



GYMQUEST GYMNASTICS

2010-2011

Team Handbook

Let's Meet the Coaches

COACH JENNIFER – MANAGER

Coach Jennifer has a BS degree in Marketing. She has been coaching for 15 years with 10 of those at the YMCA where she was the gymnastics program director for four years. She also has experience in coaching sports such as basketball and softball as well as umpiring for youth softball.

While coaching at the YMCA she has coached 26 YMCA national champions. She has also coached High School gymnasts from several area high schools and level 4 through 9. Coach Jennifer holds a safety certificate from USA Gymnastics as well as training in First Aid, CPR and AED, and ASEP.

Best part about coaching at GymQuest: I enjoy coaching at GymQuest because I believe that kids need to have fun while learning. While I am strict and particular about skill development, I do like to be able to joke and have fun with the kids as well.

COACH CARLY – TEAM DIRECTOR

Coach Carly has a Bachelor of Science in Physical Education with a concentration in Fitness and Health Promotion from Aurora University where she also minored in Business Administration and earned her YMCA Senior Director certification. She holds certifications in CPR, First Aid, AED, and USA Gymnastics Safety. She is a member of the American College of Sports Medicine as well as a USA Gymnastics Professional member. Along with her experiences as a gymnast and gymnastics coach, she spent a couple years teaching swimming lessons and life guarding.

Carly has been coaching gymnastics for eleven years. She coached dozens of YMCA state all-around and individual event champions. She is honored to have coached three YMCA National all-around champions as well as several individual event champions at the national level. Carly was a gymnast for 15 years, most of those years being competitive. She was invited to compete for the gymnastics team at the University of Wisconsin-Whitewater, but decided to concentrate on her education and coaching at the team level instead. She is extremely grateful for the amazing experiences she's had as both a college student and as a coach.

Best part about coaching at GymQuest: As team director, I am absolutely thrilled to use my college education towards the sport that I have loved my whole life. Not only has GymQuest provided me with this opportunity, but I also have amazing people and gymnasts to work with!

COACH JASON-USAG & REC TEAM. COACH

Coach Jason has been doing gymnastics for 15 years and still competes with the NAIGC Alumni Team. Jason competed for Lyons Township high school where he earned 7 state titles and 4 national titles. He has been coaching for nine years at clubs in Illinois, Nebraska, and California and also two high school teams (Lyons Township and currently Andrew High school). He is ASEP and CPR certified.

Best part about coaching at GymQuest: “Giving back to the sport from which I’ve taken so much... Seeing the kids do well and succeed and knowing that I was able to help is better than any medal or trophy I’ve received.”

COACH LAURA – REC TEAM COACH

Coach Laura has been coaching at GymQuest since its opening several years ago. Laura has been teaching all levels of gymnastics from parent-tot through competitive levels. She has obtained her USAG safety certification and USAG professional membership. She is looking forward to a great year. In her free time Laura enjoys playing in an orchestra, painting, teaching religious education classes and spending time with her family.

COACH DANA – REC TEAM COACH

Dana has been coaching all levels of gymnastics at GymQuest for the past 3 years. Dana began competing gymnastics with the Downers Grove Park District at age 7. She went on to compete all 4 years on Downers Grove North's High School Varsity Gymnastics Team where she earned beam and floor All-American titles - her favorite events. Dana graduated with a Therapeutic Recreation Degree at Illinois State University where she performed her gymnastics skills for the Gamma Phi Circus for 4 years. She was the head gymnastics coach at Bloomington's Park District while going to school. Dana met her husband - a juggler - at the circus and now has 2 young boys. Dana has a first aid and CPR certification.

"It's so amazing to share the sport that I loved with all the gymnasts of GymQuest."

COACH CHRIS – REC TEAM COACH

Chris began her gymnastics experience in high school where she competed on the Varsity Team level for 4 years. After high school and college, she began coaching in Rockford, where she coached level 6 for three years. Her coaching career included teaching classes from parent tot through advanced girls. She has coached in Northbrook, Warrenville, Buffalo Grove and Bartlett have been a few of the clubs where she has assisted with levels 5 through 10.

