

# Welcome to the GymQuest Gymnastics Team

**GymQuest parents and students are required to read this handbook in its entirety.** This booklet has been put together with the intention of helping you understand our GymQuest Gymnastics Team Program policies and guidelines. **You and your athlete will be required to sign and return the last page of this handbook to your coach by 6/06/2025.**

We strive to develop our young gymnasts into self-confident, goal oriented, hardworking, health-conscious individuals while enhancing physical strength, flexibility and skill level, using a progression approach in a fun and challenging environment. The GymQuest (GQ) Gymnastics Team Program is a challenging competitive program for those gymnasts who are hardworking, dedicated, and competitive individuals.

**This program is a year-round commitment for the gymnast and her family.**

## **GymQuest Mission and Philosophy:**

Our mission for the Team Program remains the same as for our recreation program: Have fun while providing a safe, quality learning experience.” GQ provides team athletes the opportunity to compete utilizing efficient training schedules at minimal practice requirements, while providing the safest and most current teaching techniques to every competitive athlete. With this in mind, we hope that you and your child will enjoy the life lessons gained from competitive gymnastics and benefit from our GymQuest Gymnastics Team Program!

### **GQ TEAM COACHES:**

- Mallorie Koc - Team Director  
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- Elise Teichman  
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### **PLEASE NOTE:**

Although we try to include all possible areas in the handbook, all policies and procedures are subject to change without notice.

## Girls' Competitive Team

The AAU Girls Gymnastics National Program is established to align with rules the gymnasts, coaches, and judges are already familiar with, allowing athletes mobility through levels at a steady pace of safety and progression. Each level has small requirement differences that will help separate athletes from one level to the next, allowing gymnasts to compete against athletes with similar ability. This level system encourages incremental, progressive skill growth while mastering fundamentals, concepts, terminology, and while improving skill proficiency from the prior level. AAU Gymnastics is a grassroots program geared to develop a solid foundation for athletes while offering individual flexibility to coaches and gymnasts, allowing them to achieve their greatest potential and have a rewarding experience.

[\(2024AAUGymnasticsHandbook.pdf \(aausports.org\)\)](#)

The levels offered by the AAU National Gymnastics Program are listed below.

1. Girls Youth (18 and under)

- Levels 1, 2, 3, 4, 5, 7, 8

- Open Optional – XCEL levels: Copper, Bronze, Silver, Gold, Platinum, Diamond, Sapphire

Competitive team gymnasts are individuals who have successfully mastered GymQuest Gymnastics Team

requirements and are ready to enter the AAU or XCEL program. The team programs at GymQuest are broken down into four compulsory levels and four XCEL levels.

- XCEL: These modified optional levels have been designed to give all gymnasts the opportunity to compete in optional competition with specified difficulty requirements per level. The coaches and gymnasts will work together to create routines on each event that will highlight the gymnast's strengths and personality. The four levels we do at GQ Gymnastics are Silver, Gold, Platinum, and Diamond.

Advancing through the competitive team levels is a straightforward and pre-determined process. The

the coaching staff will move a gymnast to the next level when she meets all competitive requirements.

## **Movement through levels is NON-NEGOTIABLE.**

- Level placements are set after Spring Tryouts but can change for fall if necessary
- It is possible for an athlete to be recommended for a lower or higher level for Fall Competition season based on skills acquired over summer.
  - o It is GQ's goal to place students at the correct level for them to succeed.
  - o Questions about level placements should be directed to your coaches in an email.

## **GymQuest Girls' Team Program Guidelines**

### *Attendance*

Gymnasts are expected to attend all scheduled practice sessions regardless of injury unless there is an extreme situation. GQ team parents are responsible for notifying (via email) GQ when an injury occurs outside of the gymnastics facility, as well as when a prolonged illness will prevent the gymnast from attending practice. A Dr. note must be provided for any extended health absences, within 10 days of the injury or illness. Gymnasts are expected to arrive on time to practice. Ideally, gymnasts should arrive 5 minutes before their start time to prepare for practice. Gymnasts are not allowed on the equipment at any time unless informed by GQ coaching staff. Gymnasts must attend all practices during meet week unless previous accommodations are set. Failure to attend practices during meet week can result in your athlete being pulled from the meet.

Gymnasts are expected to miss no more than 10 practices from August to May. We understand illness and unexpected life circumstances happen but excessive failure to attend the majority of practices will result in being held back a level or removal from the team. This does not include missing due to injury or severe illness. Please let us know if your child is in multiple sports so we can accommodate this as well.

