



BIG ROCK
Gymnastics

BIG ROCK GYMNASTICS

XCEL TEAM

Ages 5--16

Season: June- May

SEASON 21

ABOUT US



BIG ROCK GYMNASTICS," BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in Big Rock Gymnastics and our competitive gymnastics program. We are excited that you are considering joining us in Season 14. No matter the age or skill level of your child, we have a program that can meet your needs! Dynamite Cheer opened in 2008 with a reputation for excellence.

NEW IN SEASON 21

- New Payment Options to Meet Everyone Needs
- Gold and Platinum are REQUIRED to take advanced tumbling on Fridays



SAME GREAT OPTIONS

- Friday tumbling optional for Bronze and Silvers
- Same 3 awesome meets



My daughter has been enrolled in gymnastics at Big Rock Gymnastics for 5 years. We have loved every minute and cannot rave enough about the coaching staff. The coaches have the best interest in mind when it comes to the gymnasts and build them up in a way that motivates them. They have a knack for evaluating the physical and emotional needs of the kids and help them determine what needs to be done reach their goals. Their attention to technique is second to none. The atmosphere is great and the coaches are unbeatable. We love Big Rock!

PROGRAM COMPARISON



We offer a variety of programs to meet your needs

Age as of Aug 31st

	Recreational Gymnastics Ages 5-14	Level 1 Gymnastics Ages 5-14	All Star Level 1 Ages 5-18	All Star Elite Level 2-5 Ages 9-16
Season Runs	Sept- May	Sept- May	June- May	June- May
Practices	50 Class	2hours per week	3 hours per week	6-7 hours per week
Uniforms			\$60 Workout Leo	\$350 Includes: Leo and Warm Up Uniforms are kept for 3 years
Competition Schedule				3- 1 Day Comps 1- 2 Day Comps Travel Required
Additional Info	No Tryout Required	Invite ONLY	Invite ONLY	Tryouts Required Skill Maintenance Required
Potential Teams	Rec Gymnastics	Level 1	Level 2	Xcel Team

TEAM Q & A COMMITMENT DAY WITH PARENTS

Our team commitment days are a required part of team. Each athlete will attend their specific time slot for their Team Commitment day with their parents. On this day athletes will:

- Get sized for leo/practice wear
- Confirm billing choice
- Join the Team Band, and get team lists
- Down Payment
- Much more..

Team Commitment Days:
May 10th 7:20-8:20 pm

TEAM INFORMATION

UPCOMING DATES:

- Early Registration ends: April 12, 2021
- Team Commitment Day: May 10th
- On-Time Registration ends: May 22nd, 2021
- Team Practices Begin: June 7th

TEAM COMMUNICATION

All team information will be posted on our Big Rock Gymnastics BAND app. This is where all upcoming information and events will be posted. Events, will also be posted on the BAND calendar. You will need to download the BAND app on your phone. To join BAND click link below:

Hey, join our 'Big Rock Gymnastics' group on BAND - The app for groups and communities!
<https://band.us/n/afa55aBbW242S>



TEAM PLACEMENTS

HOW DO YOU PLACE TEAMS?

To decide who competes each level, the girls are evaluated in a couple of different ways. First, they are evaluated to see how they performed at the level they were at the year before. Typically, girls who score well are ready for something more challenging. Scoring well would mean all 9's and high all around scores in lower levels, consistent scores and high placements in upper level.

We also look at the skills the girls have. We push ALL the girls for next level tricks. We require level 2's to have those tricks by April, to move up to Team in June, and we require team girls to have their next level tricks by July to be able to compete the next level the following season.

We don't want girls staying the same level if they are winning and scoring high all of the time, that shows us they are ready for something more. We also don't want girls who have the next level tricks to compete the next level if they struggled where they were at the year before. That shows us that they would be more successful repeating the level again, and aiming for stronger scores.

We continue to work level up skills throughout the year, so even girls who do not move up a level are still able to progress and learn harder tricks

AGE GROUPS:

Your eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category, we will place them based on skills and what we feel is the best fit for the athlete.