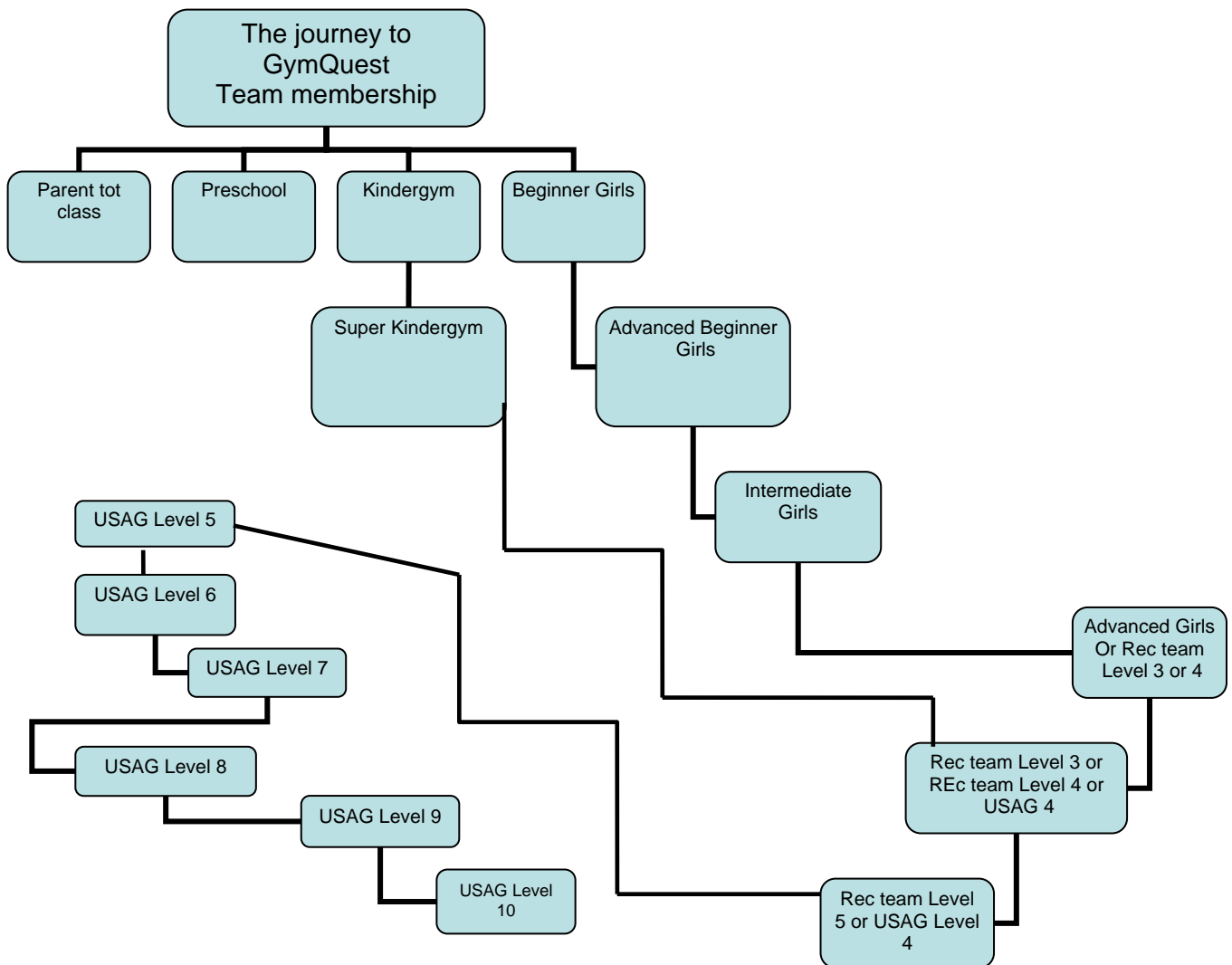
“After a 12 year break from coaching to raise my four kids, I am excited to be working here at GymQuest with the level 4 girls!”

General GymQuest Rules and Policies

Selection Process

Gymnasts are selected based on their ability. When they master certain skills, they qualify for the competitive team. Attitude, work ethic and emotional maturity are also heavily considered. The only time to enroll in the team program is in the summer. This is due to paperwork, uniforms, teaching of routines and staffing purposes.

A Typical Gymnast's Career



Commitment/Attendance, Meets and Practice

Attendance to all practices and competitions is mandatory. Team members are required to promptly attend all scheduled practice sessions and remain until the conclusion of practice unless excused by the coach. Occasionally a competition may fall on a practice day.

