



*at USA Academy
of Educational, Physical
& Social Development*

Parent Handbook

Mission Statement

Tumble “N” Twist (TNT) Gymnastics Center specializing in offering high-quality gymnastics classes that meet every stage in a child’s development in a fun, supportive and safe atmosphere. We believe that gymnastics training is the great foundation for physical fitness. Our goal is to develop a child’s self-esteem by providing success experiences in a non-competitive environment. We define success as personal best instead of better than others. Our athlete’s physical and mental development is our greatest achievement.

TNT coaches and instructors are members of USA Gymnastics (USAG) and are all USAG Safety and Risk Management Certified. They are also all professionally certified in First Aid and CPR through the American Red Cross.

Thank you for choosing Tumble “N” Twist Gymnastics (TNT) for your gymnastics family! Within our handbook you will find policies and philosophies that you and your child need to understand to help everyone have the best gymnastics experience possible.

Policies and Procedures

Communication

We email all communication – including invoices! Please notify the office immediately if your email changes and be sure to add “tntgymnastics@campwestwoods.com” to your contact list to avoid any emails accidentally ending up in your SPAM folder.

Billing

All invoices will be e-mailed prior to the start of the next session. It is your responsibility to ensure your email is up to date in the office. Tuition is due the week before the session starts. A late payment fee will be applied after the 3rd class of the session. There is also a fee for returned checks. We know you are going to love TNT, but in case of changing circumstances, we will provide a 100% refund if you choose not to attend after the 2nd class.

Inclement Weather Procedures

If the gym closes due to bad weather there will be a message on the answering machine and Facebook page by 2:00 p.m. for all evening classes. On Saturdays, a message will be on by 7:30 a.m. No tuition deductions will be given.

Make-ups for Missed Practices

We expect our gymnasts to be at practice during their scheduled time. If a practice is missed, please call the gym to schedule a make-up lesson. No tuition deductions will be given as a result of a missed practice.

Attire

Gymnastics attire is more about safety than fashion! Long hair should be cleanly pulled back in a ponytail or bun. Girls should wear leotards. Boys should wear tight fitting t-shirts and shorts without pockets. Baggy clothing and jewelry are safety hazards and are not be permitted.

Injuries

If your gymnast has an injury please let their coach know. They may come to condition during their regular practice time.

Problems or Concerns

If your child is having any problems with a teammate, a particular skill, or a member of the coaching staff, please schedule a meeting to discuss these concerns. Your thoughts and feelings are important to us. Please do not come out on to the floor. When a parent comes out on to the floor, it takes away the coach’s attention from the students that s/he is teaching.

Expectations of the Gymnast

The way you act in the gym is a reflection of your respect for yourself, your classmates, and the Tumble “N” Twist Gymnastics Center. Only the highest standard of behavior will be acceptable. The following are expected of a Tumble “N” Twist gymnast:

1. Attendance is very important and critical to skill progression. Attend all practices on time. Arriving 5 minutes early to get situated is recommended. Practices will begin promptly at their designated times.
2. Come to practice with appropriate gymnastics attire (see policies).
3. Work hard and give 100% at every practice.
4. Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most difficult and demanding sport, both mentally and physically. All gymnasts suffer setbacks, frustration, fear, and defeat. Expect these things - learn from them, face them, and overcome them. Set high goals and do your best to achieve them.
5. Be courteous, respectful, and polite to others. Bullying and negative dialogue towards others will not be tolerated or accepted. Gymnasts will receive one warning from his/her coach. Any additional incidents after the warning will be reported to parents and grounds for termination from the program.
6. Always bring a filled water bottle. If your class has a snack period, please ensure the snack you bring is healthy.
7. During the warmer seasons or practice, gymnasts should carry a pair of sneakers in their gym bag in case we go outside to run.
8. Always wait inside the facility for your ride. Gymnasts are not to wait outside for pick-up after practice.
9. Cell phones are prohibited during scheduled practice time.

Expectations of the Parent

1. Attendance (and timeliness) is very important and critical to skill progression. Arriving 5 minutes early so your gymnast can get situated is recommended. Practices will begin promptly at their designated times. Please be on time to pick up your child after practice.
2. Ensure that your child gets enough sleep, proper nutrition, gets to and from the gym on time, and has proper gymnastics attire and hair.
3. You are responsible to call the gym and alert the office if your child will be absent from a practice as well as coordinate a make-up class on another day/time. Tuition adjustments will not be made for missing a class.
4. You are welcome to watch gymnastics practice, but must supervise your non-participating siblings at all times. They cannot run free in the facility.
5. Parents are not permitted on the gym floor and must refrain from coaching, commenting or approaching the coach during any training session. If your child is not paying attention or fooling around, we realize that it is tempting to say something, but please remember that this is the job of the coaches.
6. We have your child's best interest at heart. Please trust the decisions that our professional gymnastics staff make in regard to your child's training and placement.
7. When questions or concerns do arise, please understand that expressing your concern to other parents cannot solve your problems and that problems cannot be solved if we do not know about them. Your thoughts and feelings are important to us. Please call the office to set up a meeting with any of your child's coaches at any time. Meetings will be scheduled through your child's coach for either before or after practice times.
8. Never speak about another club, coach, staff member or gymnast negatively.
9. You are a positive force in your child's gymnastics development. Please do not compare your child to another when it comes to training and progress. Each child progresses at their own rate and this must be recognized by parents.
10. Parents should have a clear definition on what winning is. Winning should be defined as your child's personal best not being better than everyone else. Make only positive comments after practice and focus on your child's individual developments, efforts, and improvements.

GYMNASTICS PARENT CODE OF CONDUCT

On 9/23/2000, more than 30 heads of Massachusetts' chapters of national sports and medicine associations, educational organizations, and professionals met at Children's Hospital in Boston to participate in a consensus meeting to develop a sport parent code of conduct for the state. The meeting was convened by the Mass. Governor's Committee on Physical Fitness and Sports and the National Youth Sports Safety Foundation, Inc..

Preamble:

The essential elements of character-building ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character". I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the sport is for youths, not adults.
3. I will inform the coach of any physical disabilities or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the sport and the policies of the gym.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials, and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete, or parent such as booing and taunting or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other athletes, coaches, officials, and spectators with respect regardless of race, creed, color, sexual identity/ orientation or ability.
10. I will teach my child that doing one's personal best is more important than winning, so that my child will never feel defeated by the outcome of a practice or competition.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other athletes for making a mistake or losing.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize competition in lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win (or be "the best" in class).
15. I will respect the officials and their authority during competitions and will never question, discuss, or confront coaches at the competition site, and will take time to speak with coaches at any agreed upon time and place.
16. I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and I will refrain from their use at all sporting events.
17. I will refrain from coaching my child or other athletes during competitions and practices, unless I am one of the official coaches of the team.

As a recipient of this handbook, I agree that if I fail to abide by the aforementioned policies, rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by your athlete's coach
- Written warning
- Parental practice suspension with written documentation of incident kept on file by Tumble 'N' Twist