



SPOKANE GYMNASTICS 2022 TEAM HANDBOOK

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WELCOME

Thank you for your interest in Spokane Gymnastics! Our competitive team program will provide an opportunity for your child to develop confidence, poise, individuality, mental and physical discipline, determination, a strong work ethic, and self-respect. Your child will mature among individuals, circumstances and a team that will demand their finest efforts. Your child will develop close relationships with teammates and will enjoy the interaction of working with other gymnasts.

Gymnastics is one of the greatest overall body conditioning activities your child can experience. Your child will become stronger, more flexible, more kinesthetically aware, with more muscle control and endurance, better coordination, timing, explosive power, improved agility, balance, and grace. Some of the mental attributes we hope to develop at Spokane Gymnastics are positive self-image, self-motivation, tenacity, patience, goal setting, courage, and teamwork. It is rewarding and fun to work hard, improve skills and achieve goals!

Competitive gymnastics requires a significant commitment of time, money and effort. It has a tendency to involve the entire family, so keep this handbook in mind to answer questions about where you are going with this sport. We hope that your gymnastics experience is fun, successful and educational. If you have any questions about this handbook, please feel free to ask your coach or Nadine!, the owner of Spokane Gymnastics. We are available and always willing to help clear up any confusion that you may have in terms of your involvement with the Spokane Gymnastics Team Program.

THE COACHES AT SPOKANE GYMNASTICS WILL

- ✓ Provide quality safe instruction, teaching the proper progression of skills
- ✓ Be respectful to all gymnasts, parents, other coaches, competitors, judges, and the public
- ✓ Provide clear and frequent communication
- ✓ Train gymnasts to the best of the coaches abilities and knowledge
- ✓ Teach sportsmanship and help build character
- ✓ Help with goal-setting and follow-through
- ✓ Give gymnasts the tools to overcome mental and physical obstacles
- ✓ Be fair and consistent
- ✓ Provide team-building opportunities
- ✓ Follow guidelines established by USA Gymnastics
- ✓ Provide a challenging yet supportive environment where everyone has the greatest opportunity to succeed.

BENEFITS OF BEING A MEMBER OF SPOKANE GYMNASTICS TEAM PROGRAM

- ✓ Consistent coaching from experienced, knowledgeable and encouraging coaches
- ✓ The opportunity to compete at a variety of meets throughout the Intermountain West
- ✓ Flexibility with which competitions attended by Xcel and TNT Team Members
- ✓ Consistent training schedule from September through May
- ✓ Quality with all aspects of the program
- ✓ Opportunity to advance at accelerated pace
- ✓ Three competitive tracks to choose from; ensuring the best fit for each gymnast
- ✓ Over a dozen team options, from pre-team to advanced teams
- ✓ Personalized attention
- ✓ A safe, fun and productive gymnastics experience provided
- ✓ Family-centered program
- ✓ Flexibility for the Xcel and TNT Team Members to also participate in high school sports, including gymnastics
- ✓ Option to attend all, some, or take June off, pro-rated tuition.
- ✓ “Coach in Training” program in exchange for gymnastics team-members 14 and older (invitation only)
- ✓ Priority for future employment at Spokane Gymnastics
- ✓ Training in a team-specific, clean facility
- ✓ Additional 30,000 s.f. facility conveniently located 2 miles west which can be used if needed
- ✓ Team camp with guest clinicians, coaches and judges
- ✓ Team Open Gym
- ✓ Creative Team Building
- ✓ Goal Planning, monthly check-in and end-of-season progress assessment
- ✓ Gym Buddies – “Lil Sister, Big Sister” mentor program
- ✓ Team Parties, Special Events and Opportunities
- ✓ Surprises
- ✓ Costumes, themes and fun!
- ✓ Team-specific web page for relevant updates
- ✓ Team App for communication
- ✓ Monthly team huddles

- ✓ Pre and post season individual meetings with coaches and Spokane Gymnastic's owner
- ✓ Transparency, consistency and frequent communication
- ✓ Host club of the “Lucky Charm Invitational Gymnastics” meet, plus various national gymnastics competitions
- ✓ Leadership that will always do what is in the best interest of the gymnasts, families and community, even when it is hard

PLAN AND PROGRESSIONS

Summer - Focus is on form and teaching “the right way” to do basic skills. Master required skills and determine which level to compete

Fall - Correct technique on all skills and learn new routines

Winter - Perfect routines and competition season

Spring - Competition season wrap-up, learn new skills

June - Flexible month - option to train or take a break

COMMUNICATION

Team App - options include to all specific team member families, and your individual coach(es)

Email - team@spokanegymnastics.com

To e-mail your specific coach, please direct messages to: team@spokanegymnastics.com and include “Attn Coach _____” in the subject line and we will forward the email to them right away. General team questions may also be sent to that account.

