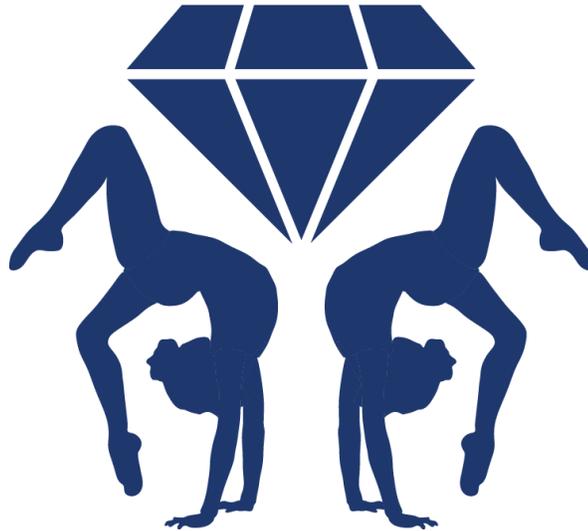


R·E·L



Richard E. Lindner YMCA
Diamonds Gymnastics Team

Parent Handbook
2018-2019

Last revised August 9, 2018

For Youth Development, For Healthy Living, For Social Responsibility

- I. This handbook defines the policies and procedures which govern the management and conduct of the Richard E. Lindner YMCA competitive gymnastics program. These policies have been defined to conform to the established precepts of the YMCA philosophy.
 - A. Specific responsibilities and obligations are defined for the Y coaching staff, the gymnast, and the gymnast's family. Your personal involvement is critical to the survival and success of the program.
 - B. The main purpose of the program is to make gymnastics a positive experience for your daughter with an emphasis on team cooperation and development- not winning. The program is designed to help your child develop as a gymnast and progressively master the necessary skills. Remember, gymnasts will progress at different rates. Success is measured by the individual's own improvement.
 - C. On the last page of this document is a Parent-Gymnast contract that, with your signature, states that you have read, understood, and agreed to the policies set forth in this document.

II. Financial Policy & Monthly Fees

- A. Team participation fees
 1. The Diamonds gymnastics program is funded entirely by participating families. Coaching salaries, meet and travel expenses, organizational fees, equipment repair, equipment purchases, and upgrades are paid for by participation fees and fundraising activities. The monthly fees are reviewed each year by the YMCA Program Director responsible for the competitive gymnastics program and/or head coach and the parent board president, and vice president, if applicable. An annual budget is created and fees are determined based on the number of participants and coaches needed.
 2. The gymnastics fiscal year will run from September 1st to June 30th for the 2018/2019 season. **Once the contract is signed, you are required to pay the monthly fees through the fiscal year.** Starting with the 2019/2020 season, the fiscal year will run July 1-June 30.
 - a) For new athletes on team, there will be a grace period until August 31 at which point they can opt out of the contract.
 3. Team fees must be paid automatically each month by bank account or credit card (Visa/MC/AMEX) unless you choose to pay them in full in the month of September. The Program Director will set up this payment process at the beginning of each fiscal year. If fees aren't paid in full, you pay over twelve months. Your automatic withdrawal can be set for either the 1st or the 16th of the month. The first payment will be in September and the final payment will be in August. (Starting in 2019/2020, this will change the new fiscal year.) The monthly fee covers the direct cost of the program and is part of the YMCA Operational Budget.

4.

	Annual Cost	12 Monthly payments	Weekly hours	Summer hours
Level 3	\$900	\$75	6	8
Level 4	\$900	\$75	6	8
Levels 5-8	\$1140	\$95	7.5	10
Xcel Gold	\$1140	\$95	7.5	10

B. YMCA Membership

1. All gymnasts must have an active YMCA membership at the time the commitment forms are signed. All membership fees must be current, and competition fees must be paid before a gymnast can compete in a meet. No gymnast can compete if her YMCA membership has expired. The YMCA does not allow a gymnast to continue participation if fees have not been paid.
2. For those families whose YMCA membership payments are current, but are having difficulties meeting the gymnastics program payments, assistance may be available from the YMCA. Inquires about assistance may be made to the YMCA Engagement Specialist or Gymnastics Director.

