision and then let us do our jobs. Once your child walks through the gym doors or onto the competition floor, they are our responsibility. We ask you to respect your choice of coaching and trust the coaches to do their job that they have been trained to do.

**If you have a problem, please talk to the coach at the appropriate time.** An appropriate time is either before or after practice. Talking to a coach on the floor when they are coaching a class is an unacceptable time. We are not perfect, we may make a mistake but we are professionals that have trained and continue to train to do this job.

### **SOME GUIDELINES FOR THE PARENTS**

Danger signs – the following indicate the parent needs to reevaluate their actions and attitudes.

Observing every practice – **intently**.

Learning as much as possible about technique and applying it to the point of overriding the coach. (unless you would like to apply to coaching position, please leave coaching to the coaches. ).

Comparing your child and their progress to other gymnasts on the team.

Verbally abusing the gym, its coaches, its facilities yet remaining in the program (this usually demonstrates a deeper frustration or problem – identify the real problem).

Video taping every meet and **requiring** your child to review it at home with you. Sometimes gymnasts have an off day at a meet, label it as just that a bad day.

### **INCORRECT**

You beat Susie, ALLRIGHT!!!

Did you do your (current difficult skill) today?, with badgering

If you win today there's \$20 in it for you.

That judge never liked you. She's been at this level for 3 years, its time to move up!

### **CORRECT**

You beat your highest all-around score!

All we expect is that you do your best

Work hard, you'll do better next time.

As long as she is progressing (even slowly),and is happy and safe, I'm happy.

Become the essential link in the training triangle of coach/gymnast/parent. Your trust in the coaching staff is paramount. Gymnasts need more encouragement at "plateaus" in their skill development. Encouragement is great, and they want to hear that you are supportive of them and the gym.

### **BOOSTERS**

Boosters, is non-profit organization within Lakeshore Dance and Gymnastics. We are registered as such with the state of Ohio and we have specific guidelines and procedures we must follow. All Team parents must be members of boosters. The only team that is exempt is Sunbeams. We have election of officers yearly.

The main function of boosters is to provide families with fund raising to lessen their financial burden when it comes to meets. The second function is to assist in supporting the team. This is done by volunteering and helping with meets and raising funds for the general fund to be used for the good of the children in the program or the program itself. Fund raised money can only be used for gymnastic meets or tem leos and warm-ups. It cannot be used for tuition or anything at Lakeshore that is for profit. It is very important that all parents attend all boosters meeting to stay informed of events happening at the gym. Team parents are not allowed to do any fund raising if your yearly booster dues are not paid in full. Even if you do not want to fund raise, you still need to support this organization, by attending meetings, paying the yearly booster fee and volunteering your services throughout the year.

### **FEES**

The yearly fee to become a part of Boosters is \$20.00 and should be paid to Lakeshore Gymnastics Boosters.

AAU fees \$20 annually : USAG Fees \$52 annually

Gymnasts should have between \$800 and \$1000 in their booster fund by the start of the year.

*Come to Booster meetings and get involved in fund raising and this all could be paid with fund raised money.*

### **COMPETITION AND TRAVEL**

It is the parents responsibility to pay for hotel rooms or any out of town expense, they may use fund raised money from boosters.

Parents provide transportation to practices, meets and special events. Promptness is expected.

The week before a regular competition, the gymnasts must attend all practices. If she misses she may be pulled from the competition. There will be no refund of funds if this should occur.

In the weeks leading up to national, regional or state competitions, the gymnasts must attend 100% of all practices.

Gymnasts will compete in **ALL** meets during the year. All of these meets require an entry fee. If there is a school or religious conflict let the head coach know about it promptly and in writing. Once meet fees are paid there is a no refund policy

**MEET FEES WILL BE PAID BY BOOSTERS BUT THE PARENTS ARE REQUIRED TO HAVE MONEY IN THEIR BOOSTERS ACCOUNT.**

There should be three copies of optional gymnasts cd's. One in the gym, one set apart for competitions and one for the gymnast at home.

## **MEET SELECTION**

We try to have the meet schedule for the year ready by August we do listen to suggestions about meets and we occasionally will change the meet schedule in the year if we hear about a new meet that we want to attend.

Pay attention to the due date deadline after that date there usually is a no refund policy, ask the director if you have a conflict after the deadline.

## **MEET ETIQUETTE**

No crying or display of bad attitudes at meets.

Be friendly and use sportsmanlike like conduct at all times.

