



COMPETITIVE GYMNASTICS TEAM HANDBOOK

OVERVIEW OF GALAXY'S XCEL GYMNASTICS PROGRAM

Congratulations on becoming a member of Galaxy's gymnastics team! Our staff and coaches have many years of experience in guiding athletes to succeed in gymnastics. Galaxy's mission is to empower children through athletics and help them achieve success through innovative coaching. Our coaches are professional members of USA Gymnastics, are Live Scanned Background Checked, Safety Certified, Safe Sport compliant, and participate in continuing education so that we may always provide our athletes with the safest and most up-to-date coaching methods.

GENERAL PHILOSOPHY

We understand that gymnasts need to progress at their own pace while being consistently challenged during training, and our coaches work to strike that balance so that your daughter has the best opportunity to thrive in gymnastics. Our competitive teams receive strong physical and ethical foundations, along with many valuable qualities that will carry over to everyday life outside the gym. Athletes will develop self-discipline, self-motivation, good sportsmanship, dedication, leadership, concentration, coordination, time management, nutrition and physical fitness; and respect for the sport, teammates, judges and coaches. Competitive gymnastics excellence means becoming the best you can be individually. This requires time, energy, hard work, and setting long- and short-term goals.

COACHES' COMMITMENT

Galaxy's team coaches are committed to providing your athlete with positive encouragement and safe coaching practices in a fun and challenging environment designed to assist your gymnast reach her full potential in this sport. Our team coaches are here because they want to help your child succeed. All coaches are dedicated to treating each athlete fairly and respectfully at all times. Galaxy's coaches understand the division between being a coach and being a parent and do not wish to overstep those boundaries; therefore we are committed to never disciplining our athletes for anything unrelated to gymnastics training, will not dictate what your child can and cannot eat, and will never pass judgment on athletes regarding body type, height, weight, or appearance. Coaches are happy to offer advice to parents when asked, however their focus will be on gymnastics training.

TIME COMMITMENT

Competitive gymnastics is a year-round commitment that involves consistent training to progress and develop new skills, as well as remain competitive at meets in and around Southern California. Galaxy's coaches recognize the importance of family time and academics in addition to their athletic training, and we expect our athletes to manage their time effectively as many absences or extended time away from class can negatively impact your daughter's progress. Athletes are expected to attend all scheduled practices. However, if your athlete will be late or absent, please contact the gym and leave a message for the coach before practice.

WORKOUT SCHEDULE

Workouts include flexibility, strength, and individual event rotations ranging in length from thirty minutes to one hour. Visualization of skills and routines will also be incorporated into practices. The rotation and training schedule is predetermined by Galaxy's team coaches. Please ensure that your child arrives on time – the first hour of practice is a necessity to properly be warmed up and ready for the rest of practice. If you need to pick your child up early from class, please notify the coach at the beginning of practice so appropriate workout schedule alterations may be made. Under no circumstances is an athlete to leave practice early without informing one of her coaches.

Galaxy reserves the right to add or cancel practices as we deem necessary. Making adjustments to the team's training schedule is rare and is reserved for extraordinary circumstances. We don't adjust tuition if we add a practice or if we cancel a practice.

ADVANCEMENT

Advancement to a higher level is entirely determined by the team coaching staff using the following criteria: skill level, mental attitude, success at the athlete's current level, anticipated success at the next level (readiness), athlete's desire to progress, consistent attendance, and the athlete's work ethic. We will make a general assessment by July as to what level each athlete will be competing in the upcoming season, but that may change if necessary as we get closer to competition dates.

PARENT COMMITMENT

Galaxy's coaching staff believe that your daughter has the talent and drive needed to thrive on our Xcel Team, but this decision and commitment must be made by the parents too. Competitive gymnastics requires a significant commitment. Your daughter will need to adjust to working at an accelerated pace, increasing training time, and commit to self-discipline, training, and conditioning. Parents will need to commit to arranging for their child to attend practice consistently and on time as well as prepare/plan for competitive season and travel to and from competitions.

USA GYMNASTICS + SAFE SPORT

Galaxy has always maintained safety measures as gym and employment policies that are very similar to policies outlined by SafeSport. In 2017, SafeSport published a list of policies for USA Gymnastics to adhere to, and we have since formally adopted those policies. All of Galaxy's coaches complete SafeSport's training and are bound by these policies.

