Castle Rock Chameleon Gymnastics

2021-2022

Xcel Team Handbook

To use excellence in athletics as a

platform to teach the habits of success.

Castle Rock Chameleon Gymnastics

4807 N. Industrial Way

Castle Rock, CO 80109

(720) 733-3687

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# Welcome To Our Team!

***Welcome*** to the place where a lifetime of dreaming about helping children has become a reality. It has become our dream to operate a high caliber gymnastics program; a program that stands for quality; a program that rightfully earns the respect of the community.

***Welcome*** to the place where children can live their own dreams and a place where very special people (YOU and the Staff)help those children to accomplish great things. Here is a place where, as a team: the athlete, the coaches and the parent, are encouraged to work together to make accomplishing those dreams fun, challenging and efficient.

***Welcome*** to a place where perfection is the goal, but by no means does that mean YOU have to be perfect. Growth at any level comes from pushing through perceived limitations. Where there is growth… there are going to be mistakes. Please be prepared to make mistakes… learn from them… and grow.

***Welcome*** to a place where it is sincerely believed that the sum of the parts IS greater than any one individual. Our dream has become reality because of good people working together to do good things for kids, each other and the company. Working together as a team makes the task at hand more productive and certainly more enjoyable.

Thank you for sharing your gymnasts with us!

Sharon and Chris DeVries

Owners –Castle Rock Chameleon Gymnastics

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# *General Philosophy*

Castle Rock Chameleon Gymnastics was founded with the belief that gymnastics is not only the root of all sports but more importantly a vehicle with which we can deliver lifelong carry-over skills that will assist in the overall development of every child in our program. Gymnastics, when taught properly, can be the catalyst for a productive life while at the same time delivering a lifelong knowledge of physical fitness. Jumping, rolling, running, strength and flexibility are the basic aspects of many sports. No better foundation can be laid than one built on the basic attributes of gymnastics. Many of the most established nations still use gymnastics as the core of their physical education systems.

Physical skill development is certainly a bi-product of a good gymnastics program. Gymnastics as a sport, however, is an age limited experience. You won’t find many people over 30 flipping and swinging away their afternoons. With this in mind CRCG has made it a primary goal to ensure that our program delivers more than just pure physical development. Gymnastics inherently teaches its’ users self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, team work, team spirit, leadership, sportsmanship, respect for danger, respect for others, poise, and grace. When our students are done turning those cartwheels they will have an established base of skill that will undoubtedly assist them throughout the rest of their lives. We measure our success not by the number of trophies on the wall but rather what each child can take with them once they leave the sport of gymnastics.

Castle Rock Chameleon Gymnastics believes that children are the world’s most precious gifts. Our goal is to see to it that every child who participates in our program receives the same quality instruction, regardless of their ability. Accomplishing this insures that each child will feel as special as they truly are.

In all actuality we at CRCG are really not marketing gymnastics, although we are very good at that, we are marketing FUN, PHYSICAL FITNESS, RECREATION, THRILLS, CHALLENGES, EXCITEMENT, and most of all CHILD DEVELOPMENT.

# *Competitive Team Philosophy*

The staff at CRCG will treat each athlete’s goals and aspirations individually. Workout structure, training time and intensity can be altered and adjusted in order to meet each child’s needs. This is not to say that the staff will accept mediocrity in training. We will always run a structured and disciplined program. Our staff will demand respect and a strong work ethic from our athletes. We will not however participate in humiliating or ridiculing a child in order to get our goals accomplished.

Another fundamental belief is that we want our club to be as family oriented as possible. The coach, athlete, parent cooperation, communication triangle is essential in the development of the TOTAL child/athlete. Parent/athlete concerns should be viewed by the staff as a way of gaining insight as to how to better reach the child and not as an assault on our authority. If we handle concerns with compassion and in a genuine caring manner; the return on investment will be well worth the while.

The staff at Chameleon must be willing to shoulder the MAJOR responsibility of being a role model for our athletes. The number of hours that we are exposed to our athletes dictates that we will be a major contributor in their overall development as a person. This is a responsibility that cannot be taken lightly, after all these are children, the world’s most precious gifts!

CRCG is teaching your athlete valuable character traits including:

\*Accountability

\*Selflessness

\*Team Work

\*Dedication

\*Integrity

# *Resources*

The following information will help you and your child understand the world of competitive gymnastics and is designed to keep you informed of our expectations and guidelines for participating at each level. This handbook has been compiled to give our prospective team members and current team members a complete look at our competitive team program. Competitive gymnastics requires a great deal of support both in training and in competition.

