

Tampa Bay Turners Team Program



Level 1-10 Handbook

TWENTY SECOND EDITION
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Junior Olympic National Team Training Center

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Welcome to the Tampa Bay Turners Team program and to competitive gymnastics. The following is a compilation of several rules, policies, philosophies, tips, forms and waivers. Please read this handbook carefully as it will answer most questions regarding competitive gymnastics at TBT. Please read and fill out the applicable forms and return them as soon as possible. If you do not have access to a copy machine, Colleen will make copies for your records.

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Hospital and Physician Preference
(Tear out, fill out and return)

Medical Release Form
(Tear out, fill out, notarize and return)

Waiver
(Tear out, fill out, notarize and return)

Team Agreement
(Tear out, fill out, notarize and return)

Tampa Bay Turners Team

Policies and Philosophies

The following are the rules, policies and philosophies of the Tampa Bay Turners Gymnastics Academy Team Program. Please read the following carefully, to insure that you and your child understand them completely.

Athletes' Responsibilities

1. We are a competitive gymnastics team. We measure our work and progress by how we portray ourselves and execute on the practice and competition floor. While winning is not so important, *trying to win* represents everything that we strive for. ***Trying to win means that you do your best to attend every scheduled workout, that you train hard at every workout, that you respect your coaches and teammates, that you overcome fear, and that you maintain a positive attitude through every obstacle. Trying to win is an attitude, an attitude that must be displayed by every TBT team member.***
2. The way that you act in the gym and at competitions is a reflection of your respect for yourself, your teammates, and Tampa Bay Turners Gymnastics. Only the highest standard of behavior will be acceptable.
3. Carry out all assignments and conditioning to their fullest. Cheating on assignments and/or conditioning will not be tolerated and may result in dismissal from a workout or prolonged suspension of training time.
4. Demonstrate the highest regard for our sport and your hard work by arriving to all workouts and competitions on time and conducting yourself with grace and courage during the workout or competition. Accept all constructive criticism and scores in a positive manner since we know that we learn just as much from our mistakes as we learn from our successes.
5. Understand that the specific mission of Tampa Bay Turners Gymnastics is to develop happy, healthy and confident young people. One way in which we can help to meet this demanding goal is to place athletes at the level where they can be safe, happy and confident. Mobility through the levels (moving up) can only be achieved when a high level of proficiency has been demonstrated at your current level, and the potential for a high level of proficiency in the next level is apparent. This means that a gymnast is never declared having moved to the next level until ALL of the requirements for that level have been achieved.
6. TBT has very high standards when it comes to practice habits, preparedness and competitive warm-ups. Often times a gymnast may not compete a specific event at a meet if these standards are not met.
7. During "Free Time" (when allowed) in the gym before or after workout, follow all of the safety rules designated for your particular level (See enclosed Team "Free Time" rules).
8. Never compare your progress, performances, or level with other TBT gymnasts or athletes from other clubs. Each athlete is an individual and will achieve success at her own pace. Be progress focused, NOT outcome focus!
9. Place emphasis on individual success and improvements, not on what place you come in.
10. Be courteous, respectful, and polite to all meet officials, meet hosts, competitors and coaches.

11. Optional gymnasts should carry a copy of their floor music and their back-up pair of grips to all competitions and camps.
12. Stay with the team until the competition is complete and your coach has released you.
13. Stay for awards in your competitive uniform, even if you think you did not earn any.
14. Accept your awards with courtesy and gratitude.
15. **Call the gym for all absences from scheduled workouts.**
16. Understand and uphold your responsibility to the Booster club and its fundraisers.
17. Keep the gym clean. Make sure that all tape, pre-wrap and ice packs are thrown away.
18. Understand that being a TBT team member is a very special privilege....NOT a right. This privilege can be taken away by the ownership group of TBT at any time it is deemed that a team athlete is not living up to the expectations and standards that are documented in this handbook.
19. While social media can be fun and a good way to stay connected with friends and classmates, it can also be very hurtful and ugly. Misuse of social media, bullying or any inappropriate postings can be grounds for dismissal from our team program without warning.
20. Emotional outbursts or poor sportsmanship may result in one or more “scratched” events at a competition.
21. Athletes must do their absolute best to conform to our new hygiene and distancing policies.
22. All team athletes must bring a bag to every workout (Optional Team Members may use their lockers) that contains a water bottle, hand sanitizer, a block of chalk (that will be provided) in a sturdy plastic box with your name on it. The communal chalk buckets and spray bottles have been removed from the facility.

Parental Responsibilities

1. A gymnast’s parents are an instrumental contributor to her success and happiness. Tuition and meet fees must be paid on time and a commitment to transport your daughter to and from workouts, competitions and team functions must be made. In addition, parents must help instill the work ethic, values, hygiene requirements, distancing protocol and nutritional knowledge into their child necessary to be successful.
2. Understand that we have a very large team and in most cases, face-to-face progress reports or meetings are not practical. In the absence of us contacting you, you can assume that everything is OK and your daughter is working hard and progressing satisfactorily. If something comes up about which we need to speak to you, be assured that we will do so promptly. This will most likely come in the form of a call or email.
3. When questions or concerns do arise, please understand that complaining to other parents **cannot** solve your problems. In addition, problems cannot be solved if we do not know about them. If you respect us enough to allow us to play a large role in your child’s life, please respect us enough to know that we have your child’s best interest at heart. Meaning, that decisions that are made in regard to your child’s training, level, and group are made in what we as gymnastics professionals feel will best help your child to be happy, healthy, and successful.
4. Understand that the level that your child is in, is determined by her skill and performance level. There are requirements set forth by USA Gymnastics for mobility through the levels. At no time will a gymnast be moved to next level without meeting ALL of these requirements. If you are unsure of which requirements your child is missing for mobility into the next level ask them, they are very aware.

