

## Introduction

Welcome to the ASI Gymnastics Boys Team Program! ASI is proud to have a well-rounded, successful team program and we are excited to bring the competitive experience to your athlete. ASI team gymnasts are taught dedication, discipline and self-confidence that they will continue to use throughout their athletic and academic careers. Our goal is for each of our athletes to reach their highest potential in a safe and positive environment. We look forward to the upcoming season and are thrilled to have the opportunity to work with you and your child.

## Level Mobility

Promotions are determined on the following criteria and each must be met before promoting:

- Regular attendance is essential, in addition to:
  - Arriving on time
  - Staying for the duration of practice
  - Showing good work ethic
  - Keeping a positive attitude
  
- An athlete must achieve the required all-around score for his level during the current competition season. This base score is used as an indicator on how the athlete is performing with his current level skills. Scores above this baseline will indicate that it is time to work on the next level skills. Scores below this baseline will indicate that he will need more time to focus on the current level skills. Scores equal to this baseline will indicate that some events are further ahead than others and summertime will be an important training period.
  
- An athlete must master the required percentage of their next level team skill sheet. It is imperative for the growth and progression of a gymnast to evaluate each skill according to specific guidelines. Every skill should reflect the technique and artistry defined by USA Gymnastics. It is also important for the gymnast to understand the techniques and terminology of each skill so they can perform without hesitation or fear.

At the completion of meet season, gymnasts will be placed into their Summer Training Group. They will be placed according to their score requirements and their skill mastery for the next level. Final levels for the next competitive season and Competition Season Training Groups will be finalized July 31st.

To Level...	Criteria/Requirements
3 Division II	Complete Boys Gold
3 Division I	An AA Score of 48.00 must be earned twice at Level 3 Division II. Mastered 100% of the Boys Level 3 Team Skill Requirements. Mastered a Minimum of (2) Level 3 Bonus Skills per event.
4 Division II	An AA Score of 54.00 must be earned twice at Level 3 Division I. Mastered 100% of the Boys Level 4 Team Skill Requirements
4 Division I	An AA Score of 54.00 must be earned twice at Level 3 Division I Mastered 100% of the Boys Level 4 Team Skill Requirements. Mastered a Minimum of (2) Level 4 Bonus Skills per event.
5 Division II	An AA Score of 54.00 must be earned twice at Level 4 Division I. Mastered 100% of the Boys Level 5 Team Skill Requirements
5 Division I	An AA Score of 54.00 must be earned twice at Level 4 Division I. Mastered 100% of the Boys Level 5 Team Skill Requirements. Mastered a Minimum of (2) Level 5 Bonus Skills per event.
6 Division II	An AA Score of 54.00 must be earned twice at Level 5 Division I. Mastered 100% of the Boys Level 6 Team Skill Requirements
6 Division I	An AA Score of 54.00 must be earned twice at Level 5 Division I. Mastered 100% of the Boys Level 6 Team Skill Requirements. Mastered a Minimum of (2) Level 6 Bonus Skills per event.
7	An AA Score of 54.00 must be earned twice at Level 6 Division I. Mastered 100% of the Boys Level 7 Team Skill Requirements
8	An AA Score of 54.00 must be earned twice at Level 7. Mastered 100% of the Boys Level 8 Team Skill Requirements.
9	An AA Score of 54.00 must be earned twice at Level 8. Mastered 100% of the Boys Level 9 Team Skill Requirements.
10	An AA Score of 54.00 must be earned twice at Level 9. Mastered 100% of the Boys Level 10 Team Skill Requirements.

*To successfully move from Division II to Division I, the athlete must score above a 52.00 AA score twice at Division II. Divisions may only be changed by the meet entry level change deadline.*

Parents and gymnasts will receive an email with an attached copy of their Skill Evaluations Sheet at the midpoint of their season. Parents may also log in to their myASI account at any time throughout the season and review their child's progress.

If your child drops from the team program for an extended period of time, he will be re-evaluated to make sure he is placed in the appropriate level based on his current skill set. This is an additional safety precaution to ensure that your child can safely perform the skills required at his level.