C. Signing fee

1. The signing fee is established to cover the cost of equipment maintenance and new equipment to secure a safe environment for gymnasts, gymnast incentives, and coaches' training.
2. The fee is \$100/family per year due by September 1st.
 - a) A late fee payment equal to \$15 per week will be added to payment due if payment is not received within one week of the specified due date. The late fee portion will be credited to the general custodial account.

D. It is important to realize that this program has long-range goals for the development of the gymnasts and that you are not just paying for a series of lessons. For this reason, please understand that Team fees are a financial commitment for the entire year and therefore, are nonrefundable. In the event that a gymnast decides to leave the program in mid-season (excluding serious injuries verified by physician's documentation or family relocation from the area), the fees will continue to be deducted.

III. Competitions

- A. The competitive season runs mid-October through April. Meets are hosted by teams in our YMCA Network and held in the surrounding area. At each meet, the girls compete four events and awards are given.
- B. Usually meets consist of a warm-up, 3 hours of events, and 1 hour of awards. Two to six teams participate and competition is by age group and level. Gymnasts are required to stay for awards to show respect and good sportsmanship. (Exceptions to this must be approved by the coaches.)
- C. Information pertaining to meets, such as schedules, maps and travel information, will be posted by the team to all competing gymnasts on the team website.
- D. Dress Code
 - 1. Gymnasts must have all finger nail and toe nail polish removed. They may only wear one stud type earring per ear, no other body piercing may be visible, sports bras are not permitted to show unless they match the prominent color of the top portion of the leotard, and shorts are not allowed. During awards, gymnasts are required to stay in leotard and wear complete and zipped warm-ups when going to receive awards.
 - 2. Coaches will review any other competition dress code requirements with all gymnasts prior to the first competition of the year. Coaches will also review the gymnasts' attire and makeup before a meet and instruct if changes are necessary.
- E. Regular season competitions
 - 1. Competition fees
 - a) Fees are assessed for each meet in which a gymnast participates in addition to the program fees. Competition fees are determined by the coaches of the Southwest Ohio Cluster yearly in September. They were set at \$15 per meet for regular 2017/2018 competitive season.
 - b) Each gymnast must sign up and pay for each meet through the acceptable payment methods 3 weeks before the competition. If a gymnast is not signed up or has not paid, she will not be allowed to compete at that meet. Late registrations will not be accepted. Meet fees are non-refundable.
 - c) Gymnasts joining the team on a non-competitive basis will not be assessed competition fees.
 - 2. Schedule
 - a) A list of competitions will be published and distributed for the entire season once it is received from the Southwest Ohio Cluster.
 - b) Individual meet schedules will be distributed approx. 2-3 weeks before the date of competition.
 - 3. Registering for competitions

- a) Each gymnast must sign up no later than 2 weeks before the date of competition. Any gymnast that is not signed up through the YMCA's operation system either at the front desk or on myy.org by the deadline will not be able to compete at that competition.
- b) All competitions will be in the operating system 2 weeks after the competition schedule has been distributed.

F. Qualifying meets

- 1. Unlike regular season competitions, Championship meets and Invitationals will have specified due dates for paperwork as determined by the Head Coach and Gymnastics Director. This information will be distributed to all qualifying gymnasts.
 - a) Districts (all levels can qualify)
 - (1) The Southwest Ohio Gymnastics Network (made up of 10 teams from this area) runs YMCA District Championship Meets. To qualify, gymnasts must compete all-around in at least two regular season meets. Each level has a district meet, usually in March. It is expected that all team members eligible will participate in the District meet.
 - b) Regionals (levels 4-9, Xcel gold only can qualify)
 - (1) Held in April with teams from Ohio, Michigan, Indiana, and Kentucky. It is a meet held over a weekend and may mean traveling some distance. A gymnast must make a qualifying all-around score in competition twice during the season. Last year the qualifying score was an All-Around score of 27 for level 4-9 and 28 for Xcel levels.
 - c) Nationals (all levels can qualify)
 - (1) It is the policy of the Diamonds Gymnastics Team to only take qualifying levels 3-9 and Xcel levels to the YMCA National Meet. The meet is held in late June or early July in various locations around the country.
 - (2) The National committee determines national qualifying scores. The qualifying score must be achieved at one meet during the current competition season. Last season the qualifying All-around score was a 32 for levels 3 & 4, 31 for levels 5-8 and 33 for all Xcel levels.
 - (a) The coaching staff will advise the team if qualifying scores have changed.
 - (3) If a gymnast qualifies and registers as a competitor for Nationals, the gymnast and their families will have the following expectations:
 - (a) Gymnasts are encouraged to attend as many practices as possible two weeks before Nationals