### *Attire and Grooming*

Gymnasts are expected to wear a leotard to practice. Gymnasts may wear compression shorts or pants over their leotard. In preparation for competitions, GQ coaches may require gymnasts to train in leotards only. The gymnasts will be barefoot in the gym. All competitive gymnasts are required to buy a competition leotard for their level. The GQ competition leotard will only be worn at competitions or practice meets. **All hair should be tied back securely so that it will not fall out during practice time. If your**

**gymnasts has exceptionally long hair we ask that they tie it further up to prevent it from being in their face during practice as well.**

### *Personal Care*

All gymnasts should bring a water bottle to practice daily. GQ will not provide personal care items and gymnasts should not share these items, as it possesses health concerns. Success in the sport of gymnastics is a result of a healthy lifestyle. Every gymnast in our team program needs to get plenty of rest and eat well-balanced meals/snacks. We will not be having snack breaks during practices. GQ coaches will provide frequent water breaks during practices.

The locker area must stay clean and well maintained by gymnasts who chose to use them. Failure to do so will result in loss of locker usage.

### *Injury & Illness*

If an athlete becomes injured at practice or outside of GQ and has expressed personal physical limitations due to injury, it is expected that the athlete will continue practice unless restricted by a doctor, physician, or physical therapist., as requesting in a Dr. note. If coaches believe a gymnast has an injury that hinders them from performing at their normal level, GQ may request a Dr note for the athlete to return to practice. The athlete will only be cleared to continue practice based on the recommendation of the DR/PT, as stated in the release form. All cases must be documented and delivered to the GQ office or team coach. If a gymnast misses school due to illness, we ask that they also skip practice that day. GQ does not issue make up classes or refunds for missed classes due to illness.

### *Communication*

GQ will communicate via email primarily; secondary, will be BAND- and app that you will be invited to once the team leave and placements are final. Any communication that needs to get to the GQ coaching staff should be emailed or private messaged in the BAND app. GQ coaching staff will do their best to return any private BAND messages and/or emails within 48 hours.

### *Dealing with Misbehavior*

The GQ coaching staff expects all gymnasts to be courteous, respectful, and supportive of each other and all GQ staff members. During all practice sessions and competitions, GQ team members are expected to be well behaved, hardworking, dedicated, and determined athletes. In the event behavior is disrespectful, rude, and/or abusive, consequences will follow. GQ strictly enforces a zero-tolerance policy for bullying or harm caused intentionally either verbally or physically to another participant at GQ or any other GQ sponsored event. The first action taken by the GQ coaching staff will be to tell the offending athlete that the behavior must cease, and that punishment will follow if it does not. If the behavior continues, communication will begin with parents. GQ will deliver consequences for the athlete and communicate with the parents on what additional action may be taken. Athletes can be asked to leave practice for the rest of the day if the offense is severe enough and a conference between GQ coaching staff, parents, and athlete will be in result. If problems persist with a gymnast or their parents, memberships can and will be revoked. **All gymnasts and parents are required to sign the no bullying contract found at the end of this handbook.**

### **GQ Girls' Team Competition Guidelines**

The GQ coaching staff will decide which meet/s will be attended, regardless of distance and parents' belief of importance. Due to the nature of the sport, certain levels may compete more than others. All competitive levels 3-6 will compete in approximately 5-6 meets. Level 2 will compete in approximately 3-4 meets. **If there is a competition on a practice day, students will not receive a refund or makeup.** All competitive gymnasts are expected to attend ALL meet/s unless there is an emergency. If your athlete is unable to attend all scheduled competitions, or you choose not to attend a meet, you must provide written notification to GQ coaching staff/desk at least 1 month prior to the meet. Entry fees and coaching fees will not be returned for missed meet/s, regardless of the circumstance. Any gymnast who is absent from practice prior to and during the week of a competition will need the GQ coaching staff's approval before entering a meet. The coaches also reserve the right to have a gymnast "scratch" one or more events if a gymnast does not show they are able to do a skill or routine safely or effectively at practice, or during warmups of the competition. "Scratching" an event will mean the gymnast does not perform that event at the competition. Coaching staff has **no** obligation to inform parents of their gymnasts scratching prior to the competition. If your gymnast is missing a required skill for more than 2 weeks, a coach might reach out.

### **Girls' Team Parental Involvement**

A parent's main job is to positively motivate their athlete to be the best they can be at their sport. As coaches, we have two goals: teach quality competitive gymnastics and provide a positive practice environment that can allow for future growth in their sport. GQ asks that all parents specifically focus on healthy practice habits, good diets, and avoid a "win at all costs" mentality. As parents, we ask that you allow the coaches to coach in the gym and at competitions. It can become very confusing for athletes to know who to listen to for corrections, if parents are shouting corrections from the lobby or the viewing area at competitions. We understand that you want to encourage you athlete and we want you! Please refrain from critiques of skills and focus on being positive and supportive. Improvement is important and winning is a product of effort combined with setting personal goals in and out of the gym, you as a parent are a pivotal part in that.

