

Mission Statement

The mission for Power Team Gym at Bay State Gymnastics Academy is to provide athletes an opportunity to train and compete as a contributing member of a team while developing skills, strength, confidence, trust, and relationships.

Team Gym Commitment:

The team gym season runs from December through May, for levels 1 & 2*, and through June/July for levels 3-7*. Each gymnast on levels 1-3 is required, in addition to their normal weekly gymnastics class, to have Team Gym practice once a week. Each gymnast on levels 4-5 is required to attend 2 days a week of Team Gym practice. Each gymnast on Levels 6-7 is required to attend 3 days a week of Team Gym practice. Athletes on Levels 4-7 are not required to take an additional gymnastics class but are encouraged to do so or attend weekly open workouts. A portion of each teams weekly practice will be dedicated to strength and conditioning.

***Levels 3-7 may or may not continue to Nationals in June depending on the decision of the club and/or their scoring and USA Gymnastics National ranking. In order to continue on to Nationals the specified teams are required to achieve their levels Nationals qualifying score or higher by the last meet in April.**

***There is a possibility for a Level 3 team to travel to Nationals in June. This decision will be made by the Team Gym coaches based on their performance, scores, readiness & experience of the athletes on the team.**

Practice Schedule

All levels September- November (Sessions 1, 2, and 3)

Tuesday 6:00-8:00pm

Thursday 6:30-8:30pm

Beginning December 6th

Tuesday 6:00-8:30- Levels 3, 4, 5, 6, 7

Thursday 6:30-8:30 Levels 2, 4, 5, 6, 7

Friday 5:15-6:45 Levels 6, 7

Meet Schedule (Tentative Schedule)

* Sunday, February 26, 2017 – Broderick Gymnastics Academy Massachusetts, Hyde Park/Walpole, MA (All Levels)

* Sunday, March 5, 2017– Northern Elite Gymnastics New Jersey, Flanders, New Jersey (All Levels)

* Sunday, April 9, 2017 – BSGA Home Meet (All Levels)

Saturday, April 22, 2017 – Greenville Gymnastics, Greenville, South Carolina** (Meet Attendance TBD)

* Sunday April 30, 2017 – Dave Moskovitz Gym for All Invitational Pennsylvania (All Levels)

* May 21, 2017 – Westys (Nationally Bound Teams Only) (Levels 3, 4, 5, 6)

2016-2017 Power Team Gym Evaluations/Tryout

For the first three sessions of the year, practice will be held twice a week on Tuesdays and Thursdays. Athletes are not required to attend both practices, however if your child was on level 5 or higher the previous year, they must be in the gym twice a week. They can attend a regular gymnastics class, and practice, or both days of practice. All athletes of all levels are *encouraged* to attend both nights of practice. **Please make sure to properly enroll your gymnast with the front desk with updated registration paperwork.**

December 4th will be level- specific tryouts for each team. All athletes are required to attend the tryout. An athlete may be asked to attend more than one level tryout. Teams will be announced Monday, December 5th and practice will begin immediately the following Tuesday December 6th. **Tryout Fee:** \$21.50 Per Hour of Tryouts.

*Tryout signup and uniform sizing is the week of November 14-20th. All athletes will be sized for their uniform at the time of sign ups.

*There are prerequisites set by USA Gymnastics for all Power Team Gym Levels that will be used in determining level placement. Please read the attached skill pass requirements for each level below. Gymnasts for our 2016-2017 season

must demonstrate the prerequisite skills with proper form, unassisted and without spotting by the end of the evaluation period to be considered for a given level.

