

Introduction

Welcome to the ASI Gymnastics Girls 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 her level during the current competition season. This base score is used as an indicator on how the athlete is performing with her 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 she 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.

- All level 4 and above athletes must also meet the mobility score requirements set forth by USA Gymnastics. Mobility score requirements vary by level and must be obtained at a USA Gymnastics sanctioned meet. Athletes who do not meet this requirement during the regular scheduled competition season must attend an additional meet during the Fall at an additional cost. The coach will apply for an exception with the Team Director prior to June 1st.

- 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 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 Training Groups will be finalized July 31st.

To Level...	Criteria/Requirements
1	Complete Girls Gold
2	An AA Score of 36.00 at Level 1 must be earned twice during the regular season. Mastered 100% of the Girls Level 2 Team Skill Requirements
3	An AA Score of 36.00 at Level 2 must be earned twice during the regular season. Mastered 100% of the Girls Level 3 Team Skill Requirements Except for One or All of the Following: Front Hip Circle, Balance Beam Dismount, OR Roundoff Back Handspring (must have a minimum of a connected round-off, back handspring on the competition floor with a light spot).
XS	An AA Score of 36.00 at Level 3 must be earned twice during the regular season. Mastered 75% of the Girls Level 4 Team Skill Requirements
4	An AA Score of 36.00 at Level 3 must be earned twice during the regular season. Mastered 100% of the Girls Level 4 Team Skill Requirements
XG	An AA Score of 36.00 at Level 4 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 4 Mastered 75% of the Girls Level 5 Team Skill Requirements
5	An AA Score of 36.00 at Level 4 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 4 Mastered 100% of the Girls Level 5 Team Skill Requirements
XP	An AA Score of 36.00 at Level 5 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 5 Mastered 75% of the Girls Level 6 Team Skill Requirements
6	An AA Score of 36.00 at Level 5 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 5 Mastered 100% of the Girls Level 6 Team Skill Requirements

To Level...	Criteria/Requirements
7	An AA Score of 36.00 at Level 6 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 6 Mastered 100% of the Girls Level 7 Team Skill Requirements

8	An AA Score of 36.00 at Level 7 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 7 Mastered 100% of the Girls Level 8 Team Skill Requirements
XD	An AA Score of 36.00 at Level 8 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 8 Mastered 75% of the Girls Level 9 Team Skill Requirements
9	An AA Score of 36.00 at Level 8 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 8 Mastered 100% of the Girls Level 9 Team Skill Requirements
10	An AA Score of 36.00 at Level 9 must be earned twice during the regular season. Achieved the USA Gymnastics Mobility Score at Level 9 Mastered 100% of the Girls Level 10 Team Skill Requirements

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, she will be re-evaluated to make sure she is placed in the appropriate level based on her current skill set. This is an additional safety precaution to ensure that your child can safely perform the skills required at her 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 Leotard, Team Workout Shorts, and/or Team Warm-Up Leggings.
- Gymnasts who are Level 3 and above may earn “free days” where they are allowed to wear a leotard of their choice.
- Hair should be pulled up and secured tightly, so that it stays that way for the duration of the workout.
- The only jewelry that is permitted is one pair of small stud earrings. 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 in the 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 impact the quality of their training and can 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, she will need to be re-evaluated when she returns regardless of what level she was prior to the time she left. Irregular attendance may also affect her 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.

Dance

As your athlete progresses through her gymnastics career, dance becomes a more integral piece of the puzzle. Artistry is more highly emphasized in gymnastics, especially at the optional (level XP-10) levels. If you would like to enhance your athlete's dance abilities, you should consider enrolling in a dance class at a local studio. Ballet classes will definitely help your athlete's presentation and quality of movement, and lyrical and contemporary classes can help improve your athlete's expressiveness and artistry, in addition to exposing her to advanced leaping and turning techniques that will be helpful as she advances through the levels.

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.

- Athlete affiliation registrations including TGGA, TAAF and USAG. 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
- Choreography
- 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 or requires a brace 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, type of 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 (4) events have been submitted to the Competitive Program Director.

Meets

Governing Bodies

ASI gymnasts will compete in three different leagues in order to provide the best venue for our athletes at each stage in their gymnastics development. Each of these governing bodies has specific state meet qualifications. A gymnast will not qualify to state, regional or national competitions without meeting all of the following requirements.

Texas Gold Gymnastics Association (TGGA): Levels 1-2

- State Meet Qualifications: All athletes are eligible to compete in the TGGA State Championships regardless of the amount of TGGA meets attended during the meet

season.

Texas Amateur Athletic Federation (TAAF): Levels 3-5

- State Meet Qualifications: A gymnast must participate in three (3) scheduled TAAF Sanctioned Qualifying meets where routines on all four events are performed and an all-around score is earned. (A “touch” on an apparatus does not qualify for an all-around score). Gymnasts must achieve one all-around score before the season midpoint and one all-around score after the season midpoint. The third all-around score can be earned at any other TAAF Qualifying meet during any part of the season.
- For more information, you can visit the TAAF website: www.taaf.com

USA Gymnastics (USAG): Levels XS-10

- State Meet Qualifications: Levels XP-10 are eligible to qualify to the State Championships based on score eligibility. The level of a gymnast determines the score requirement to qualify for the State Championships.
- Regional Championships: Regional Championships take place for Levels XP, 7-10. 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 the USA Gymnastics Regional Committee.
- Western Championships: Western Championships take place for Level 9. A certain percentage of athletes from each region will qualify to the western championships based on regional championships results. The percentage will be determined by the USA Gymnastics Regional Committee.
- National Championships: National Championships take place for Level 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 the USA Gymnastics National Committee.
- For more information, you can visit the USA Gymnastics website: 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 for home and outside meets 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; however, the athlete will not be able to compete for awards placement if she is competing outside of the assigned session for her level.

At all ASI hosted meets, athletes and spectators should arrive at the meet location 15 minutes prior to the "Open Stretch" time listed on the meet schedule. No one will be allowed to enter until the previous session has exited the building. Doors will open on time as long as the session prior is running on schedule.

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, she 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 ASI and 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 non-ASI gyms 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 still be required to purchase all available pieces of the current team 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 2023-2024 season. We will keep these same styles through the 2024-2025 season.

Competition attire/presentation should consist of the following:

- Competition Leotard
- Competition Warm-up Jacket
- Competition Warm-up Pants
- Competition Briefs
- Competition Bag: Your bag should include: hair spray, bobby pins, hair ties, water bottle,

healthy snack, bag for trash, grips (if applicable). No electronic devices are allowed with the child out on the floor. Athletes should also carry their Team ASI Workout leotard as a backup option.

- Make sure all additional undergarments, such as sports bras, are hidden as this can result in a deduction.
- Hair should be pulled up and secured tightly. Your child's coach may require the team to wear their hair in a specific way.
- Make-up is not encouraged, but should be kept to a minimum if it is worn. ● The only jewelry that is permitted is one pair of small stud earrings. 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.
- 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 for 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. Level 1 and 2 gymnasts will receive achievement awards and gymnasts Level 3 and above receive placement awards. Teams with at least three participants entered will also have the opportunity to receive team awards, which are typically done for small, medium and large teams. 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.

At the end of the TAAF/USAG season all-state champions are invited to an awards banquet hosted by TAAF/Texas USA Gymnastics. ASI will cover the cost of the athlete's banquet ticket and coaches travel; however, all family travel expenses are the responsibility of the gymnast's family.