- Be positive with your gymnast in all aspects of her gymnastics.
- Direct all coaching concerns to the GQ coaching staff.
- Be supportive of all GQ gymnasts and coaching staff.
- Be cooperative and volunteer your time and service.
- Praise improvement, regardless of placement or scores.
- Do not try to coach your child. Avoid added pressure.
- Do not compare your child with others.
- Avoid negative speech among other families, contact GQ coaches with any concerns immediately.

### Competition Observation

During competition, it is imperative that parents and gymnasts **do not** approach a meet official or judge or

enter the competition floor at any time, for any reason. **The GQ coaching staff does not allow parental contact with your child once she has entered the competition floor and warmups have started.** Your athlete will be released to you after the meet has concluded, before or after awards, depending on the meet. Award ceremonies are required for all athletes to attend. We expect our teams to cheer for other teams, as well as for their teammates. GQ would like to promote great sportsmanship and feel that it is a valuable lesson for athletes to adhere to. Contact a GQ coach if you need them or your child, please use BAND during meets. Remember, the coaches are coaching, and it could take some time to get back to you.

## Practice Observation

We advise that parents of competitive gymnasts, especially 4 and up, do not stay for the entirety of practice, as gymnasts tend to perform and practice differently with family watching. We understand that you will want to see your daughter practice from time to time and welcome the family to attend the beginning or end of practices.

## GQ Girls' Team Costs and Tuition

### Monthly Tuition

Members shall pay to GQ Gymnastics the monthly tuition set forth on the 15th day of every month. All families must have a credit card on file by June 1<sup>st</sup>. If you wish to pay by another method than the card on file, you may do so before the 15th of the month. If outstanding balances are not paid in full by the 1st, gymnasts may not attend any training sessions or competitions until payment is received and accounts are paid in full. Students may not receive items, (leotard, backpack, warmup jackets, etc..) if they are not paid for and account is in not good standing prior to pick up. A gymnast may be removed from the GQ program for non-payment of tuition or past-due accounts. The GQ Gymnastics Team Program is a year-round commitment, and you are required to pay the tuition rate for your child's training level for the entire year. GQ members will pay monthly tuition with no make-up and no pro-ration regardless of illness, injury, or attendance. A 20% sibling discount is available to recreational athletes who enroll at GQ. If an athlete takes an added tumbling class, they will receive 25% off the tumbling class.

### Weather, Vacations, Make-Ups, and Time Off

Our monthly tuition rates are based on four weeks per month. With there being 52 weeks in the year, there are roughly 4 weeks which you are not charged. These extra practices will be considered as the make-ups for any missed practices due to illness, vacations, holidays, etc. GQ will typically remain open during inclement weather even when public schools cancel. In the event GQ cancels, the practice will be rescheduled if possible. As always, if your family feels it is unsafe to travel, please use your discretion when choosing to attend the scheduled practice or not. No refunds will be given for missed practices.

## Competitive Team Fee

A non-refundable/non-transferable fee, found on page 7, is required for all team members. The team fee will cover all coaching fees incurred at meets throughout the competition season. If any account has team fees remaining due on

January 1st, that team member will not be able to attend any training sessions until the fee is paid in full. No gymnast will be entered into any meets until ALL fees and the deposit are paid in full. Once the season has officially ended, any unused funds will be credited back to the child's account. Those funds can be then used towards the following season payments or monthly tuition.

## AAU and GQ Membership Fee

Each GQ gymnast is required to have an AAU membership number in order to compete and GQ membership. The GQ membership is renewed annually at your expense and will cost \$30.00. The due date for the registration fee is based on the anniversary date that your child first started with GQ gymnastics. The AAU Membership costs are about \$20 per year. This is a payment you will make on your own and send the AAU member ID to the coaches by September 15<sup>th</sup>. See page 6 for instructions on how to obtain the AAU Membership.

## Competition Attire & Choreography

All competitive gymnasts will be required to purchase a competition leotard. GQ tries to keep this price on the lower end (\$120-\$140). These items are purchased during the late summer to early fall months in order to have them available for the competition season. Floor routines are choreographed by GQ coaches and require a private lesson to learn the routine. Routines are usually kept for two seasons and cost \$150-\$200 depending on the level.

## No Practice Days

Independence Day

Memorial Day

Labor Day

Halloween

Thanksgiving

Christmas Eve and Day

New Year's Eve and Day

GQ reserves the right to change practice schedules at any time, parents will be notified in advance of any changes.