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# *What is Competitive Team?*

Competitive team membership is for the child who wants more of the sport than can be achieved by participation in our recreational program.

Membership in our competitive team program results when a child has completed a testing process and is invited to the team. The majority of our competitive team members are from our recreational program. Competitive team requires more dedication and commitment on the part of the child, the parent and the coaching staff.

Our national governing body, USA Gymnastics, directs competitive gymnastics. USAG has three distinct programs: Junior Olympic, Elite and Xcel. The Junior Olympic (J.O.) program is made up of Levels 1 through 10 and is a developmental program in which over 98% of gymnasts train and compete. The Elite program is where international and Olympic level athletes are trained. The Xcel program is a competitive gymnastics program similar to Junior Olympic but less intensive.

**What is Xcel?**

**The Colorado Xcel Program** is a competitive gymnastics program sanctioned through USA Gymnastics.  It differs from the Developmental Program as it is designed to provide a broad-based, affordable competitive experience outside the traditional Developmental Program to attract and retain a diverse group of athletes**.**

**Who is Xcel for?**

Xcel is a great program for gymnasts that:

* Are at a variety of levels, abilities, age and commitment levels and want to enjoy the benefits gymnastics has to offer while having more flexibility than the Junior Olympic Program.
* Are busy with other activities or sports but still want to be active in the sport as a competitive or non-competitive gymnast.

The Xcel Program is divided into five divisions for girls; Bronze, Silver, Gold, Platinum and Diamond; and three for boys; Bronze, Silver and Gold. USA Gymnastics compulsory guidelines are used for Bronze, Silver and Gold meets; while J.O. Level 7 guidelines are used for Platinum and Diamond. The Xcel Program is divided into three divisions for boys; Bronze, Silver and Gold.

The Girls Xcel Fall season runs from September to December. The Xcel Winter/Spring season run from January to May. Women’s competitive team athletes participate in Invitational competitions in order to qualify for the State Championships for their respective levels. For girls divisions Gold, Platinum and Diamond the State Championships serve as qualifiers for Regionals.

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# *Competitive Team and Pre-Team Requirements*