Please understand that meets may be scheduled on a Friday, Saturday or Sunday and is at the discretion of the meet host. On occasion, a gymnast may need to leave school early for travel time or to compete in a session on Friday. This is usually the exception rather than the norm, and GymQuest has no control over the session schedule for away meets.

Excused absences are long term illness, family emergency or school-related activities when advanced notice is given. Other absences such as sickness may be excused at the discretion of the coach, when appropriate notice is given. Team members are required to call in when they will be absent prior to the scheduled practice session. A message may be left on the voicemail after normal business hours.

Any gymnast that misses practice when a competition is approaching may be removed from that competition regardless of the reason for the absence, if the coach deems that the absence is detrimental to the advancement of the team or the gymnast's safety is in jeopardy, as in a case of illness. A missed practice within two weeks of a competition must be made up for USAG gymnasts to participate in the competition. A missed practice within one month of the state competition must be made up for USAG gymnasts to participate. Please see the team director for make-up practice options. The coaches at GymQuest ask that people do not take advantage of the opportunity to make up practices, and try your best to attend every practice at the regularly scheduled time.

Due to team awards, team members are required to compete in all scheduled competitions on the schedule. The only exceptions may be due to gymnast readiness or safety reasons. These decisions are made at the discretion of the coach.

Gymnasts are not allowed to attend any other gymnastics club open gyms, classes, or take private lessons from any coach other than a GymQuest coach. This is standard policy for all gyms. If extra practice is needed on a particular skill or routine, please call the head coach and special arrangements can be made.

Viewing

Parents are encouraged to be supportive of both the gymnasts and coaches while attending meets and practices. It can be a great benefit to a child to have a parent giving that positive reinforcement. It is, however, important that parents do not interfere with coaching, which is why we ask that parents try to limit the number of practices they choose to view. This is to avoid confusing the gymnasts and to ensure that they have a successful year. Any questions and concerns may be addressed to the coach or team director via e-mail, phone conversation, or a scheduled meeting at GymQuest.

Practice Schedules

Summer

Level	Days	Times
Rec Team Level 3	W/F	4:00-6:00 pm
Rec Team Level 4B	T/TH	4:00-6:30 pm
Rec Team Levels 4A/5/6	T/TH	6:00-8:30 pm
USAG Levels 4/5B	M/W/TH Optional Day: Tuesday	2:30-4:30 pm 2:30-4:30 pm
USAG Levels 5A/6/7 /8	M/T/TH Optional Day: Wednesday	5:00-9:00 pm 5:00-9:00 pm

Fall

Level	Days	Times
Rec Team Level 3	W/F	4:00-6:00 pm
Rec Team Level 4B	T/TH	4:00-6:30 pm
Rec Team Levels 4A/5/6	T/TH	6:00-8:30 pm
USAG Level 4	M/W/F	2:30-4:30 pm 2:30-4:30 pm
USAG Level 5	M/W/TH	5:30-9:00 pm
USAG Levels 6/7/8	M/T/W/TH	5:30-9:00 pm

Timing (ordering deadline)

Due to deadlines for ordering uniforms and meet registration, June 2010 is one of the only opportunities for enrollment into our team program.

Holidays/Vacations

GymQuest does not prorate for holidays or vacations. These days are already calculated into the tuition. Please also remember that Christmas break is in the middle of the competitive season. Any numerous days off may be a slight set back for the gymnasts since training is interrupted. The practice schedule is likely to change during Winter break and possibly Spring break.

Uniforms (Practice and Competition)

Team members must wear a sleeveless or long sleeved leotard. Biker shorts can be worn over the leotard. No loose sweatpants or shorts. Hair must be in a secure ponytail, bun, or braid(s). Loose wisps of hair must be clipped back. No bangs in eyes. No ponytail holders with hard beads or balls, or beaded wraps. No jewelry other than small stud earrings. Gymnasts are responsible to bring grips, wristbands, and any braces they may need. Team leotards should not be worn to practice, but saved for competition.