## **AAU MEMBERSHIP**

- AAU Membership fee \$20 - \$40
- Go to [AAUsports.org](http://AAUsports.org)
- [login \(aausports.org\)](http://login(aausports.org))
- Click “get membership”
- Click “youth athlete membership”
- Select sport: Gymnastics
- Both membership options are acceptable: 1-year \$20 or 2-year \$40.
- we do not belong to a club, select no.
- Proceed with students' information, parent information.
  - Please verify ALL information is correct- spelling, dates, etc.

Once you obtain an AAU Membership, please send a copy of it to **[mkoc1822@gmail.com](mailto:mkoc1822@gmail.com)**

## 2025/26 Team Fee Schedule (Level 3-6)

\*All students are required to pay an annual \$30 registration fee

8/1- August tuition

8/15- September tuition

**9/1- Coach and meet fees(165) & ½ Leotard ( \$75) =(\$240)**

9/15- October tuition

**10/1- Coach and meet fees(\$165) & ½ Leotard (\$75) = (\$240)**

10/15- November tuition

**11/1- Coach and meet fees(\$165) & Warm up Jacket(\$120) = (\$285)**

11/15- December tuition

**12/1- Coach and meet fees(\$165) & backpack (\$50) = (\$215)**

12/15- January tuition

1/15- February tuition

2/15- March tuition

3/15- April tuition

4/15- May tuition

### **Extra Item Fee breakdown purchased by the gym:**

Competition Leotard: \$150 (Estimate)

Practice leotard: \$50 (Required)

Warmup Jacket: \$120 (Estimate)

Backpack: \$ 50 (Estimate)

### **Extra Item Fee breakdown purchased by parent:**

Grips: \$40-50- Must be purchased on your own. Coaches will let you know sizes and sites to order grips.

- New grips need to be broken in, please order as soon as you receive the information
- Wrist sweatbands- black, white, or blue. Can be purchased on amazon.

## 2025/26 Team Fee Schedule (Level 2)

\*All students are required to pay an annual \$30 registration fee

8/1- August tuition

8/15- September tuition

**9/1- Coach and meet fees(145) & ½ Leotard ( \$75) =(\$220)**

9/15- October tuition

**10/1- Coach and meet fees(\$145) & ½ Leotard (\$75) = (\$220)**

10/15- November tuition

**11/1- Coach and meet fees(\$145) & Warm up Jacket(\$120) = (\$265)**

11/15- December tuition

**12/1- Coach and meet fees(\$145) & backpack (\$50) = (\$195)**

12/15- January tuition

1/15- February tuition

2/15- March tuition

3/15- April tuition

4/15- May tuition

### **Extra Item Fee breakdown purchased by the gym:**

Competition Leotard: \$150 (Estimate)

Practice leotard: \$50 (Required)

Warmup Jacket: \$120 (Estimate)

Backpack: \$ 50 (Estimate)

### **Extra Item Fee breakdown purchased by parent:**

Grips: \$40-50- Must be purchased on your own. Coaches will let you know sizes and sites to order grips.

- New grips need to be broken in, please order as soon as you receive the information
- Wrist sweatbands- black, white, or blue. Can be purchased on amazon.

## Acknowledgement

I acknowledge receipt of the GQ Gymnastics team handbook. I understand that it is my responsibility to read and Full all information and policies within this handbook and any revisions made to it. I have read and understand All policies contained in the GQ Gymnastics handbook. I also understand that I must review and familiarize myself and my child with all the policies, procedures and duties related to the GQ gymnastics Program. I understand that not complying with this handbook may be grounds for removal from the team program. I understand that this handbook (2025-2026 Season) cancels and supersedes all earlier handbooks. I further acknowledge and understand that GQ Gymnastics reserves the right to amend, change or cancel any information or policy described in this handbook.

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Name of gymnast (please print)

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Name of parent (please print)

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Signature of parent

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Date

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\*This page must be read, signed, and returned to GQ Gymnastics by June 6th\*

## No Bullying Contract

I, \_\_\_\_\_, understand that being a part of this team means creating a positive and supportive environment for all my teammates. I agree to follow these rules and commit to treating everyone with kindness and respect:

1. **No Name-Calling:** I will not use hurtful words or insults towards my teammates.
2. **Inclusion:** I will make an effort to include all teammates and treat everyone with respect.
3. **Respecting Personal Space:** I will keep my hands to myself and respect my teammates' personal space.
4. **Be Supportive:** I will encourage and support my teammates both in practice and at competitions.

I understand that if I break any of these rules, there may be consequences, including suspension from practices or meets.

By signing this contract, I agree to follow these rules and help maintain a positive environment for everyone on the team.

**Athlete's Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Coach Signature:** \_\_\_\_\_

\*This page must be read, signed, and returned to GQ Gymnastics by June 6th\*