



COMPETITIVE PROGRAMS

TEAM HANDBOOK

2018 – 2019

A guide for athletes and their parents

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TEAM BENEFITS

As a member of our competitive program we offer your child additional benefits.

These include: 10% off all pro-shop items, 50% off an extra class, 50% off Camps &

Kid's Play Nights and \$50 off Birthday Parties.

Welcome to All Star Gymnastics Competitive Team

We are thrilled that you have chosen All Star for your child's next step in her gymnastics training. This program is intended for young athletes who want more out of the sport than can be achieved through recreational gymnastics training. Being a member of any Team requires dedication and commitment on the part of the child, the parent, and the coaching staff. We have published this handbook to explain how our Team program operates. At All Star Gymnastics, we strive to create a safe and supportive atmosphere for all our families through guidance, honesty, and communication. Once more, we are delighted to welcome you to the All Star Team family!

Overview of Competitive Team Gymnastics at All Star

Our women's gymnastics Team program operates under the rules and regulations of USA Gymnastics, the sole national governing body for the sport of gymnastics in the United States. We believe that gymnastics is the root of all sports. Its basic components aid in the physical development of every child and contribute to the foundation of a productive life. In addition to physical advancement, we seek to instill life skills and character traits, such as determination, work ethic, time management, leadership, sportsmanship, discipline, respect and confidence, through the participation in this program that will serve our students well throughout their lives. It is the mission of All Star Gymnastics to provide an encouraging environment where each gymnast can thrive in a safe and challenging atmosphere. Team is a year-round commitment in which athletes must practice multiple days per week, train and execute required skills, learn and memorize routines, and demonstrate them simultaneously at competitions. Gymnasts who are invited to Team must display that they are mentally capable of this program, have potential to succeed, are individually motivated to learn, and are dedicated to the sport. In addition, they are invited not just as a Team member, but also a role model and leader both inside and outside the gym. Finally, a gymnast cannot succeed without the support of her family. They must also be committed Team members and be financially equipped to pursue this program.

We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff will demand respect and a strong work ethic from every athlete. We will enforce proper respect, attitudes, and manners always. Our objective is to see to it that every athlete who participates in our program receives the same quality instruction regardless of ability. Athletes will be treated with respect and provided positive guidance to help them reach their goals. We coach athletes to value not only gymnastics, but relationships, character, education and positive life influences. We, as coaches, measure our success by what each child takes with them when they leave the sport.

We strive to create a family-oriented environment where your children will thrive. We whole-heartedly believe that the coach, athlete and parent must all be supporting members of a cooperative communication triangle engaged to assist the athlete in reaching her goals.

We are honored that you have chosen All Star for your child's training.

Begin here. Go Anywhere.

Competitive Paths – We Have Options...

Junior Olympic (J.O.) Compulsory is USAG's traditional competitive path that feeds into the "elite" level gymnastics. The regimented program is ideal for athletes who strive for perfection and have a strong drive for skill-attainment. Successful participation in competition at the compulsory levels of the J.O. program is a requirement for mobility into the upper levels of "optionals" and "elite". At compulsory competitive gymnastics meets, each athlete at the same level performs the same routine on every event to a prescribed criterion. She who performs closest to the criterion scores the highest. All Star currently offers training for competitive J.O. Levels 2-4. J.O. Level 2 focuses on entry-level gymnastic skills, conditioning, and technique. At this level, gymnasts are introduced to meets to teach them how to perform under pressure, control nerves, and understand the need for proper preparation in practice. J.O. Levels 3 and 4 continue focusing on fundamental skills and technique by building upon skills at the previous levels. Level 4 is the highest level that an athlete may start on the J.O. competitive path without a petition.