Call Spokane Gymnastics Pines service desk - 509-290-5270 - our service desk staff will be able to take care of general team inquiries.

If you have any questions regarding team, procedures, or your child’s experience, please schedule a time to meet directly with your team coach at a mutually convenient time, typically before or after training. If you still have questions or need resolution, you may then reach out to Nadine!, the owner at nadine@spokanegymnastics.com, or directly on her mobile phone, 509-590-6177.

We have a lot of confidence in our coaches and trust them to handle team operations. If there is anything that you believe is a safety concern, urgent, beyond the coach's capacity or that you have addressed directly with your coach and you still have questions or concerns, then Nadine! is happy to assist. **Please give the team coaches the opportunity to work directly with you and do not automatically pass over the opportunity to work with them.**

SPOKANE GYMNASTICS TEAM APP

Search for "Team App"

Download, then open

Login or sign-up (create a new free account)

Click find your Team/Club - Spokane Gymnastics



SPOKANE GYMNASTICS PHILOSOPHY

We exist to make a positive impact in the lives of our students. Our purpose is to develop happy, healthy, confident individuals. The coaches at Spokane Gymnastics are dedicated to providing a positive atmosphere for all parents, students and staff members. Our focus is and will always be the best interest of the child. Safety is of the utmost importance and will never be compromised.

We offer a progressive gymnastics program with the goal to help students develop strength, skill, and character through gymnastics training. We are committed to providing the best gymnastics program in the area in a fun and safe gym! We build a foundation of coordination, strength, and responsibility that will enable your child's success in any athletic endeavors.

SPOKANE GYMNASTICS MISSION

Encourage the development of strength, skill, and character through gymnastics training in a positive environment, where every student has the greatest opportunity to succeed, no matter what their level or goal.

SPOKANE GYMNASTICS STAFF

Spokane Gymnastics employs the finest coaches and support staff available in our industry. Every employee is screened with a background check and must complete rigorous training before coaching their own classes. All coaches are First Aid and CPR Certified, and we provide paid on-going monthly hands-on training to all instructors. In addition, most attend many local, state-wide, regional and national conferences, workshops and hands-on training events. Our team coaches have trained along-side the best coaches in the country at camps and clinics including Woodward West Gymnastics and Cheer Camp, 360 Gymnastics Camp, Boot Camp at Kids First in Cincinnati, International Gymnastics Camp in Pennsylvania, and trained at the US Olympic Training Center in Colorado Springs.

CREW CULTURE STATEMENT

We Desire to deliver an exceptional experience for everyone who enters our doors.

We Believe that gymnastics taught in an encouraging environment will help children reach their full potential.

Today is our opportunity to better the world by positively impacting the lives of children in our community.

Our Service is safe, fun, productive, and life-shaping.

Our People are leaders who are passionate about children and gymnastics. And most importantly are:

Super (role) Models

Adaptable

Fun

Engaged

Our Reward is seeing the joy of accomplishment when our students obtain achievable goals.

Our Facility is fun, safe, inviting and uncommonly clean.

We Understand that individual responsibility and teamwork is what makes our program strong.

We Offer a variety of programs to best meet the individual needs and interests of our community.

We Are not done yet. While proud of what we have accomplished together, we will continue to improve as individuals and innovate as an organization, so we may better serve our students and their future.

OUR MASCOTS

Spokane Gymnastics has live mascots! It began in June of 2009 when KC, a mutt including Bulgarian bear dog lineage was adopted from Spokane Valley SCRAPS. A sweetheart who typically is very mellow and loves having her belly rubbed by all the kids, KC grew up at Spokane Gymnastics and has been spoiled as a "gym dog". In October of 2013, we adopted Jemma an Australian Shepard and Border Collie mix, from "Power of the Paw" rescue in Idaho. Kai joined our family March 2016 and was adopted from Adams County Rescue. She is a golden retriever, vizsla, whippet mix who is naturally very thin and has black spots on her tongue. Kai is quite spoiled and likes to sit high on chairs where she can keep an eye on the kiddos.

