



SPOKANE GYMNASTICS 2023 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, Bobbi, the Pines Department Leader, 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 July through May
- ✓ Quality with all aspects of the program
- ✓ Opportunity to advance at an accelerated pace
- ✓ Three competitive tracks to choose from; ensuring the best fit for each gymnast
- ✓ 20 different 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
- ✓ For Xcel team members, the option to attend all or some of June with pro-rated tuition.
- ✓ Winter break option in December
- ✓ "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 team coaches and guest clinicians
- ✓ Team Open Gym
- ✓ Creative Team Building
- ✓ Goal Planning, monthly check-in, and end-of-season progress assessment
- ✓ "Big Sister, Lil Sister" weekly mentor program
- ✓ "Secret Sister" gym buddy program
- ✓ Team Parties, Special Events, and Opportunities
- ✓ Surprises
- ✓ Costumes, themes, and fun!
- ✓ Team-specific web page for each team with relevant updates posted regularly
- ✓ Team App for communication
- ✓ Monthly team huddles for each team with Spokane Gymnastics leadership
- ✓ Pre and post-season individual meetings with team coaches and Spokane Gymnastics' leadership
- ✓ 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

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 for Xcel teams - option for reduced training

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 Bobbi, our Pines Department Leader, or 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

Please only use the Team App chat feature during the hours of 8:00am and 9:00pm unless there is an urgent, time-sensitive matter.



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 exceptionally 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! In October of 2013, we adopted Jemma, an Australian Shepard and Border Collie mix, from "Power of the Paw" rescue in Idaho. Jemma is very smart and thankfully has outgrown her naughty puppy stage. She enjoys morning jogs and checking all the garbages for leftover snacks.

Kai joined our family in 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.

Both pups are contained behind the desk in the lobby or enjoy time outside in their kennel. They love their daily morning hikes and the attention from the students from being Spokane Gymnastic's mascots! The pups go home each night with Coach Nadine!

At Pines, our team gym, Coach Jordan's dog Zeus is the king. Born in 2019, he is full Chihuahua and enjoys sun bathing, playing with his ferret friends and howling at the fire truck and ambulance sirens. Zeus is loved by all who get to meet him and like Kai, enjoys climbing high on chairs and desks where he can see all the action.

SERVICE ANIMALS WELCOME AT SPOKANE GYMNASTICS

Due to liability, and our mascots 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 a 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 facilities 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, 2021 and now 2022 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 safely serve children at Spokane Gymnastics! Both facilities re-opened in winter of 2021, and our coaches have been thrilled to be able to provide a safe, fun and productive experience. We have the privilege each day to see that what we do matters, and we are so grateful for the opportunity!

TEAM PRICES

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

3 hours per week \$152 monthly tuition

3.5 hours per week \$162 monthly tuition

4 hours per week \$172 monthly tuition

4.5 hours per week \$182 monthly tuition

5 hours per week \$192 monthly tuition

5.5 hours per week \$202 monthly tuition

6 hours per week \$214 monthly tuition

6.5 hours per week \$226 monthly tuition

7 hours per week \$240 monthly tuition

7.5 hours per week \$244 monthly tuition

8 hours per week \$268 monthly tuition

8.5 hours per week \$278 monthly tuition

9 hours per week \$290 monthly tuition

10.5 hours per week \$326 monthly tuition
12 hours per week \$358 monthly tuition
13 hours per week \$368 monthly tuition
13.5 hours per week \$372 monthly tuition
14 hours per week \$378 monthly tuition
15 hours per week \$388 monthly tuition
16 hours per week \$399 monthly tuition
17 hours per week \$420 monthly tuition
18 hours per week \$432 monthly tuition
19 hours per week \$442 monthly tuition
20 hours per week \$448 monthly tuition
17 hours per week \$439 monthly tuition
18 hours per week \$449 monthly tuition
19 hours per week \$459 monthly tuition
20 hours per week \$469 monthly tuition

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

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 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 gymnasts are not able to attend.

PRETEAM (USAGDP and Xcel)

Gymnasts attend all "Gymnastics League Meets", the December 3, 2022 practice meet, plus have the option to attend traveling meets each season.

XCEL TEAMS - total meets required to attend does not include the "Handstand Hop" practice meets.

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 2022-2023 Season

Competition fees are \$150 per gymnast, paid to Spokane Gymnastics per meet, no matter the location or the host gym fee. This includes the entry for the gymnast, coaching fee, administration, and as needed coaches hotel and transportation. Please note that we do not control 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 3, 2022

\$50 fee will be charged to the designated card on file on December 5

\$100 competitive fee will be added to the monthly auto-pay from September 2022 - May 2023 if six meets are signed up to attend.

If the gymnast decides to compete in 5 meets - then a competition fee of \$100 will be added to monthly auto-payments from September 2022 - March 2023 and \$50 in April 2023.

If the gymnast decides to compete in 4 meets - then a competition fee of \$100 will be added to monthly auto-payments from September 2022 - February 2023.

Attending State goes towards the minimum meets attended for an athlete. However, to compete at the 2023 State Championships, a qualifying score is required, and the competition fee is \$200.

