

Dear Parents,

I would like to take this opportunity to welcome you to the Rockdale Gymnastics Team Program. I hope this handbook will be helpful to you and your child in understanding what it means to be on "the Team". Please thoroughly read this handbook. It is designed to give you an overall picture of our team program, not to be an exhaustive answer book. Hopefully, by giving you the basic guidelines, you can decide if the team program is right for your family.

Thank you for your interest and I look forward to spending the season with you and your daughter. Please feel free to call me if you have any questions.

Thank you,

Drew R. Davis
C) 770-480-0182
W) 770-483-0229

FREQUENTLY ASKED QUESTIONS

Why should my child be on the team?

She enjoys the sport, the girls have fun, it is exciting, she likes the coaches or teammates, and it fulfills a sense of achievement.

Why should my child not be on the team?

If she is heavily involved in other activities, struggles with school, frequently sick, not really interested, or does not like competition. The cost outweighs other important financial obligations, interferes with family time, church, her responsibilities, or schedule conflicts.

How can I help my child outside the gym?

In the same way you would support or help your child if she was not on team.

How should I try **not** to help?

Do not coach her; we are not the parents as you are not the coach! Do not criticize, compare, demand, give guilt trips, false expectations, or conditions.

How does my child move to a higher level?

By demonstrating a combination of the following; talent, ability, desire, strength, flexibility, potential, fear tolerance, learning speed, scoring requirements, and success at present level. Other factors are her age, body type, height, weight, and injuries. The coaches will make the decision based on these factors.

Does my child have to attend every practice, and do I?

It is in your child's best interest to attend every practice; practice times are kept at a minimum. Parents do not have to stay but are welcome.

What if my child decides to withdraw from the team?

Parents should notify the front office and Coach Drew. Questions regarding escrow and tuition should be directed to the office.

How long is an average gymnast's career?

Every gymnast is different. Many girls have a difficult time in their teenage years. Changing bodies and interests, demanding schoolwork are all factors in being on team.

ESCROW ACCOUNT

An escrow account will be set up for your child's meet fees. The entry fees will be deducted from this account. Entries are sent out approximately 8-10 weeks prior to the competition. You must plan long term and leave certain weekends open. You must notify the office in writing if you cannot attend a competition. Refunds will not be given once we are entered in a meet or if your child does not attend the meet when expected. The competition schedule will be given out by July 25th.

AAU-Levels 2-3

- 3 Local/Invitational / Regional's = \$75 each
- 1 Smoky Mountain Classic = \$95
- 1 Hilton Head Invitational = \$95
- 1 Courtney Kupets Inv / Sav = \$95
- 1 State Championship = \$95
- 7 Competitions * = \$605.00**

USAG-Level 4/Prep Op Silver

- 4 Local Invitational (lvl4) = \$75 each
- 1 Freedom Fest (Smoky Mtns) = \$95
- 1 Hilton Head Invitational = \$95
- 1 Courtney Kupets Inv / Sav = \$95.
- 2 State Championships = \$95 each
- 9 Competitions* = \$775.00**

USAG Prep Op Gold

- 2 Locals = \$75 each
- 1 Hilton Head Island Invitational = \$95
- 1 Smoky Mountain Classic. = \$95
- 1 Courtney Kupets Inv / Sav. = \$95
- 1 State Championship = \$95
- 1 Regional Championship = \$95
- 7 Competitions* = \$625.00**

USAG LEVEL 7 - 10

- 3 State/Regional Invitationals = \$95 each
- 1 Hilton Head Island Invitational = \$95
- 1 Smoky Mountain Classic = \$95
- 1 Courtney Kupets Inv. / Sav. = \$95
- 1 State Championship = \$95
- 1 Regional Championship = \$95
- 8 Competitions* = \$760.00**

(all levels may have additional meets added)

Escrow Account Payment Dates		
<u>Level</u>	<u>Due Date</u>	<u>Amount Due</u>
2 - 3	June 13	\$151.25
	July 8	\$151.25
	August 12	\$151.25
	Sept. 16	\$151.25
4/PO-silver	June 17	\$193.75
	July 8	\$193.75
	August 12	\$193.75
	Sept. 16	\$193.75
Prep-gold	June 15	\$156.25
	July 8	\$156.25
	August 12	\$156.25
	Sept. 16	\$156.25
7-10	June 16	\$190.00
	July 8	\$190.00
	August 11	\$190.00
	Sept. 16	\$190.00

Levels 7-10 Floor Music & Choreography Expense

Decisions on floor music and choreography are made by the floor and dance coach. Your music and choreographer will be assigned. Cynthia Davis is the team choreographer and Andrea Aliucci does our team floor music. The fee is \$150 and a floor routine is usually kept for two years. Floor music usually runs from \$35 to \$50. We support intellectual property (no hand-me-downs).