Before leaving the competition, notify the head coach.

Stay focused on the competition

Talking with parents, relatives, or friends is inappropriate during the meet.

You are to stay on the competition floor with your coach at all times, the only time you are allowed to leave is to use the restroom.

Competing gymnasts must stay in their rotation group sitting quietly until the last competitor has finished. Warm up suits, grips, and any other stuff you brought with you should be placed inside your gym bag and kept near you, or where your coach has designated.

Even with the best of intentions, relatives and friends may give advice that conflicts with what your coach says, during competition pay attention to the coach.

Everybody has a unique way of experiencing gymnastics competition. Some people look for the fun in the experience; others are simply hoping to cope with their fears, while others are focused to the point of excluding everything else around them. Just remember that everyone is doing the best they are capable of at that moment.

You should always be accompanied by another team member or coach when leaving the competition floor.

Warm ups should be worn when accepting awards. The meet is not complete until **ALL** the awards have been handed out. The other gymnasts have waited patiently to receive their awards and have applauded your efforts. You owe them the same consideration. Gymnasts are not to leave the competition until the awards ceremony is finished.

## **MEET BEHAVIOR for Parents**

We rely on you to create a relaxed and supportive atmosphere prior to, during and after the meet. For the best interest of your athlete please refrain from coaching your child before or during a meet. Please just use some encouraging words, "**Good Luck**" is just fine.

Once warm ups have started, you will no longer communicate with your athlete. Parents are not allowed on the meet floor, even if an injury occurs.

Because we as coaches know what we want each gymnast to concentrate on, we don't want conflicting messages coming up when they are competing. We like the athletes to have a clear conscious and subconscious mind. This allows us to focus their thoughts where they are needed with no interference. Again, if you feel we are missing something important like a coaching tip, please feel free to come and discuss the matter with the coaching staff, after the meet.

**PARENTS OR GYMNAST ARE NOT ALLOWED TO APPROACH THE JUDGES .**

**Only a coach may question a score and it must be in writing to the judge.**

**Parents number one job is to be their athletes biggest fan**, during good meets and especially during bad ones. Each meet is a different experience and should be a positive experience. These athletes are going through constant growth, illnesses, overuse injuries. We need the parents to support us and their gymnast.

### **BEFORE THE DAY OF THE EVENT**

You will know the weekend that you compete on in advance. The exact day and time will not be known until one week before the meet. Whether the meet is in your own facility or in another team's gym, it is important that you and your athlete remember that hosting a meet takes a great deal of work. The hosting gym receives a roster of athletes from each gym wishing to participate in the competition. To give everyone an equal opportunity to take part in the meet, a deadline date is usually established. The deadline for entries can be from one month prior. Large invitationals may set their deadlines much earlier due to the popularity of the particular event. When the hosting gym gets all the rosters, they may then begin to establish sessions and times. This all takes time. Please DO NOT call the hosting gym for information. The proper etiquette is to ask your own coach. It is his / her responsibility to furnish you with this information. Sometimes there are unforeseen problems that might cause a delay in this information being communicated, so please be patient. Each hosting gym club has a set of rules and regulations that have been established for your comfort and safety. ALWAYS follow the hosting gym's rules. Here are a few rules that are common to ALL meets:

NO FLASH PHOTOGRAPHY

NO PARENTS OR SIBLINGS IN THE COMPETITION AREA

NO FOOD OR DRINK IN THE GYM PROPER

NO PARENTS OR GYMNAST ARE ALLOWED TO QUESTION A JUDGE

NO SPECTATORS ALLOWED ON ANY EQUIPMENT

NO PROFANITY

NO UNSPORTSMANLIKE BEHAVIOR

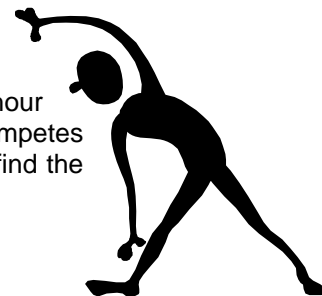
NO DESTRUCTION OF GYM PROPERTY

### **COMPETITIVE DRESS CODE**

In gymnastics, women wear a long sleeved leotard (sleeveless tanks have been approved for competition, but are slow to catch on); Many training schools have a coordinating warm-up suit as part of their competitive apparel.

### **STRETCH AND WARM – UP SESSION**

There are two types of meets Traditional has stretch and warm-up sessions held 1 - 1 ½ hour before the competition begins. Non- Traditional have warm-ups done before the gymnast competes each event. Gymnasts should arrive early to check in, obtain their competition number and find the coach.