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| **Monthly Tuition** | Due the 1st of every month |
| **Early Pay Discount** | $15.00 discount if paid on or before the 1st of the month |
| **Family Discount** | Families with more than one child participating currently in our program will receive a 10% discount. The highest tuition rate will be charged at 100% with 10% being taken off of any subsequent tuition charge. |
| **Late Payment Penalty** | Tuition is considered late as of the 8th of each month and will be assessed a late payment fee of $20.00 |
| **Outstanding Payments**  **Penalty** | There will be a 1.5% interest charge per month on any late invoices. |
| **Refund Policy** | CRCG does not offer refunds for any reason nor do we pro-rate for missed training sessions. Monthly tuition is determined by considering the cost of the total program for the year and not a per-hour charge. The total cost is divided into 12 equal month payments regardless of the number of training hours during that month. |
| **Annual Membership Fee** | $35.00 per child (due upon enrollment and then annually on your anniversary date) |
| **Annual Team Fee** | Equal to one month’s tuition. **Fall Season Due on August 15th** of each year. **Winter/Spring Due on December 15th** of each year. This charge helps offset the cost of expenses such as administration, coaches planning time and training, phone, copying and team equipment purchases and more. |
| **USAG Membership** | Each competing member of our program is required to purchase an annual membership in our governing body, USA Gymnastics. Membership fees are set by USAG. Parents are responsible for going online to apply for/renew their child’s membership each year. We will email you a link to do this. Membership is effect July 1 – June 30th each year. Membership in USAG provides secondary insurance during competitions, a membership magazine and training for coaches. |
| **Competition Uniform** | Consisting of a competition leo and team warm-ups. Orders will be placed 2-3 months prior to competition season. $100 Deposit (per item) required upon ordering.  *(leo cost approx. $200 +S/H; warm-up approx $225 + S/H)* |
| **Meet Fees** | This fee will be determined by the number of competitions selected and will be due before the competition season begins. Meet fees include the entry costs for each gymnast for each meet as well as the transportation, lodging and per diem for the coaches attending the meets, and administrative costs for managing the competitive season. It is imperative that competition fees be paid on time since payments are due to the various gyms for meets in a timely manner.  Meet fee payments that are not received within 8 days of the due date, will incur a 10% penalty on the balance owed. It is imperative that competition fees be paid on time since payments are due to the various gyms for meets in a timely manner. Gymnasts are not eligible to compete until all competition fees are paid in full.  Fall Fees Due = Aug. 15th, Sept. 15th & Oct. 15th  Spring Fees Due = Dec. 15th, Jan. 15th & Feb. 15th  *(2021 fees approx. $800-$1000)* |
| **CRCG Hosted Meets** | All Parents are REQUIRED to volunteer during any CRCG hosted meet. Each parent MUST do one session to help with hospitality,  setup or breakdown in addition to fulfilling the other session requirements. We require everyone to volunteer for at least one session with 2 adults for each hosted meet in order to help make these meets successful. If you do NOT participate in volunteering, you will be required to pay a $​250 fine ​so that we can hire other individuals to perform the required task.  . |
| **30 Day Notice** | Castle Rock Chameleon Gymnastics requires an IN WRITING one month notice should your child decide to retire from our program. Due to the cost of supporting a competitive team member and the commitment we have extended to our coaching staff, it must be understood that it is your responsibility to notify the owners of the club 30 days prior to your child leaving the gym. During that month of notice, your child is welcome to train in the gym. We have often found that during this period of notice, the gymnast, together with our coaching staff, are able to find a resolution to their concerns. Failure to provide payment in lieu of notice is considered a serious breach of contract with CRCG. |
| **Year-round Commitment** | Although we encourage families to vacation together, it is our policy that competitive team members consider training at Castle Rock Chameleon Gymnastics to be a year-around commitment. Your commitment to a 12-month training cycle insures consistency in coaching and greater progress towards achieving goals. A gymnast’s membership is analogous to membership at health clubs and country clubs. If you are a member of any club, your dues are payable regardless of attendance or frequency of use. |
| **Make-Ups** | Make-Ups are NOT provided for team practice. If you miss a class due to a meet in which you are competing, there will be no make-up. Your time at the meet is considered your workout for that day. |
| **Facility Maintenance** | Keeping our facility looking its best is a never-ending process. Given the scope of the task, it becomes necessary to require daily assistance from staff and team members. We request that each and every gymnast make a conscientious effort to be responsible for his or her own clean up as well as helping out with the daily “power clean”. Team coaches will organize this power clean at the end of each practice. This entails picking up trash, drinking cups, straightening mats, stacking spotting blocks, pickup up weights, etc. Chalk misuse and drink spills seem to be the most common problems in keeping our facility clean. We ask that staff monitor the use of chalk and that all drinks be kept in spill-proof containers. |
| **Outstanding Obligations** | It is assumed that all outstanding financial obligations associated with CRCG will be handled in a professional and prompt manner. Obligations extend through the 30 day notice period in regards to Tuition to CRCG. These considerations should weigh in heavily when accepting team obligations and or considering mid season departures. |

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# *Payments*

**General Payment Policies:**

Team families are required to have a credit card on file. If there is an outstanding balance on your account for greater than 30 days, the card will be charged for the full balance due. Families can also indicate whether or not they would like us to automatically charge any team related fee to their card.

Castle Rock Chameleon Gymnastics reserves the right to terminate lessons, practices, and/or competition until such payment is made and brought to current.

Athletes may not train if the family’s outstanding balance is more than $350.00 in arrears.

**Tuition**: Team families are required to participate in our tuition auto-pay program to ensure your child’s continued participation in the team program.

**Team Fees:** All team related fees will be automatically charged to the card on file on the due date listed. If you would like to pay by an alternate method, you must submit payment **PRIOR TO** the due date.

# *Privates/Practices outside of CRSG*

Private lessons, if desired, are typically done with your child’s current coach. If your child wishes to do a private with another CRCG coach, you will need to first talk with the current coach so they are aware of what is being worked on. We are not limiting who your child can work with but rather ensuring the open communication is there. If it is ever desired to have a private lesson with someone outside of CRCG, you must first discuss this with both your coach and management. Our primary concern is the safety and training techniques of our gymnasts. We do not want something that happens outside of our gym to hurt or setback the gymnast’s progress.

Private lessons will only be considered for those families whose accounts are current. If there is any past due balance, the coach cannot accept the lesson until the balance is paid in full.