Other Fees

****Annual registration fee of \$40.00 is due for every team member by Tuesday, June 1st (can be included in tuition)**

****AAU membership fee of \$14.00 is due by Tuesday, August 17th. (separate ck made to Rockdale GYM)**

****USAG membership fee of \$48.00 is due by Tuesday, July 5h. (separate ck made to Rockdale)**

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

The Gym requires a copy of a credit card on file. You will be called and notified of charge to credit card if late on payment!

TUITION

The tuition is based on a yearly figure and broken down into a monthly rate. Tuition is due before the first of every month. Your account must be current for your child to remain on the team and participate in the competitions. Any account thirty days past due will be discontinued by the office. The coaching staff will not be consulted.

Tuition Breakdown Fall/Spring Session

<u>Level</u>	<u>Tuition/Month</u>
Training Team	\$110.00
2 & 3	\$115.00
4/ Prep Op	\$135.00
7-10	\$150.00
Summer Tuition	<u>\$150.00 FOR EVERYONE</u> (except Training Team- \$115)

PLEASE MAKE SURE WE HAVE YOUR E-MAIL ADDRESS ON FILE IN OUR OFFICE .

MAKING THE TEAM

We invited your daughter to join our team because of her enjoyment of gymnastics, talent, ability, class attendance, work ethic and attitude.

TEAM PHILOSOPHY

The team program is provided by Rockdale Gymnastics and Dance to give opportunity to those individuals who have the talent and desire to participate on a competitive level. We would like to present a healthy and wholesome Christian based atmosphere. A program where one can enjoy the sport, friendship, and experiences that can be appreciated by all team members. A program where a child can learn much about trust, commitment, and discipline while learning about expanding one's physical limitations. We do not in any way claim to be perfect in these areas, but nevertheless it is our standard to which we strive. We also feel that a balanced approach to a child's life is in their best long-term interest.

PRACTICE AND ATTENDANCE

Being on the team is a big commitment of time, work, and resources. It is essential that your child attends practice regularly and trains with maximum effort. There is not an automatic "drop you from the team" absentee number, but we never want anyone putting themselves in a potential high-risk injury situation

PRACTICE ATTIRE

All gymnasts must practice in a single piece leotard and hair must be pulled back. No cell phones are allowed during practice or meets!

SPECIAL NOTE

- Rockdale Gymnastics, Cheerleading, & Dance own the exclusive rights and licensing to the name, logos, properties, etc. and are not to be used without written consent.
- Rockdale Gymnastics, Cheerleading, & Dance shall make all decisions regarding team activities, scheduling, meets, and business transactions.
- Photos may be posted on our web page that may include your child.

Staff Profiles

- ❑ Joe Ashley- Executive Director, Program Administrator, and Co-owner. Although, originally from Miami, FL, Joe attended David Lipscomb University in Tennessee, on a gymnastics scholarship. He and his wife, Judy, have three sons, Joseph, Michael, and Thomas.
- ❑ Drew Davis- C.E.O., Head Team Coach, and Co-owner, President of the Georgia Gymnastics Coaches Association, 1990-1994, and presently on the Georgia USAG Board. Drew is from Atlantic-Highlands, NJ and he also attended David Lipscomb University on a gymnastics scholarship. Drew and his wife, Cynthia, have two daughters, Audrey and Grace.
- ❑ Andrea Aliucci- Senior staff member and team coach. Andrea was a high school gymnast and attended Georgia State University on an athletic scholarship. She has coached gymnastics for 25 years. Andrea and her husband, William have one child, Nicholas.
- ❑ Cynthia Davis- Senior staff member and team coach for 20 years, Choreographer and Dance Director. Cynthia is also a USAG/AAU Gymnastics judge. She trained with the Southern Ballet Company of Atlanta and studied with the Joffery Ballet and the Gainesville Ballet. She also attended Brenau College on a dance scholarship.
- ❑ Julie Howard- Former Rockdale Gymnast. Now teaches at George Walton Academy.
- ❑ Allie Betterton- Former Rockdale Gymnast
- ❑ Terri Ahern- Employed by Rockdale Gymnastics 26yrs as a Coach and Office manager. Terri & her husband Sam have 3 grown daughters & 4 grandchildren. They Had a daughter and granddaughter that have competed on On Rockdale Gymnastics' Team.

Rockdale Gymnastics, Cheerleading, & Dance, Inc.



Team Handbook 2011 - 2012

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