- (b) The gymnast should be at Opening Ceremonies to walk in with their teammates representing REL
- (c) They will recognize that this is a festival type meet and their performance will not produce a National Champion, only a medalist in their session
- (4) A safety-certified coach must accompany any team attending Nationals. Funds for the coaches' travel and salary are included in the annual budget. Should expenses exceed the budget, it may be necessary to raise additional funds via fundraising or gymnast fees. A fundraising event or events may be designated for the payment of team expenses.
- (5) Uniform
 - (a) Each gymnast's family is responsible to purchase any competitor national uniform that is agreed upon, typically a t-shirt.
 - (b) Payment will be due at the time announced.

G. Travel policies

1. The Parent Advisory Committee, in consultation with the coaches, have the responsibility of deciding which meets outside the Network we will attend. This may include Invitationals and National Championship Meets.
2. The cost of hotel rooms and travel is the responsibility of each gymnast's family. The team pays for the coaches' travel, hotel room, transportation and salary for the meet.

IV. Uniforms

A. Fees

1. After gymnasts are measured and uniform pieces are determined for each gymnast, there will be a designated order/payment date. All uniforms must be paid for in full before receiving.
2. Fees can be paid by cash, check, or credit at the front desk. All checks should be made out to the REL Diamonds Gymnastics Team.
3. Please note that payment is your responsibility. Do not hand your payment to a coach. Do not ask a coach to process a credit card payment for you. All payments must be paid either at the front desk or through the Gymnastics Director. Feel free to make payments ahead of the scheduled due date.
4. Should you encounter a hardship in meeting this policy, please contact the Gymnastics Director to discuss payment options.

- B. All uniform items listed below are mandatory for all competitive team members. All are at the gymnast's family's expense. Detailed information will be provided each season.

- C. A representative from our uniform supplier and/or uniform committee will determine the fit and size of each uniform piece needed. For those “in between” a size, the Head Coach or Gymnastics Director will be asked to assist with determining whether the larger or smaller size is ordered. Parents are responsible for the cost of these uniforms and a replacement uniform if dissatisfied with the fit when it arrives.
- D. Proposals will be made to the Parent Advisory Committee if there is a need to change the current uniform, color, style, etc. The Head Coach and Gymnastics Director will design new leotards and present options to the Parent Advisory Committee. (All prices below are approximate based on previous years)
 - 1. Competition leotard (\$127.25)
 - 2. Competition warm-ups (Leggings \$18, Jacket \$62)
 - 3. Competition bag (\$20)
- E. Used uniforms
 - 1. Used uniforms will be handled separately. Used uniform eligibility for reuse will be determined by the uniform committee during sizing. Payment is made directly to the seller by the buyer.

V. Parent Participation

- A. The success of this team and other YMCA programs depends on involvement of the members. The parents' organization is responsible for funding the team, performing administrative duties, and assisting the leadership staff of the YMCA. Parents are expected to assist at home meets and support the program through their financial responsibility. Our success cannot be achieved by parents simply dropping off their gymnasts at the YMCA door.
- B. Home Meet
 - 1. It is understood that one of the benefits of joining the Diamonds gymnastics team is for the gymnasts to be able to compete. In order for this to be possible, the YMCA's in the Network host meets throughout the season. It is impossible to put on these meets without the total commitment and involvement of that team's families. Not only do these meets benefit the gymnast, but also they are a major fundraiser for the team and are therefore designated as a required fundraiser. It is understood that the Diamonds host at least one meet per season.
 - a) The Meet Director(s) and Meet Chair Positions (such as Scoring/Awards, Non-food Sales, Concessions, Coaches'/Judges' Hospitality, and Gymnast Hospitality) are assigned prior to the event. The Meet Director(s) reports to the Parent Advisory Committee. The Meet Director(s) and Chairs will meet sometime prior to the scheduled Home meet(s) to begin organizing the meet and creating assignments.

