

Jacobs Gymnastics House Team Handbook 2015

Jacobs Gymnastics

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Welcome to all our House Team program families. We have developed the House Team Handbook to better our communication and clarify our goals and expectations with this program, now entering year 7! Please read over the information carefully. A successful program begins with knowledge.

House Team Program House team is a program designed to give advanced level gymnasts a limited team experience with minimal practice time and competition commitments. House Team serves two functions. The first is a program for the gymnast with goals of being promoted to the “Xcel” team program, which travels to approximately 7 meets per season, practicing twice a week, 12 months a year. The second is a program that offers the team experience at a fraction of the time commitment and zero travel. For some the House Team program fits their needs and schedules better than the Xcel program, while still giving them the option to stay in a team setting. House Team members will have the opportunity to compete in two “house” meets a year. One meet will be in January and one in April or May. Dates will be announced later this fall. House team gymnasts will practice a combination of skills, routines, and conditioning once or twice a week.

House Team Eligibility Gymnasts must demonstrate advanced skills, technique and the form necessary for success at a pre-team level. They must demonstrate a good attitude for learning, and the desire to work hard.

Coaches’ commitment: Coaches are Kendra Bottorff, Alisha Hanze, Emma Hester, Kassidy Hays, and Rylie Dunn. All house team coaches have been Xcel team gymnasts as well as coaching for the past few years. Kendra and Alisha are USAG Safety Certified and U100 Coaching certified at the Profession level. Kendra has been assisting with coaching duties for 4 years. Alisha is attending DMACC this fall and continues to coach younger classes and Xcel levels. Emma, Kass and Rylie were all competitive team members here at Jacobs and are focused on coaching now. All of our coaches know how to develop gymnasts and keep practices both productive and fun! The role of coaches is to set a good example as positive role models. We will provide individual and group instruction within practice sessions. We will give gymnasts opportunities to work with coaches as well as independently and with other gymnasts. There are so many ways to learn skills and routines and we will incorporate every method to ensure that each gymnast has the best opportunities to learn and progress. We will strive to communicate upcoming issues in a timely manner as well. I use e-mail on a regular basis to keep everyone up to date. I will send out an email with registration information for the meets. The entry for each meet will be \$40 and due 3 weeks prior to the meet. The meets are not required, but I would expect gymnasts on House Team to participate as there are only two and that is part of the program. I would suggest book-marking www.jacobs-gymnastics.com and check it regularly. If at any time your gymnast no longer wants to participate, our policy is to give at least a two week notice.

Parent commitment: We expect the girls to arrive on time and be picked up on time at the end of practice. House team gymnasts should use the rear entrance for dropping off and picking up – this helps with the parking out front and we also have an area inside the gym for the team kids to put their shoes/coats/bags. We expect all fees: tuition, meet fees... to be paid for on time. We have a Team Envelope the parents/gymnast can use to place any payments (tuition/leotards/other fees) in located in the team corner of the gym as well. This is for your convenience as the girls place their items in the team corner as well. We expect parents to be supportive of the coaches and their decisions regarding practices, conditioning, and level of competition. PLEASE keep your cell phone near you and turned on during practice. IF your gymnast becomes ill, injured, has a need, we need to be able to contact you immediately. If your child is ill, they want to go home, not be sick at the gym. If they are injured, they want their mom or dad to take them to the doctor. If you have questions, concerns, problems with my program, staff, policies, other team gymnasts... Speak to or email me or Beckye (office manager) directly. Complaining to other parents will not solve your problem. One parent can detract from the entire “team experience.” No matter how much we love your gymnast, we will not tolerate bad behavior from any parents from this point forward. You and your gymnast will be asked to leave the program. We do this to protect our parents, gymnasts and program in general. It is your responsibility that your child gets enough sleep, proper nutrition, studies hard in school for good grades, and is respectful, honest and caring toward others. Parents need to provide unconditional love, encouragement and support to your young athlete, as only a parent can do. Please be supportive of the coaches and their efforts. Please do not compare your child with other athletes. Each athlete is different with their own strengths and weaknesses. It is unfair to you and your child to compare her to another athlete. Rather, look for the progress your child is making in gymnastics and celebrate it!