All pups are contained behind the desk in the lobby or enjoy time outside in their kennel. They love their daily morning runs and the attention of the students and being Spokane Gymnastic's mascots! The pups go home each night with Coach Nadine! The gym dogs are typically at our Argonne Village location.

SERVICE ANIMALS WELCOME AT SPOKANE GYMNASTICS

Due to liability, and our mascots KC, Jemma and Kai being protective of their environment, we ask that you do not bring your pets to Spokane Gymnastics. Especially during warmer temperatures, please do not leave pets in your vehicle! ADA certified service animals are welcome, please simply update us at the service desk so we can move our gym mascots. We respectfully ask that you do not bring your pets in our facility. If you need a place for your dog during class, please check in at the service desk, and we would be happy to give you access to our outside kennel (which is at Spokane Gymnastics Argonne Village).

SNOW POLICY

Spokane Gymnastics does not close due to snow, inclement weather or smoke, even when schools are closed or delayed. Even in the most extreme weather, our coaches have managed to come to the gym and have been prepared to teach their classes. To simplify things, our policy is always to offer classes unless there is a situation that causes the gym to be considered unsafe. You can count on us to provide your class, but if you feel that it isn't safe to drive to the gym due to weather, please remember that we have many make-up options. Please update us as soon as possible if you are not going to attend.

OUR EFFORTS TO CREATE A NUT-FREE ZONE

We have many students in our program who have SEVERE and LIFE-THREATENING nut allergies. Please do not bring any products containing nuts into either facility. Thank you for your consideration; we appreciate your cooperation. We do everything possible to provide a safe environment for everyone who enters our facility. If you or your child has any medical conditions that we need to be aware of to be extra vigilant in protecting them, please contact or discuss directly with your coach. Please be aware that while we make every effort to provide a nut-free zone, we cannot guarantee our success since we have many children, parents, and visitors enter our facility who may not be aware of our policy.

SPOKANE GYMNASTICS PINES

Our team training facility which can be seen from I-90 just west of Pines, featuring spring floor, uneven and high bars, vaults, beams, 40' and 46' tumbl traks, rod floor, double mini trampoline, Euro-trampoline and resi-pits. The 17,000 s.f. facility is set up to provide an exceptional experience for competitive athletes. There is an upstairs viewing area for parents and plenty of space for physical distancing. We offer complimentary Wi-Fi internet access, and snacks and drinks are available for purchase

11712 E. Montgomery Drive Spokane Valley 99206

SPOKANE GYMNASTICS ARGONNE VILLAGE

Our main facility is located near Argonne and Montgomery just east of the Yokes Fresh Market. We feature all Olympic events (spring floor, high bar, parallel bars, and uneven bars, vault, rings, pommel horse and beams), plus 40' long tumbl trak, rod floor, inflatable jumping castle, and air bag "pit" with zip-line! Our entire 30,000 s.f. facility is air conditioned. We have viewing areas for parents and siblings to be able to watch all rotations, plus a walking track upstairs in the main gym plus large lobby. We offer complimentary Wi-Fi internet access, and snacks and drinks are available for purchase.

2515 N. Locust Road Spokane Valley 99206

SPOKANE GYMNASTICS HISTORY

Spokane Elite Gymnastics was in business for over 30 years, with multiple owners in several different Valley locations. In August 1999, Seattle Gymnastics Academy, Inc. bought Spokane Elite Gymnastics. In June 2007, Nadine Burgess was promoted to manage Spokane Elite Gymnastics. The small but mighty crew transformed Spokane Elite Gymnastics to provide quality preschool, instructional and competitive programs.

Growth continued until the Spring of 2010, when the owner of Seattle Gymnastics Academy opted to focus on his four gyms in Seattle. He provided the opportunity for the staff at Spokane Elite Gymnastics to buy the business. Nadine Burgess, the current owner, started a new corporation and changed the name to "Spokane Gymnastics" in conjunction with the new ownership effective July 1, 2010, which better reflects the mission of Spokane Gymnastics, to provide an exceptional gymnastics experience for students with all levels and goals. All new equipment was purchased and installed in June and July of 2010.