XCEL is USAG's broad-based, alternative path to the traditional J.O. program. It is designed to attract and retain a diverse group of athletes while continuing to help them develop and improve their gymnastics skills. XCEL offers individual flexibility to both coaches and gymnasts. It is a route for athletes with varying commitment levels to provide the opportunity to experience gymnastics meets with increased options for development. All XCEL levels train and compete on the 4 women's gymnastics events and have a full competitive season but with a differentiated criterion for routines and judging unique to this program. There are currently five XCEL levels: BRONZE, SILVER, GOLD, PLATINUM and DIAMOND. Here at All Star we offer any interested gymnasts the XCEL training and competition path from BRONZE through DIAMOND to showcase their skills with less of a time commitment than the J.O. gymnasts. Athletes who have not competed in either J.O. or EXCEL may not enter the XCEL path at a level higher than BRONZE without a petition. There is a defined mobility matrix from J.O. to XCEL for athletes that wish to switch competitive programs.

Level Advancement

Our advancement policy is not "etched in stone" due to the variety of circumstances involved. Our main priority is to build happy, healthy, and confident athletes with strong basics. We can be sure to meet this goal by placing each gymnast at the level where they can comfortably, safely and successfully perform the required skills. USA Gymnastics states that *"The USAG Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely."* Before a gymnast can move to the next level, they need to demonstrate that they can be competitive at their current level and have mastered the next level skills. Level advancement cannot be compared to moving up grades in school, nor can we guarantee a gymnast will move on to the next level each season.

Gymnasts will advance at the time in the season that is deemed appropriate by the coaches. We would like to assure you that it is common to remain in the same level for multiple seasons. On the other hand, should a gymnast be highly advanced outside her level, it may also be attainable for that gymnast to jump a level. All Star Gymnastics must maintain the integrity of the USAG Women's Program, its policies, procedures and standards. As the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's development.

At the end of each competitive season, your coaches will either recommend you to remain in your current level or invite you to move up to the next. You are never forced to move up should you feel

that you are not ready or mature enough for the next level. Level mobility is determined based on, but not limited to, scoring and placement at your current level, understanding and mastery of next level skills, mental attitude, strength and flexibility, attendance and work ethic, maturity, and emotional standing. Because we are unable to predict a child's advancement, be advised that any gymnasts' level assignment is subject to change at any time. We request that you respect and trust your coaches' decision as we aim to do what is best and safest for each gymnast at this current moment in their gymnastics career. We are setting our goals high to prepare our girls properly for the higher levels of gymnastics. With each level of gymnastics comes increasingly harder skills and an increased level of risk.

Regardless of skill and potential, we must also adhere to the USAG Level mobility requirements for each program. Minimum ages and previous competitive experience are basic factors that will also determine Competition Level eligibility. Currently, the following apply:

- J.O. Level 2
 - Minimum competition age of 5
- J.O. Level 3
 - Minimum competition age of 6
- J.O. Level 4
 - Minimum competition age of 7

- Xcel Bronze
 - Minimum competition age of 5
- XCEL SILVER
 - Minimum competition age of 6
- XCEL GOLD
 - Minimum competition age of 7
 - Pre-Requisites: AA score of 31.00 at SILVER level or J.O. Levels 3 or 4
- XCEL PLATINUM
 - Minimum competition age of 8
 - Pre-Requisites: AA score of 31.00 at GOLD level or J.O. Levels 5 or 6
- XCEL DIAMOND
 - Minimum competition age of 9
 - Pre-Requisites: AA score of 31.00 at PLATINUM level or J.O. Levels 7-10

NOTES:

AA = All Around – the combined scores for all 4 events from a competition give the athletes her All Around score for that competition

Competition age = the gymnast must have reached the minimum age for her level prior to entering any qualifying competition

Practice Guidelines for Gymnasts

COMMITMENT: Success in gymnastics requires hard work, determination and commitment year-round. While we do support other activities, typically the participation in too many activities can result in inconsistent successes, an increased chance of injuries, and can show a lack of commitment to your own development as an athlete. There are times where personal sacrifices and compromises need to be made. This is not saying that gymnastics should consume your life. All Star Gymnastics realizes that family, academics, and religion must all be priorities. Ultimately, we hope our athletes learn to balance their time when other activities arise.

ATHLETICS + ACADEMICS = A+: Yes, you can arrive for practice early and work on your homework. Yes, we encourage athletes to form study groups and yes, your coaches want to know when you are stressed out about school so please, let us know when we can do anything to support your academic success in addition to your athletic success.