Competition

Team leotards and warm-ups are to be worn to competition. Briefs should be either matched to the leotard or skin toned. Bra straps are not to show. Gymnasts are required to wear either their competition leotard or their full warm up with the jacket zipped during all awards ceremonies at competitions. It is important to represent GymQuest well and also to look appropriate for any photo opportunities. Hair must be in a secure style that stays out of the eyes: buns are preferred, braids or ponytails are acceptable. No bangs in eyes. No ponytail holders with hard beads or balls, or beaded wraps. Hairspray is okay as is tasteful makeup. No jewelry other than small stud earrings. No nail polish on toes or fingers. The gymnast must bring her gym bag to competition, with grips, wristbands, braces and athletic tape if needed. Optional gymnasts need to bring an extra copy of floor music. Gymnasts should bring a water bottle and healthy snack. Soda, candy and sugary treats often make the gymnasts feel ill making their practice and competition not productive. Please do not count on buying a healthy snack from a vending machine or concession stand.

Competitive schedule is TBD after the Illinois meeting in late September.

Conduct

Unsportsmanlike behavior by team members, families, coaches or fans in or out of the gym will not be tolerated. This includes parents or gymnasts challenging a coach, GymQuest rules or policies, or not being discreet and professional about a concern. Any concerns need to be privately addressed with the child's coach and/or head coach, and/or gym manager.

GymQuest competitive gymnastics is significantly different from most other competitive programs. By joining GymQuest, your gymnast is agreeing to participate with a positive attitude and the parents are agreeing to support not only their gymnast but **also the coaching staff**. We have coaches with decades of experience and expertise who are very well versed in running a high quality program. A positive supportive and nurturing environment is what GymQuest strives for and we would like competitive gymnastics to be an excellent experience for all gymnasts, coaches and parents.

Communication

The most effective communication occurs when all parties involved are able to listen, speak frankly and directly, understand what they have heard, and evaluate the situation. Our coaches strive to be approachable and listen to your concerns with an open mind. Please remember that our first responsibility is the gymnast, especially during practice time. If you need to speak to a coach, please leave a message with the front desk, or send a note with your child and we will respond when we have time to devote to you. Please remember that we have many years of experience in this sport, and in working with children and their parents.

Competitions are the culmination of many hours of practice, planning, and preparation. Judging concerns and scoring concerns are the responsibility of the coach. There are official inquiry forms should we question or challenge a score. **Parents do not attempt to question a judge or approach the scorer's table.**

As a team member your child is a member of a group with similar abilities. Your child may not be the same age as her teammates, but she is where we feel she belongs. Sometimes girls of different ages have different interests outside of gymnastics. In the gym we expect them to act as teammates and peers. No “cliques” or disrespect toward any team member can be tolerated. If your child is feeling excluded by her teammates, we need you to let us know about it.

USAG, Extras, Team Fee

The USAG membership fee allows the gymnast to compete in competition as well as receive USAG magazine, discounts on various special events, gifts and items from USAG.

This fee is to cover the costs for the following: coach travel expenses, hotel fees, coaches' uniforms, required USAG professional membership and certifications for coaches, and coach stipends for competition.

Boot Camp

Boot Camp will run for one week every June and August, and attendance for at least one week is required for all USAG team members. This is a great way for the gymnasts to learn about the importance of sport specific strength and flexibility training. Boot Camp will contribute greatly to skill improvement and injury prevention as well.

Move Up Policy

When determining the level a gymnast will compete at for the next season, one area that is looked at is competition results from the previous year. If a gymnast does not qualify for state, they may not be eligible for the next level the following year. If a gymnast is very inconsistent, they will mostly likely not move up either. In order for a gymnast to learn new skills correctly and safely, they must have a strong background of basic skills from their current level. Their basic skills are not strong enough if they were inconsistent or not meeting the state qualification *minimum* score.

Regardless of how the gymnasts do during the competition season, they will have the opportunity to learn skills for the next level during the off season. They may be ready to start learning these skills right away, or they might have to improve their basics first. This may be on one event or all four. It depends entirely on the gymnast.

Another area that is looked at is attendance. It is almost impossible to improve if gymnasts do not attend most or all of their scheduled practices.

Something else to think about is their psychological strength. Some of the most physically talented gymnasts do not have the mental toughness, maturity, aggressiveness, attitude, etc... to learn the next level safely or successfully. Like skill level, improvements can be made in the gymnasts' mentality.

Even if the gymnast meets all the criteria (attendance, strong mentality, basic skill strength/successful competition season from previous year, etc...), she still needs to have mastered all of the skills for the next level in order to advance. The girls will be evaluated throughout the summer and be told their official level at the end (end of July/early August).