5. Understand that all competitions, clinics and camps chosen by the TBT team staff are mandatory events unless otherwise stated. Parents and gymnasts do not get to pick and choose which events to attend.
6. Understand that paying for a meet entry fee does not guarantee that your child will compete. They must show readiness and consistency in their workouts leading up to a competition and warm-up completely and safely at the competition itself or they will potentially be scratched. This can apply to one or more events.
7. Emotional outbursts or poor sportsmanship may result in one or more “scratched” events at a competition.
8. **Under no circumstances is a parent ever to approach a judge, meet official, awards announcer or volunteer before, during, or after an open workout or competition to comment on, complain about or even to ask a question about format, the promptness of a meet, a score or the awards ceremony. If you have an issue that arises at a competition or awards ceremony, please talk to a TBT Team coach and we will do our best to help handle the situation.**
9. Often-times, meet director contact information is listed online or on meet websites. This information is not intended for parents and at no time should you email or call a meet host for the schedule, hotel information or the like. If you have questions, please direct them to a TBT employee.
10. Parents may not distract or try to communicate with their gymnast once they are on the workout or competitive floor. We ask them to focus all their energy on the workout or competition and we want as few distractions as possible. Once the workout or meet has concluded they will come to see you.
11. Gymnasts with minor injuries and/or illnesses are expected to participate in workouts and gym activities to the highest possible extent. It is often possible to work around injuries and/or minor illnesses to turn a difficult situation into something positive. Increased work on flexibility, strength, specific events, and specific skills can be expected. There is no reduction in tuition until the total amount of time missed exceeds one month, and then only if the gymnast cannot participate in workouts in any way. At that time the tuition may be adjusted depending on the circumstances. **Any gymnast who is out more than one month for injuries of a more serious nature must present a return to activity release by a doctor.**
12. Tears of the skin or “RIPS” often times occur on the hands or wrists due to the friction caused on bars. Rips are to be taken care of either by the coaching/office staff or a parent by removing any excess skin, cleaning the area and applying a tape grip. Rips are a part of the sport that must be dealt with in a tough minded, mature manner. More often than not, TBT gymnasts will be expected to work through tears of the skin with the aid of a bandage and/or tape.
13. Parents are to try to the best of their ability to be a positive force in their child’s lives when it comes to their gymnastics. Try to never compare your child to another when it comes to training, improvements, or level. Often-times in gymnastics athletes are competing against gymnasts that are older and more experienced; to gauge your child’s success compared to these other athletes is the wrong approach. Each child progresses at her own rate; this must be recognized and respected by parents. Be progress focused, NOT outcome focused!
14. Parents should have a clear definition of what winning is. Winning should be defined as your gymnasts “personal best” not “being better than everyone else.” Make positive comments after competition. Focus on your child’s individual development, efforts and improvements, not what place they come in.
15. When making the decision to join TBT’s team, please understand the level, group and workout your daughter is placed in, **is not up for debate**. We carefully place each gymnast in a level, group and time slot that we feel will be best for her gymnastics development. We do not group our team members based on social reasons or convenience.

16. Make sure you or your daughter contacts the gym for all absences from scheduled workouts. When reporting absences please tell the office manager, leave a voicemail message or send an email.
17. Understand that talking negatively to other parents about our program or about anything else pertaining to gymnastics in our lobby or at a competition **will not be tolerated!** If you are overheard talking negatively you will be warned **once**. If the problem persists you will no longer be allowed in our lobby or possibly even asked to leave our program. If you have concerns that warrant conversation, please tell US, not the other parents in the reception area or competition venue.
18. Your daughter's team membership at TBT is a **PRIVELEGE, not a right!** The ownership at TBT will force the discontinuation of your membership if any of the above rules and policies are broken.
19. Understand that there will be no refunds or credits given if your child discontinues her training at any time, for any reason during a month that has already been paid for.
20. During class hours on Monday through Thursday front row (next to the glass) seating is reserved for CLASS parents only. Team parents are welcome to stay during workout times (while adhering to distancing) but are asked to allow for class parents to view their children in their very limited – in gym time.
21. Please understand that “spotting” (assisting by hand) is common to our sport and an important part of learning gymnastics skills safely and correctly. While our coaching staff makes every attempt to spot the athletes in a manner that they are comfortable, during fast skills with flight or in the process of flipping, accidents do happen and a hand placement may unintentionally contact a private area of the body. This is never done by design but may occur while attempting to prevent a fall or potential injury.
22. TBT and its Staff use the rules set forth by Safe Sport. Safe Sport's Rules and Regulations can be found on www.usagym.org and there is a link on www.tampabayturners.com
23. For questions related to policy or reporting, please contact safesportpolicy@usagym.org

Time and Financial Obligations

Competitive gymnastics is not only a commitment on the gymnast's part, but also a commitment by her parents. Your child's involvement in competitive gymnastics will cost you time, money and effort. Below are some of the time and financial obligations that you will incur.

- Compulsory Team Tuition (L's 1-5)

- The list of Tuition Fees for each level will be distributed each April/May with the compulsory team's summer workout schedule. This list may also be viewed at the front desk. **Tuition Fees and workout times are subject to change from year to year. Team Tuition is due on the first day of every month. Tuition must be paid in full on time. A \$25.00 late fee will be added to your gym account for tuition that is received after the tenth day of the month. Any unpaid balance, which is 15 days overdue, may terminate your child's participation in any competitions, workouts, or team activities.** If you are having problems with tuition or other fees, please schedule a meeting with Colleen. In most cases something can be worked out.

Optional Team Tuition (Xcel - L 10)

The list of base tuition fees for levels Xcel-10 will be distributed each April/May with the optional team's summer workout schedule. This list may also be viewed at the front desk. **Tuition Fees and workout times are subject to change from year to year. Team Tuition is due on the first day of every month. Tuition must be paid in full on time. A \$25.00 late fee will be added to your gym account for tuition that is received after the tenth day of the month. Any unpaid balance, which is 15 days overdue, may terminate your child's participation in any competitions, workouts, or team activities.** If you are having problems with tuition or other fees, please reach out to Colleen. In most cases something can be worked out.

Optional Team tuition is based on 48 weeks per year (broken down monthly).

- Team Administration Fee: \$200.00 per year.

1. The administration fee is due every June (before summer workouts begin).
2. The administration fee is non-refundable.
3. Gymnasts that join the team after January 1st will have their administration fee prorated.
4. The administrative fee will **NOT** cover your child's USA Gymnastics membership number. This number is required by the National office every year for your athlete to compete at sanctioned events but must now be done independently.
5. The administration fee covers one pre-season assessment including judges for L's 1-10 and one in house meets for level 1-10 gymnasts.
6. This fee also covers all other team related administrative costs, handouts and team insurance.

- Competition Expenses (Meet Fees):

1. Meet fees and fee deadlines will accompany your gymnast's meet schedule for the year. Compulsory schedules will be available in mid-summer, and the Optional Team, every fall. Meet fees must be paid in full by the deadline for your gymnast to be entered into the competition. **Pay close attention to your meet schedule so that you do not miss a deadline. If a deadline is missed and you do not inform Colleen or the office staff in writing (by the deadline date) that you will not be attending a particular competition TBT will assume that you plan on competing and the past due meet fees will be placed on your gym account.** In most cases once your meet fees are due, TBT immediately sends in the team entry. Rarely, once received, does a meet host/director award refunds for meets missed for illness, injury etc... therefore making it impossible for TBT to credit your account if you miss the competition for any reason.

2. Please understand that all booster club commitments must be paid in full for any gymnast to be entered into competitions.

3. Coaches travel fees will be assessed for every competition and for Regional training camps. These fees are determined by adding all of the coaches' expenses (travel, car rental, per diem, mileage. Etc.) and then dividing that figure by the number of gymnasts that participated in that particular competition or camp. These fees will be taken care of by the booster club after each competition in exchange for your involvement in their fundraisers (raffles) and other efforts.

- Booster Club Responsibilities:

1. "Purple Pride" Booster Club membership and involvement is a **mandatory** part of being a team member/parent. These obligations are outlined in the Booster Club section (pg. 7) of the handbook.

