



*recision Elite*

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*Gymnastics & Dance*

**2023-24**

**Team Handbook**

# Our Mission

Updated May 1, 2023

On the Precision Elite Team, we strive to develop champions in life through sport. Gymnastics is a sport that requires exceptional levels of life skills such as work ethic, coachability (able to take/implement feedback), coordination, perseverance, and humility. Learning anything in gymnastics means failing thousands of times before getting it right! Loving the process and fighting through adversity are amazing attributes for any developing young person. While your child will not always participate in gymnastics, we want the lessons they learn here to help them for a lifetime.

## Communications

### Front Office

Questions regarding tuition

503-659-0095

[info@pegagym.com](mailto:info@pegagym.com)

### Anne Dole, Owner/Xcel Team Head Coach

Questions regarding Xcel Team gymnasts' progress, workout schedule, competition schedule, absences, training/teammate issues:

[anne@pegagym.com](mailto:anne@pegagym.com)

### Amy Prouty, Team Director

Questions regarding team account, assessments, meet fees, apparel, USAG membership:

[amy@pegagym.com](mailto:amy@pegagym.com)

### Gabe Rice-Erso, Development Team Head Coach

Questions regarding Development Team gymnasts' progress, workout schedule, competition schedule, absences, training/teammate issues:

[gabe@pegagym.com](mailto:gabe@pegagym.com)

## Absences

On team, we do not have make-up classes for missed practices. Please notify the coach listed below for your level by text or email if you will be missing a practice for any reason.

-Xcel – Coach Anne – 503-704-7928 – [anne@pegagym.com](mailto:anne@pegagym.com)

-Levels 2-3 – Coach Emma – 971-282-7414 – [emmapinion@gmail.com](mailto:emmapinion@gmail.com),  
or Coach Zorya – 503-866-9546 – [zoryamadrone@gmail.com](mailto:zoryamadrone@gmail.com)

-Level 4 – Coach Amy – 503-349-6297 – [amy@pegagym.com](mailto:amy@pegagym.com)

-Level 6+ - Coach Gabe – 509-990-0550 – [gabe@pegagym.com](mailto:gabe@pegagym.com)

For missed practices due to a holiday, we do not schedule make-ups. However, we do schedule make-ups for practices missed because of weather conditions, power outages, or other unforeseen circumstances. Please check your email frequently for updates should these circumstances arise.

## Team Member Practice Policies

-Team members are expected to:

- Be there: you can't get better if you're not in practice.
- Be a good sport: encourage their teammates and be respectful to their coaches.
- Work your best: put forth consistent effort and act thoughtfully to make corrections.
- Work with a vision: set goals and understand the process of achieving them.

Athletes should be lined up and ready to go 5 minutes before training. Athletes must listen, respect, and adhere to the training outline established daily by their coaches. We want all our athletes to strive to maintain a positive attitude even when faced with obstacles and frustration. Examples of conduct we hope to avoid include, but isn't limited to: crying, pouting, cheating on assignments/conditioning, lying, unproductive effort, and improper tone of voice or improper body language when addressing teammates, coaches and/or other adults.

Athletes must wear a leotard to practice. Spandex shorts, sports bras, and deodorant are encouraged for athletes ages 12 and older. During the winter months, leggings can be worn if desired. Athletes must have their hair pulled back in a ponytail and secured away from their face. One small stud earring is allowed, no other jewelry.

Athletes are encouraged to bring a water bottle and healthy, non-messy snack (fruit/cheese/protein bar).

\*Only water is allowed, no other drinks such as Gatorade, soda, juice, etc.

\*We recommend leaving electronics at home, we are not responsible for lost or stolen items.

## Parent Policies

Please check your emails **regularly** to keep yourself informed and avoid missing important information. Email communication is very important – make sure to keep everyone (coaches AND front office) updated if you change your email!

Below is the email that should show up in your inbox from us:

Precision Elite Gymnastics & Dance <noreply@jackrabbittech.com>

Please add this address to your "safe senders" list. Any email from this Precision address can be replied to directly using your reply button and it will automatically be sent to appropriate entity.