In February 2011, Spokane Gymnastics expanded by leasing an additional 4,000 square feet adjacent to the Broadway facility, bringing the academy's total size to 11,000 square feet. Enrollment growth continued, and in September of 2013, Nadine purchased the 30,000 square foot facility only a couple of miles east of the former leased Broadway location. All programs moved to the main facility, now known as "Spokane Gymnastics Argonne Village" in 2014.

Because of the incredible team of dedicated coaches, Spokane Gymnastics has grown from a small program with eight part-time coaches teaching 125 students. In March of 2020, before COVID hit, Spokane Gymnastics included 82 employees serving 2200 students enrolled in structured classes.

While COVID caused an initial 4-month closure of Spokane Gymnastics, Nadine remained determined to serve her staff, kiddos, families, community, and industry with the same creativity, enthusiasm, and collaboration that she built her program over the previous decade.

Expansion during a global pandemic is not for everyone, but the process started before the emergence of COVID and fits in with Nadine's mantra of "anything worth doing is worth overdoing." She purchased another local gymnastics club, hired the founders and members of the coaching staff, and opened the 17,000 s.f. "Spokane Gymnastics Pines" team training facility on June 1, 2020.

Both gyms safely operated from July 6 – November 16, 2020, before being shut down for a second time due to a state-wide government mandate. While open between closures, the program's value to students, families, and the community was tested and affirmed. The coaches at Spokane Gymnastics demonstrated that they could and would step up to do whatever was needed to serve children safely, and all operations were updated. The safety protocols, consistent care for everyone who enters either facility, and adapted business model were proved.

The coaches at Spokane Gymnastics strive to balance teaching proper gymnastics techniques along with keeping gymnastics fun! Over the past decade, everyone on the crew at Spokane Gymnastics has contributed to providing an excellent instructional program in a fun and supportive environment and also producing high-quality competitive gymnasts.

While the trials of 2020 have been more than anyone could have ever imagined, it also revealed the character of the team at Spokane Gymnastics and just how determined, creative, safe, and wacky they are. Even more committed than ever, the crew have worked incredibly hard behind the scenes to be prepared to welcome back students to Spokane Gymnastics!

Both facilities re-opened in winter of 2021, with instructional students enjoying classes at Argonne Village and all competitive athletes and teams having a condensed, but full season. The individual gymnasts and teams did exceptionally well, earning many awards and recognition at various competitions throughout the season. Multiple Spokane Gymnastics teams are currently the Washington State Champions.

TEAM PRICES

Tuition prices are remaining the same as the 2021 season and have not been adjusted. Team tuition is less per hour than instructional classes at Argonne Village, plus all discounts are provided, including multiple siblings, military, and first responder discounts (for tuition and various programs). Discounts do not apply to competition fees, apparel, etc. All tuition is based on hours of training scheduled to attend and is consistent no matter what team or program.

The option of tuition being pro-rated is available for the month of June each year. Tuition is NOT pro-rated for times when training is provided, but a gymnast does not attend.

Membership Fees:

\$30 per child and \$45 per family in same household. The membership is valid for a full year from initial payment and is required to take classes or join team.