- Other

1. Team uniforms including: Warm-ups, several leotards, a bag, slip-on shoes, and hair accessories must be purchased. A team uniform list is included in the team handbook. (Uniforms are not included in Administration Fee)

2. All returned checks are assessed a \$12.00 charge per occurrence.

3. The decision to join the Tampa Bay Turners team program is a big one and reflects a commitment to the team for an entire year. Team members do not move on and off of the team based on illness, injury, conflicts, or the like. You are either on the team or not. There will be no discount for missed workouts. Experience shows us that families unable to adapt to this line of reasoning are better advised to forgo the competitive team and remain in our class program.

4. Team tuition is based on 48 weeks per year. There are four weeks of the year that you are not paying for. Tampa Bay Turners will be closed for the following holidays and holiday weekends: Christmas Eve* (typically compulsories only), Christmas day*, New Year's Day, Labor Day, Memorial Day and the Friday preceding it, Independence Day, Thanksgiving and the weekend after, Good Friday (typically compulsories only), New Year's Eve and possibly Halloween.

**The Compulsory team will either have regularly scheduled workouts or open workouts during Christmas week. Check your December calendar.*

5. Tampa Bay Turners will not offer team workouts for one whole week sometime in the month of June or July for staff vacations. This week will be announced every January/February to allow for ample planning time.

6. Tampa Bay Turners **may** not offer team workout the first scheduled practice after a State Meet, Regional or National Championship, major invitational or training camp for the levels involved in the competition or camp. This is to give the gymnasts and the coach (who has been away from home for the entire weekend) a day off to rest and recharge.

7. The gym **may** also cancel or reschedule team workouts for clinics, TBT team camp, regional camps, staff workshops, in-house competitions, special events, team outings or mandatory closings due to weather or a pandemic.

8. This leaves several days a year when the gym will be open and offering team workouts that you are not paying for. We offer this extra practice time at no charge.

9. Our policy of allowing **active** team athletes “Free Time” in the gym on their off hours has been suspended until further notice.

10. Private lessons are available to all Tampa Bay Turners gymnasts. These privates are suggested for extra work on problem areas including: Flexibility, Strength and Skill development. The fees for private lessons are as follows:

30 minutes (L's 1-5) = \$30.00

30 minutes (L's X-10) = \$35.00

60 minutes (L's 1-5) = \$40.00

60 minutes (L's X-10) = \$45.00 (Recommended Time for Privates)

For split 60 minute privates (2 gymnasts), each gymnast pays for the 30 minute price.

It is advised to both compulsory and optional level gymnasts that miss more than two days in a calendar month to schedule a private lesson to cover missed workout.

- If a private lesson is scheduled with a coach and must be cancelled - it is required that it be cancelled at least 24 hours prior to the scheduled time. If the private is not cancelled within the appropriate time frame the family will be responsible for paying for that time slot.

*****All fees and tuition must be up to date for gymnasts to take private lessons.*****
Scheduled privates must be cancelled 24 hrs. prior to your time or you are still responsible for the fees.

11. TBT utilizes a choreographer to create our level Xcel-10 floor exercise routines. These routines usually run between \$150.00 and \$400.00. It is up to each individual family to cover this expense. Also, please understand that the choreography of each TBT athlete's routines are decided by the team staff and the specific choreographer, NOT THE GYMNAST OR HER PARENTS.

12. I/We also understand that I/we will be responsible for the payment of attorney(s) fees and court costs in the event that it becomes necessary to bring an action against me/us for the collection of my/our account.

13. Any credits given by management to your account for meet refunds, forced closures, work on site or the like, have no cash value.

Purple Pride Booster Club Membership and Responsibilities

*One of the requirements for being a part of the team at TBT is that every family be involved with the booster club. This is a **mandatory requirement**. The Booster Club operates using a “power in numbers” philosophy. Without everyone’s support and cooperation the necessary funds needed to operate a team of our size is impossible.*

Each family’s responsibilities are listed below:

Membership Fee: (Levels 1 - 10)

TBA Annually

Fund Raising: (Levels 1 - 10)

Each gymnast and her family are responsible for the raising of funds through a raffle and a time commitment at the events hosted by TBT. The aforementioned funds will be raised by either the **selling or buying** of a designated number of raffle tickets. Each of the tickets will become part of a drawing for gift certificates or something similar. Any and all unsold tickets are still the responsibility of that particular gymnast/family. Money paid in for these tickets is non-refundable after the raffle takes place. A more detailed explanation of these fundraisers can be obtained directly from the booster club. **Any gymnast/family who is not up to date with their booster club responsibilities will not be entered into competitions by TBT.**

The Booster Club also makes an effort to raise funds annually through outside events and additional fundraising ideas. Every family will be expected to participate in these efforts.

BOOSTER CLUB FEES AND RAFFLE REVENUES GENERATE INCOME FOR COACHES MEET FEES AND TRAVEL EXPENCES, PLUS BANQUET COSTS. AND TEAM ENTRY FEES. PLEASE BE AWARE THAT DUE TO THE INCREASING PRICES OF AIRFARE AND LODGING, OUR EXPENCES MAY EXCEED OUR INCOME (AS OCCURRED IN 05’/06’). AN ANALYSIS OF THE COMPULSORY AND OPTIONAL SEASONS WILL BE PERFORMED IN THE SPRING FOLLOWING THE AWARDS BANQUETS. IF NECESSARY, A RETROSPECTIVE ASSESSMENT WILL OCCUR TO COVER THE LACK OF FUNDS. EACH TEAM FAMILY WILL DIVIDE THE TOTAL FIGURE OF ANY NECESSARY ASSESSMENT.

Event Support: (Levels 1- 10)

TBT Hosts annual events that Booster Club Members must assist with. Details on event support will be mapped out specifically by Purple Pride.

Description and Procedures of Competitive Gymnastics

*****A brief description of the USAG Developmental Program Levels at Tampa Bay Turners.**

Level 1 - (Approx. 5 ½ Hrs. per week)

Level 1 is our second team level that only competes in a few in State Invitationals. This level is used as a stepping-stone into the Level 2 and 3 programs. The gymnast must be at least 5 to be on the Level 1 team.

Level 2 - (Approx. 7 Hrs. per week)

Level 2 is the second level that gymnasts compete out of the gym in front of certified judges at Invitationals and the State Championships competition. Our Level 2 team competes in approximately 3-5 meets, to prepare them for a full Level 3 season.

Level 3 - (8-9 Hrs. per week)

This is the entry level for a full season of competitive gymnastics. Beginner level compulsory routines are performed on all four events. The gymnast must have reached her 6th Birthday to be eligible to compete. The Level 3 season includes a State championship held every December.

Level 4 - (Approx. 12 Hrs. per week)

This is the intermediate compulsory level offered by USA Gymnastics. The routines that the gymnasts perform are advanced versions of level 3 and simplified versions of level 5. The gymnast must have reached her 7th birthday to compete.

