

# TEAM HANDBOOK 2020-2021



## *Team Policies* *Competition Policies*

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# Team Policies

## 2020-2021

- Practices are **MANDATORY** for all athletes. Team Members need to maintain good attendance during their off season and competitive season. Athletes are required to attend all practices the week of a competition. Your child's progression and success depends on their attendance.
- If your athlete needs to miss practice for any reason please inform coaches.
- Athletes need to be at practice on time and ready to go. Warm-up, stretch, and conditioning are very important parts of practice.
- Any privates held by a coach that is not your athlete's coach should be approved by your athlete's coaches. This is to ensure that they are working on and practicing the correct technique that we require during regular practices.
- Dress Code: Up to each team head coach to decide what to wear. AAU girls gymnastics & USAG girls gymnastics team are allowed to wear leotards & spandex shorts. T&T Team are allowed to wear fitted cloth during practice.
- Athletes are responsible for bringing all personal belongings including their grips, tape, and braces.
- There will be no cell phone usage inside the gym area unless there is an emergency situation or special permission is given. When athletes are icing or rehabbing, cell phones will not be allowed. If gymnasts need to contact their parents, they should ask for permission from their coaches first.
- Disrespect will not be tolerated by any member of Flip Force Gymnastics. All athletes will treat coaches, other staff members, judges, and parents, as well as each other with the upmost respect. Parents and guardians also need to show respect to coaches, staff members, athletes and other parents. Inappropriate language, bullying, talking back, and arguing will not be tolerated by anyone.

Please note that any behavior that jeopardizes the safety or well-being of an athlete will not be tolerated.

## **Competition Policies 2020-2021**

- **All in state competitions are mandatory. Exceptions to this policy would include: a sudden illness/injury or death in the family. A letter from your doctor must be provided in order to receive a refund from the host club; depending on their policy. You will still be responsible for coaches fees.**
- **Leading up to competition, athletes are required to practice their skills/routines up to the coaches' standards. If the skill/routine is not performed consistently the gymnast will scratch that event at the competition. If it is not being done during practice, it will not be done at meets. This is for the safety of the gymnast.**
- **Athletes are responsible for transporting their own belongings including all necessary equipment such as grips, wrist bands, tape, etc.**
- **To ensure safety and a focused atmosphere, athletes should remain on the competition floor. Athletes are required to stay with their coach at all times, unless told otherwise.**
- **Parents must stay out of the warm-up and competition areas. Seating will be provided for family and friends at each event. It is important that the coaching staff has the athletes' undivided attention. During GGI it is imperative that even if you are working during your athlete's session and on the gym floor, that you are not distracting the athletes.**
- **Athletes should stay at the event until the conclusion of the competition and awards. This shows wonderful team sportsmanship.**
- **Nail polish on fingernails or toenails are not permitted during competition. Only AAU & USAG Girls are allowed one pair of small stud earrings and there is to be no other jewelry/bands worn. Remember, if a Judge sees these things, there could be a deduction in the gymnast's score.**
- **Hair must be pulled back neatly and out of the athlete's face.**

- Coaches have the option to cancel practice on Monday after a meet weekend.
- Athletes and Parents are representing Flip Force Gymnastics at all times. As members of the Flip Force Gymnastics Team it is imperative that everyone has the highest level of sportsmanship and good character towards all athletes, coaches, parents, and judges.

## Payment Policies 2020-2021

- All team parents must create a team account with the following link:  
<https://app3.jackrabbitclass.com/regv2.asp?id=541979>
- This account is for team purposes only and is handled separately from Flip Force Gym, LLC. The sole purpose of this account is to collect fees owed for meets, uniforms, coaches fees, etc. We, Flip Force Gym, have the right to update any policies at any time.
- An athlete's team account and Flip Force Gym tuition account must be current in order to be registered for any upcoming meets.
- Uniforms will not be ordered without prepayment by the deadline.
- Meet refunds due to illness, injury, etc. are not guaranteed as each meet has different refund policies.
- All Athletes must be registered with either USA Gymnastics or AAU and pay the required state head tax.
- Any returned check will result in a \$35 fee on your account.
- Payments made after normal banking hours on the day of a deadline will not be counted as on time. Sufficient time is needed in order to deposit any payments made.
- You may logon to the team parent portal to see fees and payments with this link (only after you have completed the registration link above):  
<https://app.jackrabbitclass.com/jr3.0/ParentPortal/Login?orgID=541979>

- **Accepted forms of payment are cash, check, or Zelle.**
  - **To pay by cash or check: Please place your payment inside the team payment box outside of the office.**
  - **To pay by Zelle: Send payment to [flipforcegym@gmail.com](mailto:flipforcegym@gmail.com)**
- **Any account questions, please contact the office by email.**