We take athlete safety seriously. Should you ever have knowledge of impropriety regarding your athlete and an adult involved with Galaxy in any way, please notify Galaxy's management and report any and all incidents to the proper authorities. We encourage every parent to become familiar with Safe Sport's policies. You can take courses at no cost through USA Gymnastics' website at usagym.org.

DEVELOPMENTAL GYMNASTICS PROGRAM DESCRIPTION

Compulsory Program:

There are four compulsory levels that Galaxy's team enters in USA Gymnastics (USAG) competitions: Levels 2, 3, 4, and 5. Gymnasts perform the same routines as all other gymnasts of these same levels. Galaxy is part of SoCal USA Gymnastics (a regional division of USAG), and most of our meets will be in the Southern California area.

Level 2: This level is an introductory level to competitive gymnastics for athletes and parents. Athletes will learn and perform a routine and compete in approximately four competitions. Currently, Level 2 athletes do not participate in the State Meet.

Level 3: This is another beginning level for gymnasts. This level is for gymnasts who have successfully completed Level 2 or have recently joined the team (from Pre-Team or otherwise new to competing) and will develop basic skills on each event, plus flexibility and strength. Level 3 is the beginning level that participates in the State Meet.

Level 4: This is also a beginning level for gymnasts, but is a bit more difficult than Level 3. This level is for gymnasts who have progressed past Level 3. They will continue developing basic skills plus flexibility and strength.

Level 5: Advanced level of basic skills. Gymnasts will continue to develop basic skills at a higher level.

Level 2-5 gymnasts will compete in the Southern region of California. They will compete in five meets plus State Championships (for Levels 3-5) (providing the gymnast qualifies by achieving a score of 32.00 All-Around at any qualifying meet). The official competition season for the Developmental Program in SoCal is January through March.

Optional Program:

Level 6-7: Level 6 is the first level where gymnasts perform optional routines. They will have individual skills and choreography choices.

Level 8: Gymnasts develop optional skills and creativity through routine development. Their competition season runs January through April and culminates with the State or Regional Gymnastics Meet.

Level 9: The gymnast works on development of individualized optional routines as well as more difficult optional skills. The competition season is January through May. Level 9 extends to the Western National level. The gymnasts may qualify to Nationals at the Regional Meet.

Level 10: This is the highest level of USAG competition before entering the Elite Program. From the Elite Program come the Olympic team members. Level 10 gymnasts work on advanced optional routines. The Level 10 season runs January through May. Level 10 competition extends to National Level.

XCEL COMPETITIVE GYMNASTICS DESCRIPTION

There are now two different avenues that competitive gymnasts may take through USA Gymnastics. The Developmental program is one path, and Xcel is the newest path (established in 2013 at the national level) that many families find to be a better option for them. Both Xcel and Developmental programs offer the opportunity to learn and train advanced skills.

The Developmental program has very stringent requirements for advancing in levels, and athletes typically must train between 16 and 20 hours per week. This is the best program for athletes who want to compete Levels 3 through 10 with a chance to train beyond Level 10 and become an elite gymnast (i.e., Olympic hopefuls) or try out for college scholarships. While the Developmental program is the right choice for some athletes, USA Gymnastics recognized that it excluded a large number of talented gymnasts who simply aren't interested in dedicating that many hours each week to training.

We believe Xcel offers a great balance for athletes because it allows a more well-rounded lifestyle for kids. Xcel teams allow for athletes to commit to their training without dedicating as much of their time to the sport. We find that it is a healthier option both physically and mentally for some athletes. Galaxy's Xcel program does not sacrifice high level coaching and does not limit athletes' skill development. Our Xcel teams have had many years of success due to the commitment of athletes and the experience and expertise of our team coaches.

Xcel has six different divisions (levels): Bronze, Silver, Gold, Platinum, Diamond, and Sapphire. Your daughter's coach will make the appropriate determination as to which Xcel level your daughter will compete. All levels of Xcel get to have personalized, choreographed routines which allow each athlete to showcase her strengths and personality.

For detailed information regarding USA Gymnastics and the Xcel program, please visit their website at usagym.org.

TUITION AND EXPENSES

Parents will need to budget for tuition, the cost of competing, and various expenses pertaining to competitive gymnastics. You will be responsible for purchasing practice wear, USA Gymnastics Athlete Membership, needed tape/prewrap, grips, meet fees, music & choreography fees, and personal travel expenses.