In a case where the gymnast may be out of town for an extended period of time, you may speak to both the coach and management to consider alternatives; including an at-home workout given by the coach or the possibility of arranging it so the gymnast can work out at another gym while they are away. This must be agreed upon by all parties in advance of the absence.

# *Holidays/Vacations/Closures*

Normal observed holidays are: New Year’s Day, Memorial Day, July 4th, 1-week summer break, Labor Day, Thanksgiving Day, 1-week winter break, Christmas Eve, Christmas Day and New Year’s Eve. Please check with the gym’s calendar to see about any other scheduled closures.

The coaching staff will not interfere with family decisions. Vacations, religious holidays, school activities, punishment, etc. are valid reasons for missed classes; however, we all need to remember that **the amount of class time attended is generally proportionate to the level of proficiency exhibited in competition. Therefore, good class attendance is necessary for a maximum performance in gymnastics. We ask that vacations not be taken during season. This disrupts the rhythm of practice which may affect confidence levels and thus performance. The coaching staff appreciates the effort to schedule vacations to coincide with gym closures.**

During the summer months, some teams have moved their practice times to the morning hours. Please communicate with the front office and your team coach if this does not work for your family’s schedule.

There can be unexpected cancellations due to inclement weather, absences of coaching staff, sickness outbreaks, unforeseen infrastructure problems, etc. CRCG has the allowance of up to 6 days of “forgiven” practice time when classes are canceled. Any time beyond the 6-day allowance will be rescheduled.

# *Injury and/or illness*

Communication is vital to the coach/gymnast relationship. The gymnast must inform their coach if/when something is hurting them and/or they are not feeling well. The coach is not able to properly train and care for their athletes if they do not know what is going on with them.

Injury is a reality of athletics, and illness is a fact of life. Injured athletes are expected to participate in practice to the extent possible. It is usually possible to work around injuries and turn a weakness into a strength by increased conditioning on flexibility, strength or specific skills. Pro-ration for injury and/or illness will not be considered for anything less than a four-week absence. If absence occurs for more than one month due to injury and/or illness, then we will be as fair as possible in adjusting monthly fees until activity resumes.

It is the responsibility of the gymnast and their family to provide a physician’s note if the student will miss more than one month of classes. We also require a physician’s release for the gymnast to return to full practice. In the case of long term injuries, continued communication between the physician, family, gymnast and coach is crucial to ensuring the safest and quickest recovery.

# *Refunds and credits*

CRCG will not give refunds for any reason. If you receive a credit due to injury or illness, it will be credited to the next month’s balance. If a student drops out, monthly payments, team fees, and registration payments will not be refunded. If a student is dismissed from the team program, the remainder of that month’s fees will not be refunded unless there are unusual circumstances involved.

*Membership*

If a student is dismissed from the team program for violating the contract or elects to “take time off”, there is no responsibility on behalf of Castle Rock Chameleon Gymnastics to reinstate him/her to team status. As vacancies occur in the team program, they are filled by new team members from the non-team program.

# *Competition*

A child’s membership on a team is acknowledgment that the individual has displayed the potential to be a competitive gymnast and enter into competitive meets. The single most important factor to gaining team status is the increased amount of time in the gym to acquire new skills. Being on team is not a guarantee that a student will immediately enter into competition. Team members will be offered as many competition opportunities as they need at their level. There may be circumstances where some team members may be offered more meets than others, due to the number of participants we are allowed to enter in certain meets. No child will enter a meet until they have consistently displayed a level of proficiency in practice that will insure a positive result in competition. **Coaches may require a certain number of routines to be completed each week on each event to be eligible to compete.**

Here are some expectations for a typical competition season;

1. You are expected to attend all of the meets selected for each season. If you are unable to attend and know about it in advance, please notify the front office and your coach ASAP. If something arises at the last minute; such as illness or injury and you are unable to make it, please contact your coach and/or the front office ASAP. Coaches are expecting you to show up at the meet and the team is depending on their teammates to be there.
2. Have your athlete to venues, meetings and checkpoints ON TIME!! No later than 15 minutes prior to warm-up time.

3. Have your athlete in proper uniform once inside the gym.

\*Competition leotard or uniform

\*Competition Warm-up pants & jacket

\*No jewelry (if a medical ID is required, it must be covered by athletic tape). Only one pair of studs earrings per ear.