- b) A meet assignment sheet will be distributed via Signup Genius at least two (2) weeks prior to the home meet. All meet responsibilities will be listed along with the expected number of hours required.
 - (1) Each family must select a meet assignment(s); openings are filled on a first come basis. Certain “in the gym” assignments may be first filled by team members at the discretion of the coaching staff. This sheet will remain posted until one week prior to the meet. Families who do not choose a job will be assigned one or more by the meet director or chair. The Meet Director may need to reassign a volunteer based on need and availability. Volunteers will be notified of their assignment(s) prior to the home meet. In addition to an assigned responsibility, each family is required to have at least one adult family member available during the entire setup or breakdown processes.
- c) Home meets typically last all day Saturday and the Friday night before for set up. We understand it is a huge commitment, but it is one weekend out of the year. Every effort is made to free up family members during their gymnast’s competition time to enable them to watch.
- d) Participation in meets hosted by the team is required of all families. Therefore, if there is not a prior excused absence approved by the Head coach of Gymnastics Director, a \$100 fundraising fee will be charged and must be paid before their gymnast may compete in the next scheduled meet.
 - (1) If you know you will not be able to attend due to a prior commitment, please notify the Meet Director(s) as soon as possible. There are numerous tasks that can be done prior to the meet that would fulfill your family obligation.

VI. Fundraising

- A. All monies raised will be kept in the team’s custodial account.
- B. Fundraising requiring volunteer participation will follow the same protocol as meets. Event assignment sheets will be posted via Signup Genius; jobs may be selected or will be assigned. Specific plans for fundraisers will be discussed at the advisory committee meetings.

VII. Practice Policies & Information

A. Dress code

1. Leotards must be worn. Spandex shorts and pants are permitted over leotards. Practice leotards are available for purchase from the team throughout the year.
2. Non-spandex shorts, t-shirts and sweatshirts, etc. are not permitted.
3. Hair must be properly secured. If hair is longer than shoulder length is must be in a ponytail or braid at practices and meets. Bangs should also be secured.
4. Jewelry (rings, watches, ankle bracelets, etc.) may not be worn in practice or meets with the exception of one pair of stud type earrings.
5. Water bottles, grips (grip bag), wristbands and necessary braces are required in the gym during practice. Gymnasts requiring tape are responsible for bringing their personal supply. The team will supply tape for incidents that occur during practice as a temporary solution. Please ask a coach if in doubt as to whether an item may be used during practice.
6. Cubbies are located in the gym for gymnasts to store their belongings during practice.

B. Schedule and Attendance

1. Practice schedules may vary from year to year depending on the number of participants and coaching staff.
2. School year practices - gymnasts typically have 3 scheduled practices per week (August -May).
3. Summer practices - gymnasts typically have 4 scheduled practices per week (May-August).
 - a) Summer practice schedule is published in May. During the summer months, practice time is increased and may be different than the days and times your gymnast practiced during September-May.
 - b) All summer practices are essential to prepare for the regular season. The summer is a time for building strength and adding new skills. Extended absences during the summer season may delay a gymnasts progression to a higher level at the start of the next competition season. However, we recognize that the summer is a time for special activities and vacations. Gymnasts are expected to make every practice possible to maintain strength and refine their skills. A vacation conditioning schedule is available from the coaching staff.
4. Breaks - Gymnasts will have breaks in their practice schedule during the Holiday seasons (Christmas, Thanksgiving, New Years, Easter, Memorial Day, Labor Day and July 4th). The days off will be determined according

to the competition schedule and announced when the competition dates for the season are known. Additional days off will be identified at the discretion of the coaching staff.