TUITION

Monthly tuition rates for Team vary depending on level and the number of scheduled practice hours. Galaxy requires that a valid credit card/debit card be kept on file with a signed Auto-Pay authorization form. Tuition is due in advance on the 25th of the month. If you do not wish to have your card charged for monthly tuition, you can always pay in full any time prior to your scheduled automatic payment date using cash, check, or alternate card. Failure to pay tuition in a timely fashion will result in a late fee and your child being temporarily suspended from the program, meaning that she will not be permitted to practice until the account is brought current. In the event your tuition payment is declined, you will receive an email notification that contains a link to update your payment method and pay online. Galaxy offers a 5 day grace period to bring your account current before your athlete is dropped for nonpayment of tuition. In the event of a tuition increase, you will be notified in advance via email from galaxy@galaxysportsgroup.com. Please always review your emailed monthly statement (emailed by the 24th of each month).

TEAM UNIFORMS

Team gymnasts wear the Galaxy team uniform at competitive meets. The uniform includes a warm-up suit and competitive leotard. Your child will be fitted for warm ups and a leotard, and orders will be placed in August. Because uniforms are custom-made for each child and cannot be returned or exchanged, a parent will need to approve/confirm the correct size during uniform fitting week. Gymnasts must wear the proper uniform from the moment they enter the meet facility through the completion of the awards ceremony.

PRACTICE WEAR

Team athletes have a “Team Leo” day each week determined by their coach. Team practice wear is a custom leotard made specifically for our team and pre-team athletes. Team practice wear costs between \$45 and \$60.

CHOREOGRAPHY

For Developmental Levels 6-10, athletes will need to select a choreographer to develop a floor and beam routine. The choice of choreographer will need to be approved by the gym, though as long as the choreographer is a professional there shouldn't be any issue. We mainly look to avoid routines by someone not well versed in what constitutes a solid, successful gymnastics routine (e.g., you have a cousin who took dance classes as a kid so you would like them to choreograph a competitive gymnastics routine). You will have the opportunity to research and select a choreographer whose routines are aligned with your style. Reach out to Ali with any questions about choreographer selection. Oftentimes, parents will all agree to select the same choreographer to save on costs. Coordinate with the choreographer on available dates and times, then reach out to the gym to confirm availability of use of floor/beams. There is a \$35 gym fee per choreography session. Parents will pay the choreographer their fees directly. Because of our strict policies about safety, we do require that the choreographer has been background checked, is a professional member of USAG, and carries his/her own liability insurance.

For Xcel, Lourdes choreographs floor and beam routines for Xcel Silver, Gold, and Platinum. Lourdes will choreograph one routine for the Bronze team to all share each year. You can coordinate directly with Lourdes on a day/time for choreography and she will let you know of her fee which is payable directly to her. There is a \$35 gym fee per choreography session.

MEET FEES

Meet Fees cover the costs of competitions (athletes' entry fees, team fees, coaches' pay, mileage, hotel, per diem, lodging when necessary, parking, etc.) and cost of team uniforms (competition leotard and warm ups). We will provide a season estimate in July. Meet fees are typically split into four monthly payments and will be billed to families along with their monthly tuition beginning in August and ending in November. **Meet fees are non-refundable**, so athletes must be willing to compete or forfeit the fee.

A note about meet fees: because we try to keep these costs as low as possible and begin paying for your child's team uniforms and entry fees in August, it is important that you understand that by being on team, you are committing to paying the entirety of meet fees for the season regardless of whether you decide to not compete. The cost of meet fees is dependent on sharing the costs of competing with fellow athletes. If you or your child is not committed to following through with competing in the upcoming season, let's talk about your options prior to June 20th. If you are enrolled in Team as of July 1st, you are responsible for the entire six payments of meet fees. We are paying out on behalf of your child to vendors who do not issue refunds, so in order to keep these costs as low as we can, we rely on you to commit to the season or notify us that you will not be continuing on team by **June 20th**. A lot of work goes into preparing the budget and we appreciate your commitment and communicating any issues or questions you may have. Because the fees we pay on behalf of your child are not generally refundable, we cannot make exceptions to this policy due to illness or injury. There are no multi-athlete discounts or multi-team discounts on meet fees.