\*No finger or toenail polish.

\*GIRLS: If wearing undergarments, they MUST be nude in color.

\*Team bag – please send any gym gear your child may require with them in their bag (paws, tape, grips, extra hair ties, etc.)

4. GIRLS: Hair done BEFORE warm-ups

\*Hair pulled back out of their face. Longer hair – if hair is pulled back but can flip forward into their face when upside down/flipping/etc. then IT MUST be done in a way to keep it out of their face (bun, French braid, etc.)

5. It is recommended to send your gymnast to the meet with a healthy and non-messy snack in their bag; as well as a water bottle (only water allowed).

6. Once you drop your gymnast off at a meet, they will be with their coach and team. Parents are not allowed on the floor at a meet. You must remain in the spectator section at all times.

7. Absolutely NO FLASH PHOTOGRAPHY allowed during the meet.

We encourage our gymnasts to attend other CRCG teams’ meets. This provides our teams with a more cohesive team feel, support and encouragement.

# *Mobility*

Mobility refers to a student moving through the levels of different teams. Many factors enter into this decision of whether or not a child is ready to move to the next level. First, it is important to understand that all coaches want each child to be the best they can be and will make their best effort to make that happen. Also, CRCG and its coaches are interested in maintaining an acceptable standard of performance to meet that of the state, region & nation.

First and foremost it is important to have skill acquisition. A student must be able to perform the skills required for the next level with an acceptable degree of proficiency and consistency. **Consistent attendance to training sessions is of great importance.** **Competitive success at the latest participated level is also taken into consideration.** It should be understood that the time spent in a specific level IS NOT a factor for mobility!

Therefore, moving up levels should not be expected, unless the conditions described above are met, regardless of the time spent at that level. It should be expected that a child **remain in a level for 2 seasons**. As always, there are exceptions to this policy and each child will be evaluated individually and will be the sole decision of the team coaches.

# *Competition Uniform*

Each competitive athlete must have a team uniform (warm up and leotard). The expense of the uniform is the responsibility of each individual student. Every effort will be made quality uniforms at reasonable costs.

The CRCG uniforms **may not be** used for any activities outside of our gym. This means that any sweats, leotards and gym bags that are used in competition **MAY NOT** be brought to school or used for daily wear. Only activities sanctioned by CRCG will use our name and uniforms. Uniforms are updated every 2 to 3 years.

# *Floor and Balance Beam Routines*

USAG routines will be a professionally choreographed routine, which will be handled through our staff. Further information regarding price, if applicable, will be provided directly by the coach choreographing the routine. A separate charge may be assessed for both the purchase of music and the choreography of the routine. These charges are the responsibility of the family.

# *Travel*

Attending meets outside one’s own gym is an important aspect of team competition. Traveling beyond the boundaries of the student’s gym provides an athlete the opportunity to grow and develop. Gymnasts aspiring to achieve state or regional status cannot do that without going outside of their own state. Traveling away from their own gym helps to broaden their horizons and develop a better concept as to what is expected of them.

Out of state travel is an important element of competition for the reasons listed above. Gymnasts are encouraged to travel and represent their team. CRCG may **offer** teams to travel to 1 or 2 out-of-state meet each season.

When a gymnast travels out of state, parents are expected to attend. If a parent is unable to attend, a responsible party must be arranged for that student. If a responsible party is unable to be arranged, then it is required that the coaching staff be notified immediately for arrangements to be made.

**Flight and hotel arrangements are to be made by individual families with the understanding that every effort must be made to adhere to the team schedule of events. (I.e. practice and competition schedules).**

**SWIMMING IS STRONGLY DISCOURAGED 24 HOURS BEFORE ANY COMPETITION**. If a gymnast breaks the rules of travel or curfew (as discussed on every trip) he/she may be withdrawn from the competition. This decision rests entirely on the discretion of the coach in charge. If such an incident should occur, the gymnast’s family will be responsible for reimbursing all funds that were paid for travel and competition.

*Coaches’ fees for travel and for non-travel meet*

All travel outside the area for competition will be done at the expense of the team. The gymnasts involved in traveling to a meet will be responsible for paying their pro-rated share of all of the coaches’ transportation, lodging, and per diem for meals based on the IRS reimbursement guidelines**. ALL** meets, including in state and out-of-state, will be attended by a **minimum of 2 coaches each**. If a gymnast drops out of a meet due to injury or illness, they required to pay the meet entry fees and coach’s fees.