5. Gymnasts are expected to attend all regular practices on time. The coach must be informed in advance of any known absences, late arrivals, or early dismissals so they can plan appropriately. Please use the contact information on the team roster to contact a coach in the event that your gymnast must miss a practice.
 - a) If your daughter is absent from school due to illness, she should not come to practice. This also applies to the week of a meet as health and safety is paramount.
 - b) If a gymnast misses a practice, it is their responsibility to check the family folder and the team website for notices and information updates.
6. Gymnasts must remain in the gym during scheduled practice times, unless excused or otherwise directed by the coaches. Should a gymnast need to leave practice early, a parent should text or email their gymnasts' direct coach. For gymnasts 12 and younger, gymnasts must be picked up by their parent in the gym. This is for the safety of the girls.
7. Gymnasts may miss up to one of their scheduled practices the week of a meet. Make-up practices are not offered. If gymnasts will be missing more than one practice, please talk to their coach directly to determine if they will be allowed to compete.

C. Injury Policy

1. Finances
 - a) If a gymnast misses more than one month due to an injury that is verified by a physician's note, fee payments will not need to be paid starting the second month of absence. Gymnasts will not be allowed to return to practice until they have received a physician's note clearing them at which point payments will begin again.
2. Attendance
 - a) If a gymnast sustains an injury during the season, it is still the expectation that they will be at practices (with the exception of severe injuries). It is critical for gymnasts to use this time to condition the rest of their body and to make transitioning back as easy as possible. Any instructions from a doctor or physical therapist should be given to the coaching staff so they may help facilitate the healing process.
3. Minor injuries during practice
 - a) If a minor injury occurs during practice, first aid will be administered. (i.e. sore ankle, stubbed toe, sore wrists, slight sprains, etc.)

- b) If a gymnast accepts or requests ice, a coach will contact their parent(s) and an incident report will be filled out.
- c) Coaches will use their best judgement to give the gymnast and the injury to determine whether or not they will be give the option to return to practice. Gymnasts will never be required to return to practice after an injury.

D. Discipline Policy

1. Gymnasts, Coaches, and Parents are expected to behave according to the YMCA Member Code of Conduct and the core values of honesty, caring, respect, and responsibility during practice, at meets, and everywhere within the Y. The Diamonds gymnastics program goals include teaching the habit of discipline and respect as a part of each child's gymnastics experience.
2. A discipline policy has been established to deal with a gymnast's unacceptable behavior in the gym. When the actions or attitudes of a gymnast are disruptive to the development of the team, disciplinary action will be taken according to established policy guidelines.
3. Violations of the discipline policy are the judgment of the coaching staff.
4. Conduct from a gymnast which will not be tolerated and may result in disciplinary actions includes, but not limited to:
 - a) Disrespect of coaches and/or teammates
 - b) Repeated practice disruptions
 - c) Failure to respond to a reasonable request by coaching staff
5. When an unacceptable behavior occurs, the coach will initially talk to the gymnast and parents when necessary to try and resolve the problem. When this is unsuccessful, the following steps will be taken:
 - a) The gymnast may also be asked to end their practice for the day, and their parent may be contacted to pick them up from practice at that time. The first offense deemed necessary of disciplinary action by the coach results in a sit down meeting with parent(s) and gymnast. The conversation will specify the nature of the misconduct subject to disciplinary action and any additional comments by the coach.
 - b) On the second offense, the child is suspended from gymnastics program activities for a minimum of (1) one week. No further participation is permitted in any practice or scheduled meet until the Gymnastics Director and Head Coach meet with the parents and the gymnast.
 - c) The third offense brings an indefinite suspension to the gymnast. No refunds will be issued to the family.

E. Observation Policy

1. Due to the limited space in the training facilities, all team practices are considered closed practices; i.e. parents and guests may not observe

their gymnast(s) during practice. The Head Coach reserves the right to open practice for observation and will notify families accordingly.