Team Program Monthly Tuition – Applies to Pre-Team, Xcel, USAGDP and TNT

Instructional (Recreational)	With 10% Sibling Discount	Team Students 5% Discount	Team with Sibling Discount 15%
\$143 for 3 hours per week	\$128.70	\$135	\$121
\$152 for 3.5 hours per week	\$136.80	\$144	\$129
\$160 for 4 hours per week	\$144	\$152	\$136
\$170 for 4.5 hours per week	\$153	\$161	\$144
\$180 for 5 hours per week	\$162	\$171	\$153
\$190 for 5.5 hours per week	\$171	\$180	\$161
\$200 for 6 hours per week	\$180	\$190	\$170
\$212 for 6.5 hours per week	\$190.80	\$201	\$180
\$225 for 7 hours per week	\$202.50	\$213	\$191
\$238 for 7.5 hours per week	\$214.20	\$216	\$202
\$252 for 8 hours per week	\$226.80	\$239	\$214
\$262 for 8.5 hours per week	\$235.80	\$248	\$222
\$272 for 9 hours per week	\$244	\$258	\$231
\$306 for 10.5 hours per week	\$275	\$290	\$260
\$336 for 12 hours per week	\$302	\$319	\$285
\$345 for 13 hours per week	\$310	\$327	\$293
\$350 for 13.5 hours per week	\$315	\$332	\$297
\$355 for 14 hours per week	\$319	\$337	\$301
\$365 for 15 hours per week	\$328	\$346	\$310
\$375 for 16 hours per week	\$337	\$356	\$318
\$395 for 17 hours per week	\$355	\$375	\$335
\$405 for 18 hours per week	\$364	\$384	\$344
\$415 for 19 hours per week	\$373	\$394	\$352
\$420 for 20 hours per week	\$378	\$399	\$357

Injured gymnasts are invited to continue to attend training with their teams but need to follow restrictions established by their medical professional. Please communicate as soon as possible, and tuition will be 50% for however long the gymnast requires modified training.

If a gymnast is injured and cannot attend training, please communicate as soon as possible so we can freeze tuition. Spots are still held on the team, and we will do everything possible to be accommodating, and if possible, although usually not an option, attempt to get a refund for any future competitions the gymnast is not able to attend.

PRETEAM (USAGDP and Xcel)

Gymnasts will attend all three "Gymnastics League Meets" on the 3rd Saturday of January, February, and March, the December 4, 2021 practice meet, plus have the option to attend two traveling meets each season.

XCEL TEAMS

Bronze minimum of 3 meets each season (5-7 will be provided)

Silver minimum of 4 meets each season (6-7 will be provided)

Gold minimum of 5 meets each season (6-7 will be provided)

Platinum minimum of 6 meets each season (7-8 will be provided)

Diamond minimum of 6 meets each season (7-8 will be provided)

Xcel Competition Fees 2021-2022 Season

Competition fees are \$150 per gymnast, paid to Spokane Gymnastics, per meet, no matter the location or the fee the host gym charges. This includes the entry for the gymnast, coaching fee, administration, and as needed coaches hotel, and transportation. Please note that we do not have any control as to the competition schedule or spectator admission. Please note that host gyms do not give refunds due to adverse travel, illness, or injury.

Practice Meet at Spokane Gymnastics Pines on December 4, 2021 – optional but encouraged.

\$50 fee will be charged to the designated card on file on December 6.

\$100 competitive fee will be added to monthly auto-pay from October 2021 - June 2022 if six meets are signed up to attend.

If the gymnast decides to compete in 5 meets – then competition fee of \$100 will be added to monthly auto-payments October 2021 – April 2022 and \$50 in May 2022.

If the gymnast decides to compete in 4 meets – then competition fee of \$100 will be added to monthly auto-payments from October 2021 – March 2022.

Attending State goes towards the minimum meets attended for an athlete. However, to compete at the 2022 State Championships, a qualifying score is required, and the competition fee is \$200.

For those gymnasts who qualify for and decide to compete at regionals, the competition fee is:

\$300 if six or more girls from one team attend, if five or fewer gymnasts from one team, then price scenarios will be provided in advance of State so each family can make an informed decision.

Competition Leotard - \$250 – Due when ordered (\$100 for pre-team and Bronze)

Warm-Up Jacket - \$60 – (Optional) Due when ordered

Team Back-Pack - \$60 – (Optional) due when ordered

USAG Membership - \$69 – Paid directly to USA Gymnastics

USAG Development Program Assessment/Competition Fees 2021-2022 Season

Gymnasts attend all meets with their team. Gymnasts may miss due to illness, injury, personal need, or schedule conflict but assessment fees will not be adjusted due to lack of attendance.

Level 3 - Six meets each season, excluding the December 4 Practice Meet, (which is included in annual assessments), but does include Spokane Gymnastic's home meet – the Lucky Charm Invitational.

Level 4 - Six meets each season, excluding the December 4 Practice Meet, (which is included in annual assessments), but does include Spokane Gymnastic's home meet – the Lucky Charm Invitational.

