



## AGES

- Girls and Boys 5 - 18 years' old

## POLICIES AND PROCEDURES

- Tuition will be charged on the 15<sup>th</sup> 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. This fee will vary depending on your child's level as well as of the travel they choose. Competition expenses will be broken up into 9 equal payments and charged on the 1<sup>st</sup> of each month from Sept. to May to the electronic billing you have on file. Competition fees will range from \$800-\$2500 a year depending on your child's level.
- We do some fundraising to help with competition expenses. All fundraising is optional and on an individual basis, ie: it will not be split among the whole team. We are always looking for parents to head up and be on the fundraising committee.
- An annual Team Fee of \$399 is due every June for traditional team members and \$189 for Intro team members. This fee will be broken down into three payments charged on the 1<sup>st</sup> of the month during June, July, and August. These fees help pay for coaches' education, team camp (not included in the Intro 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 full competitive season. Which is Sept 1<sup>st</sup> through May 31<sup>st</sup>. If they start 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 1<sup>st</sup> 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 1<sup>st</sup>) they must stay with the program until the competition season ends at the end of May. **If your child is on the team on August 1<sup>st</sup>, and if you decide to leave the team for any reason before the season ends (May 31<sup>st</sup>) you will be responsible for ALL competition fees for the season and will have to pay up to ½ tuition for the remainder of the months until May 31<sup>st</sup>.**
- 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 \$800 depending on your level.

## 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, once in early summer and again in late summer/ early fall.

### Uniform Extras

If you are new to the team, we automatically order everything required for your level. We also offer 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. The date will be on the competition schedule and 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. Part of the team responsibilities are to volunteer at these competitions. **All parents of team members are required to help during two sessions or two parents (one for Intro) 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 1<sup>st</sup> competition (Galveston Island Winter Beach Blast) is Jan. 9<sup>th</sup>-11<sup>th</sup>, 2026. The date of the 2<sup>nd</sup> competition (Men's Western Championships) is April 24<sup>th</sup> – 26<sup>th</sup>2026. The date of the 3<sup>rd</sup> competition (Gold Regionals) will be May 1<sup>st</sup> -3<sup>rd</sup>, 2026. You can opt to buy out of any session for \$100 a session/parent if you would prefer not to work. Anyone 14yrs and older may volunteer.

## **PRACTICES AND MEETS**

- All south Houston competitive athletes will train at our Fresno location. 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, but there is not a penalty for missed practice. If you are going to miss practice, please text or call and let us know. Team prices are based on a full year. **There will be occasions that team practice is canceled for holidays, meet travel days, weather or a variety of other things, but other than that the 4<sup>th</sup> of July week there will be at least some practice each week. There are no make-ups for team practices canceled by the gym and individual make-ups (for illness or whatnot) will be few if any and only if authorized by your coach.**
- Competition season runs from September until May 31st. Team members will compete in 8-10 competitions a year for the traditional team and 4 only local competitions for the intro and ninja team.
- At each competition your child will compete in one 3 to 4 hour session. They will not have to be there all weekend. You will find out your child's time block about 2 weeks before the competition. As soon as the competition schedule comes out from the meet it will be posted on the team website. Please only refer to the team website for information.
- Most of the competitions will be in the Houston area, but 1 or 4 times a year we have a meet in another city like Austin, San Antonio, or Dallas. There will also be 1/2 out of state invitational meets each year (depending on your level). This year we are going to Daytona Florida and Kentucky. In addition to the invitational meets, regionals, westerns, and nationals could (most likely will) be out of state. Different levels have different requirements for attending these.
- **For the travel competitions all team members are required to stay at designated team hotel.** Hotel information will be posted on the team website as soon as possible. As soon as hotel information is posted please go ahead and make your reservation for the entire weekend. Once the schedule is available you will be able to cancel any nights you do not need. In most cases the team hotel will be a Marriott.
- 
-

- Travel Requirements by level:

### **Boys**

Intro(level 3 or silver)- There are no travel requirements. All 4 of your meets will be local.

Level 3 Traditional- about 8 competitions-You have no required travel meets. You will have the option to choose to go to the state meet, which is in Belton, TX.

Level 4- You have one required travel meet, which is the state meet. Then you will have the option to choose full travel which would include two more travel meets in or around the state. This year they are Dallas/Fortworth and Oklahoma City. Forms will be sent out in late July/early August.

Level 5- You are required to travel to all state, regional and in-state invitationals (Fort Worth, Belton, and Oklahoma city). You will have to option to be full travel which will include Florida in addition to the other 3.

Level 7- You are required to travel to all state, regional, and in-state invitationals (Fort Worth, Belton, and Oklahoma City). You will have the option to be full travel which will include Florida and Westerns in Reno, Nevada in addition to the other 3. **Please note if you are not full travel and you make it to Westerns you will not go.**

Level 8-10- You are required to go everywhere the team is going.

### **Girls**

Intro Team- There are no travel requirements. All 4 of your competitions will be in the Houston and Galveston area.

Bronze- There are no travel requirements. All of your meets will be in the Houston and Galveston area.

Silver- You have the option to be local or in-state travel. If you choose to be travel you will go the invitational meet in Fort Worth.

Gold- You are required to travel in-state to all invitationals, state, and regional (if it is in-state) competitions. You have the option to be full travel which would include Florida and Regionals if regionals is out of state. Please note that is you choose in-state travel only and regionals in out of state you will not go to regionals even if you make it.

Platinum and Up- You will be required to go to all meets that the gym goes to.

## **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, No Jewelry (except small stud earrings), no facial piercings , and hard objects in the 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 15<sup>th</sup> of each month to cover my child's gymnastics tuition.

\_\_\_\_\_ I understand that an electronic payment will be charged to me on the 1<sup>st</sup> 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 \$399 for traditional team and \$189 for intro/ninja team will be charged to me when I join the team. This fee may be broken up into 3 payments (\$133 each for traditional and \$63 for intro and ninja) charged on the 1<sup>st</sup> 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 1<sup>st</sup> of the month with their competition expenses.

\_\_\_\_\_ I understand that if my child commits to the competitive gymnastics team for the season on August 1<sup>st</sup>, 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 (until May 31<sup>st</sup>), 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. 10<sup>th</sup>-12<sup>th</sup> and May 2<sup>nd</sup>-4<sup>th</sup>

\_\_\_\_\_ **I understand for the travel competitions all team members are required to stay at designated team hotel.** Hotel information will be posted on the team website as soon as possible. As soon as hotel information is posted please go ahead and make your reservation for the entire weekend. Once the schedule is available you will be able to cancel any nights you do not need. In most cases the team hotel will be a Marriott.

\_\_\_\_\_ I understand that team workouts are where your child will learn skills and routines for competition. It is very important your child attends all practices, but there is not a penalty for missed practice. If you are going to miss practice, please text or call and let us know. If you are going to be more than 30 min late please text or call. Team prices are based on a full year. **There will be occasions that team practice is canceled for holidays, meet travel days, weather or a variety of other things, but other than that the 4<sup>th</sup> of July week there will be at least some practice each week. There are no make-ups for team practices canceled by the gym and individual make-ups (for illness or whatnot) will be few if any and only if authorized by your coach.**

---

Gymnast's Name

---

Gymnast's Level and Location

---

Parent's Name

---

Parent Signature

---

Date