Tumbling Pass Prerequisites:

LEVEL 2

TUMBLING

PASS 1: Hitch-kick – Side Cartwheel – Side Chasse – Side Cartwheel – Side Chasse – Square Cartwheel – Lunge

PASS 2: Kick, lunge – Handstand step down – Chasse – Handstand step down – Square Cartwheel – Lunge

VAULT

PASS 1: Dive forward roll up onto 2 – 8” Mats from Springboard

MINI-TRAMP

PASS 1: Star Jump (Straight body position during takeoff & before landing the Jump)

LEVEL 3

TUMBLING

PASS 1: Hitch-Kick – Handstand forward roll step out (straight arm) – run 2or3 steps hurdle – Round off – Back Handspring – rebound – step back lunge

PASS 2: Run 2or3 steps hurdle – Round off – Back handspring – rebound ½ turn step out – side cartwheel – Round off rebound – step back to lunge

PASS 3: Run 3 steps hurdle – Round off – Back handspring – rebound ½ turn step out – run 3 steps hurdle – Round off – Back handspring – rebound – step back to lunge

VAULT

PASS 1: Bounder with rebound over 2 Trapezoid pieces onto 1 – 8” Mat

MINI-TRAMP

PASS 1: Tuck Jump OPEN (Straight body position during takeoff & before landing of Tuck Jump)

LEVEL 4

TUMBLING

PASS 1: Run 2or3 steps hurdle – Round off – 3 Back handsprings – rebound

PASS 2: Run 2or3 steps hurdle – Front handspring step out – Round off – 2 Back handsprings – rebound

PASS 3: Run 2or3 steps hurdle – Round off – Back handspring – rebound ½ turn step out – Run 2or3 steps hurdle – Front Handspring step out – Front handspring (2 feet) – rebound

VAULT

PASS 1: Front handspring over Vault Table

- Vault Table MINIMUM Setting = 1

MINI-TRAMP

PASS 1: Front tuck OPEN (Straight body position during takeoff & before landing of Front Tuck)

LEVEL 5

TUMBLING

PASS 1: Run 2or3 steps hurdle – Round off – 2 Back handsprings – Back Tuck – small rebound

PASS 2: Run 2or3 steps hurdle – Front tuck step out – Round off – back handspring – Back Tuck – small rebound

PASS 3: Run 2or3 steps hurdle – Front handspring – front tuck

VAULT

PASS 1: Front handspring over Vault Table

- Vault Table MINIMUM Setting = 2

MINI-TRAMP

PASS 1: Front Pike

PASS 2: Front Layout

LEVEL 6

TUMBLING

PASS 1: Run 2or3 steps hurdle – Front tuck step out – Round off – back handspring – Back Tuck – small rebound

PASS 2: Run 2or3 steps hurdle – Front tuck step out – Front handspring step out – Round off – Back tuck

PASS 3: Run 2or3 steps hurdle – Round off – 2 back handsprings – Back Layout

PASS 4: Run 2or3 steps hurdle – Front handspring – Front tuck

VAULT

PASS 1: Front handspring over Vault Table

PASS 2: ¼ ON, ¼ OFF

- Vault Table MINIMUM Setting = 3

Level 7

Tumbling

Pass 1- RO, 2 Back Handsprings, Back Layout

Pass2- Three forward tumbling skills connected, 1 must be in pike position.

Pass3- 4 Forward, or Backward tumbling skills connected, one must be in a layout position

Jump- 2 Vault's and 1 Mini or 1 Vault and 2 Minis

Vault

Pass 1- ½ on or ¼ on ¼ off

Pass 2- ½ on ½ off or ¼ on ¾ off

*** Either both vault scores will count or just high scoring vault will count. Depending on whether or not you want to compete both vaults towards your score.*

Mini—1 Pass required, 2nd pass optional and must be different form the original pass

Pass 1 Option- Layout ½

Pass 2 Option- Layout full

- Last three athletes may add additional full twist

*** Either both mini scores will count or just high scoring mini will count. Depending on whether or not you want to compete both minis towards your score.*

Fundraising:

Corporate Sponsorships is the fundraising opportunity available for our national-bound teams to raise money to help fund their trip to Power Team Gym Nationals. All monies raised will go directly to the athlete seeking the sponsorship. Sponsors donating \$100.00 or greater will be displayed for one year in the gym on a sponsor banner. Sponsorship packets become available at the front desk once the teams have qualified for 2017 Power Team Gym Nationals.

