

River City Gymnastics & Cheerleading's Philosophy:

River City Gymnastics is committed to provide the best individual instruction in a highly supportive and positive environment. The competitive program at RCG&C is committed to developing your child's strength, flexibility, and basic skills and mental condition before attempting advanced skills. Safety and positive reinforcement are key elements in a focused and goal oriented competitive team program.

Being a member of the competitive team is a year-round commitment at RCG and this commitment must be shared by both the gymnast/cheerleader and his/her family. These girls and boys make a commitment to be the best possible gymnast/cheerleader and parents can support these efforts in a variety of ways. Each gymnast/cheerleader who takes the leap towards competition in these sports will soon learn that he/she must make personal sacrifices and difficult choices in his/her comprehensive training program. Social activities outside the gym may have to be missed. Next to family and school, gymnastics/cheerleading must take top priority.

Commitment:

Many parents are concerned about the possible effect that such intense participation may have on scholastic performance. The reality is that most competitive gymnasts/cheerleaders have learned to make excellent use of their free time due to the extent of hours committed their training process. Should poor academic performance occur, parents should evaluate how free time is used and whether or not better planning should be utilized in scheduling homework assignments. Good time management makes it possible for team members to participate in activities other than school and gymnastic/cheerleading workouts.

Workout Schedule:

Team workouts run 12 months of the year and may include workouts during the holiday periods. Occasionally, your child may need to miss a workout. Please be aware that several missed workouts may regress development.

NOTE: When a gymnast/cheerleader has been entered in a competition, she is required to work out the week of the competition or she may not be allowed to compete, but will still be responsible for the entry fee.

Competitions:

Competition should be a positive and rewarding experience for each competitive gymnast/cheerleader. As a parent, you play a critical role in the state of mind of your child before, during and after each meet.

Try not to tire your gymnast/cheerleader before a meet and try to keep the schedule as steady and as normal as possible.

A high protein diet is best during the training process and fats and sugars should be avoided. During a competition, the best snacks are light carbohydrates, fat free crackers, granola bars, fruits, ect. Sugar snacks can tend to “wind-up” some gymnasts and can provide false energy. Drinks containing caffeine or carbonation should be avoided and replaced with water or Gatorade type drinks.

After the competition a gymnast/cheerleader may suffer from either disappointment or an over-inflated ego. Both are perfectly normal reactions to competition performance. Maintaining a light, positive attitude and being ready to support successes and failures with all the love and caring you can muster is what your gymnast/cheerleader needs. All children learn that success means love and respect. But they don't always remember that love is unconditional and it's not the ribbons and awards that make parents love their children.

Tuition and Finances

Team participation is a year round, or twelve month financial commitment. Tuition is due the 1st of each month. A late fee of \$20 will be charged on all tuition that is paid after the 3rd of each month. Tuition is based on 48 weeks and divided into 12 monthly payments. There is no make up for weeks that the gym is closed for scheduled holidays.

Tuition payments are due regardless of attendance and are required to secure a gymnast's/cheerleader's position as a member of a RCG competitive team. If your child will not be able to attend a practice due to illness or school function, please let the coach know or leave a message with the office.

If a gymnast/cheerleader is gone for a full month, half a month's tuition is required. If an athlete attends any days during the month, full tuition is required. Gymnastics team tuition is based on the competitive level not on the number of hours in training.

Tuition is a training fee ONLY. It includes coaching and the use of the facility. The annual registration fee is due each year in January.

Other Expenses vary according to team participation. Please see information for each team.

Parent's Role:

Your role in your child's competitive training is very essential to their continued progress. Without your support there may be little or no progress at all. You are encouraged to check the bulletin board and Team Folders for regularly to keep abreast of Team Activities or Competition Requirements.

No parent is ever allowed on the competitive floor during a gymnastics competition (USAG gymnastics rule) or cheerleading competition unless you are working at a RCG hosted meet. Also a gymnast/cheerleader may not leave the competition area to talk with a parent during any competition. Conversations are also discouraged during regular workouts since they tend to distract the gymnast/cheerleader from the focus of their training.

Gymnast's/Cheerleader's Role:

- ?? Attend all practices, competitions, and special events.
- ?? Call the gym if you cannot attend a workout.
- ?? Arrive on time and stay until practice is over.
- ?? Work hard and try your best at every workout.
- ?? Treat coaches with respect.
- ?? Treat other gymnasts/cheerleaders with respect and kindness.
- ?? Ask permission to leave your event or gym floor. This applies to leaving early, going to the restroom, getting something from your bag ect.
- ?? Tell your coach if you are not feeling well or on medication or are injured, we need to know.
- ?? Provide your body with proper food and drink at all times.
- ?? Always wait inside for your ride. Be sure that your parents know what time workout is over and pick you up in a timely manner.
- ?? Every female gymnast will wear a leotard to workout every day. No shorts or t-shirts are allowed during training. Hair will be pulled back. – No jewelry is allowed. Cheerleaders will wear their assigned shorts and shirts for all workouts.