

# ***Wee Team and Pre Team***

## ***Information and Policies***

At California Gold, our goal is to provide a positive learning environment to help each gymnast grow both physically and mentally throughout the sport of gymnastics. Not only do we want them to excel in the sport, but to learn life lessons concerning work ethic, commitment, dedication, perseverance, respect, and teamwork.

Below you will find information and policies regarding our 2009/2010 Wee Team, Pre Team and Team Gymnastics Programs, The Gold Rush. Please review the information thoroughly and be sure to ask if you still have any questions. All California Gold coaches are highly committed to the sport of gymnastics, and are required to continue their education. Additionally, first aid, CPR, and Safety Certification are required of all staff. We are confident you will see individual improvement in skill level and confidence as the year progresses, but it is important for students and parents to realize that hard work is not always fun. The success and confidence you experience is a result of the hard work. By choosing California Gold for your child's gymnastics training, you are choosing a program that does not promote "winning at all costs." Sportsmanship, integrity, and treating others with respect come first. Practices are held in our 7,300 square foot facility. Our staff is second to none, and we continually strive to be the best at what we do.

The coaches are constantly evaluating their students and are sending those who are ready into the competitive gymnastics realm. Students' levels are determined by their skills, attitude, work ethic, positive parental support, financial standings and attendance. Our decisions on all team placements are not always the decision you would like us to make. Our ultimate goal is to be as competitive as we can with our teams and individuals. We ask that you accept your placement with a positive attitude and set forth to help your team and your child achieve success. We are confident you will improve your individual skill level regardless of the team you are placed on. We are very blessed to have wonderful athletes and families in our program each year. Our goal is for our teams to be more successful each year, and we welcome you in joining us in our quest for excellence!

Wee and Pre Team members are placed on the team for the sole purpose of training to become a competitive Team Gymnast at California Gold. Anyone who does not wish to move on to California Gold's Gold Rush Competitive team should stay in our recreational program as Pre and Wee Team class spots are held for those parents and children whose main goal is to move to Team.

Below is a portion of the California Gold Rush Contract as well as the rules and policies we expect all other teams to abide by. Hopefully this will answer any question that may arise.

## ***Frequently Asked Questions***

### **What criteria are used for placement on a team?**

We look at current skills mastered, strength, flexibility, age, maturity, work ethic and many other things. Our goal in placing athletes in their respective levels is success for both the individual athlete and for the team.

### **My daughter wants to be in the same group as her friend. Can you place them together?**

No. You will be placed in a group based upon your overall “fit” in that specific group. Sometimes groups will be mixed levels and sometimes they will be all one level. If you only accept a position in a specific group or you only want to be on a team if you can be with a certain friend or a certain coach, then this may not be the right program for you. We want individuals that want to be a part of our TEAM and our program.

### **What about Summer Vacations?**

We encourage our gymnasts to take time with their families over the summer. Summer absences are semi-flexible. You must, however, put in an Absence Request Form at least 1 week prior to your absence, so that the coaches can plan accordingly and your tuition will not be pro-rated for any absences.

### **Which days will my team practice?**

Their schedule for the 2009/2010 season will begin on 1/1/09. We try to follow these schedules without change or additional practices so that your family may plan accordingly. There is a chance that extenuating circumstances would cause a change in your child’s practice schedule, but we will do our very best to be consistent and to cause the least amount of disruption to your other activities.

### **If I quit or am dismissed, will I receive a refund?**

NO. We stress commitment with our athletes. They are committed to their team for an entire year. If you quit, it hurts the team. Nothing in life is achieved by quitting. Please think carefully about the commitment you are making by joining our program.

### **Could my actions as a parent affect my athlete’s involvement with California Gold?**

Absolutely. We welcome your comments and concerns. We also believe negativity is extremely contagious and ask that you not share negative comments with other families. A positive atmosphere is the best way to achieve our goals. We want to surround ourselves with happy families!

**What are the different levels, and what do they mean?**

Compulsory levels are Level 2-6. All routines done by the gymnasts are the same. Level 2 is the first competitive level and each level after adds more difficulty in the skills performed. Level 7-10 are Optional Levels and the gymnasts each have different routines or the gym may use the same routine for all their gymnasts. Elite Level follows Level 10, and this is the top level of gymnastics that you see on TV from our National Team Members. All this information can be found online at [www.USA-Gymnastics.org](http://www.USA-Gymnastics.org).

**How & when is movement between levels determined?**

Movement between levels is generally determined by coaching staff in January for Compulsory Levels. Until that time the children will be working progressions, drills, skills, etc.

The coaches/staff determine movement based on work ethic, strength, flexibility, skill development, and meet scores. At CGGC we are less concerned about what "level" or "skill" the kids are performing and are more concerned with technique and safety. High "levels" and "skills" will come with great technique, attitude, commitment, work ethic and safety.

**What is a Booster Club and does California Gold have one?**

The Shockwaves/Gold Rush Booster Club is a parent organization which raises funds and pays for the team to attend competitions. They also raise funds for coaches training, scholarships, and new equipment for the team. They are a non-profit organization and all fees paid to the organization are tax deductible. We encourage every family to be involved as the activities of this organization directly affect your child. If anyone is interested in heading up this club to help alleviate the costs, let Coach Matt or Coach Laura know!

## ***Parent Responsibilities***

Parental support plays an extremely important role in the success of your gymnast, and the team. We hope that you will be involved in the program, and spend as much time as possible supporting your child in becoming a great California Gold Gymnast. Please read this carefully and understand the commitment you are making. Please initial your acceptance by each topic.

\_\_\_\_\_ I understand that time is an essential ingredient to success. I will do all necessary to ensure my child arrives on time to practices and other events, and does not leave practice early.

\_\_\_\_\_ I agree to stay up to date by reading all handouts and attending necessary meetings.

\_\_\_\_\_ I agree to accept staff decisions as final and in the best interest of the program. I understand that coaches reserve the right to suspend my child's participation in practices. I understand no refunds are given.

\_\_\_\_\_ I agree to discuss any problems or concerns with a staff member. I will not publicly air any grievances.

\_\_\_\_\_ I am aware this is a ONE YEAR commitment, and will do everything in my power to ensure my child's participation for the entire year. I am aware if I fail to honor my ONE YEAR commitment, no refunds of tuition or competition fees will be given.

\_\_\_\_\_ I understand what is expected of my child. I will help them meet their obligations.

\_\_\_\_\_ I accept staff decisions as final and in the best interest of the program. I understand that being on Wee or Pre Team does not guarantee that my child will move up. It could be several months or even years before achieving necessary skills to be on a competitive team.

\_\_\_\_\_ I understand that Wee and Pre Team are NOT performance teams, they are teams created to prep students for competitive team. Occasionally there may be performances at exhibitions or in house meets that all teams will be asked to attend. Coaches will advise.

\_\_\_\_\_ I understand that my attitude, my child's attitude, or failure to meet financial obligations can and/or will result in dismissal from any CGGC team.