VIII. Mobility (Level progression)

- A. Gymnasts are evaluated throughout the year by the coaching staff to determine their readiness to move up to the next level. Many factors determine a gymnast's readiness. These factors include all-around scores, strength, flexibility, and consistency in completing skills safely.
- B. It must be acknowledged that some individuals have a faster learning curve for the complex skills inherent in the sport, and thus may advance to the next level at varying rates. For this reason, it is essential that the evaluation process focuses on the individual gymnast's qualities, and not on the performance of teammates and competitive peers.
- C. Of equal importance is the ability to conquer fears, which may be associated with the learning of a new skill. A positive mental attitude and a willingness to follow coaching direction are necessary to advance past the performance plateaus, which may halt a gymnast's progress.
- D. Skill levels are defined for each level and event. In the judgment of the coaching staff, these skills are required for a gymnast to compete safely and successfully. The coaches' evaluation of these skills will be based on the criteria listed below. The coaches will evaluate each individual gymnast to determine whether or not she is ready to move into the next competitive level.
- E. We are a competitive program, and in order to maintain a consistent expectation for each level, we have established a list of skills that a gymnast must be able to do in order to be considered eligible to compete at a certain level which will be made available to the gymnasts at the beginning of each season. These are standards for the REL program, not that standards according to the Network, Zone, or other organization. These should be attainable goals for any gymnast that is at the level listed. These skills are the basic skills that define each level. If a gymnast is unable to perform several of these skills, they are most likely not ready to compete that level.
- F. Gymnasts will compete all four events at competitions. At the coaches discretion, they will omit any skills that they are not consistently performing safely prior to competition. This will be evaluated on a regular basis.
 1. Coaches are always available to discuss concerns regarding your gymnast's progress and enjoyment of the sport. Please schedule a meeting with the coaches outside of scheduled practice time.
- G. Advancing to the next level is up to the coaches discretion based on each individual gymnast's readiness. The factors to determine readiness are all-around scores throughout the season, strength, flexibility, and the ability to consistently perform skills for the next level.
- H. The gymnast's competitive age group is determined by their birth date/age on the date of the meet. Age groups are subject to change meet to meet depending on

the size of age groups. The minimum age for competition is 6 years old for level 3, 7 years old for level 4, 8 years old for level 5, and 9 years old for optional levels.

IX. Parent Advisory Committee & Duties

- A. The Parent Advisory Committee is currently comprised of the Chair, Co-chair, Treasurer, Communications Coordinator, Recording Secretary, Event Coordinator, and Parent Level Representatives (usually one from each level). Open positions are presented in May and nominations are accepted for open positions. Positions are elected by a majority vote of parents. If there is only one volunteer for an open position, there need not be a vote. The term for each office is two years. After serving for two years, nominations are open for that position. If there is more than one nominee, a vote will take place. If there are no volunteers and the current person wishes to continue, the Parent Advisory Committee will vote to keep that person or not. The primary duties of the officers are outlined below; other responsibilities may be identified as the gymnastics program grows. This does not preclude any parent with an interest in the team's activities from volunteering to serve in a capacity for which you may have a special interest or talent. Please feel free to contact any member of the board with suggestions to enhance the program by your participation.
- B. Typically officers serve from August 1 through July 31 the following year. New members will be invited to the June meeting. Committee members are expected to attend these meetings. However, all parents are welcome at these meetings. Committee meeting dates and times for the year will be established on a monthly basis taking into consideration the Gymnastics Director and Head Coaches' availability. The Committee Chair along with the head coach reserve the right to cancel the meeting post an email meeting or set an additional meeting as needed.
- C. Positions
 1. Chair
 - a) Liaison with the YMCA directors and coaching staff of program goals and direction.
 - b) Organize and conduct parent and committee meetings.
 - c) Update the parent handbook.
 - d) Conduct nominations and balloting for officers.
 - e) Develop the annual budget with the YMCA Gymnastics Head Coach and Director.
 - f) Act as a liaison between parents and the coaching staff if issues arise.
 - g) Issue an agenda prior to each board meeting.
 2. Co-Chair
 - a) Assists the Chair with duties listed above as needed.