ATTENDANCE: Please arrive on time for your scheduled training hours and stay until dismissed. If you need to come late/leave early, you are to notify the gym so the appropriate coaches can be notified. Missing a significant amount of practice will hinder your progression as a gymnast. Gymnastics is a sport built on consistency and muscle memory, consistent training will help ensure safety and wellbeing of the gymnast. Athlete training hours are set and non-exchangeable. Notification is required if your athlete will be missing practice for any reason.

ATTITUDE: Gymnastics isn't easy, but adopting a negative attitude is. It's easy to blame others and make excuses. Never say things like "I don't want to" or "I can't". TRY what your coaches are asking of you. Do the drills. Put in the work. Stay positive and stay motivated. Gymnastics requires strong-minded, determined attitudes to overcome all the failed attempts before finally landing a skill. Trust the process. It requires hours upon hours in the gym to maintain skills, progress, and reach success. Fear is normal. Tell your coach if you are afraid. Be patient with yourself. Listen and trust your coaches, they are here to help you succeed!

BEHAVIOR: You are expected to exhibit moralistic behavior and to try your best at every practice. Be polite and respectful toward all your coaches and Teammates. Ask permission to leave the gym for any reason, including getting a drink or using the restroom. Walking away from a coach, back talking, arguing, aggressive behavior, eye rolling, profanity, inappropriate discussions, etc. are forms of disrespect and will not be tolerated. Be aware that your words and actions directly reflect you, your family, and the All Star Gymnastics Team.

DRESS CODE: Leotards are to be worn to every practice. Designated official All Star Team Practice leotard is to be worn at the last practice of the week. Practice shorts and leggings will usually be allowed for practices but coaches reserve the right to designate "leotard-only" practices prior to competitions. Due to limited changing areas, we suggest gymnasts arrive dressed in their training apparel before entering the gym if possible. For training, hair is to be pulled back neatly out of your face.

NUTRITION (ATHLETE FUEL): *Put gas in the tank and never leave it empty... vehicles don't run well on empty and neither do athletes!* Nutritious meals both before and after workouts are essential to your training. There will also be a nutrition break at some point during every practice - please bring a healthy snack to refuel during this break. Drinking water during practice is extremely important for your muscles. Please make sure to bring a labeled water bottle for every practice.

SHARED SPACE: Please remember that the gym facility is shared by many athletes! Keep your belongings neatly stored in a cubby when out at practice. We are not responsible for lost, damaged, or stolen items, so please leave valuables at home. Trash is to be thrown away during snack break as well as before leaving practice and No gum chewing is permitted in the facility at any time. Be respectful of your gym, your space and your Teammates always!

OPEN GYM: As a competitive Team athlete at All Star, you are encouraged to participate in our Open Gym sessions at no charge! Please respect any individual instructions you have been given by your coaches when enjoying Open Gym time. Skills that have not been taught and practiced on a regular basis are not to be attempted during Open Gym. It is designed to work independently on your current skills while having fun with your friends.

ILLNESS & INFECTIONS: Open wounds, cuts, blisters, etc. must be covered during training and competition. Infections such as warts, athlete's foot, impetigo, ring worm, etc. must be covered and in the process of being treated. If you are febrile, have pink eye, lice, etc. you are not allowed at practice. These are all highly contagious! Help keep our gym clean and safe.

RIPS AND GRIPS: Rips are 100% inevitable. They are caused due friction between the hands and equipment. To treat rips you should wash hands with warm water and soap, cut off excess skin around the rip, and let air out as much as possible. When you get a blood rip or blister, it needs be covered during practice. Although speculated, grips DO NOT prevent rips. Grips are used to enhance a gymnast's grip on the apparatus. Grips are optional and are not used by all gymnasts. Grips are NOT required for any level but may be recommended by your coach. Getting grips varies from gymnast to gymnast. This decision is to be made with you and your coach. If you have reached the point where you are performing a lot of swinging element, grips can help you stay securely on the bar and perform these skills with more confidence. We will assist you in ordering appropriate grips should the need arise. Your grips are your responsibility, not your coaches or Teammates. Please label your grips and always put them in the designated area provided by your coach.