USA GYMNASTICS/SOCAL GYMNASTICS REGISTRATION

Galaxy pays for your daughter's annual membership to SoCal USA Gymnastics (the Southern California region we are geographically a part of and required to pay membership fees to). Galaxy can no longer manage your USA Gymnastics (national region) membership. Both are required in order to compete and be enrolled/registered for meets. Multiple mandatory memberships - frustrating, right? I know, I wish this sport were more streamlined too. Here's where it gets a bit trickier: USA Gymnastics' membership website is not the easiest to navigate, and we often hear of frustrations parents have with that. We will begin emailing everyone invitations/links/instructions in July to create or renew this membership, but if you run into any problems, please reach out and we will try to walk you through it. We are here to help with all of this as best we can! Parents are required to create an account for their child and add the gym's Club USAG number. Once this is complete, we can see you guys on our roster and can then enroll your child into meets. Around July,

we will send out email instructions and renewal reminders to everyone that may appear to be sent by USA Gymnastics (because we send out renewal reminders/invites through their website).

PERSONAL TRAVEL EXPENSES TO MEETS

Each family is responsible for all of their own travel expenses related to out-of-town competitions.

COMPETITION INFORMATION

Competitions are typically held at gymnastics centers and public facilities, and usually occur on Fridays, Saturdays, or Sundays. Information and details about competitions will be provided to families with as much advance notice as possible. We are usually not informed of the exact day and time of competition until the Monday prior to the meet. Galaxy's team athletes are expected to participate in all scheduled meets unless excused by their coach.

Gymnasts can anticipate participating in six competitions per year which will be held in and around the Southern California area. Some meets will be a quick day trip, while others may require an overnight stay. All travel must be arranged by the athlete's parent or guardian, including transportation, meals, and lodging. Coaches are not permitted to take individual athletes to any out-of-town meets or arrange for their travel and accommodations. Coaches are not permitted to stay in the same hotel room as athletes.

Galaxy adopts USA Gymnastics' rules and requirements for athletes participating in competitions:

- Athletes are to remain with their team at all times.
- In order to keep athletes focused, parents are not permitted to communicate with the athletes during warm-up or competitions. They may communicate with their child at the completion of the awards ceremony.
- Athletes expressing negative comments or display bad behavior before or during the competition will be removed from the meet.
- Athletes crying for reasons other than injury will be removed from the meet.
- Athletes are required to remain in full team (Galaxy) uniform until the completion of the awards ceremony.
- Hair must be arranged away from the face and not interfere with the athlete's movement.
- Athletes must arrive at the competition site 15 minutes prior to the general stretch/warm-up time (or a time predetermined by her coaches). If an athlete is late, the coaches will determine whether the athlete will be able to compete.
- Athletes are not allowed to have food on the floor, but water is permitted.

These rules reflect USA Gymnastics' guidelines for competition etiquette.

GENERAL TEAM COMMUNICATIONS

Ali is in charge of sending out emails to all families with updates, dates/times for meets, and anything that needs to be brought to the attention of our Team families. Please make sure we have a current email address on file for you so you don't miss out on receiving important updates and info.

While email is the official method of communicating important information, we also have been using a group app called Band where parents can communicate with coaches and each other, and coaches and the gym can send out tentative info or reminders. Band has been very useful, but remember that all official communications from the gym will come by email from galaxy@galaxysportsgroup.com.

We have an open communications policy with our team athletes, parents, and coaches. For any questions or concerns you may have, please contact Ali at galaxy@galaxysportsgroup.com or the head coach directly. We will address and answer any questions that we can by the following business day, and in the event we are not able to, she will forward your inquiry to the appropriate party so that we may respond in a timely manner.

Team coaches will hold one formal conference with each athlete and her parents per year. Additional progress meetings can be arranged upon request. If your child has a coaching issue, please have your child talk to the coach that is directly involved. The parent may be present, but the athlete should discuss the issue with the coach. This provides an opportunity for our athletes to learn how to directly deal with something they are struggling with and allows them to become direct, active, and assertive participants in their training by discussing questions or issues directly with their coach and to become comfortable discussing their training with their coach. If you have already talked to the coach and feel you still need to talk with the team manager, please contact us to schedule a meeting.

INJURIES AND EMERGENCY PROCEDURE

INJURIES

As much as we hate it, injuries are a part of athletics. Our competitive team staff are all Safety Certified through USA Gymnastics and up-to-date on knowledge of safety techniques. Galaxy's top priority is to create the best athletic facility possible within a safe, supportive, and positive environment. However, injuries can happen anytime we involve motion, speed, and height. All accidents or injuries of any kind must be reported to a coach or staff member immediately. Galaxy expects parents to maintain adequate health insurance for their children/team athletes at all times.