Remember that the gymnasts' safety comes first. It is important that they have fun too, and it would not be fun if it was a constant struggle (by advancing someone when they are not ready).

Above all, keep in mind is that each gymnast is an INDIVIDUAL. Gymnasts all peak differently, whether it's at different times in their life, at a different skill level, or at a different level mentally. Moving up is a great accomplishment, but it is NOT the most important thing. It is very common for a level to be repeated two or three times before advancing.

Pictures

Professional team and individual pictures will be taken in the fall after all team members have received their uniforms. You will receive a flyer detailing the cost of pictures and instructions. Team leotards and warm-ups should be worn to picture sessions. Picture fees are not included in your team fee.

Lockers

Your gymnast will be assigned a locker. As the team size grows, some gymnasts may need to share lockers. Locks are not provided, gymnasts may bring their own. Gymnasts can keep grips, wristbands, tape, braces, etc in their lockers. No food is to be left in lockers at any time. GymQuest is not responsible for items that are stolen or damaged.

Important Dates

Uniform Measuring:	June
Holiday Party Date:	Early December
Team Pictures:	September or October
USAG Competition Season	November-May
G.I.J.O. Competition Season	January-June

Payment Charts (following pages)

The new team schedule will begin June 7, 2010 for the new students or students advancing up.

GYMQUEST of Plainfield, LLC
Credit Card Draft Schedule

Annual registration fee of \$30 will automatically be applied to credit card draft. Please see the office staff for your specific due date.

NEW Rec Team level 3 (does not have all uniforms)

Monthly Fee **\$172.75**

Included in the monthly fee:

Tuition	\$129	- non-refundable
Team Fee:	\$225	- non-refundable
Warm-up	\$75	- only if not ordered
Leotard	\$75	- only if not ordered
Meet Fees	\$105	- non-refundable
State Meet Fee	\$45	- non-refundable

GYMQUEST of Plainfield, LLC
Credit Card Draft Schedule

Annual registration fee of \$30 will automatically be applied to credit card draft. Please see the office staff for your specific due date.

NEW Rec Team Level 4/5 (does not have uniform)

Monthly Fee **\$203.75**

Included in the monthly fee:

Tuition	\$160	- non-refundable
Team Fee:	\$225	- non-refundable
Warm-up	\$75	- only if not ordered
Leotard	\$75	- only if not ordered
Meet Fee	\$105	- non-refundable (3 meets)
State Meet Fee	\$45	- non-refundable

Returning Rec Team Level 4/5 (has Leotard)

Monthly Fee **\$191.25**

Included in the monthly fee:

Tuition \$160 - non-refundable

Team Fee: \$225 - non-refundable

Meet Fee \$105 - non-refundable (3 meets)

State Meet Fee \$45 - non-refundable

GymQuest reserves the right to charge an extra fee for any added meets such as leveling out meets, last minute state qualifier, any fees higher than anticipated for meets, or for level 8, 9, 10 regional meets if gymnasts qualify. In the event that GymQuest has underestimated any fees, GymQuest has the right to charge extra fees to cover their costs.

Meets are required and part of the commitment to GymQuest Team. All gymnasts are expected to compete in all scheduled meets. Exceptions may be due to gymnast safety or readiness for competition. This will be at the coach's discretion only.