2016-2017 Power Team Gym Program Fee:

For each team, the program fee will be all-inclusive, which will include all tuition costs, and competition fees for the entire regular season. All families are required to keep a credit card on file, and will be enrolled in our monthly automatic payment program. Each team gym member will be charged monthly payments to cover their 2016-17 team fee on the predetermined payment dates. **Prices shown reflect 2016-2017 prices and are subject to change for the new season. Please note: We will have more accurate prices and payment schedules prior to the commitment date – This is to be used as an example.

LEVEL 2

Expense Category	Price
USAG Intro Athlete #	\$20.00
TG Tuition (7.25 sessions)	\$659.75
Meet Fees (5 Meets)	\$335.00
Coaches Fees (5 Meets)	\$88.00
PA Bus (1 Athlete + 1 Passenger)	\$140.00
TOTAL	\$1,242.75

Monthly Payments

Tryouts	\$195.00
Monthly	\$156.00

**plus cost of monthly class

LEVEL 3

Expense Category	Price
Athlete #	\$54.00
TG Tuition (9 sessions plus 3 months extra practice)	\$1,128
Meet Fees (6 Meets plus nationals)	\$535
Coaches Fees (6 Meets plus nationals)	\$228
PA Bus (1 Athlete + 1 Passenger)	\$140
TOTAL	\$2,085.00

Monthly Payments

Tryouts	\$195.00
Monthly	\$232.00

**plus cost of monthly class

LEVEL 4

Expense Category	Price
Athlete #	\$54.00
TG Tuition (9 sessions)	\$1,746.00
Meet Fees (5 Meets plus nationals)	\$470
Coaches Fees (5 Meets plus nationals)	\$208
PA Bus (1 Athlete + 1 Passenger)	\$140.00
TOTAL	\$2,618.00
Monthly Payments	
Tryouts	\$195.00
Monthly	\$291.00

LEVEL 5

Expense Category	Price
Athlete #	\$54.00
TG Tuition (9 sessions)	\$1,746.00
Meet Fees (5 Meets plus nationals)	\$470
Coaches Fees (5 Meets plus nationals)	\$208
PA Bus (1 Athlete + 1 Passenger)	\$140.00
TOTAL	\$2,618.00
Monthly Payments	
Tryouts	\$195.00
Monthly	\$291.00

LEVEL 6

Expense Category	Price
Athlete #	\$54.00
TG Tuition (9 sessions)	\$1,782.00
Meet Fees (5 Meets plus nationals)	\$470
Coaches Fees (5 Meets plus nationals)	\$208
PA Bus (1 Athlete + 1 Passenger)	\$140.00
TOTAL	\$2,654.00
Monthly Payments	
Tryouts	\$195.00
Monthly	\$295.00

**** Please note that because our new season is beginning in December, the fees for this year will only reflect from session 4 and on and will be paid over a shorter period of time. Session 4 Payment will include uniforms.**

Payment Dates:

All payments beginning for session 4 will be on the Tuesday after BSGA's regular Auto Pay. Please see the dates below:

Monthly Payments	Payment Dates
Payment 1 (S2) (Classes Only)	09/19/2016
Payment 2 (S3) (Classes Only)	10/17/2016
Payment 3 (S4) (Adjusted pending level placement)	11/15/2016
Payment 4 (S5)+Uniforms	12/13/16
Payment 5 (S6)	1/24/17
Payment 6 (S7)	2/21/17
Payment 7 (S8)	3/21/17
Payment 8 (S9)	4/18/17
Payment 9 (S10)	5/16/17

Expenses Included in This Fee:

USAG Registration Fees (Levels 2 – Introductory Fee & Levels 3, 4, 5, 6, 7 – Athlete Fee)

Weekly Team Gym Practice Tuition

Competition Fees (5 Meets (Levels 2,4,5,6) 6 Meets (Level 3) + Nationals for Levels 3-6)

Coaches Fees

****Not included in the fee: Annual registration fee, practice leotards, uniforms (All uniforms are new this year – and will be charged in addition to the December 13th payment), additional weekly class tuition, all traveling costs to meets, hotel and airfare and competition spectator tickets, nationals park tickets.***

USA Gymnastics Membership: All competing athletes must have USA Gymnastics Athlete # to compete at any Team Gym competition.