Level 5 - (Approx. 12 Hrs. per week)

This is the most advanced compulsory only level. The routines were designed with transition to level 6/7 in mind.

The gymnast must be at least 7 years old to compete level 5.

Xcel - (Approx. 6-12 Hrs. per week)

Xcel is separate program to the level system of USAG. The gymnast must be at least 5 years old to compete Xcel at TBT.

Level 6 - (Between 12 & 20 Hrs. per week)

This is an introductory optional level designed to let the gymnasts get a taste of optional gymnastics while still having compulsory requirements. This is the first level where optional music is used. Again, the gymnast must be 7 years old to be eligible to compete. State Championships is the season's final meet.

Level 7 - (Between 12 & 20 Hrs. per week)

This is the beginner optional level designed to "bridge the gap" into the advanced levels of competition. Again, the gymnast must be 7 years old to be eligible to compete. Regional Championships is the season's final meet for those who qualify.

Level 8 - (Between 12 & 20 Hrs. per week)

This is the first advanced optional level. There are minimum requirements that the gymnast must perform on each event. There are also difficulty restrictions. The athlete must have successfully completed levels 3-7 and be at least 8 years old. A Regional Championships meet follows State for those who qualify.

Level 9 - (Between 17.5 & 25 Hrs. per week)

Similar to Level 8, the gymnasts perform only optional exercises that have minimum requirements. Unlike level 8 however, level 9 has very few difficulty restrictions. The level of competition is very high. The gymnast must be at least 8 years of age. There are both Regional and National Championships for qualifiers in Level 9.

Level 10 - (Between 17.5 & 25 Hrs. per week)

This is the highest USAG DP level. A high level of proficiency at level 9 must be demonstrated for successful transition into level 10. The gymnast must have reached her 8th birthday in order to participate. Like Level 9 the season concludes with both Regional and National Championships for those athletes that qualify.

Mobility through the above-described levels takes place with the discretion of the team staff as the requirements set forth by USA Gymnastics are achieved. At no time will a gymnast be moved up without all of the requirements of the next level being fulfilled to the highest of standards.

*****A brief description of the types of Competitions attended by Tampa Bay Turners gymnasts.**

Invitationals

These are meets hosted by individual clubs and/or parent organizations. Typically, these competitions offer team as well as individual competition. These meets may be used for qualification to State championships. Both compulsory and optional gymnasts will attend several invitationals per year.

State Championships

This is the season ending competition for the compulsory athletes and the Regional Qualifying meet for optional gymnasts (L's X-10). Individual and team competitions are offered at the state championships.

Regional Championships

Regional Championships involve the best gymnasts from each state within the region. Region 8 is comprised of eight states, which include: Alabama, Florida, Georgia, Louisiana, Mississippi, N. Carolina, S. Carolina and Tennessee. There are eight regions within the United States. At Xcel, Level 6, Level 7 and Level 8 the Regional board determines the qualification procedure to the regional championship. At levels 9 and 10 qualification is by score and the 10's compete first. At levels 6, 7 & 8 a percentage of all of the level 8's in Florida qualify to attend.

Eastern Championships

This meet includes the Eastern Regions (5-8) top level 9's. The top 7 athletes in each of the sixteen determined age groups qualify at Regional Championships to represent the SE of the USA.

USAG Developmental Program National Championships

National Championships are offered by USA Gymnastics to the top Level 10 gymnasts in the country. The gymnasts must place in the top 7 in their age group at Regionals. The top 7 are considered the Regional team and represent Region 8 at Nationals. The Region and Nation supply a full line of National apparel. The top 4 athletes in each of the 8 age groups at National Championships comprise the USAG DP National Team and are invited to attend a training camp.

*****Competition Formats**

- Gymnastics competitions for girls involve performances on four apparatuses called "events"; these events are vault, bars, balance beam and floor exercise.

1) Traditional Format & Modified Traditional Format

Traditional format is the style of meet most likely to be used at small invitationals.

- The competition will begin with a stretch and warm-up session. During this session each gymnast will receive 1 to 1 1/2 minutes on each event to warm-up their routines. The gymnasts and their coaches will usually rotate from event to event being timed to insure that everyone gets the same amount of time on the equipment.

- Following the warm-up session, the gymnasts will assemble to prepare for march-in. Each athlete or team will generally march-in to music onto the floor area to be introduced. The national anthem will usually follow.

- Following the march-in the gymnasts will disperse to their first competitive event, present themselves to the judges and begin Competition. (Optional gymnasts will receive an additional 30-second warm-up before they compete)

- At this point the competition begins. The gymnasts are divided into four squads and compete each event - rotating from one to the next, until all four apparatuses have been performed on.

2) Capital Cup Format & Modified Capital Cup

Capital Cup format is a more modern and efficient format that is used at many large invitationals, State Championships, Regional Championships and National Championships.

- Just like the Traditional Format the meet will begin with a general stretch period.

- Unlike Traditional format, Capital Cup format utilizes two sets of equipment (typically w/ 1 FX Mat).

- In Capital Cup Format the gymnasts are divided into 8 squads (4 in flight 1 and 4 in flight 2). The meet begins with flight 1 in the warm-up gym while flight 2 continues their general stretch. As flight 1 concludes their warm-up for their first event, both flights assemble for a march in. Once the march in is over flight 1 reports to the competition gym to compete and flight 2 moves to the warm-up gym. At this point the two flights will alternate sides until all 8 squads have competed all 4 events.

- In Modified C.C. the judges switch apparatus instead of the athletes.

- Following both types of competition there will be a brief delay as the meet officials compile and calculate the gymnasts' scores. After the delay the awards presentation will begin. Awards are given to the top gymnasts in each age group, on every event and in the all-around.

Rules and Policies for Competition

Obligations of the gymnast:

1. Arrive at the competition site at least 15 minutes prior to the start of general stretch.
2. Find your coaches as soon as you arrive.
3. Remain in the designated area for competitors for the entire competition. Obey all warm-up regulations and procedures.
4. Present yourself in proper attire including a Tampa Bay Turners warm-up leotard (if applicable), competitive leotard, warm-up suit, slip-on shoes or clean sneakers and TBT gym bag.
5. The gymnast should be well groomed. The gymnast's hair should be pulled back and sprayed. Only small "studs" in the ears are allowed as far as jewelry goes. The use of make-up should be limited.
6. The gymnast should accept the scores she receives with dignity and without comment or criticism.
7. The gymnast should NOT keep track of her event scores, all-around scores or placement during the meet. Coaches and parents will take care of meet statistics.
8. Be prepared to help the coach with springboards, mats, bar settings and music during the competition.
9. Be courteous, respectful and polite to all meet officials, hosts and hostesses, competitors and coaches.

10. Bring an extra copy of your Floor music and a back-up pair of grips to all competitions.

11. Stay with the team until the competition is over and the coaches have released you. Once a gymnast has entered the competition area there should be no contact between her and her parents unless there is an emergency.