### Athlete Expectations

All team gymnasts are expected to arrive on time to practice, in the proper apparel:

- All gymnasts must wear the Team ASI Workout Apparel purchased through the ASI Store to their team practices.
- The Team ASI Workout Apparel includes: Team Workout Shirt and Team Workout Shorts.
- Hair should be pulled up and secured tightly if applicable. Otherwise hair should be neat and well groomed.
- Jewelry is not permitted. Apple Watch, Fitbit, or anything similar will not be allowed on the floor.

ASI restricts coaches and staff from having social relationships with the athletes outside of the gym. Examples include: family dinners, birthday parties, contact via social media, email, and texting. Athletes should never contact their coach outside of the gym. We ask that all outside communication to the gym and the coach is handled by the parent.

It is our mission to not only teach your child quality gymnastics, but also to instill values such as teamwork, sportsmanship, leadership and respect. Any issues during workout will be communicated by the coach to the parent and we request parental support. Further issues in workout may result in dismissal from practice. All team gymnasts are role models in the gym and are expected to set a good example by having a positive attitude and showing respect to all coaches and fellow gymnasts.

### Parent Expectations

The most important thing you can do for your child is to be a supportive parent. Parents should support the athlete, the coach, and the team, allowing the athlete and the coach to perform their roles. Parents need to remember that all training decisions are the responsibility of the coach and ASI Gymnastics.

Parents are always welcome to watch practice. However, we ask that you refrain from talking or motioning to your gymnast or their coach during this time. We need all of the athletes focused

and attentive during practice and any distractions will affect the quality of their training and can even lead to injury.

ASI will send important information to team parents via the email address you have provided to us. If you decide to unsubscribe from the email blasts, you will not receive information regarding important Team communication. This information will come directly from our Customer Experience Staff, and you can contact your gym if you need further information. ASI will also provide information through social media and our website.

Parents are always responsible for transporting their children. ASI coaches and staff are never permitted to provide transportation to any ASI students.

ASI restricts coaches and staff from having social relationships with the athlete and family outside of the gym. Examples include: family dinners, birthday parties, contact via social media, email, and texting. If you need to contact your child's coach, we ask that you call the gym. Only in extreme circumstances should you need to contact your coach directly. Examples include: running late to a competition and last minute withdrawal from a competition.

Gossiping and/or negative behavior from the parent or the child will not be tolerated. Any questions or issues should be directed to your child's coach or a customer experience representative. They have your child's best interests in mind and will be happy to help you. They may also have insights about how to support your child over difficult skill development, inter-group relations or other training concerns.

Parents should never approach a coach during a workout or a competition. Any concerns should be addressed before or after a workout or competition. You can always speak with a customer experience representative. If they are unable to address your concern, they will immediately direct it to the appropriate person.

### Attendance Policy

The ASI Gymnastics Team Program is a year-round commitment. Regular attendance is essential for your child's success and advancement in the sport of gymnastics. It is imperative to arrive on time and stay for the duration of every workout. You should call the gym and inform a customer experience representative if your child will be arriving late, leaving early, or is unable to attend a practice session. This information is necessary for the coaches in planning daily requirements, goals and objectives.

Over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays, or other team functions. We will do our best to keep these at a minimum. Likewise, there will be occasions when additional team practices may be conducted. There are no team makeup classes offered if your child misses a regularly scheduled team practice. However, you may schedule a makeup in a power tumbling class, subject to availability.

Safety is our number one priority and if your child is absent for an extended period of time, he will need to be re-evaluated when he returns regardless of what level he was prior to the time he left. Irregular attendance may also affect his participation on an event(s) in upcoming meets.

### Nutrition

Parents of Team members are encouraged to enforce good nutritional eating habits. Healthy food choices are a catalyst to productive training. A quick snack break may be given during workouts lasting four hours or longer. Only healthy snacks will be permitted during these break times. Hydration is an important part of the training process, so it will be important to send your child with a refillable, spill proof water bottle. Only water will be permitted during workout.

### Power Tumbling

Because tumbling is so crucial to success in gymnastics, and a lack of power tumbling progress can often hold gymnasts back from advancing to the next level, it is our goal that every athlete is training tumbling skills that are at least two levels more advanced than the skills they are competing. The gymnasts will spend time during their typical practice working on power tumbling skills, but we highly recommend additional Power Tumbling classes to enhance these very important skills. For this reason, ASI offers additional Power Tumbling classes at a discounted rate. If you are interested in enrolling in an additional Power Tumbling class, contact the front desk at your gym.