SPEAK UP: Only you know how your body is feeling. If you have hurt yourself before or during practice, you need to let your coach know so your training can be modified if necessary. We would rather prevent further injury than have you "tough it out" when you need to "take it easy". Don't be afraid to tell us how you're feeling so we can help you stay well!

Supporting Your Athlete (guidelines for loving families)

We know you want the best for your athlete. These guidelines are a few of our suggestions for how you can take an active role in her athletic success.

EXTRA TRAINING IS ALWAYS ENCOURAGED:

PRIVATE LESSONS: If you think your child needs extra training on a specific skill, event or just a little individualized attention, please notify customer service so we can get a lesson booked with the appropriate coach. Private lessons are \$35 for 30 minutes, \$45 for 45 minutes and \$55 for one hour and are booked at mutually agreeable times within the gym's regular operating hours.

CLINICS: Throughout the year, we will open Team-specific training clinics. We design these clinics to boost and support regular Team training efforts. We encourage all Team athletes to participate in these valuable skill-building opportunities. Clinic pricing will vary.

OPEN GYM: We encourage you to take advantage of our Open Gym times (now FREE for enrolled Team athletes). Open Gyms are offered Monday and Thursday evenings from 6:30-8PM. Please review with your athlete the guidelines for Open Gym participation found in the Athlete Training Guidelines section of this handbook.

ON THE ROAD: Finding ways to maintain conditioning and skills while on vacation is important. If your athlete wants to look for the opportunity to train-away or visit an Open Gym at a USAG member facility, we simply suggest that you choose wisely (look for well-reviewed facility) and remember the same Open Gym participation guidelines will also apply.

PUNCTUALITY & ATTENDANCE: Make every effort to have your gymnast to practice ON TIME. If you're going to be late or need to pick up early, please notify the gym. Athlete training hours are set and non-exchangeable. Notification is required if your athlete will be missing practice for any reason.

ILLNESS & INJURIES: If your gymnast is injured, do not assume she cannot practice. In most cases, gymnasts can continue practicing with modified workouts including stretching, conditioning, flexibility and whatever else is possible while recovering. The less time out of the gym, the better. **Remember that seven days without gymnastics makes one week.** If your gymnast is seen by a doctor for an injury that requires her to be absent from gymnastics, a doctor's release must be provided to the gym for your athlete to return to practice. Medical releases are to be turned into the front desk.

HEALTHY ATHLETES: One of the most important things you can do to support your child's development as a competitive athlete is to encourage her to have a healthy and well-balanced diet. Did you know that athletes require more protein and carbohydrates than non-athletes? We encourage you to research proper nutrition guidelines for athletes to provide your athlete with fuel for before during and after training and competition. Athletes also require plenty of REST and RECOVERY – making sure that your young athlete has time to sleep is as important as making time to train.

Here are few online nutrition resources suggested by USAG (we'd love it if you would share your favorites with us too): Fueling the athlete

<http://www.usagymparents.com/wp-content/uploads/HealthySnacks.pdf>
<http://www.usagymparents.com/wp-content/uploads/HealthyFuelHealthyAthlete.pdf>

SPECTATOR BASICS: Please remember that during training and competitions, parents and spectators are not permitted to enter the gym floor area for any reason. Feel free to leave (we mean this in the nicest way possible) ... it is not in the best interest of your child to sit through every lengthy practice... in some cases, it adds unnecessary pressure to your athlete and can be detrimental to her progress. If you need to reach your child during practice, please call the gym - gymnasts are not permitted to use personal cell phones during practice hours without permission.

RECORDING FOR POSTERITY: We agree that documenting your athletes progress is a great way to support them but we do ask you to remember that flash photography and video spotlights are prohibited during all practice and competition times for the safety of all gymnasts and coaches.