Age groups are as follows:

Division	Min Age Requirement
Bronze	Reached 5th Birthday
Silver	Reached 6th Birthday
Gold	Reached 7th Birthday
Diamond	Reached 8th Birthday

TEAM PLACEMENTS



SKILLS BY LEVEL:

Bronze

Floor:

BWO, Round off backhand spring, Front handspring, Tuck jump chassé leap, Half turn

Beam:

Handstand . Side handstand . Pivot turn. Split jump

Bars:

Pullover, Back hip circle, Cast straddle dismount, Squat on, Glide swing

Vault:

FHS to flat back on the Rezi

Silver:

Floor: Front walkover, Round off 2BHS, Full turn

Beam:

Cartwheel, Vertical handstand, Half turn, Split jump 90 degrees

Bars:

Jump to high bar, Tap swing turn dismount, 45 degree cast

Vault:

FHS over the Rezi, 1/2 on over the Rezi

Gold:

Floor:

Round off BHS tuck, Standing BHS series, Punch front , 120 degree split leap

Bars:

Pike on. Horizontal cast, Free hip, Kip, Flyaway

*not required to compete but will be required to work these skills in this level at practice. Girls who have these skills consistently will compete with them.

Beam:

BWO, Vertical handstand, Side handstand turn dismount, 120 Degree Split jump

Vault:

FHS over the table, 1/2 over the table

Platinum:

Floor:

Side Ariel, Shishanova, 1.5 turn, 150 degree split leap, Round off BHS Layout, Front handspring front tuck, Front pike

Beam:

2 BWO connected, BHS, Handstand BWO connected, BWO back tuck connected, Gainer, 3/4 jump turn

Bars:

3/4 handstand cast, Straddle kip, High bar kip, Free hip to horizontal , Kip cast push away to flyaway, Kip free hip kip connected

Vault:

1/2 on 1/2 off

TUITION

Tuition is paid monthly per athlete for all teams Level Bronze-Diamond. Tuition is paid on a 12 month term that runs from May 25th- April 25th, 2022. Tuition covers all team practices each week. Discounts apply to the tuition only. Tuition is paid on the 25th of every month for the upcoming month and is automatically ran through Jackrabbbit, our class management software.

Tuition for TEAM GYM for the 2021-2022 Season is:

- \$130 per month if registered by 4.12.21
- \$140 per month if registered by 5.22.21
- \$150 per month if registered after 5.22.21

ADDITIONAL FEES:

For the 2021-2022 season we will be using the same leo from the prior season. Individual pieces are available for purchase if needed. Leo swaps and used uniform leos can be coordinated on our Big Rock Gymnastics Band Group.

Full Leo with Warm Ups \$350

USAG MEMBERSHIP:

Membership is required for participation as an athlete in USA Gymnastics sanctioned events. Each athlete is required to sign up for their own membership on USAG.ORG. A link will be sent to all parents when the new 2022 membership comes out.



ASSESSMENTS:

Assessments are the fees that the gym pays out to outside vendors. We offer a variety of ways for you to pay your assessments. You can select a pay in full option, 3 month option, 6 month option, or a 10 month option. The first assessment payment is due on team commitment day. A down payment towards your assessments is due upon registration.

The assessments include: Competition Fees, Choreography Fees, USAG Gym Membership Fee, Camp Fees, Music Fees, Coached Travel Fees, Practice Wear, Team Bonding Activities and the End of The Year Banquet. Athletes will be required to pay their own individual athlete \$30 USAG fee.

DISCOUNTS AND SAVINGS:

- Limit one discount per athlete
- Siblings will receive 10% off of their second child and **10%** off of their 3rd child's tuition.



WHEN IS THE GYM CLOSED?

End of School Break	5/15/2021 - 6/6/2021
Labor Day Weekend	9/3/21 - 9/6/21
Fall Break	TBD
Thanksgiving Break	11/24/21 - 11/28/21
Christmas Break	12/23/21 - 1/2/2022
Presidents Day	2/21/2022
Spring Break	4/11/2022 - 4/15/2022

WHEN WILL MY CHILD PRACTICE?