Gymnast commitment: We expect the girls to be at practice, ready to work hard and learn routines. We expect a good attitude. We insist on good sportsmanship and supportive behavior toward teammates. We will not tolerate any negative comments, rude behavior or inappropriate actions toward teammates, coaches, or parents. Gymnasts will have a properly fitting leotard as acceptable workout wear. Tight elastic waist shorts are acceptable, but only in practice – not meets. No jewelry, shirts, long pants, bracelets... will be allowed. Small stud earrings are ok. Gymnasts need to have hair pulled back off their face and out of their eyes. Please use clips to pull it back. This is a safety issue. Please be prepared before class begins! Gymnasts have the responsibility to come to practice ready to work hard, try their best and this will make it fun! This is important and we expect gymnasts to give it their best effort each time. In gymnastics and life, we need to remember that we all have our gifts, and we all have weaknesses – which are just opportunities to improve and overcome! Every gymnast here has talents and gifts and every gymnast has areas to work on. Stay positive with your attitude and work hard to be the best you can be! Gymnasts need to let the coaches know if they have injuries or are not feeling well. We don’t encourage whining, but we need to know if something is wrong. When gymnasts are truly not feeling well or you have a recurring injury, we may need to address this with parents. If gymnasts have been home from school ill or running a fever, please don’t send them to practice hoping they will be ok. They never are. A

good attitude and supportive parents and coaches can help gymnasts overcome fears and frustrations with new skills. Every gymnast goes through a “mental block” at some time. Gymnastics is the most demanding and difficult of all sports. Gymnasts must overcome the sense of being uncomfortable as learning a new skill. It can often feel as though you will fall or not make the skill. We work up to these skills with progressions, but still it can be scary. All gymnasts suffer setbacks, frustrations, fears, and even defeat. Expect this to happen from time to time, and work to overcome them. You will gain confidence and strength from achieving these skills that give you trouble. Work with your coaches to set goals and stay positive.

Apparel House Team gymnasts are required to have the “Club Style” leotard. We have the new purple with white accents leotard this year. Many have already ordered it – if you have not yet, please do so ASAP! I have several available in the lobby right now. They are available to purchase directly from the rack in the lobby or I can order if you do not see your size. It takes approximately four weeks to deliver. The leotards can also be worn to practice so they all get a lot of use. WARNING – Be sure to read through the proper laundering instructions, as the fabrics are fragile and can be damaged if not properly handled. Warm ups are also be available to order, but not required to purchase. The warm ups can be worn to practices, school... as well as meets! Again, warm ups are not required, but nice to have.! We order once a year only in August and September. Leotards are \$45 –there are matching shorts for \$20. Warm ups (includes jacket/pants/bag) \$130. Orders for warm ups are placed only in September! Leotard orders can be re-ordered throughout the year if your leotard needs replacing for any reason.

Xcel vs. House Team We take great pride in our girls and coaching staff and our programs here at Jacobs. Our programs allow gymnasts to fully enjoy gymnastics and reap all the benefits of team gymnastics while leading a well-rounded childhood. We are NOT in the business of training gymnasts for the USAG/Olympic/Elite program. House Team can be a stepping stone to the USA Xcel program or House Team can be enjoyed simply for the opportunities it presents. If your gymnast has hopes of advancing to the Xcel level of team, encourage her to gain the bronze and silver level skills and the form and technique to be eligible to move up. Xcel gymnasts must also have all 3 splits, and an exceptional attitude and hard work ethic. We look for all of these things when inviting gymnasts to the Xcel team. Invitations are issued in July prior to the upcoming season.

Competition routines: All House Team gymnasts will learn routines for competition. The routines are modified Silver and Gold level Xcel routines.

Good Sportsmanship Good sportsmanship should be a requisite in every youth sport. All the coaches here encourage every gymnast to do their best, have positive attitudes and support each other. The team experience and relationships within each level have everything to do with support and caring for each gymnast. We do not tolerate poor sportsmanship on any level. I do not want negative comments between the gymnasts, parents or coaches. I am not anticipating any problems this year! We have a short tolerance for any negativity. We will ask families to leave the program if this becomes a problem. I will do whatever is necessary to preserve the program and the families involved.

In closing, we are truly looking forward to a great season. The House team program is very successful in both providing an alternative team program and preparing gymnasts for the Xcel program. I am proud of the progress this program has taken! When the expectations are laid out in advance, we will all be a step closer to good communication and a successful year!

Chris Jacobs, owner

Jacobs Warm-Ups, Leos, Bags Order form
all prices include tax.

Gymnast's Name: _____

Warm up set - \$130

Please try on samples at the desk!

Jacket – YXS, YS, YM, YL, AXS, AS, AM, AL, AXL
(\$85 if ordered separately)

Pant - YXS, YS, YM, YL, AXS, AS, AM, AL, AXL
(\$40 if ordered separately)

Can be ordered in different sizes

Personalization on front – First or last name: _____

GYM BAG - \$25

Club Leo – (new purple tank) \$45 – size - YM, YL, AXS, AS, AM, AL, AL
most of you have one already – but let me know if we need to order – now is the time!

Total enclosed \$ _____

Check # _____ or cash _____

Jacobs Warm-Ups, Leos, Bags Order form
all prices include tax.

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most of you have one already – but let me know if we need to order – now is the time!