PARTNERING WITH YOUR COACHING STAFF: Abstain from “coaching” your child at home. Parents who make technical corrections create a conflict between the gymnast and coach. It is imperative that gymnasts do not question her coaches. Avoid speaking negatively about your child’s coach. It greatly affects your gymnasts training and progress. It also demonstrates that you don’t trust her coach and, therefore, becomes a learned behavior that is mirrored back to the coach by your child. If you have an issue with a coach – please schedule a one-on-one to discuss it. Additionally, we ask that a 24-hour cool down period be observed if you or your athlete are feeling particularly emotional or upset about a situation that happened during a competition or practice. Please do not confront coaches on the floor at competitions or at practice in an inappropriate manner. A Parent-Coach team that is working together to help your child reach her goals is our ideal partnership at All Star!

AVOID THE RUMOR MILL: Team parents are expected to be advocates of the gym and its coaches. Please set a good example to other parents and more importantly to your child. Please bring any concerns directly to customer service and they will make sure to provide the information to our Program Director. There is never a positive outcome from gossiping and it can only cause harm to everyone involved.

PARENT CLUB: We do encourage the families of our Team to maintain an active “parent club” to support the Team and provide an independent communications hub. Throughout the year, we will offer options for parent club coordinated support of events and fundraisers that can benefit our Team athletes. While we can offer guidance to this unofficial organization, All Star Gymnastics does not take on the responsibility of managing the leadership and/or finances of the Parent Club.

LOVE IS ALL THEY NEED: A gymnast needs their family to provide positive encouragement, support, and unconditional love. Children need to feel this acceptance when they are victorious, and even more so when they are defeated. Gymnasts need to be able to take chances, whatever the result. Let your child know you believe in them and their abilities. Every gymnast and situation is different. Please view your child as an individual, and refrain from comparing your child to other gymnasts. When the tough times come (and they will) find something positive to focus on.

Resources for parents of athletes:

<http://www.usagymparents.com>

http://devzone.positivecoach.org/browse/?f%5B0%5D=im_field_pca_principles%3A108

<https://usagym.org/pages/education/safesport/parents.html>

Competition Season Basics

SCHEDULING: There are two Competition seasons that run approximately August thru November (Fall Season) and January thru April (Spring Season). J.O. athletes are required to compete in the Fall Season and may also compete in the Spring. XCEL athletes will compete in the Spring. A tentative meet schedule for the Fall Season will be available early July and for the Spring Season in early October. The tentative schedule will list the competition weekends and expected meet locations. Participation in all scheduled competitions is required – the Program Director must approve any exceptions. Only coaches can determine the competitive readiness of the athlete. Coaches reserve the right to “scratch” any child from a meet or event at any time prior to or during a meet.

Each level will be assigned a “session” by the meet host. Each session lasts approximately 4-5 hours. You are not required to be there the entire meet weekend. We will ask you to arrive 30 minutes prior to the start of your athlete’s schedule warm-up for her session and to plan to stay through the end of the Award presentation. Final information regarding your gymnast’s session is usually not available until two weeks prior to the actual meet date. Please do not call the host gym for meet information. Once we receive the final confirmed schedule from the host gym, an e-mail will be sent out to notify athletes and their families of arrival and competition times.

Travel to and from competitions is the responsibility of the athlete’s family – we cannot coordinate travel for athletes. When warranted by the schedule and/or location, we may provide Hotel suggestions in our competition information but we do not require that you use our suggestion when booking for overnight convenience.

ADMISSIONS: We encourage fans to attend the meets! Note: each competition will have an admission fee for spectators. The fee typically ranges from \$5-\$15 per person – discounts for seniors and children are often offered by the host gym. Athletes do not pay meet admission fees – their entrance is covered with the meet registration. Most admissions tables only accept cash so be prepared. Meets that take place in major cities may also have separate parking fees. We will try to notify you of all expected fees when we send out the confirmed competition schedule.

SCORING & AWARDS: Athletes in every session will be divided into competition age groups. These age groups differ from competition to competition based on the total number of enrolled athletes. Athletes will receive a score after they perform for the judges at each of the 4 events. The fixed scoring rubric is out of a possible 10 for each event. The combined scores are the athlete’s All Around (AA) score. For most competitions, you can follow scores online “live” during the event at meetscoresonline.com. Should you have questions regarding your child’s scores please speak privately with their coach. There are many factors that are involved in scoring each gymnast.