### Trampoline Safety

As with any athletic activity, there is an inherent risk in gymnastics, and trampolines are not a fail-safe instructional device. However, through rigorously developed and carefully implemented risk-management strategies, including low supervision ratios and common-sense rules, ASI Gymnastics and other facilities in the gymnastics industry have managed to significantly decrease these risks.

We urge our gymnasts and their families to think twice about where you bounce on trampolines, and please do everything you can to stay safe. The stories we're hearing from our own gymnasts, online, and in the media about the frequency and severity of injuries at trampoline parks are deeply unsettling and we want to make sure that every member of the ASI Family knows the risk.

## Tuition Policies

ASI is unique that our monthly team tuition includes all of the following items listed below. The cost of these items is evenly distributed over a 12-month period and are non-refundable.

- USA Gymnastics athlete affiliation registrations. USA Gymnastics is now requiring all parents to register and pay for their own athletes. ASI Gymnastics will place a credit on your account to reimburse the cost of the registration.
- Meet entry fees (Regional, Western and National Championships not included)
- Coaches session fees
- Coaches travel expenses
- Coaches training / education
- Open Gym (Levels 3-10)

The following items are not covered in your monthly team tuition:

- Workout and competition apparel
- Regional, Western, and National Championships meet entry fees
- Judging assessment
- Any costs associated with additional meets your team chooses to attend.

## Injuries

Injured athletes, if able, are encouraged to participate in their normal practice sessions. In most cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength and specific skills not related to the injury. There is no reduction in tuition unless the injury prohibits the gymnast from attending workout for longer than one month.

In the event that a child becomes injured at any point of the year a doctor's note must be provided with the injury diagnosis and a list of specific restrictions. Restrictions need to include: type of activity allowed, type of activity not allowed, brace or support required and the expected release date for the athlete to resume normal training.

Parents must also request a referral to a physical therapist if needed for the injury. Athletes will not be allowed to resume training in the gym until both a doctor's note and a plan for recovery has been submitted by the parent to the coach and to the Competitive Program Director.

Athletes will not be allowed to resume competition until both a doctor's note and video documentation of routines on all (6) events have been submitted to the Competitive Program Director.

## Meets

### Governing Bodies

ASI gymnasts will compete in USA Gymnastics sanctioned competitions. USA Gymnastics has specific championship meet qualifications. A gymnast will not qualify to state, regional or national competitions without meeting all of the following requirements.

USA Gymnastics (USAG): Levels 3-10

- State Meet Qualifications: All Level 3-10 athletes are eligible to compete in the USA Gymnastics Texas State Championships. The athlete must compete in at least one (1) USA Gymnastics sanctioned competition during the current competition season. An all-around score must be achieved.
- Regional Championships: Regional Championships take place for Levels 3-10. A certain percentage of athletes from each state will qualify to the regional championships based on State Championships results. The percentage will be determined by USA Gymnastics.
- National Championships: National Championships take place for Levels 8-10. A certain percentage of athletes from the regional championships will qualify to the National Championships based on regional championship results. The percentage will be determined by USA Gymnastics.
- For more information, you can visit the USA Gymnastics website: [www.usagym.org](http://www.usagym.org)

### Meet Schedules

Since most entry forms are not due to the host gym until a few weeks before the meet, meet schedules will usually not be posted any earlier than 10 days prior to the event. Therefore, do not attempt to contact any meet director to inquire about their upcoming meet schedule. ASI will post meet information on our website as soon as it becomes available.

Athletes will not be allowed to switch sessions due to other conflicts. However, athletes who are unable to compete on specific days for religious reasons must notify the Customer Experience Manager of these circumstances at the start of the season. The meet director may accommodate these requests at their discretion.

Outside meet venues will have different requirements regarding admissions and are subject to change. We suggest you check the host gym's website for admission information, but as a general rule you should arrive 15 minutes prior to "Open Stretch." If your child arrives late to the

meet and misses the “Open Stretch” portion, he may not be able to participate in that particular meet. Safety is our number one priority and it will be up to the coach’s discretion if they feel it will be safe or not for your child to compete having missed warm up and stretching.