- Summer Schedule- This runs from June till school starts. Team will practice Mondays and Wednesdays 7-9:50 am.
- Primary Schedule- This is our main schedule which begins August 23rd and runs through the season. Team will Practice Mondays and Wednesdays
- 5:30-8:20 pm

CAN I WATCH PRACTICE?

As of right now with our Covid regulations, we are not allowed to have parents watch. Please remember that parents are not allowed to come onto the floor unless accompanied by a coach. We have designated viewing areas for parents and family members when Covid restrictions lift, please understand this is for the safety of our athletes.

WHEN IS CAMP AND CHOREOGRAPHY ?

Super Camp:

Big Rock Gymnastics Summer Camp will take place at the either our gym or at an out of town facility. This year camp will be held at our gym in June will run approximately 3-4 hours per day. A detailed schedule will be released as we get closer. Camp is important as it is when we start solidifying all upcoming levels. **CAMP IS REQUIRED!** Missing camp is very difficult for athletes as they miss valuable instruction.

There are no refunds for missing camp, camp fees are calculated on a set number of athletes. Do your best to plan ahead!

Choreography:

Choreography will happen in August. We will have exact dates and a sign up list on band as it gets closer. Choreography for Bronze and Silver will be a set date and it will be mandatory. Gold and Platinum girls who require new routines will sign up for a time slot. Routines for Gold and Platinum levels are competed for 2 years

- Choreography is mandatory for all team members.
 - Exact times and dates will be handed out on team registration day of.

Summer Practice Schedule

WEEKLY

Mondays and Wednesdays 7:00-9:50 a.m.

TEAM/ATHLETE POLICIES

ABSENCES

We support the girls doing other sports, but during competition season, gymnasts are not allowed to miss gymnastics for a sport "practice". We are okay with girls missing for games, as we understand that many of the girls play other sports, and these sport seasons only last for a couple of weeks. But, during competition season, gymnastics practice takes priority over all other practices.

Please be aware that missed practices will result in the gymnast falling and feeling behind. Please note that we do not offer any make up classes for team. No other classes can be used to make up for a missed class. Privates are available but, are not to be replaced for missed practices. Privates are for "EXTRA" help.

SUMMER PRACTICES ARE NOT OPTIONAL!

Summer practices are required. Summer practices are very important to determine what level each girl will compete that year. Girls who excessively miss practice and have unexcused absences in the summer will not level up, regardless of skill level. It is unfair to the rest of the team to devote time and energy to have one girl play "catch up" for missing summer practices.

We want our time to be equal to all of the girls, but girls who do not commit to practice, do not deserve extra attention to excel. As coaches, we give our best to the girls, but remember that you only get out what you put in.

If your child spends the summer with another parent, please make arrangements to meet with the coaches to make summer arrangements. We will be happy to help make this work.

WHAT SHOULD I DO IF MY CHILD IS GOING TO MISS PRACTICE?

If your child will be missing practice for any reason such as: sickness, family events, school functions or other sports, please send a message on the band app letting us know. Using the band app will help keep all coaches on aware of the upcoming missed practice.

VACATIONS

Please work to plan your family vacations around the gym schedule, we work hard to give you the gym closures early. If you are taking a vacation for spring break, try to take it the week we are closed so you do not interfere with your team. When the competition schedule is released, you will receive a list of Black Out Weeks, athletes who miss a practice during these weeks will not be eligible to compete at the competition that week.

INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional help. After seeing a physician, please provide us with an evaluation of the athlete's injury and status. An athlete with a serious injury will not be allowed to return to activity without a release from a medical professional.

TRAVEL/COMPETITIONS

During the competition season, gymnasts will be asked to travel to events. Some athletes will travel to national events out of the state.

Transportation to competitions is the responsibility of each team member and their family. If we choose to hit a Nationals Event, those fees are separate from above fees.