12. Stay for the entire awards ceremony in your warm-up attire unless released by the coach. Most competitions have a formal system for presenting awards. As a participating athlete you have an obligation to stay for all the awards and to accept any given to you with courtesy and gratitude.

Obligations of the parents:

It is the philosophy of Tampa Bay Turners Gymnastics that the coaches, the gymnasts and the gymnast's parents are all a part of the team. We encourage all of the gymnast's parents to attend every competition. Having a strong cheering section does wonders for team motivation and is something to be proud of. With that in mind however, a few guidelines for parents are in order.

1. Make sure that your gymnast is on time (15 minutes prior to the beginning of general stretch), in the correct attire, with her hair properly done and without colored finger and toenail polish (clear polish is acceptable).
2. Once you have escorted your gymnast to the competitive area, wish her luck and direct her to her coaches. At this point please do not signal or talk to your daughter until the competition has concluded. We ask the gymnasts to focus all of their energy on their competition and we want as few distractions as possible.
3. Cheer loudly and often but do so in a courteous manner. Obnoxious screaming may be acceptable for other teams but is by no means acceptable for us.
4. Promote Tampa Bay Turners Gymnastics in every way you feel is appropriate: T-shirts, polo shirts, sweatshirts, warm-up jackets, banners, and respectful cheers are all a nice touch.
5. Never speak about another club, coach, gymnast or judge in negative manner. Respect the rules, opponents, officials, teammates and yourself. Respect goes beyond sportsmanship and sets a standard to inspire and motivate people to compete (win or lose) with class and grace.
6. Do not adopt a "winning is everything" mentality, like in professional sports! Recognize that the real purpose of youth sports is character development and embrace the idea of honoring the competition and its competitors.
7. Under no circumstances is a parent ever to approach a judge or meet official before, during or after an open workout or competition to comment on, complain about, or even ask about the format, the timing of the meet, a score, or an awards ceremony.
8. Parents should not approach the TBT coaching staff during a warm-up session, competition or after the meet (unless it is the last session of the day). The coaches are very busy; any concerns about the competition, or the performance of your child should be addressed the following week at the gym.

9. In the case that a gymnast's parents are unable to attend a certain competition, please take care of the following details:

- a. Know the name and phone number of the facility in which the competition is being held.
- b. Communicate clearly with your child regarding transportation to and from the competition.
- c. Provide your child with an emergency number to use in case you cannot be reached.
- d. Arrange for her to communicate with you if the meet happens to run late.
- e. Send her with enough money to cover meals, snacks and phone calls.

10. In case of an injury during warm-up or competition, please wait for your child's coach to give some indication that you should come on to competition floor. For minor injuries, you will not be invited onto the floor as the coach and/or trainers will take care of it. In cases of more severe injuries where the gymnast may be finished for the day, then it would be appropriate for you to come to see your daughter after she has been moved from the competitive area for treatment.

Obligations of the parents for out of town Competitions:

1. Before each out of town competition TBT will send home a schedule, which often times includes travel and hotel information. If that information was not a part of the schedule, look the venue up online for address and directions.

2. It is the responsibility of each individual gymnast's family to make travel, lodging, and rental car arrangements for all away competitions, clinics, camps and other team events unless otherwise stated by the TBT team staff.

3. When making hotel arrangements for out-of-town competitions it is good practice to make reservations for all of the possible nights and cancel accordingly when you find out when your daughter is going to compete.

4. Often times for out-of-town competitions it is difficult for one or both parents to attend. Please be aware that more often than not arrangements can be made with another family to help, so that every TBT gymnast can attend every meet. This is very important as gymnastics is a year around sport with a relatively short competitive season. It is not in the best interest of any gymnast to miss a competition because of scheduling conflicts or the like.

5. When at out-of-town competitions it is a good idea (if possible) to drive to the meet site the day before the competition. This allows you to gauge the time necessary to get to the site the following day to ensure an on-time arrival. Also, take into consideration traffic for Friday sessions or meets in big cities.

TBT Training Content

Many things go into developing young gymnasts. In order to understand and appreciate these things one must understand what we are trying to achieve during training. There are four fundamental areas of development which need to be addressed during training: 1) Flexibility 2) Strength and Conditioning 3) Gymnastics Skills 4) Mental aspects.

1) Flexibility development is crucial to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of performances, allows the athlete to master skills more easily, and plays a major role in preventing and reducing the seriousness of injuries. Every training session at Tampa Bay Turners Gymnastics will include a Warm-up and flexibility portion. This will generally occur at the beginning of the workout.

2) Strength and Conditioning development - As with all sports one object is to make the difficult look easy. This is much more likely to be achieved if the athlete has the strength to master the skills. In most cases the stronger the athlete is, the better the athlete is. This is certainly true in gymnastics! In addition, like flexibility, strict strength training can greatly reduce the chance of injury. Strength development at the beginning (compulsory levels), centers on creating a base on which to build as the gymnast advances. General exercises achieve this goal very well. Sit-ups, push-ups, pull-ups, running, jumping and so on will be utilized. As strength and technique improve, resistance, range of motion and repetitions change. The gymnasts will constantly be challenged to improve their strength and should never cheat on their conditioning assignments. Understand the exercises that are common in gymnastics are difficult and are often times painful. Sometimes coinciding with the pain aspect comes some emotion. The staff will work closely with kids on this but could use your help when these situations arise. Help your daughter understand that it is part of all sports and is completely natural. In most cases the athletes grow accustomed to the regimen and the emotion seizes. Strength development at the more advanced (optional levels), is more complex and specialized. We utilize four different phases to maximize results, they are:

1. Recovery - This generally occurs directly following the competitive season. We use this stage to aid in the healing of minor injuries and to get the body ready for new skill acquisition.
2. Build -up - general conditioning which prepares the body for maximum strength development later in the cycle. This generally occurs during summer training. TBT also uses plyometric exercises in this phase for leg power.
2. Max strength - Intense conditioning designed to improve the strength and power of the athlete. This stage takes place from May-August for compulsory team members and September – December for the Optional team. This conditioning should prepare the athlete physically for the rigors of the upcoming season.
3. Maintenance - This occurs during competitive season when routine performance is the priority. Over this stage the conditioning is minimized to the level where it can be maintained.

3) Skill Development - Skill development falls into two distinct but related categories:

1. Basics - Basics or core skills are the building blocks of good, sound gymnastics, the gymnasts use these building blocks to construct their sequences and routines. If any of these building blocks is missing the entire performance is weakened. These core skills must be continually refined in order for the gymnast and her coaches to continually improve performance. This is why we continually review and drill the basics.
2. Skill acquisition - After a good core of basics is achieved advanced skills must be learned and perfected. These skills are the ones that create and fulfill difficulty and connection requirements. The higher the grade of difficulty in the skills the gymnast's talent and courage allow her to achieve, the higher the level she will eventually compete. Often times these skills cause some reluctance and fear in gymnasts. The athlete's ability to trust her basics and her coaches to overcome her fears will determine how successful she will be.