Practice Attire: All gymnasts are required to wear practice uniforms to Tuesday team gym practices.

Girls –Practice leotard (no shorts!).

They must have their hair tightly pulled back for practice (using clips and bobby pins are ok!)

(NO HAIR IN THEIR FACES PLEASE)

Please make sure that all ankles wrists etc. are taped BEFORE practice. This is important as it takes out from valuable practice time.

Boys – Black shorts & black BSGA practice t-shirt

Meet Attire: All gymnasts must wear their long sleeve competition leotard for every meet, as well as, their warm-up suit and hair ribbon. Hair must be done as specified by coaches before the first competition. Hair style = All levels will be wearing a bun with their hair ribbon.

*****Long sleeve competition leotard is not to be worn at any other time other than at a competition. They are not allowed to wear it to their weekly gymnastics class.***

Meets: Missing a meet is only allowed in case of an emergency or illness with a doctor's note. Any other excuse for missing a meet will result in expulsion from your team for the remainder of the Team Gym competition season.

Meet Behavior: Good sportsmanship by **every gymnast and their parents** is required at every meet! Gymnasts must sit with their teams and watch the competition while waiting for their turn to compete. Parents must stay in audience viewing area during the remainder of the competition. If your child needs assistance with something from a parent a coach will notify the parent when needed.

Traveling: Team Gym is a traveling sport. We compete here at BSGA, New Jersey, Pennsylvania & Nationals (Level 4 – 7 only w/ possibility of Level 3). Nationals are held in a new location every year! For our out of state traveling meets, parents are required to provide their own transportation for their athlete and are required to travel with them unless other arrangements are made with other parents.

Attendance: We will be taking attendance at the beginning of each practice to keep track of tardies/missed practices.

- **Missed Practices:** Your child is allowed to miss 3 Team practices throughout our season; whether it be illness, injury, family or school related.
- **Illness;** if your child has a minor illness such as a head cold, cold/allergies or headache they are still required to come to practice and participate to the best of their ability.
- **Contagious illness;** if your child is ill with stomach bug/mono or anything contagious please call our office and inform us that they will not be attending for the following reason.
- **Injury;** if your child has a prolonged injury that causes them to sit out of practice/miss practice you will be required to present us with a doctor's note declaring stating when they will be able to return to practice. It is important for athletes, coaches and parents to be proactive in the healing process of all injuries!
****If injured, your child is expected to come in a warm up uniform to watch practice. They are also expected to attend meets to observe and support their Team.**
- **Penalty for missing more than 3 practices is as follows;** If missed without illness or injury with provided doctors note, you must schedule a private lesson at \$56.00/hour to make up for your missed practices. The number of private lesson will be decided by your child's coach as they feel necessary to catch up.

Practice Times

(Beginning December 6th)

Tuesday 6:00-8:30- Levels 3, 4, 5, 6, 7,

Thursday 6:30-8:30 Levels 2, 4, 5, 6, 7,

Friday 5:15-6:45- Levels 6, 7,

Uniform Breakdown: Each athlete's uniform will include the items needed by each individual and will be added to the December 13th payment. All uniforms will be new for all athletes for the 2016-17 season.

Girls

-Competition Leotard \$100

-Warmup Leotard \$36

-Warmup Suit \$100

-Hairbow \$8

Boys

-Competition Singlet \$50

-Practice Tshirt \$19.99

-Competition Shorts \$19.99

-Warmup Suit \$100

Parent Information Meeting

The purpose of our informational meeting is to lay the foundation for the upcoming year. The packet of information will be available year round on our website. Please let us know if you ever have questions regarding the information in the packet.

Important Dates To Remember:

Session 1 Practices begin 8/30

Team Gym Tryout sign ups and Uniform Sizing 11/14-11/20

Tryouts- 12/4 - Time TBD

Teams Announced 12/5

First Practice 12/6 and 12/8