TEAM/ATHLETE POLICIES

LEOS AND ATTIRE

Please keep all Big Rock Gymnastics Clothing and uniforms in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the athlete. Please wear assigned practice gear to each practice.

Athletes can not have any piercings and/or jewelry in for competitions. Please be mindful of this when thinking of getting new piercings. Band-aids or clear space holders will not be allowed.

COPYRIGHT NOTICE:

The logo of Big Rock Gymnastics belongs to the owners of the program. You cannot sell or create your own Big Rock Gymnastics Clothing or other items. This includes team names and any likeness to logo, affiliation and/or program without the permission of Big Rock Gymnastics.

Parents, athletes, and/or staff that wish to enter a contest while wearing the Big Rock Gymnastics brand must first get permission from the owner.



DISCIPLINE

If any of the above rules are compromised, the following actions will occur:

- 1st violation- Meeting with the athlete to define the problem
- 2nd violation- Meeting with the athlete and parent
- 3rd violation- Athlete may be removed from the team or entire program

CORE VALUES:

Here at Big Rock Gymnastics all decisions we make are guided by our six core values. Please make sure you understand and can commit to these before becoming a part of Big Rock Gymnastics.

- Gossip Free Zone- "We do not gossip about others"
- Fail Forward - "Failing is a normal part of life, when we fail we make progress"
- We Before Me- "The needs of my team are more important than my individual needs"
- All Things are Equal- "I will treat everything I do with equal importance"
- Character Matters- "Who I am at all times is important"
- No Excuses- "I will take feedback and listen without excuses, "yeah but" is not acceptable, "I am responsible for me and my behavior"



COMMUNICATION

As a parent, you will receive information in several ways. All our information will be posted on our Big Rock Gymnastics team Band App. Each week we send weekly emails. All current and upcoming events will be posted on there as well. Check your welcome packet for information on how to download this. Please make sure you are on Big Rock Gymnastics Facebook page. We will post new information on there!

GOSSIP AND PARENT ROOMS

- Our lobby is for your convenience to allow you to watch your child practice, if Covid is lifted.
- Siblings are not to be left unattended in the facility nor are to be running around the facility.
- Our lobby is supposed to be a positive environment. It is your job as a parent to love and support your child, leave the coaching to us.
- In the event of parents being an issue in the lobby, they will be asked to leave or could be removed permanently.
- All video is recorded in the lobby. By registering to be a part of our program you understand and agree to this.

FUNDRAISING

Big Rock Gymnastics offers the following:

- A new fundraiser every 6-8 weeks. These are individual fundraisers and all credits will go directly to your account. These fundraisers do involve extra work outside of gym but we have seen people pay for an entire season of gym! We strongly suggest you participate in fundraising.
- Any surplus in fundraising credit can be applied to classes, teams and merchandise.
- **Refund checks can not be issued in the event of a surplus.**

FEES

- A schedule of payments is listed in this handbook. All monthly payments are set up in Jackrabbitt and come out automatically on the 10th and 25th of the month.
- A late fee of \$35 will be assessed for all payments made after the 10th of each month. If your payment is declined from your bank, please make the payment immediately at the desk or via Jackrabbitt.
- Monthly tuition is not pro-rated for any reason.
- Assessments are non-refundable. If you choose to leave or are removed from the team these fees are not returned.
- By the 15th of each month, your account must be up to date. Otherwise, the athlete will be benched until a payment has been made.

Team Gymnastics Bronze & Silver **BIG ROCK** *Gymnastics*

SEASON 21 JUNE 2021- MAY 2022

- Big Rock Gymnastics Teams are full season, full travel teams
- These teams will practice 2 times per week for 3 hours per practice.
- These teams include all events
- Potential Teams: Xcel Team Gymnastics

Team Gymnastics Bronze & Silver Register between March 22nd and May 21st

Ages 5-16

Tuition: \$130
Total Tuition (12 Months)
July Thru May **\$1,560**

Assessments:

Competition Fees	295
Choreography	30
Camp	100
Registration Fee	40
USAG Fee	15
Music	30
Coaches Fees	115
Practice Wear	55
Team Activity Fee	20
	\$700.00

