



## **2017-2018 Performance Troupe Parent Information**

### **Mission Statement**

The mission for the Performance Troupe at Bay State Gymnastics Academy is to provide athletes an opportunity to participate in a non-competitive program as a contributing member of a team while developing skills, strength, confidence, trust, and relationships.

### **What is performance Troupe?**

Group performance (BSGA'S Performance Troupe) is a non-competitive activity within the GFA discipline of USA Gymnastics. GFA is one of the eight gymnastics disciplines officially recognized by the International Gymnastics Federation and gymnastics organizations worldwide. This diverse sport program provides opportunities and activities for all ages and levels of abilities. Gymnastics for All activities contribute to the development of general sport skills, fitness, health, important movement patterns and daily life skills. If you would like to learn more about the GFA Discipline, please visit [Usagym.org/gfa](http://Usagym.org/gfa). In following with USA Gymnastics performance guidelines, our Performance Troupe at BSGA allows Gymnasts of many ages and abilities to perform as a group to music while displaying a wide variety of gymnastics elements. Costumes, Props and equipment may be used to enhance the performance.

### **Performance Troupe Commitment:**

The Performance Troupe season begins in September with regularly weekly class. For sessions 1, 2 and 3, any student Middler level or higher (or with a back handspring) can attend practice without commitment for competition season. Beginning Session 4 (November 27th) we will require all students to sign a commitment form ensuring their spot until May. Athletes are required to attend their weekly practice from that point forward and must adhere to all Performance Troupe rules and guidelines. **\* Please make sure to properly enroll your gymnast with the front desk with updated registration paperwork.**

### **Practice Schedule**

Wednesdays 6:30-8:30 (Additional practices and choreography TBD by coaches on an as needed basis. These practices are at no additional charge and are usually on Sunday mornings) There will be no practice during winter show week December 18<sup>th</sup>-23<sup>rd</sup>

\*Practice Makeup for Show week will be held Sunday December 10<sup>th</sup> from 9:00-11:00

### **Performance Schedule**

\*February 11<sup>th</sup>- Rookies Meet (BSGA)

\*February 25<sup>th</sup> Broderick Gymnastics Meet (Walpole MA)

\*April 8<sup>th</sup> (BSGA Home Meet)

\*April 29<sup>th</sup> (Pennsylvania Meet)

### **Upfront Fee**

**The program fee for the Performance Troupe will be all-inclusive, which will include all tuition costs, and Performance Troupe related 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 member will be charged monthly payments to cover their 2017-2018 fees on the predetermined payment dates.**

**USA Gymnastics Membership:** All athletes must have USA Gymnastics Athlete # to perform at any sanctioned event. The fee for the USA Gymnastics membership is \$25.00

**Practice Attire:** All gymnasts are required to wear practice uniforms to Wednesday practices.

**Girls** -BSGA Navy Leotard

They must have their hair tightly pulled back for practice

(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

**Performance Attire:** All gymnasts must wear their designated performance costume, as well as their warm-up suit and accessories/cosmetics. Hair must be done as specified by coaches before the first performance.

*\*Performance gear is only to be worn for events. They are not allowed to wear it to their weekly gymnastics class. \*Warm Ups may be worn to practice*

**Meets/Performances:** Missing a performance is only allowed in case of an emergency or illness with a doctor's note..

**Meet/Performance Behavior:** Good sportsmanship by **every gymnast and their parents** is required at every event! Gymnasts must sit with their teams and watch the meet/performance while waiting for their turn. 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:** Performance Troupe will perform at three local events and one away (PA) Parents will provide their own transportation for their athlete and are required to travel with them unless outside arrangements are made with other parents. We have a hotel room block available at the Hyatt House, King of Prussia PA. Booking information will be made available to you via e-mail and our website.

**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 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**

### **Wednesday Practice**

- **6:30-8:30pm**

**Uniform Breakdown:** Each athlete's uniform will include the items needed by each individual and will be added to the first installed payment.

**Uniform/Costume Fitting will be the week of November 20<sup>th</sup>-24<sup>th</sup>**

Costume/ leotard/ skirt/ pants - \$100.00

Warm Up- \$100.00 –

Hairpiece and Cosmetics- \$15.00

### **Parent Information Meeting**

The purpose for 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:**

Uniform Sizing 11/20-11/24

Uniform Order Placed 12/16

Commitment Date: 12/15

First committed practice: 1/3/18

### **Monthly Payment Amount:**

\$140.05

### **Monthly Payment Dates:**

Payment 1: 12/19/17

Payment 2: 1/23/18

Payment 3: 2/20/18

Payment 4: 3/20/18

Payment 5: 4/17/18