If your athlete becomes injured, please keep our coaching staff informed on the rehabilitation process and any physical limitations. If your child's physician recommends taking time off from practice to recover from an injury, please provide our front desk staff with a doctor's note to take time off, and then provide a doctor's clearance note to resume practice. If able, your daughter can continue to attend gymnastics practice and perform a modified workout to keep up her strength and

flexibility. Monthly tuition rates will not be altered due to an injury if the gymnast plans to remain on team.

EMERGENCY PROCEDURE

Many injuries that occur in tumbling and gymnastics will simply require ice. If this is the case, the athlete will ice the injured area for 15 minutes. The athlete may be able to continue practicing after that time, or she may be asked to work on strength or flexibility for the remainder of practice.

If the injury requires emergency care, the parents will be contacted immediately. The paramedics may be called depending on the severity of the injury. Coaches will process an injury report and follow up with the parents regarding the injury. During competitions, the parents will be asked to the competition floor only if an injury is severe and requires immediate medical attention.

Galaxy's coaches and staff will never minimize an injury – if an athlete feels he or she should sit out for the remainder of practice, we will always honor that. Your children's health and safety are our top priorities.

PARENT VIEWING AREA

Galaxy has a parent viewing area within the gym behind the gate. Parents are welcome to watch practices from this area, but the gym floor beyond the gate is off limits to everyone who is not an employee or athlete participating in his or her class. This is to ensure the safety of both parents and athletes, to guarantee that any adult beyond the fence has been Live Scanned, and to avoid disrupting classes/training.

DROP POLICY

If an athlete decides to discontinue her training at Galaxy, her parents will need to inform the head coach as soon as that decision is made. Galaxy requires that team athletes follow our general Drop Policy of submitting a Drop Request through the parent portal (your online Galaxy Account) no later than the 20th of the month prior to the month you wish to drop. Any account debts or credits must be taken care of prior to your last day. If you and your child do decide to voluntarily discontinue Team with Galaxy, you may still be responsible for meet fees depending on the time of year that you decide to drop from the Team program.

COPYRIGHT POLICY

Galaxy's name, logo, likeness, is the sole property of Galaxy Sports Group, Inc. We appreciate the support that our families show, but families are not authorized to create any merchandise using Galaxy's name, logo, or likeness without written authorization from the gym owners. Designs for t-shirts or other merchandise must be approved by management and will be offered by Galaxy's Pro-Shop for a price or as a gift.

BEING A COMPETITIVE GYMNAST

If you have made the Galaxy team, you have already worked hard to develop your gymnastics skills. You will find that you will work even harder now that you will be competing with your team. Gymnastics is a sport for the most dedicated because it takes many hours of training to become your best. Sometimes training feels repetitive, but that is the nature of the sport and that is how we achieve excellence. Sometimes practice will feel great, and sometimes it may feel frustrating. This is all part of the process of developing your athletic skills. You may be afraid at times to try a new skill, but your coaches are there to help you. Fear of new skills can be totally normal, and working through your fear is part of being a competitive gymnast. Being on team also means showing kindness and respect to your teammates and coaches. We foster an environment where we encourage each other on team. Showing respect for your coaches, teammates, the facility, equipment, and other classes is expected of team athletes at all times.

DEALING WITH CONFLICTS

As children grow and develop emotionally, it is not uncommon for athletes on the same team to occasionally experience conflicts. Typically, the coach will address the issue directly with the athletes and instruct the team on what is and is not acceptable. If the conflict continues, we may hold a parent meeting with the athletes. The purpose is to make the athletes aware that the coaching staff and parents are all in agreement that this ongoing behavior is not acceptable – not to point fingers or place blame. Other circumstances may require one-on-one meetings with the coaches, athlete and parent to address any sensitive or problematic ongoing issues. It is our goal to keep parents informed of any ongoing issues and to develop a united agreement among parents and coaching staff about goals and how we can all manage any ongoing issues.

TARDINESS & ABSENCES

Team athletes are expected to attend all practices to get the most out of their training; however Galaxy's coaching staff understands that there may be occasional conflicts with practice times (school events, schoolwork, conferences, special events, family events, family vacations, and illness). The occasional absence is understandable, but if you anticipate your child having many absences in a short period of time, please schedule a time to talk to your athlete's coach. Again, if your athlete will be late or absent, please contact Galaxy and leave a message for the coach prior to practice.

