



Welcome to Competitive Gymnastics

On behalf of the Booster Club and staff of FUSION, we'd like to welcome your family to the exciting world of competitive gymnastics. We're sure that you will find it to be rewarding, both for your gymnast and for you as parents.

We know that you will have many questions about this new venture, so we've put together this guide to guide you through what to expect as a new Team member. As always, the Booster Club parents as well as the FUSION Staff are more than happy to talk to you specifically about any questions you have as your daughter transitions into competitive gymnastics.

Schedule:

Practice schedules for each season start in June and run through the following May. We will do our best to adhere to the set schedule for the entire competitive season, however sometimes a change in team format or coaching resources may require schedule changes mid-season. Team members may also be required to practice during weeks when the gym is closed for recreational classes.

Gymnasts will spend time conditioning, improving flexibility, and learning and practicing new skills. It is very important that gymnast attend every practice and let the coach know if they plan to be late and/or miss practice. If your child does arrive late, have them enter the gym immediately and report to the head coach for instructions.

We ask all team parents to "drop and go" whenever possible. Practice is a time for your daughter to refine her skills; and it's a great opportunity for you to run errands, take a walk, or read a book. Trust us, watching her every move at every practice isn't beneficial for you or for her. Please know that your daughter is in capable hands and will be cared for during practice. If you have any concerns, please just make sure that the front desk has your cell phone number and you will certainly be contacted if your daughter needs you.

Attire and Supplies:

Your daughter will continue to wear leotards to practice. Her hair needs to be pulled back out of her face, being sure to secure all "whispies" with a clip or spray. New gymnasts can get into the habit of wiping their hair out of their face and that habit is hard to break during competitions. Making sure that your daughter's hair is up properly will ensure that she doesn't develop those habits during competition season. Also, your daughter will be given a Cubby or Locker in the gym where she can place her clothes, shoes, water bottle, hair supplies, etc. ***She should bring a water bottle to every practice.***

Tuition:

Please see a member of the front desk staff for a tuition breakdown for your level. Any team member who is more than 7 days late pay tuition will have private lessons suspended and may lose practice privileges until the account is brought current.

Booster Club Fees:

Booster Club Fees change every year and are dependent on the number of meets and the number of girls on each level. Booster payments are typically broken into 3-4 equal payments. Payments can be

made via the black Booster Club Payment Box in the front lobby window or via credit/debit card. We will charge a 3% convenience fee for all credit/debit card transactions. All checks must be made to **NFTNT Booster Club**. We will have several fundraising opportunities for families to participate in that can offset the entire cost of Booster Club Fees. Please talk to a member of the Booster Club for more information.

Athletic Membership:

AAU Gymnasts will compete in AAU sponsored meets. All gymnasts are required to attain an AAU Membership in order to compete at AAU Meets. Registrations should be completed AFTER August 1st to ensure that you are registering for the upcoming competitive season.

You may register online at www.aaugymnastics.org. From the home page, click on **AAU Membership Programs** (right side of the page). From that expanded menu, click on **Athlete Membership**.

Complete the Athlete Application fully, using the information below:

Program:	Youth Athletics
Sport:	Gymnastics
Membership Term/Category:	Regular Membership
Club Code:	Please search for Fusion Gymnastics

Once you register you will be able to print your membership card. Please email a signed copy (signed by you and your gymnast) to the Booster Club as soon as you can. No gymnast will be allowed to compete unless the Booster Club has a copy of her AAU Card.

All other levels, both XCEL and Optionals, will compete in USAG sponsored events and those registrations are done by the gym or the Booster Club. We will send more information about registering for USAG as the competition season draws closer.

Meet Fees:

Meet Fees are the registration fees associated with registering your gymnast and her team for each meet. The average fee per meet per gymnast ranges from \$55-75. Larger meets may cost more. The Booster Club will approximate meet fees for the competitive season (not including State and/or Regionals) and the total cost will be included in your overall Booster Club fee for the year.

Meet Schedules:

All gymnasts are expected to attend every meet scheduled during the competitive season. The Coaches typically finalize the meet schedule in early Fall, but changes in the schedule can occur as new and better meets become available. You will be given a schedule of the meets that we hope to attend which will identify the weekend dates of each meet. Each meet will release its final schedule approximately 1-2 weeks prior to the event, at which point you'll be given more specifics as to the day and time of your daughter's rotation. We know that planning is a priority, so we will send the final schedule via email and/or the Booster Club Facebook page as soon as we receive it from the host gym. If you know immediately that your daughter will be unable to attend a certain meet, please see a Board Member or Coach immediately. Refunds cannot be granted for meets that we have already registered for.

Competition Leotards, Warm-up, and Bags:

The cost of the competition leotard, warm-up, and bag varies year to year, but typically range from \$250 - \$450 depending on the level. The gym typically uses the same leotard for 2 years to help curb this expense. Fittings are typically done in late May and all gymnasts must be sized before orders can be placed. A deposit of 50% is due at the fitting. The balance will be due approximately 4 weeks later.

Flip-Flops or other Footwear:

Most levels have matching footwear that's not provided by the gym. Some levels make flip-flops with ribbon or yarn, others do Crocs. Matching footwear is **optional** and can be decided upon by the team.