*Rules and guidelines for successful team/pre-team membership*

1. Team/Pre-Team members should always report on time for training. Warm-up is an important part of the training process. The flexibility gained from your warm-up is how the body gets ready for activity. A good warm up limits potential injury. Being on time for warm-up also shows respect and sets a disciplined tone for training sessions and goals and objectives are discussed.
2. Team/Pre-Team members must train in a leotard only. Other clothing presents a potential spotting problem and/or safety issue and are not deemed to be the standard of dress within our sport.
3. Team/Pre-Team members must listen to, respect and adhere to the training outline established daily by the coach. Disrespect will not be tolerated, and immature attitudes are discouraged. Major conduct violations include uncalled for crying or pouting, cheating on assignments, lying, unproductive effort, improper tone of voice or improper body language when addressing teammates, coaches and/or other adults.
4. Belly button and/or nose piercings are a safety hazard and are not allowed.
5. Bathroom and drink breaks should be kept to a minimum. Please ask for permission to leave for the restroom as it informs the coach as to your location.
6. All gymnasts are expected to behave like committed athletes, adhering to the same rules regarding substance abuse as our schools. **Drinking & doing drugs are not permitted and will not be tolerated**. Knowledge of such behavior will require a meeting with the parents and gymnast and may be cause for termination from the team program. Everyone should understand that this type of behavior is not only illegal but can create serious safety issues in a sport like gymnastics. The coaching staff expects to be told of any incidents involving our team members by anyone who has knowledge of such behavior.
7. Tuition and meet fees **MUST BE CURRENT** and not in arrears in order for a team member to remain on the team and to participate in current and/or upcoming meets. In addition to specific team policies, all general rules and regulations apply to all members of CRCG. Castle Rock Chameleon Gymnastics further reserves the right to refuse membership and/or accept payment from any parent, guardian, or gymnast who does not comply with all rules and regulations.
8. Gossiping or bullying of on any type, either written or verbal will not be tolerated in any degree and **will be cause for dismissal from the Castle Rock Chameleon Gymnastics team program**. Gossip is defined but not limited to, casual and idle chat, rumor or talk of a personal, sensational, or intimate nature, a person who habitually spreads intimate or private rumors or facts. Those who gossip ruin reputations, harm others and for no other reason than to benefit their own ego. The person being gossiped about or bullied is not helped but in fact, harm is being done to them. CRCG will **NOT TOLERATE** any negative discussion or gossip about any coach, staff member or other team member. Any issues or a concern about a coach, staff member or team member needs to be addressed directly with that individual and with **NO OTHER** parties.
9. Parents should not disrupt training by talking to or motioning to your gymnast. Distractions can create an undisciplined training environment or cause an injury. Parents need to remember that, although they are encouraged to discuss suggestions that may assist the coach, training decisions are the responsibility of the coach. Likewise, parents should never approach a coach during training. Any concerns should be covered before or after training.
10. Parents should inform the office or coach when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. It also shows a certain level of respect for the program. Likewise, if a child has to leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to the day’s assignments.
11. Due to lack of seating available in the gym, team member families are asked to observe training **ONLY** during the first week of the month. It is our experience over many years that parents who watch every day become overly involved in their child’s sport. This is not healthy. **Enrolling your child in our program means you are trusting us with your child. Commit to that trust and let the coaches coach your child.** Your child will feel less pressure from you and you will see more progress when you watch your child less often.
12. Parents of Team/Pre-Team members are expected to enforce good nutritional eating habits. Our motto is simply make good choices. Junk food should be seldom associated with any athlete’s diet. Sound eating habits are a catalyst to productive training.

Parent/Coach Relationship

As a parent, we depend upon you to provide us with valuable information that will enhance your child’s performance. You have a responsibility to tell us about problems, fears, anxieties, frustrations, illness, peer-group conflicts, etc. We welcome your input, as it helps us to better coach your child. Please do not feel that any concern is too small or too trivial. Any discussion that will have a positive effect on your child’s growth is worthwhile. You are paying for a service, and your concern helps us to better provide that service.

Parents and gymnasts are expected to address **ANY** concerns or questions regarding the team program directly to the head coaches. Gossiping, bullying and mistreatment by parents and/or gymnasts will not be tolerated and may be cause for dismissal from the gym. We strongly encourage everyone to go directly to the parties in the gym who can best answer any concerns. Whenever possible, that should begin with the coaches.