### Gate Fees

All outside meet venues will charge a gate fee for parents and children who are attending the meet. All gymnasts competing during the attended session will not be charged a gate fee. All meets are subject to different pricing depending on the meet location, governing body and number of sessions. Most outside meet venues will only take cash for these fees.

### Meet Attire

Team gymnasts are required to purchase all pieces of the current competition attire. All orders must be placed by September 4th to ensure arrival prior to the first official meet of the season in January. Team gymnasts who join after this date will also be required to purchase all pieces of the current competition attire; however, items may not be available prior to their first competition.

Every gymnast is required to purchase all pieces of the competition uniform for their specific level from the ASI Store. An athlete will not be allowed to compete without the appropriate attire. The new competition attire was introduced in the 2021-2022 season. We will keep these same styles through the 2024-2025 season.

Competition attire/presentation should consist of the following:

- Competition Tunic
- Competition Shorts
- Competition Pants (Level 4+)
- Competition Warm-up Jacket
- Competition Warm-up Pants
- Competition Bag: Your bag can include: water bottle, healthy snack, bag for trash, grips (if applicable). No electronic devices are allowed with the child out on the floor.
- Competition White Cotton Athletic Socks (Level 4+): No dress socks are allowed.
- Hair should be pulled up and secured tightly if applicable. Otherwise hair should be neat and well groomed.
- Jewelry is not permitted. Apple Watch, Fitbit, or anything similar will not be allowed on the floor.

### Meet Etiquette for Athletes and Family

All athletes and parents are subject to the same rules and policies that are expected in the gym during a competition weekend. Here are some important things to remember when attending a meet.



- It is very important that you arrive on time. Arriving late can result in your gymnast missing out on an event or even cause them to become ineligible to compete in the meet at all. In addition, a late arrival causes the gymnasts to miss out on their warm-up which is an essential step in having a safe competition. If you are going to arrive late to a meet, the sooner you can inform your coach, the better chance they have of being able to help the situation.
- Depending on the meet venue, they may not allow you to bring in any outside food or drinks.
- Athletes must stay with their coach on the floor at all times. We ask that you refrain from talking or motioning to your gymnast or their coach during this time. We need all of the athletes focused and attentive during competition and any distractions will affect the quality of their performance and can even lead to injury. In addition, do not allow your child to go out onto the floor before their coach has called for them, and wait for your child's coach to release them to you at the conclusion of the meet.
- No electronic devices are allowed with the child on the floor.
- All parents, siblings, family and friends must remain in the spectator area and will not be permitted on the floor at any time before, during or after the competition. Walking on the floor could result in a monetary fine or removal from the competition.
- No flash photography is allowed during the competition for the safety of the gymnasts.
- Unsportsmanlike behavior from an athlete or parent will not be tolerated.
- The gymnast must be able to perform all skills required on each event without assistance. In the event that the child is not able to perform a skill in the routine without assistance, the athlete will be required to scratch the event during competition. Athletes who do not compete on all events may not qualify to the State Championships.
- If a coach feels that there is a discrepancy in a child's score they will file a formal inquiry with the meet director. At no time should a parent approach a judge or a meet director regarding a score. This is up to the discretion of the coach to file an inquiry, if the coach feels it is necessary.
- If there are any issues regarding the meet sessions including questions about scores or performance, please set a time to speak with your child's coach after the meet weekend has concluded. Negative talk or gossiping during a meet will not be tolerated. Please be respectful of other athletes and sessions after your child has competed.

### Awards

Awards will take place at the end of every session at a meet. In most cases, gymnasts will receive placement awards. Teams with at least three participants entered will also have the opportunity to receive team awards. Team awards are not presented until all gymnasts at that level have competed, so you may attend a session and not learn your team results until later.

Gymnasts will accept awards in their team attire. No food or gum is allowed during this time. As an athlete, a demonstration of courtesy and gratitude is appropriate. Under no circumstances should you show disappointment in the awards that you are given.

We ask that our parents and athletes cheer not just for their own team, but for all athletes receiving awards. All gymnasts must be present during the entire awards ceremony. If the awards ceremony is on the competition floor, parents must stay in the spectator area to take photos.