Parents should inform the coach via email or text when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. Likewise, if a child has to leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to that day's assignments. **Please, PLEASE, arrive on time to pick your child up from practice. If you are going to be late, please notify your coaches!**

Communicate with your coaches regarding any issues. All questions regarding your child's progress, discipline, etc., may be discussed by appointment at any point in time during the year. All athletes will have a scheduled parent meeting annually. This doesn't mean you have to wait for their scheduled meetings - feel free to set one up at any time. Comments made to other parents cannot solve your issue, nor can we solve it if we don't know about it!

Parents are expected to instill good nutritional habits. Smart eating habits will ensure 110% effort during practice and healthy habits can last a lifetime. Gymnasts may also keep a small, healthy snack in their bag to eat between events. Water should be in "spill-proof" bottle.

Be a positive member of our community. We try to keep interactions positive and professional with members of other facilities. Negative comments regarding our or another gym's program, gymnasts, coaches, facility, etc. are not tolerated at practices, meets, or online (including, but is not limited to: Facebook, Twitter, Instagram).

Do not coach your athlete. Parents need to remember that, although we may discuss suggestions and training approaches that may assist the athlete, training decisions are the responsibility of the coach.

We would prefer that you do not watch practice every day. Gymnastics is a very hard sport and every skill takes many repetitions to master. Watching every once in a while is a great way to notice progress. Also, many times when your child is struggling with a certain skill, having parental presence often compounds the stress-level making it more difficult to work through.

## **Meet Expectations**

### **Athlete expectations:**

Athletes are expected to be good sports to themselves, teammates, and other competitors regardless of their performance that day.

It is important to remember that a score for any routine is an evaluation of one single performance in your gymnastics career. Regardless of the outcome of a routine or overall competition, the gymnast must learn that crying and feeling sorry for themselves is not an appropriate response to this situation or to most learning situations in the gym or normal life. If your gymnast is demonstrating poor sportsmanship during a competition, they could be excused by their coach from the competition floor or scratch an event.

Once the meet starts, athletes are not allowed to go to their parents until the entire meet is complete. Gymnasts are expected to pay attention throughout awards and actively support their teammates.

### **Parent expectations:**

Parents are expected to be good sports to the coaches, judges, and other teams/competitors regardless of their athlete or team's performance that day.

Parents should always remain off the training and competition areas. Do not approach a coach, judge, or other meet official regarding a score during a meet. If you have questions or concerns address them to your coaches at the conclusion of the meet.

Parents should pack your gymnast a water bottle and a small non-messy snack, such as a bar and an apple.

### **Athlete Dress:**

Gymnasts must arrive dressed for the meet in warm-ups and competition leotard, with their hair pulled back in a bun. The bun should be high on their head so it doesn't affect their backward rolls. No hair hanging down! Lots of hairspray and gel! One small stud earring is allowed, no other jewelry, no tattoos or ink on body, no nail or toe polish.

### **Practices before a meet:**

The gymnast must be in good health and have attended every workout one full week prior to any competition. **If a practice is missed the week prior to a meet, not due to illness or special circumstances, the gymnast may not compete in the meet unless the coach is notified ahead of time. Expenditures cannot be reimbursed for failure to attend a meet (entry fees, etc.).**

### **Athlete preparedness:**

All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level. **Failure to perform their skills during warm up at a competition, or failure to show meet readiness on a particular event during practices leading up to a competition will result in the gymnast being scratched from that event.** It's important that gymnasts understand their role in being meet ready; they will not compete that event if their work ethic waivers or a new fear surfaces in a way that impacts their readiness or safety. We want all our athletes to enter a meet setting confident, due to their training, that they are able to do their routines. This policy is both for their safety, and to help them understand the value of hard work and being prepared. Whether a gymnast is prepared to compete on each event is always up to the discretion of the coach.

### **Schedule:**

We organize our competition schedule in July for the upcoming season. The gymnastics competition season is generally December-April. Xcel and Compulsory gymnasts (Development Levels 2-5) compete locally within Oregon and Washington. Optional gymnasts (Development Levels 6-10) should expect farther out-of-state travel for several of their competitions in addition to the local competitions.

### **Competition days/times:**

Competitions are scheduled Friday - Sunday. A gymnast's participation in the event is usually 3-4 hours long. Exact competition days/times for each level may not be available until 2-3 weeks prior to the competition. As soon as we receive their schedule, we will email it to you! Do not call/email the host gym — please be patient!

