

Team Policies

Parents

- Have tuition in by the 1st of every month
- Make sure girls are on time for practice
- Communicate with coaches and staff in a professional and respectful manner
- Know competition schedule and be prompt with competition times
- Keep up with USAG Yearly Membership
- During competition parents are expected to act polite and courteous to all staff, coaches and judges
- Be positive and supportive of your child and all team members at all times



Attendance

Please do not miss any practices. It is strongly recommended to attend practices with your designated group to perfect skills

Dress Code

- Must wear leotard to practices and team leotard for competition
- Hair must be worn up and pulled back out of face
- No jewelry. Small studs one in each ear is allowed
- No socks or shoes

Refunds

There are NO refunds, unless special circumstances. Management staff will make the final decision.

Gymnast Obligations (For Competition)

1. Obtain USAG Member #
2. Follow the USA Gymnastics Code of Ethics
3. Be present at the site of the meet for sufficient warm-up
4. Obey warm-up regulations, rotation schedules and conform to the regulations of the meet
5. Present herself in the proper attire. A deduction for inappropriate attire will be applied for any infraction
6. NO underwear (including sport bras) should be exposed
7. Accept the received score without criticism or comment
8. Be courteous, respectful and polite to all meet officials, coaches, hostesses, competitors and associated persons, teammates



USAG Athlete Membership

A. Athlete Membership is effective once a USA Gymnastics Athlete Member number has been assigned to the athlete.

B. Athlete Member Numbers are assigned only after:

1. Payment of \$54 in full is received. There is a \$5 discount when membership is processed online.
2. The Athlete Membership Application form is received fully completed

* Please note, the club is required to keep a copy of the fully completed Athlete Membership application, regardless of registration method.

C. The Athlete Membership is valid for one competitive year, from August 1 through the following July 31.

1. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
2. All Athlete Memberships are automatically null and void each July 31.

D. Membership forms are available online at <http://usagym.org/forms>. Contact: Member Services 800-345-4719 Email: membership@usagym.org.

Gymnasts Rights

1. Compete in the meet if she has met all the requirements for eligibility (entry, score, and age requirements) and is properly entered.
2. Use any of the facilities provided by the meet organizing committee.
3. Use the services of any person connected officially with the meet (i.e. physician, trainer, music manager, etc.).
4. In the case of a tie, expect her award to be mailed to her club address, free of charge, not later than one (1) month after the completion of the meet, if the award is not available at the meet.
5. Expect courteous and respectful treatment from all participants and meet personnel.
6. Expect that the competition site will provide a safe and adequate environment, allowing her to perform to the best of her ability.
7. Communicate with coaches regarding progress and performance



Pre-Team/Team Policies

Mission Statement

- ☆ Build determined, strong, motivated, goal driven gymnasts
- ☆ Support athletes in their pursuit of competitive excellence
- ☆ Encourage Participation in competitive aspects of gymnastics in a safe, fun, and positive environment
- ☆ Represent VeGa Gymnastics in a professional and positive manner

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