- b) Acts as the Chair in his/her absence.
 - c) Reviews minutes for accuracy.
 - d) May take the Chair's position once the current Chair's term is up.
3. Treasurer
- a) Report the ledger status to the committee on a regular basis.
 - b) Oversee and track the accounting of Team Custodial Fund.
 - c) Handle billing/collection of meet fees.
 - d) Oversee and track the accounting of family accounts.
4. Fundraising Coordinator
- a) Solicit ideas for fundraising activities and present to board for approval.
 - b) Organize and coordinate planned events with designated chairpersons for individual events. Interface with YMCA staff and other REL programs to coordinate fundraising activities.
5. Recording Secretary
- a) Take minutes at the general and committee meetings and submit to Co-Chair for review.
 - b) Post minutes to the website after Co-Chair approval.
 - c) Assist with sending out thank you cards as requested by Head Coach or Gymnastics Director.
6. Communications Coordinator
- a) Liaisons with the YMCA Program Director, Coaching Staff and Advisory Committee for updates to the team website and produces event sign up using online technology.
 - b) Maintains and updates calendar on website.
 - c) Compiles weekly e-mail and posts to website.
 - d) May act as central point of communication for team activities and events.
 - e) Maintains website
7. Event Coordinator
- a) Organize team building events and/or coordinate planning with individual event chairs
 - b) Communicate plans to the advisory committee.
 - c) Provide Communication coordinator needed information to send out SUG
 - d) Events include, but are not limited to, pool party, mock meet, home meet, decorating party, holiday party, recognition ceremony and sleep-over
8. Parent level representatives
- a) Responsible for follow up calls to families at that level when necessary
 - b) Help with organizing of team outings, christmas party, coaches gifts, end of year banquet

- c) Prepare a level Goody Bag for Championship meets
- d) Help provide information to team families
- e) Help coaching staff or Chair with any other activity as the need arises

X. Communication

- A. Email - The most efficient way to communicate in the organization is through email. This will be used as our primary means of communication. We ask that every family provides us with an active email account to receive updates.
- B. Team website (www.reldiamonds.org) - this site contains information and holds team calendar. Meet information, directions and other event information can be found on this website. If you would like to communicate anything to the team via the Diamonds website, please contact the communications coordinator.
 - 1. Password can be obtained by contacting the Communications Coordinator
- C. All-parent meeting
- D. Family folders - the team has family files that are found in a rolling cart located inside the coaches' office. Check the individual folder for your gymnast after each practice for distributions that you won't find on the website.
- E. Remind Me - Each family should sign up for Remind Me to receive important email and text messages. Examples of Remind Me messages include practice cancellations, time changes, paperwork reminders, etc. Please make sure your numbers are the best way to get messages to you.
- F. Sign up Genius - This is the current tool for announcing team events and when volunteers and donations are needed. Please make sure you are receiving emails from Sign up Genius.
- G. Social Media - Critical information will always be sent out via the methods listed above. However, things such as pictures and videos from competitions or team outings will be posted on social media. For social media accounts, you must be a member of the team in order to view contents.
 - 1. Instagram - reldiamonds

XI. Miscellaneous costs

- A. Spirit wear
- B. Grips, as needed
- C. Private lessons
- D. Floor Music and choreography - optional levels only
- E. Tape & braces, as needed

XII. Special Events/ Team building

- A. Recognition Ceremony - at the end of each competition season, a recognition ceremony is hosted to celebrate the accomplishments of each gymnast. This is typically held in May.
- B. Team overnight - November
- C. Norwood Parade - July



Family Commitment Form

(Due August 20th, 2018)

We, the parents/guardians of: _____

have read and understood all the policies, fees and processes outlined in the Richard E. Lindner Diamonds Gymnastics Team Parent Handbook for the season of 18/19. Furthermore, we have agreed to these policies, fees and payment plan, and procedures. We have also spoken to our daughter/s about any relevant information that pertains directly to the Gymnast(s) which includes, but is not limited to, practice schedule, disciplinary policies and required skills needed for competition.

Signed: _____

Date: _____

Signed: _____

Date: _____

Gymnast Signature(s):

Please sign and detach and put in Director's folder located in the office. Thanks.

Note: At least one legally responsible adult must sign.