**Athletes are required to attend all meets unless you make arrangements with your coach in advance. Meet fees are due before competition season begins – no refunds.**

**Requirements for competitive eligibility:**

Athlete/family must be current on all Precision Elite Gymnastics financial obligations and the athlete must hold a current USA Gymnastics Membership.

**Home meets:**

Precision may host a home meet, if so, you may be required to work this meet. This could involve a variety of jobs including concessions, admissions, and working on the competition floor. You will be compensated for any hours worked in the form of a credit to your team account.

**Advancing through the levels**

With many years of developing young gymnasts, we have time-tested expectations for what it takes to move from one level to the next and continue to have a successful, healthy, and rewarding experience. These are general rules or guidelines we follow when making decisions regarding advancement with the best interest of the athlete’s development and the program in mind:

To be considered to advance to the next level a gymnast must, at the **bare minimum**, obtain an all-around score of at least a 36.00 at a minimum of 2 separate competitions. For Levels 2-7, we have developed skill sheets for each level that details the skills & progressions that must be obtained by the end of June. For Levels 8-10, gymnasts develop their own skill sheets which must be completed by the start of the school year. The gymnast must also demonstrate a level of maturity, work ethic, and self-motivation appropriate to the level they would be advancing to. There may be exceptions to these rules, depending on circumstances. We ask that you trust our coaches; they are professionals and are committed to doing what is best for your child and their development in this sport.

**Team Costs**

**Tuition:** \$255-\$450 /month (varies based on training hours, 6-20 hrs/week), subject to annual change.

**In addition to tuition**, gymnasts on competitive team levels must pay annual fees related to competition totaling ~\$1,400-\$2,000. Annual fees are split up into three categories:

- **Team assessments** (total~\$750) to cover coaches travel and meet costs, professional organization memberships, etc.
- **Meet entry fees** (total~\$600-\$1,000) or about ~\$100-\$150 per competition for 5-9 competitions per year.
- **Apparel** (total~\$200-400) including competition leotard, warmups, and bag. Actual cost varies by year and whether items purchased are new or used.

## Tuition Account

All current gym members already have a **tuition account** that is used to pay tuition either at the front office or online for their recreational classes, dance classes, or camps – this is the same account that is used for monthly team tuition as well.

### How to pay online for tuition:

Step 1: <http://www.precisionelitegymnastics.com/>

Step 2: Under the “Teams” tab, Click “Girl’s Team”.

Step 3: At the bottom and click the purple **“Precision Parent Portal”** button.

Team tuition is subject to change, rates depend on each group’s weekly practice hours. **There is no prorated or tuition change for practices missed due to family travel/vacation, holidays, competition, or inclement weather circumstances.**

**Questions about tuition?** Email the front office at [info@pegagym.com](mailto:info@pegagym.com) or call us at 503-659-0095.

## Team Account

The **team account** is a separate account that will be created for you upon joining the team. New team members must pay a \$300 team deposit at the end of the trial period. This \$300 deposit payment will go towards upcoming assessments. The team account is for team expenses other than tuition, such as team assessment, meet entry fees and apparel fees.

The Tuition Account and Team Account are two different portals. Because they are two different portals, you can use the exact same email and password as your tuition account when creating your team account.

### How to pay online for your team account:

Step 1: <http://www.precisionelitegymnastics.com/>

Step 2: Under the “Teams” tab, Click “Girl’s Team”.

Step 3: At the bottom click the purple **“Team Parent Portal”** button.

Most team members pay the team account online with a bank account and routing number. If you would like to pay with check or cash, you will need to pay at the front office with your child’s full name and level labeled on the payment. Because the team account is non-profit (we do not markup team apparel, meet fees, etc.), **we cannot accept credit cards** due to the associated fees.

**Returned Check:** A \$35 fee is charged on all returned checks

**Questions about the Team Account?** Email Amy Prouty, [amy@pegagym.com](mailto:amy@pegagym.com). The front office and other team coaches DO NOT have access to this account.

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## Acknowledgement

I acknowledge that I have received a copy of the Team Handbook, which describes important information about Precision Elite Gymnastics Team policies and procedures, and understand that I should contact the office or appropriate manager, listed under Communication section on page 2, should I have any questions.

Failure to adhere to Precision Elite's team policies may result in dismissal from team.

Gymnast Name:

Parent/Guardian Name:

Signature:

Date: