

Gym Ventures Inc.

5066 Santa Fe St. San Diego, CA 92129 858-272-2266

www.gymventures.com



Gym Ventures Team Parent Information and Contract 2008-09

Gym Ventures is Celebrating 13 years of excellence in the sport of gymnastics.

Congratulations on making the Team! Prepare for a great ride filled with fun and competitions. We ensure inspiration of confidence, athleticism and happiness. GV staff will help make Team the best gymnasts and people they can be! And since Gym Ventures is a family of responsible kids, parents and teachers, we are putting our full trust in you, the Team families, to take on the Team responsibilities.

Our Team Program is for gymnasts who want more from the sport of gymnastics. We are going to work hard to prepare for the season. These strong athletes will be able to handle the extra physical activity and mental maturity that comes with competitive gymnastics. Those of you continuing, keep up the great work! If this is your first year on the Team, welcome; From now on you will be training with the best gymnasts GV has!

Practice

In order to be in the best shape possible to be competition ready, we need our Team members to attend virtually every practice. Our Team members will be training more disciplined skills where injury can occur; you can help prevent injury by having your gymnast attend practice regularly. This will ensure proper conditioning, knowledge and execution of skills to minimize mistakes that can cause harm.

The Team will also be attending ballet class on Mondays. This has been worked into the already made schedule.

Demo Team

GV's competitive Team will be the new Demonstration Team. We will practice our Demo pieces during regular practice. Please treat the Demo Team performances and exhibitions with the same consideration as competitions.

Attendance and make-up policy

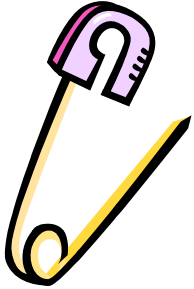
- a) If the athlete misses a practice any time within the week of a competition, for any reason, he/she will not be able to compete unless that entire practice is made up prior to the competition.
- b) During this time the athlete has one free class each month that he/she does not have to make up if absent. Any other absences are required to be made up within 30 days. Make-ups may need to be scheduled in an alternative class other than a team class, the athlete will be missing important training days if they are not participating in their regularly scheduled class. A 1-hour private may count towards a 3 hour make up, but is at an additional expense.

Competitions

A packet of information will be given out a week before each meet.

- Gymnasts are expected to arrive at competitions 30 minutes before check in time.
- Gymnasts are expected to stay for the medal ceremonies, even if a placement is not anticipated.
- Upon arrival, hair must be up, leotards and warm ups on, and bags packed with snacks and hydration.
- Gymnast may not have tattoos, nail polish or body markings of any kind. No cell phones or technological devices.
- Gymnasts are to remain with Coach Mauricio during the meet. Bathrooms beaks are on the buddy system.
- Parents, under no circumstances, are allowed on the competition floor. Parents are encouraged to cheer as loud as possible and take a large amount of pictures.
- In order to progress to the next level after a season, the gym ventures gymnast must score at least three all around scores of 32.0 or one all around score of 36.0 in a single season.

Safety



It is normal for all athletes to have a minimal amount of fear related to their sport. It is the athlete's responsibility to communicate with coaches regarding concerns or fear for their safety. And it is the coach's responsibility to handle the athlete's fears as they see appropriate.

a.) Reducing the Risk of Injury

- i. Parent/guardians and athletes must be aware of the inherent risk of injury. With proper training and full awareness of the risks involved and taking the proper precautions prior to performing a skill, the risk of injury is greatly reduced. It is the athlete's full responsibility to listen to their instructor and do what was asked of them by following directions.
- ii. It is the responsibility of the athlete to ensure minimal strength training is performed outside the gym. It is recommended that all team members do a minimum of one hour per week strength training on wrists, ankles, and knees.
- iii. Risk of injury can be greatly reduced when the athlete actively participates in training, attends all practices, is on time and stays through the end of practice, puts 100% effort into every activity, maintains a healthy home routine, and keeps hydrated at all times.
- iv. It is the athlete's responsibility to ensure they are eating a healthy diet designed for an athlete, adequate sleep, and all schoolwork is maintained. It is important to keep the athlete's stress to a minimum.

b.) Managing Injuries

- i. It is the sole responsibility of the athlete to report an injury to their coach. It is the joint responsibility of the athlete, the athlete's parent/guardian, and the coach to assess the severity of the injury. Minor injuries are common in all sports and the assessment of an injury will be handled to the best of the coach's ability.
- ii. Injuries are not only the coach's responsibility but are the shared responsibility of the athlete and the athlete's parent/guardians. To manage an injury appropriately and speed up healing time an athlete must share the real severity of the injury, ice the injury every day, take care of the injury according to their coach's direction during practice, and properly strengthen or rest their injury for recovery. If an athlete seeks medical attention the athlete is to follow the direction of their physician.



Payment

Refer to "List of Team Fees for the 2008-2009 Season" sheet

Report Cards

Good standing in schoolwork is necessary in order to participate in the GV Team program. If schoolwork suffers, get back to good standing within one session/quarter/semester. At that time, a copy of the report card OR a letter from the school stating good standing must be given to the gym. You need to have a "C" average or better to be eligible for Team.

Acceptable/Non-Acceptable Behavior

- Please try to be on time to practice... If practice starts at 4:00, we would love to see your smiling faces at 3:45p. We understand the difficulties that sometimes arise when trying to get to the gym: transportation, other siblings, traffic, food consumption, etc. It is our responsibility to have our gymnasts healthy and smiling. Having them on time will help us do our jobs better. We just ask that you try your best to be at the gym on time. This will help prevent injuries and not disrupt the flow of practice. In the event of tardiness, gymnasts know to follow the instructions on the warm up sheet for that day.
- Attitude in practice... A smile goes a long way. A good attitude in practice is a must here at Gym Ventures. Especially now that you're on the Team! We promise to treat the gymnasts with respect and expect the same from them toward the coaches. If there are any problems in practice that may cause sour attitude, it is important to talk to your coach immediately; your concern is our concern. And of course, please be great listeners in practice. Having a good time is what it's all about. So remember to bring your smile to practice!
- Respect your gym...Gym Ventures is your second home now so help us keep tidy. We are not only providing you with a plethora of gymnastics knowledge, but a family environment. Please clean up after yourselves when leaving the bathrooms, lounge, gym, etc. If a coach asks for your help to clean up or put something away, please be obliged to do so. And if you see someone else disrespecting your gym, please stand up for us and tell an adult. Also, while you are not in practice, the gym is not a playground. You may not be on the floor unsupervised. Again, this goes along with safety rules; unsupervised practice may result in injury. We love your enthusiasm, but save it for practice!
- Have fun...being on the Team means you must LOVE gymnastics. We hope this always stays the same. If ever there is a feeling of boredom, stress or being overwhelmed, talk to your coach. We will figure out a solution and remember why gymnastics is so much fun. Gymnasts defy gravity, carry great confidence, are athletic and are extremely disciplined; remember all the great reasons to love the sport and your gym!

Closing

The Team trains year round, because gymnastics is a year round sport, not seasonal such as soccer or softball. The summer schedule takes into consideration family vacations, etc. The summer program is easy going but very purposeful. The more time you spend in the gym the better you get. Take advantage of our summer and holiday camps.

The Gym Ventures Team program intends to challenge talented and dedicated children with progressively more difficult and interesting skills in a safe, learning environment. It is our belief that high-level gymnastics can have a positive effect on the lives of our very young people while maintaining an exciting and enjoyable setting in which to train and interact with others having the same frame of mind.

We will strive to offer advanced and progressive learning while avoiding the "extreme" side of the sport so often associated with winning as its only goal. Trying our hardest will be our main goal. We will enter and leave every meet with our heads held high and smiles on wide.

Congratulations on making it to Team. It's going to be a great year!



Sincerely,

Coach Mauricio & GV Staff

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Gym Ventures Team Gymnast Information and Contract 2008-09

1. I understand I am a roll model to other gymnasts in the gym and need to represent GV in a positive manner always.
2. I understand all the information, rules and regulations in this packet.
3. I am willing to participate in and be a member of the Gym Ventures Inc. Team program.
4. I will try my hardest to abide by all the set guidelines.
5. I will try to always have a good attitude and bring my smile to the gym and into my everyday life.
6. I need to come to practice prepared with the proper attitude, outfit and accessories, grips, hair up, and no jewelry.
7. I will keep good communication with my parents and coaches.
8. I will try hard in practice and always perform at my best.
9. I promise to respect my coaches, gym, family and fellow gymnasts.

By signing below, I understand the commitment I am making to Gym Ventures Inc. and promise to represent Gym Ventures to the best of my ability.

(Gymnast's printed name)

(Gymnast's Signature)

(Coach's printed name)

(Coach's Signature)

(date)

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1. I understand all the information, rules and regulations in this packet.
2. I am willing to participate in and be a member of the Gym Ventures Inc. Team family.
3. I will try to be a part of the GVPA and help it grow, participating in fundraising and other events.
4. I am willing to allow my child to join the Gym Ventures Team Program.
5. I will try my absolute best to get my child on time, maybe even early, for practice. Also, I understand that my child may miss no practices the week leading up to a meet.
6. I understand I am responsible to pay all fees on time. And if I am late for a meet deadline, my child may run the risk of not signing up in time to participate.

By signing below, I understand the commitment I am making to Gym Ventures Inc. and promise to represent my gym to the best of my ability.

(Parent's printed name)

(Parent's Signature)

(Coach's printed name)

(Coach's Signature)

(date)