At the end of each session, the host gym will present awards. Typically, medals are awarded to the top 50% in each age division for AA and each event. Team awards are usually presented at the end of each session at the discretion of the meet host. A team must have 3 or more athletes in a level and/or session to be eligible for a team award. The team score is determined by their 3 highest AA scores in that Level and/or Session.

DIVISION, REGION, CHAMPIONSHIPS: We are members of the NorCal gymnastics State Division. The meets we register for will all be USAG sanctioned “qualifying” events so the scores earned at these events may earn your athlete an opportunity to compete at a State competition. Our Division holds California State Championships for Levels 3-5 during the Fall Season and XCEL levels during the

Spring Season. NorCal is a member of Region I for USAG. Regional championships are held for XCEL levels Silver-Diamond in the Spring. Qualification requirements for State and Regionals may vary by year and differ by level depending on USAG required qualifying scores.

We would like all gymnasts and families to know that qualifying for any Championships are a huge accomplishment that we hope all our gymnasts achieve. Should you qualify to represent All Star Gymnastics at any Championships, we request that you be proud, yet humble, about your achievement and be respectful toward the rest of your Teammates. Should you not qualify, it does not mean that you are not a great gymnast, or that you won't qualify in the future.

Competition Day – Athlete Instructions

WHAT TO WEAR: Gymnasts need to arrive with their competition leotard on under their warm-ups. Hair needs to be up in a slicked back ponytail OR bun. If your ponytail falls past your shoulders, then a bun is needed. Braids, twists, and other hair designs will be just fine, as long as hair is still pulled back and sprayed into either a bun or ponytail. NOTE: Please make sure your undergarment choices are not visible when wearing your leotard (bra straps etc) and remember, no fingernail or toenail polish - these are deductions easily avoided. Flip-flops or slides are the preferred footwear for competition days.

WHAT TO BRING: All gymnasts should arrive with their gym bags. Please make sure you have 2-3 healthy snacks, water, and any gymnastics accessories you may need: i.e.: grips, tape, pre-wrap, extra hair ties, etc....

CHECK-IN: Gymnasts are to arrive at the meet venue CHECK IN TIME which is usually 30 minutes prior to warm-up. We ask you to have your gymnast there at this time to allow for the gymnasts to check in, parents to pay admission, pick up your meet gift, use the restroom, familiarize yourself with the venue, and find seating. Gymnasts should find their Team and sit together. Your coach will be there a few minutes prior to the check in time and will pick up the gymnasts slightly before the STRETCH TIME and take them into the competition area where they will begin their warm up.

ENTERING THE COMPETITION AREA: Gymnasts may only enter the gym with their coach at their listed stretch/warm-up time. You may not leave the gym area for any reason other than to use the restroom, in which you must ask permission. You may not interact with spectators during the competition unless you have been given permission by your coach.

BEHAVIOR AND SPORTSMANSHIP: Gymnasts are expected to present themselves in the highest standard. Be courteous and respectful, not only to your own Teammates and coaches, but to ALL the competing gymnasts, their coaches, parents, spectators and judges. You are expected to watch and support all of your Teammates. Your attitude and how you carry yourself is important. When you make a mistake, and you will, you must learn to pick yourself up and move on before it affects your other events, or your Teammates' performance. Negative attitudes, hysterical behavior, arrogance, and offensive gestures or comments are unacceptable and do not represent All Star Gymnastics in a positive manner. This type of behavior will not be tolerated and you will be removed from the competition immediately. Being a member of the All Star Gymnastics Team is an honor and should not be taken for granted.

AWARDS CEREMONY: After competing, athletes will be escorted to awards and seated as a Team. Gymnasts must sit with their Team throughout the entire awards ceremony – we encourage all athletes to be attentive and respectful. Families may check-out their athlete after the ceremony. If an athlete is to be checked out of the meet by anyone other than the parent who brought her, it must be communicated to the coach at check-in. Please make sure to notify the coach when you are checking out your athlete after the awards ceremony.