Total enclosed \$ _____

Check # _____ or cash _____



Term: _____ School year 2015-16
_____ Summer 2015

Jacobs Gymnastics Membership/Registration / Waiver Form

Gymnast's Name _____ Birth date _____
Class day and time _____ Level _____
Home Phone _____
Mom's Work #'s _____ Mom's cell _____
Dad's Work # _____ Dad's cell _____
Parent's Names _____ E-mail address _____
Home address _____
City _____ zip _____
Doctor's Name _____ Doctor's Phone _____
Emergency Contact name _____ phone _____ Relationship to gymnast _____

List any medical problems, emergency treatments, food or drug allergies, previous injuries, special instructions regarding your child's health: _____

I do hereby give my permission and/or consent to Jacobs Gymnastics to secure and authorize such medical care and/or treatment for my child, _____ (name) as might be required, in case of emergency. I also agree to pay all the costs and fees incurred for any medical care or treatment for my child as secured and authorized under that consent. I will not hold Jacobs Gymnastics or those affiliated with Jacobs Gymnastics responsible for any injury or illness.

I am further aware that gymnastics and cheerleading are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. Also, I understand that gymnastics, cheerleading and related activities always involve certain risks, including but not limited to death, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage, and serious injury to virtually all bones, joints, muscles, and internal organs, and that the mats, pits, and other safety equipment and apparatus provided for my protection, including the active participation of a coach or teacher who will spot or assist in the performance of certain skills, may be inadequate to prevent serious injury. The risk of harm may be limited by all of the safety equipment and trained coaches, but never eliminated. Participation in gymnastics and related activities involves activities incidental to active participation in gymnastics, including moving from event to event, conditioning, stretching and other activities which may also pose risk. Participation is voluntarily with knowledge of the risks involved and parents hereby agree to accept any and all inherent risks of property damage, personal injury, or death. Parents/guardians also agree to indemnify and hold harmless Jacobs Gymnastics and all other listed for any and all claims arising as a result of their child engaging or receiving instruction in Jacobs Gymnastics, activities incidental thereto, whenever, wherever, or however the same may occur.

Signature of Parent/Guardian _____ date _____

My insurance company is: _____ policy # is _____

Mailing address:
Jacobs Gymnastics
75 NE Venture Drive – Suite A
Waukee, IA 50263



Jacobs Gymnastics Membership/Registration / Waiver Form

Gymnast's Name _____

In order to keep our prices low, it is your responsibility to make sure your account is paid on or before the due date. If you have problems or questions, please contact Chris via email or in person to resolve the payment issue. To alleviate the past issues of collections for unpaid accounts, we are now requiring credit card info to be kept on file. The card will be charged if you are more than 30 days past due including a 5% surcharge (cc processing) and a \$10 late fee. We will continue to accept cash or check for payments otherwise to keep bank surcharges and tuition fees lower.

This information will be locked securely in the office.

Name on card _____ Customer's zip code _____

Credit card MC/VISA/Discover – number _____ - _____ - _____ - _____

Expiration date _____ Security code on back (3 digit number) _____

Please Initial the following items:

____ I authorize Jacobs Gymnastics to charge my credit card in payment for late tuition. I understand that I will also be notified via email before the charge occurs.

____ I agree to give Jacobs Gymnastics a 2 week written or email notice prior to discontinuing lessons either permanently or temporarily. Failure to do so will result in charges continuing until notice is given. My credit card will be charged as outlined above.

____ I understand a leotard is required. Lycra shorts are allowed (not required) and hair will be secured off face and neck for safety before class starts. Gymnasts should **not** wear sweat pants, loose clothing, jewelry, socks/tights, leotards with skirts – all a safety hazard.

____ Make up lessons are available on select Friday and Saturdays. To register for a make-up lesson – due to the occasionally missed lesson due to school conflict, injury, illness, family emergency... a parent needs to sign the gymnast up in the binder on the lobby desk.

____ Initial payment includes yearly membership/registration fee of \$30 per child, Registration fees renew each Fall.

____ Supervision of gymnasts and siblings in the lobby; before, during and after class is the responsibility of the parent. Any damage is also the parent's responsibility.

____ Gymnasts are expected to be picked up promptly after class. Please make prompt pick up a priority! No one likes to be the one left waiting, especially when the coaches are locking the gym. To ensure safety, please be here a few minutes early. Also, let the lobby manager or coach know if someone else is picking up your child.

Please feel free to contact Chris with any questions or concerns you have regarding your gymnast, classes or anything here at Jacobs. Email is the best form of communication.

We strive to make your gymnast's experience at Jacobs a fun, positive activity with growth in self-confidence, strength, flexibility, agility, and more! Help us by adhering to the above policies so we can focus on coaching your gymnast! We look forward to seeing your child's progress and love of gymnastics grow at Jacobs!