DISCIPLINE PROCEDURE

Galaxy's team gymnastics is a fun yet disciplined environment. Discipline in this context means that students are self-motivated and follow the rules. The coaching staff will discuss appropriate behavior in the gym. If a discipline problem occurs, the procedure is as follows:

- First, the coach who observed the problem will discuss the problem with the athlete, and the athlete may be asked to sit out for a period of time.
- If the offense is repeated, the athlete's parents will be called and made aware of the situation.

- If the discipline problem persists, a conference with the athlete and his or her parents will be held with one of the team coaches so that a solution that is suitable for all parties involved can be reached.
- If the same discipline issue recurs once more, the athlete will be removed from the team program.

Examples of behavior that will result in disciplinary action include, but are not limited to: Bullying/hazing behavior toward other athletes; disrespectful behavior toward coaches, athletes, or staff; training in an unsafe manner; vandalism of gym property; and creating a dangerous environment for themselves, teammates, other classes, or staff.

INJURIES

It is extremely important that athletes communicate their injuries to their coaches. Please use the following steps if you have trouble training due to an injury:

- Tell your coach immediately if you have any pain due to an injury. Your coach may ask you if you are able to work through your pain, and if so, ask you to perform a few repetitions depending on what you are able to tolerate. Gymnastics, as with any sport, requires athletes to sometimes “work through” small amounts of pain.
- If you are experiencing any amount of pain that is not allowing you to perform up to 100% on the given activity, you MUST stop the activity. The athlete must immediately notify his or her coach when this occurs. Your coach will ask you to replace that activity with conditioning, stretching, or another activity that is not hindered by your pain.

PARENTS’ AND RELATIVES’ INFORMATION

Good sportsmanship, polite manners and a kind disposition are mandatory at all competitions and practices. Our program prides itself on setting a high standard of behavior. Please be courteous and considerate to all teams, athletes, and other parents. This includes other programs and other Galaxy teams. Please do not speak negatively about any person, decision, or result at a competition. This includes, but is not limited to, the internet, social media, and message boards. Any parent/family member who displays negative behavior toward others at Galaxy will be asked to no longer attend practice. We strive to teach our athletes respect and good sportsmanship. Thank you for your help in continuing this endeavor.

COACH/ATHLETE/PARENT RELATIONSHIPS

The parent has one of the most difficult jobs on the coach/athlete/parent team because they have the smallest role in actually controlling performances. At the same time, parents feel a strong sense of personal attachment to their children’s performances. Please keep in mind that Galaxy’s coaching team has many years of experience, training, and continuing education, and are all very effective coaches. They work very hard to train your daughter to become an advanced athlete and depend on you to help cultivate a harmonious environment for your child as a competitive athlete. If at any time

you have a topic regarding coaching that you wish to discuss, please arrange a time to talk with the team coach, but please do not do this from the sidelines (this sometimes causes athletes to question their coaches' techniques which can be detrimental to their progress).

Become the essential link in the training triangle of coach/athlete/parent and help us foster a positive, supportive environment. Athletes need more encouragement at "plateaus" in their skill development. At times when it feels like your child's progress is at a standstill, a supportive hug from you after practice is great. Encouragement is wonderful, but please refrain from encouraging your daughter to "outperform" anyone else or to attempt skills which may be beyond her present physical ability and therefore dangerous. Please refrain from comparing your child's progress or abilities to other athletes on the team.

Feel free to ask the coaches about your gymnast's athletic progress periodically. For an in-depth discussion of your child's progress, make an appointment with your child's coach. Advise coaches on adverse situations or stresses your child may be undergoing outside the gym. Should any problems arise, please communicate them with the coaching staff. We believe in addressing small issues early on before they become larger problems.

MEET BEHAVIOR

You have a unique and special relationship with your child, and we rely on you to create a relaxed and supportive atmosphere prior to, during, and after the meet. For the best interest of the gymnasts, please do not give coaching instructions just before or during a meet. Just some encouraging words, such as "good luck," "you got this," or "do your best". Once warm-up time has begun, you will no longer be able to communicate with your gymnast until the completion of competition. If you do wave your child over during any part of the warm-up period or meet, please understand that the coaches cannot permit her to leave the group. Also, parents are not allowed on the meet floor. Under no circumstances are parents or athletes permitted to converse with the meet judges. As representatives of Galaxy we are expected to behave in a friendly, polite, and professional manner during all meets. A parent's number one job at meets is to be their daughter's biggest fan during good meets and especially during bad meets. On the road to a final goal there will be great, good, and bad practices and meets, which is part of the normal process of becoming a phenomenal athlete. Every bad practice or bad meet is as important as a great practice or meet. These are all steps toward a final goal and are valuable learning experiences.