Competition Leotard - \$250 - Due when ordered

Warm-Up Jacket - \$60 - Due when ordered (unless the gymnast already has)

Team Back-Pack - Price to be determined - (Optional) due when ordered

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

USAG Development Program and Men's Junior National Assessment Fees for the 2022-2023 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 3 Practice Meet, (which is included in annual assessments)

Level 4 - Six meets each season, excluding the December 3 Practice Meet, (which is included in annual assessments)

Level 6 - Seven meets each season, excluding the December 3 Practice Meet, (which is included in annual assessments)

Level 7 - Seven meets each season, excluding the December 3 Practice Meet, (which is included in annual assessments)

Level 8-10 - Seven meets each season, excluding the December 4 Practice Meet, (which is included in annual assessments)

USAG Developmental Program 2023 Season Assessment Fees:

Level 3 - \$1200 total (\$150 monthly payment added to September 2022 - April 2023 autopay)

Level 4 - \$1200 total (\$150 monthly payment added to September 2022 - April 2023 autopay)

Level 6 - \$1400 total (\$175 monthly payment added to September 2022 - April 2023 autopay)

Level 7 - \$1400 total (\$175 monthly payment added to September 2022 - April 2023 autopay)

Level 8-9 \$1600 total (\$200 monthly payment added to September 2022 - April 2023 autopay)

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

2023 State Championships (requires a qualifying score), separate 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 (\$300 fee if pants, jacket and backpack have previously been purchased) - due when ordered

\$69 USA Gymnastics Competition Fee (paid directly to USAG when registering)

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

2022-2023 TEAM JOINING FEE

Non-refundable joining team fee (due when a gymnast is committed to a specific team or added to August auto-pay)

USAGDP Pre-Team \$100

Xcel Pre-Team (Honey Bees and Lady Bugs) \$100

Xcel Bronze Teams \$150

Xcel Silver Teams \$200

Xcel Golds Teams \$250

Xcel Platinum Team \$250

Xcel Diamond Team \$250

USAGDP Level 3 Team \$250

USAGDP Level 4 Team \$250

USAGDP Level 6 - 10 Teams \$250

Men's Junior National Team \$250

Trampoline and Tumbling 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 and 2022 we hosted our the annual "Lucky Charm Invitational" and due to an incredible amount of support from our team families, both years it was a huge success! We are so excited to have it be a premier event and look forward to hosting again in 2024. Unfortunately, due to the Washington State Championships being combined into one weekend and the date being changed, the date for our meet would not be a qualifying meet for state, and it would not benefit anyone to have it be the weekend before state. Therefore, we are not hosting in 2023. We look forward to attending many great competitions this season and are currently working on many incredible opportunities for our gymnasts. More information soon!

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 2023 TEAM

Commitment to Join Spokane Gymnastics 2022/2023 Team Program

- ✓ Meet individually with your child's team coach (scheduled in advance)
- ✓ Meet individually with Bobbi between July 11 and 29 (scheduled in advance)
- ✓ Download and join Spokane Gymnastics Team App
- ✓ Complete team survey – link will be shared in July
- ✓ Submit information for Team Directory – link will be shared in August
- ✓ Both gymnast and parent each sign the “commitment for team” (specific for each team)
- ✓ 2023 Team Autopay form on file for tuition and other fees paid
- ✓ Non-refundable team joining fee paid (when the contract of commitment is signed)
- ✓ Complete USAG form online and membership
- ✓ Leotard size submitted – sizing leotards available in July
- ✓ Gymnast attends Team Camp
- ✓ Parent or adult (associated with each gymnast) attend monthly team huddles regularly
- ✓ New to Spokane Gymnastics’ team program or first year on team attend “New Team Member Huddle” in September, January and March
- ✓ Contribute to the “Lucky Charm Invitational” meet by donating a raffle basket or volunteering (not offered in 2023 – but will be back in 2024!

Before each gymnast commits to a team, Bobbi (Spokane Gymnastics Pines Department Leader) will have an individual in-person meeting with each prospective team member's parents. This is intended to give Spokane Gymnastics the opportunity to provide an exceptional experience for each athlete and their 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

June 15 - 30 - Attend team orientation at Spokane Gymnastics Pines

July 11 - Kick-off of newly formed teams

July 25 - 29 - Team Camp #1 at Spokane Gymnastics Pines

August 1 - Deadline to commit to a specific team for the 2023 season

August 8 - 12 - Team Camp #2 at Spokane Gymnastics Pines

August 9 - August 27 - Meet individually with team coaches to discuss goals

The 2022-2023 season for Spokane Gymnastics athletes is August 1, 2022 - May 31, 2023

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.

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

509-290-5270 Pines (Team Facility)

509-533-9646 Argonne Village (Instructional Facility)

509-590-6177 (Mobile)

nadine@spokanegymnastics.com

509-290-5270 (Pines Team Facility)
11712 E. Montgomery Drive Spokane Valley, Washington 99206

team@spokanegymnastics.com

Bobbi - Department Leader, manager of the Team Gym and all Pines operations

As of July 27, 2022