Since the inception of Castle Rock Chameleon Gymnastics, we have developed credibility within our industry. We have consistently proven that our teams are prepared for every situation. Please rest assured that everything we do will be for the long- term benefit of your child, and that we always have his/her best interests in mind. We are hopeful that your child’s tenure on our team will be an overall enjoyable experience that will provide him/her with a multitude of life-like situations, and the ability to make decisions in a grown-up, mature manner.

*Team Communication/Sharing of Contact Information:*

Communication within your child’s team arises from time to time for various reasons including, parties, carpool, team activities, Booster Club, etc. CRCG will share the basic family contact information unless you inform us otherwise; Name, Address, Phone Number and Email.

*Required Forms for Team/Pre-Team Members*

Each competitive team member is required to have on file with the CRCG office the following forms:

1. Registration, waivers and policies agreed upon through the Parent Portal
2. Team Agreement Form
3. Credit Card information on file through the Parent Portal
4. Medical Information & Permission to Administer Emergency Treatment form

It is most important that all forms be on file at our office BEFORE your Team/Pre-Team member is involved in training. Failure to observe this request may result in restriction from training, competition and/or travel. All forms should be updated annually and when changes occur in recorded information.

**2021/2022 TEAM/PRE-TEAM AGREEMENT & UNDERSTANDING**

Communication is the key to the successful operation of any organization. The following is merely our attempt to make sure that we have done our best to inform you of all the rules, policies & procedures related to being a competitive team member at Castle Rock Chameleon Gymnastics.

* We, the parent(s)/legal guardian(s) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read & fully understand the contents of the Castle Rock Chameleon Gymnastics Team/Pre-Team Handbook. We accept the commitments & responsibilities outlined within.
* We understand the section entitled “**COMPETITIVE TEAM/PRE-TEAM REQUIREMENTS**” and its related tuition policies including:

**A**) Monthly tuition is due on the 1st of every month and Castle Rock Chameleon Gymnastics reserves the right to modify tuition amount at any time

**B)** Tuition is considered late as of the 8th of each month & you will be assessed a late payment fee of $20.00

**C)** After the 15th of every month, any unpaid tuition will be assessed a 1.5% interest charge

**D**) Athletes may not train if the outstanding balance is more than $350.00.

**E)** Must be at competition unless a doctor’s note is provided or instructed by the coach otherwise.

* We fully understand the section concerning the paid “**30-DAY NOTICE OF DEPARTURE**” and agree to abide by this policy. The 30-day notice gives the staff time to work through sometimes trivial problems, gives the athlete time to reflect on their decision to retire and assists us in planning our financial commitment to staff. Notice is **REQUIRED IN WRITING** for Team & Pre-Team members.
* We understand that the Team/Pre-Team program at Castle Rock Chameleon Gymnastics is a year-round commitment and that your son/daughter’s spot is reserved for them, therefore, we do not prorate nor refund tuition for any reason including injuries.
* We understand that gymnastics is inherently a dangerous sport as is any sport that involves speed, height & rotation. We acknowledge that potentially serious injuries, even paralysis & death COULD result from participation in this sport.
* Castle Rock Chameleon Gymnastics reserves the right to take any unpaid/delinquent account to court. Any and all court costs regarding the claim will become the responsibility of the persons named on the account. Fees may include but are not limited to the following: Court filing fees, all mileage, all miscellaneous court costs & hourly fee for employee who attends the court proceedings.

Parent/Legal Guardian Signature Date:

**2021/2022 Castle Rock Chameleon Gymnastics Medical Information**

**General Information**

Athlete’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mother’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Medical Information**

We ask that you provide the Medical Information so we can provide it to the doctors in the event your child requires emergency medical treatment in your absence.

My child has the following medical conditions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My child has the following allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of last tetanus shot: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family doctor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Permission to Administer Emergency Treatment**

As parent or legal guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, in my absence and in the event of an emergency I hereby grant my permission to have my above mentioned child transported to a hospital for medical treatment and I hold Castle Rock Chameleon Gymnastics and its agents and representatives harmless in their execution of this action. Additionally, I hereby agree to individually provide for all possible future medical expenses which may be incurred by my child as a result of any injury sustained while participating at or for Castle Rock Chameleon Gymnastics.

LEGAL GUARDIAN:

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_