Competition Fee Breakdown

1st Comp	85
2nd Comp	105
3rd Comp	105

295

Fee	10 Month Assessments	6 Month Assessments	3 Month Assessments	Pay In Full
Assessment Total	\$840	\$826	\$805	\$700
Minus Down- Due Upon Registration	\$200	\$200	\$200	\$0
Assessment Monthly Payments	\$64	\$104	\$202	\$0
Monthly Assessment Plan + Monthly Tuition				
Monthly Tuition	\$130	\$130	\$130	\$1,560
Season Total	\$2,400	\$2,386	\$2,365	\$2,260

Payment Break Down By Month

	10 Months		6 Months		3 Months	
May	X	X	X	X	X	X
June	\$194	A,T	\$234	A,T	\$332	A,T
July	\$194	A,T	\$234	A,T	\$332	A,T
August	\$194	A,T	\$234	A,T	\$332	A,T
September	\$194	A,T	\$234	A,T	\$130	T
October	\$194	A,T	\$234	A,T	\$130	T
November	\$194	A,T	\$234	A,T	\$130	T
December	\$194	A,T	\$130	T	\$130	T
January	\$194	A,T	\$130	T	\$130	T
February	\$194	A,T	\$130	T	\$130	T
March	\$194	A,T	\$130	T	\$130	T
April	\$130	T	\$130	T	\$130	T

A= Assessments, T=Tuition

Team Gymnastics Gold & Platinum **BIG ROCK** *Gymnastics*

SEASON 21 JUNE 2021- MAY 2022

- Big Rock Gymnastics Teams are full season, full travel teams
- These teams will practice 2 times per week for 3 hours per practice.
- These teams include all events
- Potential Teams: Xcel Team Gymnastics

TEAM GYMNASTICS Gold & Platinum

Register between March 22nd and May 21st

Ages 5-16

Tuition: \$155
Total Tuition (12 Months)
June Thru May \$1,860

Assessments:

Competition Fees	295
Choreography	85
Camp	100
Registration Fee	40
USAG Gym Fee	15
Music	30
Coaches Fees	115
Practice Wear	55
Team Activity Fee	20
	\$755.00

Competition Fee Breakdown

First Comp	85
Second Comp	105
Third Comp	105

295

Fee	10 Month Assessments	6 Month Assessments	3 Month Assessments	Pay In Full
Assessment Total	\$906	\$891	\$868	\$755
Minus Down- Due Upon Registration	\$200	\$200	\$200	\$0
Assessment Monthly Payments	\$71	\$115	\$223	\$0
Monthly Assessment Plan + Monthly Tuition				
Monthly Tuition	\$155	\$155	\$155	\$1,860
Season Total	\$2,766	\$2,751	\$2,728	\$2,615

Payment Break Down By Month

	10 Months		6 Months		3 Months	
May	X	X	X	X	X	X
June	\$226	A,T	\$270	A,T	\$378	A,T
July	\$226	A,T	\$270	A,T	\$378	A,T
August	\$226	A, T	\$270	A,T	\$378	A,T
September	\$226	A,T	\$270	A,T	\$155	T
October	\$226	A, T	\$270	A,T	\$155	T
November	\$226	A,T	\$270	A,T	\$155	T
December	\$226	A, T	\$155	T	\$155	T
January	\$226	A,T	\$155	T	\$155	T
February	\$226	A, T	\$155	T	\$155	T
March	\$226	A,T	\$155	T	\$155	T
April	\$155	T	\$155	T	\$155	T

A= Assessments. T=Tuition

REGISTRATION INFORMATION



READY TO REGISTER FOR SEASON 14?

- **STEP 1:** READ THIS PACKET.
 - **STEP 2:** CLICK ABOVE & COMPLETE THE TRYOUT REGISTRATION FORM ON OUR WEBSITE.
 - **STEP 3:** KEEP AN EYE ON YOUR EMAIL FOR FURTHER DETAILS AND PRACTICE TIMES FOR TRYOUTS..
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