



AGES

- Girls and Boys 5 - 18 years' old

POLICIES AND PROCEDURES

- Tuition will be charged on the 15th of every month. All team members must have an electronic payment form on file with current information. Tuition payment includes all the benefits of Membership to Alpha Omega Gymnastics & Dance.
- Along with tuition, team members will pay competition fees to cover competition expenses. These expenses include entry fee into competitions, coach's stipend for attending competitions, and other expenses. A total of your competition expenses for the year will be given in August. Competition expenses will be broken up into 9 equal payments and charged on the 1st of each month to the electronic billing you have on file. Competition fees will range from \$800-\$2500 a year depending on your child's level.
- An annual Team Fee of \$375 is due every June for traditional team members and \$180 for developmental team members. This fee will be broken down into three payments charged on the 1st of the month during June, July, and August. These fees help pay for coaches' education, team camp (not included in the developmental fee), and new equipment for the team program. If you join the team after the summer, this will be paid for at the time of registration.
- Our Competitive Team Program requires that you and your child make a commitment to stay with the program for the duration of the competitive season. If your child starts the program in June, they have one month to decide if they want to stay with it or not. If they start after June but in the summer, you will have until the 1st of August to decide. If you start after August, you will have 2 weeks to decide. Competitive gymnastics is not for every child, and we understand this, so if they decide they want to move back to a recreational class or try another sport we understand. However, after the trial period (August 1st) they must stay with the program until the competition season ends at the end of May. **If you leave the team before the season ends you will be charged ½ months tuition for each remaining month of the season and all competition fees for the season.**
- Practice uniforms for girls will be ordered in Mid-June. All team members will be required to buy a practice uniform (about \$60). Uniforms for competition will be ordered in August. We will keep the same style of uniform for 2-3 years, so you do not have to purchase an entire new uniform each year. The total cost for a complete uniform is between \$150 and \$600 depending on your level.
- Team prices are based on a 48-week year. There are no make-ups for team practice unless authorized by your coach, but you will not be penalized for missed practice.

DATES

- | | |
|--------------------------|-----------------------------|
| • Competition Schedule | August |
| • Uniform Sizing | June and August |
| • Uniform Order Form Due | August |
| • Competition Season | September thru May |
| • Awards | End of Season (May or June) |

Competition Schedule

You will have the competition schedule by the end of the summer. You will know what weekends all the meets will be. This also allows you to make certain arrangements that need to be made to attend. You will not know the exact time that you compete that weekend till about 2 weeks before the meet.

Uniform Sizing

We will be trying on uniforms so that we get the correct sizes for the uniform. It is very important for your child to attend practice that day so that we order the correct size. This will happen twice in summer or early fall.

Uniform Extras

If you are new to the team, we automatically order everything required for your level. We also offer I don't think play hey alright 1 hey Cortana we are going to ride oh other pieces like mom's shirt, dad shirts, sweatshirts that are optional to buy. A form will be handed out that needs to be turned in for extra uniform pieces.

Awards

Every season we have an awards ceremony. We like to honor the kids with all their hard work that they have put in. Our ceremony is sometimes different from year to year. Details will be emailed and passed out as the time approaches.

Hosted Competitions

Alpha Omega Gymnastics hosts several competitions throughout the competitive season. Some are hosted at our facility, but most are hosted at the Galveston Island Convention Center. **In order to run these competitions the parents of team members are required to help during two sessions (one for developmental) in each of the competitions that we host.** There will be a sign up for various jobs to be done during the competition about three weeks prior to the competition date. The date for the 1st competition (Galveston Island Winter Beach Blast) is Jan. 12th-14th, 2023. The date of the 2nd competition (Platinum/Diamond Regionals) will be April 26th-28th, 2023. You can opt to buy out of any session for \$100 a session if you would prefer not to work. Anyone 14yrs and older may volunteer.

PRACTICES AND MEETS

- Our competitive teams in Pearland, Missouri City and Sugar Land will practice primarily at our Competitive Gymnastics Center in Fresno. This location is set up to meet the specific practice needs of our competitive athletes. Occasionally practices may take place at one of our other facilities if circumstances warrant it. Our competitive teams in Kingwood will practice at the Kingwood facility.

Competitive Gymnastics Center

3941 Fm 521

Fresno, TX 77545

Kingwood Alpha Omega Gymnastics and Dance

1418 Northpark

Kingwood, TX 77339

- Team workouts are where your child will learn skills and routines for competition. It is very important your child attends all practices. If you are going to miss practice, please email or call and let us know. Team prices are based on a 48-week year. There are no make-ups for team practice unless authorized by your coach.
- Competition season runs from September until May. Team members will compete in 8-10 competitions a year for the traditional team and 4 competitions for the developmental team. Most of the competitions will be in the Houston area, but 1 or 2 times a year we have a meet in another city like Austin, San Antonio, or Dallas (not for developmental and bronze girls or level 3 boys. Silver girls and Level 4 boys will have the option to go to these).

Regionals and Nationals could be out of the state and are required (if they qualify) for platinum and up girls and level 6 and up boys if they qualify. Gold girls have regionals in Colorado this year. You have the option to go or not go but you must let us know by Aug. In all meets your child will compete in one 3 to 4 hour session during the weekend. A schedule of meets will be given in August, but it will only have the date of the competition weekend. A final day and session time for your child will not be known until approximately 2 weeks before the competition.

ATTIRE FOR PRACTICE

GIRLS

Required (Parents Might Have to Purchase)

- Leotard- Required for all practices. If the child is not in the proper attire, **you will be asked to purchase one from our pro shop.**
- Hair Rubber Band- Required for all practices. It is a safety hazard to have hair down or in child's face.
- Water Bottle – Required for all practices.
- Healthy Snack- Required for all practices.

- Great Attitude- Required at all times

BOYS

Required (Parents Might Have To Purchase)

- Athletic Shorts and Shirt- Required for all practices. If the child is not in the proper attire, **you will be asked to purchase one from our pro shop.**
- Water Bottle- Required for all practices.
- Healthy Snack- Required for all practices.
- Great Attitude- Required at All times.

Not Allowed (Safety Concerns)

Jewelry - No watches, earrings, or hard objects in hair.



Signature Page

Please Sign and Return

I have read and understand the policies and procedures in the Alpha Omega Gymnastics Team Handbook. I agree to follow said policies and if I have any questions, I will contact Alpha Omega Gymnastics.

Initial Below

_____ I understand that an electronic payment will be charged to me on the 15th of each month to cover my child's gymnastics tuition.

_____ I understand that an electronic payment will be charged to me on the 1st of the month during the months of September thru May to cover my child's competition expenses for the year.

_____ I understand that an annual team fee of \$375 (\$180 for developmental) will be charged to me in June, or when I join the team. This fee may be broken up into 3 payments charged on the 1st of the month for the months of June, July, and August. Students that join after August can split the fee into payments to be charged on the 1st of the month with their competition expenses.

_____ I understand that if my child commits to the competitive gymnastics team for the season on August 1st, or after their evaluation period they are expected to finish the season which ends at the end of May. If they leave the competitive team before the end of the season, I will be responsible for ½ of the tuition fee for the remaining months of the season, all of the competition expense payments for the remaining months of the season, and all uniform costs that have not already been paid.

_____ I understand that we are responsible for volunteering 2 parents or 2 sessions at the two competitions that Alpha Omega Gymnastics hosts. Jan. 11th-14th and April 26th-28th

Gymnast's Name

Gymnast's Level and Location

Parent's Name

Parent Signature

Date