Coaching:

Our Coaching Staff is experienced, professional, and you will find that they will train your gymnast to a level beyond what you'll find at other gyms. Competitive gymnastics is a very serious sport that requires discipline and focus. Our coaches are not just here to teach your gymnast skills, they are also here to keep your gymnast safe. Your daughter will be challenged in a firm, yet positive way. If you ever need to speak to a coach regarding your daughter's progress, please ask to speak to them before or after practice. *****Parents are encouraged to refrain from interrupting practice or communicating with gymnasts from the parent room. Gymnastics requires focus and concentration and unnecessary communication from you to your gymnast may break concentration which could result in an injury. Any parent causing a distraction to gymnasts on the floor will be asked to wait in a different area. Parents MAY NOT enter the gym without a member of the FUSION staff escorting you.***

Private Lessons / Choreography:

Private Lessons are available on an as needed basis for gymnasts who either need extra help with a skill or technique or to gymnasts who want to refine a skill or technique. Private Lessons are optional and used at the parents' discretion, for the most part, however if a coach identifies that a gymnast needs extra help she may suggest that a Private Lesson be scheduled.

Parent's may sign up for Privates up to one month in advance but may not sign up for more than two Privates in any calendar month. If, however, during the current week, there is a spot available, parents may schedule one additional private per week at that time.

Privates may not be marked as SOLO unless it's for Choreography or by coach's request. You may sign up to share a private with another gymnast ON YOUR LEVEL. For that reason, we ask that all Privates be scheduled using your daughters first and last name as well as her level. *EX. Jane Smith, USA Bronze.*

Private Fees are paid directly to the coach, with the exception of the gym fee (\$10 per hour) which will be applied to your account. If you must cancel a private, you must do so within 48 hours or payment will still be required.

Choreography sessions are mandatory for all gymnasts learning new Optional Routines. Optional routines are used for all AAU and USAG XCEL levels (Bronze, Silver, Gold, etc) and USAG Optional Levels. These sessions typically happen in June/July and most routines are completely choreographed in one session. There are additional choreography and music fees that apply.

All compulsory routines will be taught during regular class hours. For a list of all Private Lessons and Choreography Fees, please see a member of our staff.

Lockers & Cubbies:

Your gymnast will have a locker or cubbie that she may use throughout the competitive season. Lockers are great for storing items like hair ties, tape, an extra leo, etc. Drinks may also be kept in their locker, however we ask that no food or drinks be left overnight. Parents will provide a combination lock to secure their daughter's locker. We ask that upon securing a locker that all parents fill out the Locker Agreement form and include their daughter's combination on the form. This will allow us to help them with access to their locker if they have trouble and you are not available during practice. Forms can be returned to the front desk and will be filed and kept by the Booster Club.

Facebook Group:

The Booster Club has a private group on Facebook called “Fusion Gymnastics Booster Club”. We only allow parents or primary care givers access to this page. Because we post information about meet locations, times, etc we will not approve anyone to be part of this group unless they are a parent or primary care giver.

This discussion board is a great place to post information and/or questions to our competitive gym family. Need help with carpooling one day? Going to be late to practice? Looking to buy/sell used leos? This is a great place to post information that you’d like to get to fellow team members quickly. We may also update Facebook with Meet Schedules, Due Dates, etc.

Team Mom:

Team Moms help coordinate the distribution of information from the gym and the Booster Club to the team parents. Each Level will decide if they want/need a Team Mom.

Goody Bags:

Most Levels have Goody Bags that are given to the girls after each meet. These are bags that parents fill that contain little snacks or treats for the girls. A bottle of water, a pack of crackers, and perhaps a small gift like a new hair accessory are perfect for Goody Bags. The girls love them mostly because they are hungry after their meet, but it’s also fun to get a little congratulations gift after a job well done. **Goody Bags are optional and can be decided upon by the team and do not need to be given at every meet.**

Meets:

Gymnastics Meets are so much fun for the girls and the families. During competitions it’s important to remember your role as a parent. The following reminders will help ensure a positive experience for both you and your gymnasts.

Arrive at least 15 minutes early to allow for parking and finding a seat. Your daughter needs that extra time to see the area where she’ll be competing, to find her teammates and coaches, and to use the restroom before entering the floor.

There are admission fees for any spectators, including parents, who attend the meet. Be sure to bring cash for everyone in your party. You will NOT have to pay for your gymnast. Cash is also good to have on hand for concessions and other vendors that may be available.

Once you turn your child over to her coach, your job is to sit back and enjoy the show. Parents may not communicate with their gymnasts once they enter the competition area. No one, other than registered coaches and athletes, are allowed on the competition floor. Anyone who violates that rule risks her daughter (and possibly the team) being disqualified. If there is an emergency in which you must get your gymnast or coach, find a staff member of the host gym and ask for their assistance.

Cheer your daughter on! Remember that you are the first (or maybe second only to the coach) person that your daughter will look to as soon as she’s finished. If she sees a smile on your face, she’ll get the affirmation that she needs that she’s doing a good job.

If you have further questions, please see a Booster Club member. On behalf of our FUSION Family, congratulations again and we look forward to a great season with your gymnast,

Booster Club Board