### **OPENING CEREMONIES AND COMPETITION**

At the conclusion of warm-ups, all the teams are introduced. Once all the Officials have been introduced, it is customary to begin the contest with the National Anthem or the pledge of Allegiance. During this solemn period, please stand at attention and maintain silence, unless singing or speaking the pledge. Once the ceremonies are concluded the gymnast will be directed to his / her first event. Many coaches prefer that their athletes wear warm-up suits between events, so listen to your coach. Gymnasts are not allowed to leave the competition floor once the competition has begun.

### **COMPETING IS A PRIVILEGE**

You have earned the right to compete in the USA Gymnasts Junior Olympic program, through countless hours of hard work and dedication to the sport. Please remember that competing is a privilege and as such, should not be taken for granted. All gymnasts should compose themselves with dignity, composure and good sportsmanship.

At each event it is traditional to return the Head Judges salute prior to beginning the exercise. If you should fall from a piece of equipment, you have a certain amount of time (depending on event) to remount the apparatus. Take that time allotted to compose yourself prior to commencing your routine.

## **RECEIVING AWARDS IN PUBLIC**

Most meets have a formal system for presenting awards. As an athlete, a demonstration of courtesy and gratitude is appropriate.. Congratulate the other athletes receiving awards as well. Stay on the awards podium for a brief time after all the gymnasts have received their awards; this will enable parents and relatives to take your photo on the platform. Under no circumstances should you show disappointment in the awards that you are given.

## **A GENERAL EXPLANATION**

The sport of gymnastics combines athletic strength, technical perfection and graceful presentation. There are two categories of competition, Compulsory and Optional. There are four competitive events in women's artistic gymnastics: Vault, Uneven Bars, Balance Beam, and Floor Exercise. The scoring in gymnastics is a negative system, based upon a perfect routine of 10.0 points. Judges make specific deductions for errors throughout the routine, total the deductions and subtract that amount from 10.0 points to arrive at the score. Deductions are made for falls, bent arms and legs, fled feet, poor rhythm, improper conduct of a gymnast or coach, for improper dress and for coaches spotting the performer.

There is one judge for level 5 and under and for level 6 and up there are normally 2 judges per event. Each score must be within range of each other; the scores are averaged and that is the final score flashed. If the scores are not within range the judges must confer and adjust each score until they are within range.

There are 4 events for women. They are: Vault, Uneven Bars, Balance Beam, and Floor Exercise. Gymnasts who perform in all events receive an All-Around score, which is the total of all events.

## **FAMILY**

Deciding to be a part of the team is a full family commitment. It requires lots of time energy and effort from all members of your family. Meets are time consuming week-end events. Scheduling coming to the gym multiple times a week can put a strain on whoever is doing the taxiing that week. Here at Lakeshore we will try to make the experience as least stressful as we can by providing a healthy, supportive, and safe place to workout in. We will provide the very best in qualified coaching staff. We hope that being part of Lakeshore Dance and Gymnastics team feels like belonging to a family. There will be ups and downs, successes and failures, good times and bad times just like in a family. We hope that once you have made the commitment to be a part of the Lakeshore Family that we may have a healthy and successful time together. Please sign the accompanying contract and hand it in to the gym .

Thankyou

Sally DeAngelo and staff of Lakeshore

# Lakeshore Dance & Gymnastics

## TEAM COMMITMENT CONTRACT

I have read and understand the team rules and the responsibility descriptions for coach/gymnast/parent. I feel that this sport has many benefits to offer my family, myself and my child. In choosing Lakeshore Dance & Gymnastics Inc. I feel that my child's goals can be reached. I make a commitment to fulfill my roles to the best of my ability and to support this program in my words and actions. If I have a disagreement or problem with the staff or program I will contact the head coach first to attempt to resolve the situation. If at any time I feel that this is no longer the best program for my child I will notify Lakeshore Dance & Gymnastics Inc. And stop her training at this gym. I also understand and agree that if at any time my actions or words become detrimental to this program, I will be asked to remove my child from the program.

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

I have read the team rules and responsibility descriptions for coach/gymnast relations. I understand these rules and make a commitment to do my best to fulfill my Responsibilities on this team. I also make a commitment to compete.

**GYMNAST SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

*PLEASE RETURN THE BOTTOM PORTION TO THE OFFICE*



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