4) Mental aspects - The mental aspects of gymnastics are also very important. We try to build mental toughness and focus using situational training (competition simulation). The creation of stressful situations in the gym helps train the gymnasts for the same feelings they will experience during competition. We also use the help of sport psychologists from time to time.

Team “Free Time” Rules

FREE TIME IS
SUSPENDED
UNTIL
FURTHER
NOTICE

Team Uniform List

1. Competition Leotard (L's 1-10)
2. Warm - up suit (Jacket, Pants & Capris)
3. (1) Tank style warm-up leotard
4. Tampa Bay Turners T-shirt & Shorts (Optional)
5. Tampa Bay Turners sweatshirt (Optional)
6. Team Bag(s)
7. TBT Flip-Flop's

** Often times a couple of tank style leotards are purchased by optional gymnasts for training camps**

All of these items are to be purchased through the Tampa Bay Turners Gymnastics pro-shop

Nutritional Tips

As in any competitive sport, nutrition is a major contributor to gymnastics performance. Below are listed several tips on how we as a team (coaches, parents, and athletes) can try to make a difference. After all, we all want what is best, and good nutrition can greatly affect health, happiness and success levels in athletes.

- *Read labels and teach your child to read labels at the store, choose healthy, low-fat items. (Gymnasts should consume a very low-fat diet.)
- * Eat more natural. Try to choose foods that are from the earth rather than processed foods.
- *Choose lean cuts of meat, fish and poultry that are grilled, broiled or baked.
- * Eat breakfast every morning! Breakfast is a great way to get the metabolism going and also helps keep the gymnasts full longer throughout the day.
- * Eat smaller portions more often throughout the day. The athletes should be eating 4-6 small meals/snacks per day. This also aids in metabolic rate and fueling the body.
- *Limit servings of fried foods.....this includes chips, French fries and nachos!
- * Stay Hydrated!
- *Limit red meat to 2-3 servings per week but include a lean protein source at every meal. Lean protein helps with many things including muscle repair and long fueling for the athlete's body throughout workouts.
- *Choose baked chips instead of regular potato or nacho chips.
- * Choose foods rich in fiber!
- * Eat fruits and vegetables with each meal. Make your day colorful! Fruits and vegetables are great snacks with some lean protein.

- *Avoid fatty meats like; bacon, hot dogs, hamburgers, sausage, high fat luncheon meats, and fish sticks.

- *Choose turkey breast, low-fat ham, or chicken breast luncheon meats over salami or bologna.
- *Use skim milk, or low fat (one or two percent) Milk.
- *Try low or no fat cheeses.
- *Choose grape or apple juice over orange juice. Grape and apple juice contain glucose not fructose which is more desirable for energy.
- *Choose RED pasta sauces instead of cream based, alfredo, or garlic-butter sauces.

Nutritional Tips (Cont.)

*Try **fat free** cheese, mayonnaise, salad dressings, sour cream, and cream cheese.

*Try Low-Fat or Fat Free spread, instead of butter or margarine.

*Try whole grain breads and cereals, plain bagels and English muffins instead of croissants, waffles or pancakes.

*Avoid high fat desserts such as ice cream, cookies, cakes, chocolate and brownies. Try small portions of non-fat frozen yogurt, sherbets, angel food cake, or vanilla wafers.

* Consider implementing a Vitamin C, with bioflavonoids supplement into your child's diet. Scientific studies show that the incidence of sports injuries can be reduced and the rate of recovery from an injury can be increased by taking vitamin C with bioflavonoids. Tablets containing the above can be found in any health food, or vitamin store. (GNC etc...)

* **Take a multivitamin with antioxidants and an omega-3/ omega-6 blend every day.**

****Avoid fast food restaurants - If you must eat fast food, choose healthier menu items like grilled chicken, baked potatoes, salads, turkey breast subs, etc...****

****Eat healthy, low-fat snacks like; apples, bananas, celery sticks, carrot sticks, fat-free pretzels, juices, etc...**

Please remember that these are only suggestions and will not work with every child and lifestyle. We strongly encourage however, that when possible you to follow the above suggestions. Your growing student/athlete lives a rigorous lifestyle, and proper nutrition is a must. Please help us to instill these invaluable principles into your child. We are confident that with a diet comprised of very low-fat, high-energy foods your young athlete will be happier, healthier, and more successful.

Competition Day Nutrition:

3 to 4 hours before competition (1 to 2 hours if in early morning session) should be mealtime. This meal should consist of long-lasting carbs, lean protein, fruit or juice and even some healthy fat. Most lean proteins contain fat, which will help with long lasting energy.

1 to 2 hours before the competition (except for 8:00 a.m. sessions) should be snack time. This will help the athletes to “top off” their fuel stores. This snack should be carbohydrate based, easily digestible and something familiar. Examples may be some sports drink, a granola bar, crackers or juice.

During the competition hydration is key. Make sure that you send the gymnasts to the meet with plenty of water or a sports drink. In-meet snacks are not typically needed.

After the competition it is important to refuel. This will help in decreasing soreness and recovery time. Immediately following the competition, the gymnasts should consume a snack that consists of carbs and protein. Good examples include granola bars, peanut butter, fruit or turkey sandwiches. In addition, always follow up with a meal within one hour of the competition’s completion.

Minimum Requirements for entry into the Optional Levels @ TBT

Minimum Requirements for entry into Xcel

Entry into USAG's Xcel program is completely at the discretion of the TBT Team Staff and is by invitation only. Xcel is a great program that can be very enjoyable and rewarding. There is however, no mobility through the USAG DP levels when competing Xcel.

Minimum Requirements for entry into level 6

Vault

A very strong H.S. vault (9.0 average or higher)

Bars

Kip, Cast to 60 degrees above horizontal (Cast HS Preferable)

Clear hip to above horizontal

Flyaway dismount

Beam

180' leap or 180' jump

Solid 1/1 turn on one foot

"B" skill

Required series

Salto Dismount

Floor

Round-off, BHS, Back Tuck or Layout

F.H.S Front tuck or Pike

Solid 1/1 turn on one foot

180 degree leap

Minimum Requirements for entry into level 7

Vault

A solid HS Front timer, Tsuk timer or Yurchenko timer

Bars

Kip, Cast H.S.

