

Choreography Practice - November 20th

Level 3- 6:00-7:30

Level 4- 6:45-8:00

Level 6 -7:30-9:00

Level 7- Regular Practice 6:00-9:00

*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 2018-2019 season athletes 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 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 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 Trapezoid pieces onto a 24” landing 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

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

VAULT

- **PASS 1:** Front handspring over Vault Table – (*Vault Table MINIMUM Setting = 2*)

MINI-TRAMP

- **PASS 1:** 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 – Round off – 2 back handsprings – Back Layout
- **PASS34:** Run 2or3 steps hurdle – Front handspring step out – Round off – back handspring – Back Pike

VAULT

- **PASS 1:** Front handspring over Vault Table
- **PASS 2:** ¼ ON, ¼ OFF - (*Vault Table MINIMUM Setting = 2*)

MINI-TRAMP

- **PASS 1:** Front Layout ½ twist

LEVEL 7

TUMBLING

- **PASS 1-** Run – Round off – 2 Back Handspring – Back Layout

- **PASS 2** – Run – Front tuck step out – Front Handspring – Front pike
- **PASS 3** – Run – Front tuck step out – Round off – Back Handspring – Back Layout

VAULT

- **PASS 1** – ¼ ON, ½ OFF
- **PASS 2** – ¼ ON, ¾ OFF

** (Vault table will be all the way up with a 6" platform underneath and they will use the Mini Tramp as a springboard)

MINI

- **PASS 1** – Front Layout ½ twist
- **PASS 2** – Front Layout Full twist

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 are available on the Team Website as well as in the office. Levels 4-7 will be attending the 2019 Power Team Gym Nationals upon qualifying.

2018-2019 Power Team Gym Monthly Payments:

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 18-19 team fee on the predetermined payment dates.

USA Gymnastics Membership: All competing athletes must have USA Gymnastics Athlete # to compete at any Team Gym competition. Parents/Guardians will be responsible for registering/renewing their athletes USA Gymnastics Athlete #. An email will be sent to you by your coaches from USA Gymnastics with the registration/renewal directions.
USA Gymnastics Athlete # Fee = \$59

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

Girls –NAVY BLUE Practice leotard (no shorts!).

They must have their hair tightly pulled back for practice (using clips and bobby pins are ok!) – NO HEADBANDS.

(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 & 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 = 2 French braids into bun.

*****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. 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.

Uniform Breakdown: Each athlete's uniform will include the items needed by each individual and will be added to the November 20th payment. Competitive uniforms will be new for all athletes for the 2018-19 season. Warmups will be the same as the previous season.

Girls	Boys
-Competition Leotard \$100	-Competition Singlet \$50
-Warmup Leotard \$30	-Warmup Suit \$100 (\$50 per piece)
-Warmup Suit \$100 (\$50 per piece)	- Competition Shorts \$20.00
-Hairbow \$15	

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, as well as a video outlining the entire packet of information. Please let us know if you ever have questions regarding the information in the packet.

Pre Competitive Team	
<u>Expense Category</u>	<u>Price</u>
TG Tuition Plus Choreography (\$20)	\$462.00
Performance Fees (4 Total)	\$60.00
TOTAL	\$522.00
Uniforms	
BSGA Leotard (girls)	\$30.00
Bow (girls)	\$15.00
BSGA Shirt (boys)	\$15.00
*Due with first team payment - 11/20/18	
Pre Team Monthly Payments * plus cost of monthly class	\$104.40
Monthly Payment Date Schedule:	
Payment 1	11/20/2018
Payment 2	12/18/2018
Payment 3	1/22/2019
Payment 4	2/19/2019
Payment 5	3/19/2019
Season Ends: April 7, 2019	

LEVEL 3	
<u>Expense Category</u>	<u>Price</u>
TG Tuition Plus Choreography (\$20)	\$620.00
Meet Fees (4 Meets)	\$290.00
Coaches Fees (4 Meets)	\$122.24
TOTAL	\$1,032.24
Uniforms (Will be charged with November's Payment)	
Boys' Singlet	\$50.00
Competition Leo	\$100.00
Warmup (Same as Last Year)	\$100.00
Bow	\$15.00
<i>Team Fund will cover \$55 toward each athlete's uniform cost</i>	
Monthly Payments (6) * plus cost of monthly class	172.04
Payment Dates	
Payment 1	11/20/18
Payment 2	12/18/18
Payment 3	1/22/19
Payment 4	2/19/19
Payment 5	3/19/19
Payment 6	4/16/19
Season Ends: 4/28/19 - PA Meet	
LEVEL 4	
<u>Expense Category</u>	<u>Price</u>
TG Tuition Plus Choreography (\$20)	\$1,505.00
Meet Fees (5 Meets plus nationals)	\$525.00
Coaches Fees (5 Meets plus nationals)	\$314.80
TOTAL	\$2,344.80
Uniforms (Will be charged with November's Payment)	
Boys' Singlet	\$50.00
Competition Leo	\$100.00
Warmup (Same as Last Year)	\$100.00
Bow	\$15.00
<i>Team Fund will cover \$55 toward each athlete's uniform cost</i>	
Monthly Payments (8)	\$293.10

Payment Dates	
Payment 1	11/20/18
Payment 2	12/18/18
Payment 3	1/22/19
Payment 4	2/19/19
Payment 5	3/19/19
Payment 6	4/16/19
Payment 7	5/15/19
Payment 8	6/11/19

LEVEL 6	
<u>Expense Category</u>	<u>Price</u>
TG Tuition Plus Choreography (\$20)	\$1,640.00
Meet Fees (5 Meets plus nationals)	\$525.00
Coaches Fees (5 Meets plus nationals)	\$314.80
TOTAL	\$2,479.80
Uniforms (Will be charged with November's Payment)	
Boys' Singlet	\$50.00
Competition Leo	\$100.00
Warmup (Same as Last Year)	\$100.00
Bow	\$15.00
<i>Team Fund will cover \$55 toward each athlete's uniform cost</i>	
Monthly Payments (8)	\$309.98
Payment Dates	
Payment 1	11/20/18
Payment 2	12/18/18
Payment 3	1/22/19
Payment 4	2/19/19
Payment 5	3/19/19
Payment 6	4/16/19
Payment 7	5/15/19
Payment 8	6/11/19
LEVEL 7	
<u>Expense Category</u>	<u>Price</u>
TG Tuition	\$1,680.00
Meet Fees (4 Meets plus nationals)	\$460.00
Coaches Fees (4 Meets plus nationals)	\$431.50
TOTAL	\$2,571.50
Uniforms Already Paid For With October Payment	
<i>Team Fund covered \$55 toward each athlete's uniform cost</i>	
Monthly Payments (8)	\$321.44

Payment Dates	
Payment 1	11/20/18
Payment 2	12/18/18
Payment 3	1/22/19
Payment 4	2/19/19
Payment 5	3/19/19
Payment 6	4/16/19
Payment 7	5/15/19
Payment 8	6/11/19