

FLIPS XCEL TEAM COMMITMENT FORM 2025-2026

I have read and understand the team handbook and the responsibilities within for parent/gymnast/coach. I feel that this sport and the Flips XCEL program will provide great benefits for my daughter. I make a commitment to fulfill my roles and to support the Flips program and coaching staff with my words and actions. If I have a concern, I will contact the appropriate coach to resolve the problem in a mature and responsible manner. If at any time I feel this is no longer the best program for my daughter, I will contact the head coach and understand they will help me find a program that better suits my needs. I also understand that if my words or actions are not supportive of the team and coaches, my daughter will be removed from the program.

Parent Signature: _____ Date: _____

I have read the team rules and expectations and "My Gymnastics Commitment". I understand these rules and will follow them. I make a commitment to compete for the Flips XCEL team for the upcoming season.

Gymnast Signature: _____ Date: _____