Clear hip to 30 degrees above horizontal

Giant(s)

Flyaway dismount

Beam

180' leap or 180' jump

Solid 1/1 turn on one foot

"B" skill

Required series

Salto Dismount

Floor

Round-off, BHS, Layout

F.H.S Front tuck or Pike

Solid 1/1 turn on one foot

180 degree leap

Minimum requirements for entry into level 8

Vault

Tucked/Piked Tsuk or Yurchenko
Handspring 1/1 twist (ONLY for athletes that have done 2 years of L 7)

Bars

Cast H.S.
Clear Hip Circle to 60 degrees above horizontal
Giants
"B" flight move (straddle back or over shoot) w/ a kip out **OR** a Handstand 1/2 pirouette w/ glide kip out.
Flyaway dismount

Beam

1/1 turn on one foot
180° leap or jump
Flight series including B. Handspring
Salto dismount

Floor

1 ½ turn
Layout ½ or 1/1
Pass containing 2 saltos
180° Leap contained in a series

Minimum requirements for entry into level 9

Vault

Tucked/Piked Tsuk./Yurchenko OR HS Front

Bars

9.9 SV or better w/ all special req. met

Beam

9.9 SV or better w/ all special req. met ("C" acro or dismount required), at least .1 Dance Bonus

Floor

9.9 SV or better w/ all special req. met ("C" acro required), at least .1 Dance Bonus

Minimum requirements for entry into Level 10 (Open)

Vault

9.7 minimum Start Value Vault

Bars

9.8 or better SV routine w/ all special req. met for routines containing a MAJOR Release.
9.9 or better SV routine w/ all special req. met for routines without a MAJOR Release.
A MAJOR Release is a same bar Flip Catch or Tkatchev. Transition D's do not count.

Beam

9.8 or better SV routine w/ all special req. met ("D" acro or dismount required), at least .1 Dance Bonus

Floor

9.9 or better SV routine w/ all special req. met ("D" acro required....exception Rudi), at least .1 Dance Bonus

Level determination will be made in the late part of October of each year. It is at that time that all of the above requirements for each level must be met in order to be declared that particular level.

Please understand that these requirements are expected to be performed with excellent form and technique. Sub-Standard execution will not be acceptable. We do this at TBT because experience tells that without meeting the above requirements the athlete is not prepared for the expectation of that particular level. When this occurs, competitions are rarely enjoyable. We strive to place every gymnast where they will excel competitively, leading to a happy and confident individual.

Misc. Information

- The gym closes at 8:30 p.m. on Monday & Wednesday, 8:15 on Tuesday & Thursday and 7:30 on Friday, unless otherwise stated. Parents need to understand that there will only be a five-minute grace period for pick-ups. If parents or carpools are continuously at the gym after the daily closure time for pick-ups, charges will be assessed (this does not apply when a gymnast is asked to stay after workout).
- Unless in the case of an emergency, the TBT team staff **should not** be called (or texted) at home or on their cell phones. Please leave all messages on the voice mail box system at the gym. The coaches will return your calls at their earliest convenience.
- Every month team gymnasts will receive a calendar with workout schedule changes. This calendar will be emailed and also be available at the front desk and for viewing on the team portion of the bulletin board. Please keep these calendars handy so that revisions can be made when necessary.
- Every Spring/Summer TBT will have an awards banquet for compulsory and optional gymnasts. These banquets are usually held separately. This is a very special occasion where each gymnast will be recognized by the coaching staff for their improvements and accomplishments. Please make every attempt to attend.
- When planning for family vacations please try to schedule them for early in the summer or during the week that the gym is closed. This will allow for minimal time out of the gym.
- TBT hosts a competitive summer camp each summer that is **highly recommended** for all of our level 2-10 athletes. Other summer gymnastics camps are not recommended unless attended by our team staff or hosted at a University.
- It is the gymnast's responsibility to help keep the gym and locker room clean. Tape, pre-wrap, ice packs and other garbage should always be thrown away after their use.
- TBT is not responsible for items that are lost or stolen while team athletes are in the gym training. With this in mind valuables should not be brought to the gym, left in bags, lockers or left in the locker room or lobby.
- For Florida USAG information go to www.usagfl.org
- USA Gymnastics website = www.usa-gym.org
- Region 8 website = www.region8gymnastics.org
- Any Level 9 or 10 gymnast that is their freshman, sophomore, junior or senior year in high school and would like to possibly pursue collegiate gymnastics should email Brad for details. Although TBT has placed many athletes in NCAA programs, there are no guarantees of a scholarship, regardless of the J.O. level the athlete reaches.
- TBT carries liability coverage through Snyder Insurance Services (800) 874-6704. Our policy is meant to be excess coverage, over and above your own health insurance. TBT requires that all team families have health insurance.
- It is recommended that parents of gymnasts take part in a concussion awareness program. The one we suggest is: www.cdc.gov/concussion/headsup/online_training.html

Hospital & Physician Preference

Child's Name: _____

DOB: ____ / ____ / ____

Parent's Name(s): Mother _____

Father _____

Address: _____

Street

City

State

Zip Code

Home Phone: Mother _____ Father _____

Work Phone: Mother _____ Father _____

Mobile Phone: Mother _____ Father _____

Insurance Company Name: _____

Insurance ID or account #: _____

Emergency Contact: Name: _____

Phone: _____

Preferred Physician: Name: _____

Phone: _____

Preferred Hospital: _____

Phone: _____

Address: _____

Street

City & ZIP

MEDICAL RELEASE FORM

Every year team members must have a current (no more than one year old) version of this form, signed and notarized. This form allows staff members to authorize treatment in the case of an emergency regarding your child when you are absent or unavailable. By signing this form, you affirm that you are giving the staff of TBT the authority to make decisions on your child's behalf without your input and that you release TBT and all of its agents from any liability arising from such decisions and agree to indemnify and hold them harmless from any liability which they may incur to you or any others affected by such decisions.

I/We _____, grant permission for my/our child, _____, to travel and participate in competitions, exhibitions, training sessions, tours, and/or other activities with TBT, its officers, agents, assistants, employees, USAG and its associated officers, agents, assistants and employees, including without limitation, Brad Harris, Colleen Barger, Diane Amos-Draga, Carlee Bingham, Jesse Rappaport, Alicia Hallesy, Lauren Gibson, Mallory Credito and further I/we not only grant permission for but encourage the procuring of any emergency medical treatment that may be reasonably and prudently be determined to be required due to apparent injury or illness occurring or arising during these activities.

Parent Signature

Parent Signature

Home phone _____ Work phone _____

Cellular Phone _____

Other _____

Other Emergency Contact _____

Phone(s) _____

Subscribed and acknowledged before me by means of _____ physical presence or _____ online notarization this _____ day of _____, 202__, by the above named parent(s), who are/is personally known to me or who produced _____ as Identification.

AFFIX SEAL HERE

Notary Public, Florida at Large

Notification of Risk and Release and Waiver of Liability

PLEASE READ CAREFULLY

As the parent or legal guardian of:

I hereby consent to the above-named person's participation in the programs offered by Tampa Bay Turners Gymnastics and Swimming Academy Inc. (hereinafter "TBT.") I/We recognize and fully understand that the sport of gymnastics involves risks of serious bodily injury, including permanent disability, concussions, paralysis and death, which may be caused by the participant's own actions or inactions, those of others participating in the event, the conditions in which the event takes place, or negligence of "the releasees" named below; and that there may be other risk either not known to me/us or not readily foreseeable at this time. **I/We understand and accept these risks.** I/We also realize that my/our child will be performing on training devices including the trampoline, tumbling trampoline, vault, uneven bars, beam, in-ground pits, floor exercise areas, the climbing rope and other equipment or apparatus commonly used in gymnastics training and the swimming pool area - and that even when used properly, there are certain inherent risks involved.

I/We further understand that while the payment of tuition, administration and competition fees constitutes part of the consideration due to TBT for allowing my/our child to use the facilities and equipment at TBT or any other venue where practice and competition may occur, an additional and important part of the consideration due to TBT is this signed release form.

Therefore, in consideration for allowing my/our child to use TBT's equipment and facilities, or participate in events under the supervision of TBT employees, I/We hereby forever release, discharge and covenant not to sue TBT, it's respective owners, officers, employees, teachers, coaches, volunteers or other agents ("releasees") from all liability for any and all damage and injuries suffered by my/our child while under the instruction, supervision or control of TBT, it's owners, officers, employees, teachers, coaches, volunteers or other agents.

As the parent(s) or legal guardian(s) of the aforementioned person, I/we hereby agree to individually protect for the possible future medical expenses, which may be incurred by my child as a result of any injury sustained while training at TBT during designated workout time, "Free Time" (when allowed), in the swimming pool, or under the direction of TBT.

I/We certify that each or both of us has the authority to execute this release form on behalf of the above-named gymnast.

This acknowledgment of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntary as to its content and intent.

Parents Signature

Parents Signature

Dated: _____

Dated: _____

Subscribed and acknowledged before me by means of _____ physical presence or _____ online notarization this _____ day of _____, 202__, by the above named parent(s), who are/is personally known to me or who produced _____ as Identification.

AFFIX SEAL HERE

Notary Public, Florida at Large

Hygiene and Distancing Statement

I am aware that my actions as a parent or legal guardian will impact the safety of all others in the Tampa Bay Turners facility. We are counting on our parents to help us meet the physical distancing guidelines and personal hygiene practices.

1. While we will do our best to accommodate parents that would like to watch their child's activities, we will need to limit our in-person viewing to conform to the CDC's 6' distancing standards.
2. We urge our students and their parents to wash or sanitize their hands before entering TBT. When available, hand sanitizer will be provided. We also recommend that our students and their parents have their own sanitizer solution on hand.
3. Our class and team workout schedules will be adjusted to allow for fewer children to enter and exit the building at the same time. We will do our best to have a staff member at each of our three entrances to assist the kids in and to find their class or group. We will also escort the kids out of the gym or pool, once their sessions conclude to make sure they find their parents for those that do not want or need to enter the facility.
4. The lobby areas have been setup to conform to the distancing regulations. We ask that you refrain from moving any of our chairs and in the provided standing areas, please remain 6' apart.
5. Please do not send a sick child to TBT and if you are not feeling well please stay home. We will do our absolute best to provide make-up classes for those that have to miss for being ill.
6. For classes, team workouts or privates, please make arrangements to only arrive at TBT a few minutes before their scheduled time and pick them up promptly once their class/workout/private has concluded. Early drop-off's and late pick-up's are strictly prohibited.

I will do my part to help make Tampa Bay Turners as safe as possible by being respectful of our distancing policies, insisting that my child practice good hygiene and sanitizing, both before and after their workout, private lesson or camp. We will also do our best to support the coaches, teachers and office staff as they work hard to provide a safe place to develop happy, healthy and confident kids. We also understand, that while TBT will do everything they can, there are NO GUARANTEES! We enter TBT's facilities and take part in TBT's programs at our own risk.

Athlete Name

Parent Name (Printed)

Parent Signature

Date

22’/23’ TAMPA BAY TURNERS GYMNASTICS TEAM AGREEMENT

Parents and gymnasts should read the TBT Team Handbook before signing this form.

I/We have read thoroughly and understand completely the Tampa Bay Turners Gymnastics team handbook. I/We have gone over the handbook with my/our daughter and all of us support the philosophy of the TBT team program. We hereby agree to follow all of the rules and policies presented in the TBT Team handbook.

I/We understand that being a TBT team member **is a privilege, not a right** and my/our child agrees to be actively involved in practices, workouts, competitions, exhibitions, clinics, training camps, booster club fund raisers and special activities scheduled by the team, unless excused by the Directors or Coach.

I/We have been **WARNED** that gymnastics and gymnastics related activities are dangerous and that injuries will more than likely occur at some point during training, training camps, free time (when allowed) and/or competitions.

I/ We understand that all team members are expected to act in a mature, responsible, and honorable manner at all times by following the common-sense rules below:

- Good grades are expected of all Tampa Bay Turners gymnasts. Any athlete whose grades fall below an acceptable level may be suspended from workouts until such grades improve.
- I/We understand and promise to adhere to our rules in regard to social media (pg. 2, # 19).
- We understand that paying for a meet entry fee does not guarantee that your child will compete. The gymnast must show readiness and consistency in their workouts leading up to a competition and warm-up completely and safely at the competition itself or they will potentially be scratched. This can apply to one or more events.
- Unexcused absences, tardiness, inappropriate dress, disruptive behavior, emotional outbursts, abusive or foul language, or any sort of misconduct are strictly prohibited.
- Decisions regarding level, groups, workout times, choreography and routine construction are completely at the discretion of the TBT Team staff and are not up for debate.
- Please understand that “spotting” (assisting by hand) is common to our sport and an important part of learning gymnastics skills safely and correctly. While our coaching staff makes every attempt to spot the athletes in a manner that they are comfortable, during fast skills with flight or in the process of flipping, accidents do happen and a hand placement may unintentionally contact a private area of the body. This is never done by design but may occur while attempting to prevent a fall or potential injury.

FAILURE TO ADHERE TO ANY OF THESE RULES MAY RESULT IN DISMISSAL FROM THE TEAM.

I/We understand that any time we cannot be a supportive and positive force in the gym and in the life of our child we will relinquish our place on the team. **Negative talk to other parents in the lobby or at competitions will not be tolerated.**

I/We understand that if we approach a judge, meet official, meet volunteer or awards announcer before, during or after any competition to question, comment on, complain about, or discuss a score or the judging of the meet we are making the decision to remove our child from the Tampa Bay Turners Gymnastics team.

I/We have read and understand all of the rules applying to the payment of tuition, administration fees, meet fees, uniforms, Booster Club responsibilities and fees having to do with attendance or special activities and agree to adhere to them.

I/We also understand that I/we will be responsible for the payment of attorney(s) fees and court costs in the event that it becomes necessary to bring an action against me/us for the collection of my/our account.

I/We understand that my/our daughter(s) will not be entered into any competitions until our annual obligation to the Purple Pride Booster Club is complete and that the raffle tickets are non-refundable.

I/We approve the use of photographs of my/our child for the TBT web site, brochures, team pictures, the TBT Yearbook or the like.

Parent Signature _____ Parent Signature _____

Gymnast’s Signature _____ Date _____

Subscribed and acknowledged before me by means of _____ physical presence or _____ online notarization this _____ day of _____, 202__, by the above-named parent(s), who are/is personally known to me or who produced _____ as Identification.

AFFIX SEAL HERE

Notary Public, Florida at Large