POLICIES & EXPECTATIONS

- All Galaxy athletes and Galaxy family/friends will employ good sportsmanship behavior at all times. This includes verbal and non-verbal communications, and all forms of social media, including but not limited to Facebook, MySpace, YouTube, Instagram, Vine, Twitter, and others. No profanity or abusive language is permitted.
- NO gum, candy, jewelry, food, or drinks are allowed in the gym.
- NO gossiping about any other teams, a child on your team or any other team, coaches or staff.
- If you are experiencing a problem or issue, please contact galaxy@galaxysportsgroup.com so that your concern may be properly addressed and handled by the appropriate party. If you have an issue or problem pertaining to training, please address it first with your coach. He or she may be able to quickly resolve the issue and will know what steps to take if she cannot resolve it immediately.
- No smoking, drinking alcoholic beverages, or use of illegal drugs.
- Do not challenge the authority of a coach or supervisor/staff member of Galaxy Sports Group (by either athlete or parent/guardian) (i.e., not adhering to safety rules, etc).
- No abusive behavior, lying, and/or any other negative form of behavior toward any teammate, athlete, coach, or other person affiliated with Galaxy Sports Group, Inc. through any medium (e.g., verbally, non-verbally, using social media, etc.).
- No unauthorized use of cell phones by athletes. Athletes' cell phones are not permitted at practice or at competitions.

GYM RULES

Our athletes' safety is our top priority, and the following rules are in place to help ensure their safety. Please help us and your athletes by understanding these rules and helping communicate these rules to your children.

1. Athletes must walk from one event to the other. **NO RUNNING** unless you are at your event and supervised by your coach.
2. Athletes should always look before they cross a mat designated for an event.
3. Athletes are not allowed to leave a class unless instructed by their coach to do so.
4. Athletes are not allowed to be on any equipment without a coach being present – **ESPECIALLY TRAMPOLINE.**
5. Athletes should wear appropriate athletic clothing – a t-shirt and gym shorts for boys and a leotard or tighter fitting shirt and shorts for girls. Baggy/loose clothing, jeans, or other clothing that restricts range of motion or may become caught in equipment is not allowed. If your child is not properly dressed for gym, he or she will be sent home.
6. Female athletes should wear their hair in a bun, ponytail, or other style in which hair is away from their face and does not interfere with working on her athletic skills.
7. Athletes cannot wear jewelry during class (with the exception of stud earrings).
8. Athletes should keep their fingernails manicured short to prevent injury to themselves or their coach while spotting.

9. Athletes are not permitted to vandalize any equipment, such as scratching equipment with fingernails, picking at the foam in the foam pit, or using the equipment in an improper manner.
10. The only people permitted to be on the gym floor at any given time are Galaxy's coaches and athletes who are currently in their class with their coach. Athletes cannot come to practice early or stay late to play on equipment. Parents, siblings, or other individuals who are not enrolled in a class at that time are NOT permitted to be on the gym floor for any reason.
11. Athletes are not permitted to leave the premises unless accompanied by a parent/guardian. Athletes are not allowed to wait for anyone outside the gym.
12. Parents are required to pick up their child immediately after class. If parents are late picking their child up, a warning will first be given and a late pick up fee will be assessed for any future late pick-up.
13. Athletes are not permitted to have food, drinks, gum, or candy on the gym floor. Food and drinks are not permitted to be in lockers or in the locker area.
14. Parents should refrain from coaching their children during class or practice. When corrections are given to the gymnast, the coaches' corrections should be the athlete's only focus. The first time a parent interferes with coaching and coaches their child during practice, a warning will be given by the coach or Galaxy staff. The second time this occurs, a conference will be held with the parent, coach, and management. If there is a third occurrence, the parents and gymnast may be asked to find other athletic accommodations to fulfill their needs. Help us avoid a potentially dangerous situation by refraining from giving coaching instruction to athletes.
15. Athletes are required to assist coaches to put mats and other training equipment back to their original position.