SUPER IMPORTANT SPECTATOR RULES FOR COMPETITION

get at 10.0 Fan Score by adhering to the following

USAG Rules state that parents and spectators are NOT PERMITTED in the designated gym competition area for any reason. Defying this rule can result in disqualification of the gymnast and even the Team!

NEVER APPROACH A JUDGE OR MEET OFFICIAL before, during, or after a meet (via phone, emails, or social media). Questions or concerns can be answered by your coach.

NO FLASH PHOTOGRAPHY is permitted at USAG sanctioned competitions. This is for the safety of all gymnasts. Please turn off all flashes on phones, cameras, etc. before the meet begins. Judges and coaches will stop a meet to reprimand anyone disregarding this rule.

Please remember... Gymnasts must stay with their Coach and Team at all times during the meet. Gymnasts are not permitted to interact with parents, siblings, or spectators throughout the entire competition unless provided permission by their coach. Parents should refrain from distracting their children during competitions.

Sportsmanship is something we expect from our athletes as well as all their family members. We ask that family and fans carry themselves in a respectful way, win or lose. Please be aware of your surroundings as everything you say and do directly reflect you, your child, and All Star Gymnastics. Please do not speak negatively about other athletes, gyms, coaches, judges, etc. Behavior that is negative, aggressive, arrogant, etc. is considered inappropriate. Warnings will be given for first offenses. Ongoing or extreme cases may jeopardize your gymnast's current and future membership with All Star Gymnastics.

We do encourage Team Support and Cheering each other on and we love for our families to show Team unity by wearing All Star Gymnastics clothing to competitions and events. Spirit wear can always be purchased and ordered through the All Star Gymnastics Pro Shop.

Go All Star!

Competitive Program Enrollment Policies

FINANCIAL AGREEMENT: A signed financial agreement and a credit card on file will be required for participation in any competitive season. The financial agreement will include the following: “If at any point my account becomes past due, the amount required to bring my athlete’s account current may be charged to the credit card I have provided to All Star. If my account is past due my child/children may be put on Financial Suspension in which I will have 30 days to bring my account current or my child may be dropped from the All Star Gymnastics Competitive program. Should my child leave the program for any reason the balance for fees detailed in this financial agreement will remain my obligation until completely paid off.”

PRACTICING WITH TEAM: Team practice times are for competitive athletes only. It is the All Star Gymnastics policy that if a child chooses that they no longer want to compete then they can no longer practice with our Competition Team. The only exceptions to this rule is if the coaches feel that a child is not ready to compete, or if a gymnast is injured to where her workouts are limited until her injury subsides and she is ready to compete again. Take into perspective that gymnastics is a competitive sport; therefore, not attending competitions is the same as signing up for basketball and sitting on the bench during the games. There are many reasons a gymnast may decide to take a break from gymnastics. We are here to help with any transition they may need.

WITHDRAWAL: A 30-day written notice is required for withdrawal from this competitive training program. Tuition is non-refundable but may be applied as a credit should the withdrawal date fall prior to pre-paid tuition accounting. All non-tuition season fees agreed to in your financial agreement are non-refundable and remain a contractual obligation regardless of withdrawal date. If an athlete withdraws prior to the season’s end, client may be eligible for a refund of any individual registration fees that All Star may be able to retrieve however, no guarantees are made that any amount of competition fees will be refundable.

COMMUNICATIONS: At All Star Gymnastics, we strive to keep an open line of communication and to make sure our families are up to date on what’s happening. All Team families should have a current email on file as we send out monthly tuition payment reminders, important information, and upcoming deadlines. Please notify us whenever you have a change of contact information. If you are not receiving our emails, please check your customer portal to confirm all the information is accurate.

Should you need to speak with the gym or your child’s coach(es), please use the All Star Gymnastics email or phone number. Notifications that must reach your child’s coach quickly outside of regular business hours should be emailed to info@allstar-gymnastics.com. Please do not call or text coaches on their personal cell phones for anything All Star Gymnastics related – this violates our company’s communications policy.

Gym Phone: (530) 622-7684

Gym Email: info@allstar-gymnastics.com

Program Director: cfrazier@allstar-gymnastics.com

Website: www.allstar-gymnastics.com