Level 6 - Seven meets each season, excluding the December 4 Practice Meet, (which is included in annual assessments), includes the option to attend Spokane Gymnastic's home meet – the Lucky Charm Invitational (based on coach's recommendation for each gymnast)

Level 7 - Seven meets each season, excluding the December 4 Practice Meet, (which is included in annual assessments), includes the option to attend Spokane Gymnastic's home meet – the Lucky Charm Invitational (based on coach's recommendation for each gymnast)

Level 8-10 - Seven meets each season, excluding the December 4 Practice Meet, (which is included in annual assessments), includes the option to attend Spokane Gymnastic's home meet – the Lucky Charm Invitational (based on coach's recommendation for each gymnast)

USAG Developmental Program 2022 Season Assessment Fees:

Level 3 - \$1200 total (\$150 monthly payment added to October 2021 – May 2022 autopay)

Level 4 - \$1200 total (\$150 monthly payment added to October 2021 – May 2022 autopay)

Level 6 - \$1400 total (\$175 monthly payment added to October 2021 – May 2022 autopay)

Level 7 - \$1400 total (\$175 monthly payment added to October 2021 – May 2022 autopay)

Level 8-9 \$1600 total (\$200 monthly payment added to October 2021 – May 2022 autopay)

Includes meet fees, coaches travel and coaching for the regular season

2022 State Championships (requires a qualifying score), competition fee is \$200

For those gymnasts who qualify for and decide to compete at regionals, the competition fee is:
\$300 if six or more girls from one team attend, if five or fewer gymnasts from one team, then price scenarios will be provided in advance of State so each family can make an informed decision.

For gymnasts who qualify for and decide to compete at Nationals, price scenarios will be provided in advance of Regionals so each family can make an informed decision.

\$500 uniform package includes competition leotard, warm-up (jacket and pants) and team backpack

\$63 USA Gymnastics Competition Fee (paid directly to USAG when registering)

If needed, private lessons with team coach to learn choreography.

TEAM CAMP

July tuition is pro-rated to 75% taking into account that there is not training the week team camp

Once a gymnast commits to a specific team for the 2022 season, then \$100 of what was paid for team camp is applied as a credit on the family's Spokane Gymnastics account to be used for any services, including tuition.

Once a pre-team gymnast commits to team for the 2022 season, then \$70 of what was paid for team camp is applied as a credit on the family's Spokane Gymnastics account used for any services, including tuition.

2021-2022 TEAM JOINING FEE

Non-refundable joining team fee (charged when a gymnast commits to team)

USAGDP Pre-Team	\$100
Xcel Pre-Team	\$100
Xcel Bronze Leapers Team	\$150
Xcel Bronze Bounders Team	\$150
Xcel Silver Leapers Team	\$200
Xcel Silver Bounders Team	\$200
Xcel Gold Leapers Team	\$250
Xcel Gold Bounders Team	\$250
Xcel Platinum Team	\$250
Xcel Diamond Team	\$250
USAGDP Level 3 Team	\$250
USAGDP Level 4 Team	\$250
USAGDP Level 6 and 7 Teams	\$250
USAGDP Level 8 and 9 Teams	\$250
TNT Team	\$150

IN THE EVENT OF A CLOSURE DUE TO COVID

In the event of a disruption in service due to a closure, as always, 100% of what was paid for tuition that Spokane Gymnastics is not able to provide will be held as a credit on each family's Spokane Gymnastics account. Credits never expire, are transferrable, and may be used for any Spokane Gymnastics' goods or services.

Upon announcement of a closure, all Spokane Gymnastics accounts are frozen for 30 days to give our team time to get organized to properly serve everyone's needs. As always, we will continue to communicate, be flexible, transparent, accommodating, fulfill our commitments, and provide support for our students, families, coaches, and community.

LUCKY CHARM INVITATIONAL

In 2021 we hosted our first annual "Lucky Charm Invitational" and due to an incredible amount of support from our team families, it was a huge success! We are so excited to have it be a premier event each year and we are so excited about the 2022 season. Save the date for the weekend of March 19, 2022! We ask that each family contribute to serving the gymnasts by donating a raffle basket or volunteering at the event.

TEAM OPEN GYM

Saturdays 9:00am - 12:00pm - PLEASE PRE-REGISTER AT LEAST 48 HOURS IN ADVANCE!