GYMQUEST of Plainfield, LLC
Credit Card Draft Schedule

USAG FEES

New Team Pricing Structure								
	Days	Class length	Hrs/wk	Hrs/mo	Tuition	Monthly	Increase of	Increase/mo
New Level 4	M/W/F	3 hrs	9	24	\$240	\$334.58	3 hrs/week	\$60/mo
Level 4 summer (new)	M/W/TH	3 hrs	9	24	\$240	\$334.58	3 hrs/ week	\$60/mo
Level 4 w/ optional day summer (new)	M/W/T/T H	3 hrs	12	48	\$288	\$382.58	6 hrs/week	\$108/mo
Level 4	M/W/F	3 hrs	9	24	\$240	\$322.08	3 hrs/week	\$60/mo
Level 4 summer	M/W/TH	3 hrs	9	24	\$240	\$322.08	3 hrs/ week	\$60/mo
Level 4 w/ optional day summer (returning)	M/W/T/T H	3 hrs	12	48	\$288	\$370.08	6 hrs/week	\$108/mo
Level 5								
New Level 5 (usag)	M/W/TH	3.5 hrs	10.5	42	\$260	\$354.58	1.5hrs/week	\$20/mo
New Level 5 (usag) summer	M/W/TH	3 hrs	9	24	\$240	\$334.58	3 hrs/ week	\$60/mo
Level 5 summer w/ optional day (new)	M/T/W/T H	3 hrs	12	48	\$288	\$382.58	6 hrs/ week	\$108/mo
Level 5	M/W/TH	3.5 hrs	10.5	42	\$260	\$342.80	1.5hrs/week	\$20/mo
Level 5 summer	M/T/TH	4 hrs	12	48	\$288	\$370.80	3 hrs/week	\$48/mo
Level 5 summer w/ optional day	M/T/W/T H	4 hrs	16	64	\$336	\$418.80	7 hrs/week	\$96/mo
Level 6-8								
Level 6-8 NEW	M/T/W/T H	3.5 hrs	14	56	\$322	\$416.58	5 hrs/week	\$82/mo
Level 6-8 NEW Summer	M/T/TH	4 hrs	12	48	\$288	\$382.58	3 hrs/week	\$48/mo
Level 6-8 NEW summer optional day	M/T/W/T H	4 hrs	16	64	\$336	\$430.58	7 hrs/week	\$96/mo
Level 6-8	M/T/W/T H	3.5 hrs	14	56	\$322	\$416.58	5 hrs/week	\$82/mo
USAG level 6-8 Summer fees	M/T/TH	4 hrs	12	48	\$288	\$370.80	3 hrs/week	\$48/mo
USAG level 6-8 Summer w/ optional day	M/T/W/T H	4 hrs	16	64	\$336	\$418.80	7 hrs/week	\$96/mo

GymQuest reserves the right to charge an extra fee for any added meets such as leveling out meets, last minute state qualifier, any fees higher than anticipated for meets, or for level 8, 9, 10 regional meets if gymnasts qualify. In the event that GymQuest has underestimated any fees, GymQuest has the right to charge extra fees to cover their costs.

Meets are required and part of the commitment to GymQuest Team. All gymnasts are expected to compete in all scheduled meets. Exceptions may be due to gymnast safety or readiness for competition. This will be at the coach's discretion only.

Tuition fees do not include other yearly fees. The following yearly fees are divided throughout the year and are included in the monthly fee listed on the previous page.

Tuition	– Non-refundable
Team Fee:	\$375 - non-refundable
Warm-up	\$75 - only if not ordered
Leotard	\$75 - only if not ordered
USAG Fee	\$50 - non-refundable
Meet Fee	\$480 - non-refundable (6 meets)
State Meet Fee	\$80 - refundable if gymnast does not qualify

Team Credit/Debit Card Authorization (all information is required)

Gymnast Name _____

Parent Name _____

Billing Address _____

email address _____

phone # _____ Cell # _____

Circle Please:

Rec Team Level 3

Rec Team level 4A

Rec Team level 4B

Rec Team level 5

USAG 4

USAG 5A

USAG 5B

USAG 6, 7, 8

Optional practice day during summer months (circle one) Y N

Name on Account: _____

Credit Card Type: Visa MasterCard Discover

Credit Card Number _____

Exp. Date: ____/____ V-code _____

I authorize GYMQUEST of Plainfield, LLC to charge my credit card for the monthly fees associated with the GymQuest Team. I understand that my annual registration fee will be charged when they are due and may not be noted on the payment chart. GymQuest is not responsible for any insufficient funds or other bank charges that may arise from these transactions.

Thirty days notice must be given if a gymnast is to discontinue the GymQuest team. Upon leaving the team, the fees collected for the year will be calculated and any fee that is non-refundable which has not been covered by previous payments will be charged to your credit card.

Tuition refunds will only be issued with a doctor's note. Meet fees are generally non refundable, however, it is up to the meet host if a refund is to be given, not GymQuest.

Photo/Media Release

Participants and/or their parents hereby permit the taking of photos, audio and videotaping while using the facilities or programs of GymQuest of Plainfield, LLC for publication and use as GymQuest deems appropriate.

Authorized signature _____ Date _____

I have read and understand all of the policies regarding the team gymnastics program at GymQuest.

Authorized signature _____ Date _____