Generally supervised, but no spotting assistance will be provided. If requested, team coaches can work directly with their gymnasts in advance to establish a training plan and safety procedures.

Gymnasts will remain on a rotation for a set period of time and be responsible for cleaning before moving to another event. This is an opportunity for additional training, not a "free for all" time :) There are teams attending structured training during this time and they will have first opportunity for selecting events.

Saturday morning Open Gym may be used as a make-up for any missed practice. Space is limited; please register at least 48 hours in advance! Drop-in fee of \$20 per day, no matter how many hours attended (not pro-rated for starting mid-morning).

REQUIREMENTS TO JOIN SPOKANE GYMNASTIC'S 2022 TEAM

Meet individually with team coaches

Meet individually with Nadine! (available to be scheduled between August 30 and September 24)

Download and join Spokane Gymnastics Team App

Complete team survey - link posted on team website

Submit information for Team Directory - link posted on team website

Gymnast and parent each sign the "commitment for team"

Autopay form on file for tuition and other fees
Non-refundable team joining fee paid
Hands-on spotting preference form on file (if not already complete)
Complete USAG form online and membership
Leotard size submitted – sizing leotards available September 1 – 28 at Pines
Attend Team Camp – or if not possible, alternative training option
Contribute to the “Lucky Charm Invitational” meet by donating a raffle basket or volunteering

Before each gymnast commits to a team, Nadine! will have an individual in-person meeting with each prospective team member and her parents. This is intended to give Spokane Gymnastics the opportunity to provide an exceptional experience for each athlete and her family. Our goal is to understand individual goals and priorities and to have clear communication and expectations between everyone before the season starts. In addition, team coaches will have frequent communication and meetings with their teams, parents and as appropriate, individual gymnasts.

IMPORTANT DATES

Before August 27 Meet individually with team coaches to discuss goals

August 30 – September 24 Meet individually with Nadine!

September 30 Deadline to commit to specific team for the 2021/2022 season

Spokane Gymnastics is open all minor holidays and will offer a full schedule of classes including:

Martin Luther King, Jr. Day

President's Day

Columbus Day

Spring Break Week

Halloween

Veteran's Day

Spokane Gymnastics is closed* and does not offer instructional classes:

Memorial Day

Independence Day

Labor Day

Thanksgiving Holiday Break

Winter Break

*Spokane Gymnastics will have special Team Practices, Clinics and Special Events during holiday breaks.

THANK YOU

The coaches at Spokane Gymnastics take gymnastics and your child's development, health and safety seriously. Beyond teaching gymnastics skills, I believe we contribute to child development by way of sports instruction, and our coaches positively impact our students' lives.

While COVID has dramatically changed many aspects of our program, I believe that what we provide matters, so we will continue to give it everything we've got, and adapt. We will continue to do everything possible to provide a safe environment.

Even with all the uncertainty and obstacles, our entire team stepped up and did whatever was needed to provide a safe, fun, and productive experience. We adjusted, we cleaned, we proved that we could exceed all our safety objectives and still create an exceptionally fun and valuable gymnastics experience! I am so proud of the level of passion and professionalism that our crew demonstrated and their unwavering dedication. As we witnessed how much the previous closure impacted the kiddos, I also understand we only caught a glimpse of the daily reality that our families have endured. When we were open between closures, we also were fortunate to see how so many students blossomed again in a very short amount of time and how resilient children can be.

We've discovered we are capable of so much more than any of us previously could have fathomed! We are so determined to hang on during difficult times because we understand what our program means to our students' physical, emotional, mental, and social well-being.

No matter the challenge, the team at Spokane Gymnastics will continue to communicate, be flexible, transparent, accommodating, fulfill our commitments, and provide support for our students, families, coaches, and community.

A year ago, we were looking forward to celebrating our 10th anniversary and counting down the days to the Olympics! I'm appreciative of our history and what we have accomplished together over the past decade. However, now I am most proud of our entire team and how we navigated the hardest year+, which has also become the most meaningful.

Thank you for trusting us! We appreciate your confidence in us and we will continue to work hard to provide the best possible gymnastics experience and earn your trust. If you have any questions or if there is anything that I may do to assist, please reach out.

Nadine! Burgess

Owner of Spokane Gymnastics

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As of August 25, 2021