

- 1) Welcome to the Phantom Gymnastics Team
- 2) Overview of Competitive Gymnastics
- 3) Level Explanation
- 4) Tuition
- 5) Private Lessons/Clinics
- 6) Team Fees/Expenses
- 7) Practice Guidelines for Gymnast
- 8) Meet/Clinic Guidelines for Gymnast
- 9) Parent Conduct
- 10) Championship Qualifiers
- 11) Level Advancement
- 12) Leaving the Team Program
- 13) Social Media, Online Calendar and Parent Communication
- 14) Tentative Team Calendar

1) Welcome to the Phantom Team Program

Welcome and Congratulations! As you know, your child has been individually selected by our coaches to join the Phantom Gymnastics Competitive Team. This program is intended for children who want more out of the sport than can be achieved through recreational gymnastics. Being a member of any team requires more dedication and commitment on the part of the child, the parent, and the coaching staff. This handbook was designed to give our prospective and current team members a complete understanding of our expectations and guidelines as to how our team program operates. At Phantom Gymnastics, we strive to create a safe and supportive atmosphere for all our families through guidance, honesty, and communication. Once more, we are delighted to welcome you to the PHANTOM PHAMILY!

2) Overview of Competitive Gymnastics

Our competitive gymnastics program operates under the rules and regulations of USA Gymnastics, the sole national governing body for the sport of gymnastics in the United States. We believe that gymnastics is the root of all sports. Its basic components aid in the physical development of every child and contribute to the foundation of a productive life. In addition to physical advancement, we seek to instill life skills and character traits, such as determination, work ethic, time management, leadership, sportsmanship, discipline, respect and confidence, through the participation in this program that will serve our students well throughout their lives. It is the mission of Phantom Gymnastics to provide an encouraging environment to where each gymnast can thrive in a safe and challenging atmosphere. Team is a year round commitment in which athletes must practice multiple days per week, train and

execute required skills, learn and memorize routines, and demonstrate them simultaneously at competitions. Gymnasts who are selected for Team must display that they are mentally capable of this program, have potential to succeed, are individually motivated to learn, and are dedicated to the sport. In addition, they are selected not just as a team member, but also a role model and leader both inside and outside the gym. Finally, a gymnast cannot succeed without the support of her family. They must also be committed team members and be financially equipped to pursue this program. While being a member of the Phantom Gymnastics Team is admirable; please note that this opportunity is a privilege, and not a right.

We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our coaches will demand respect and a strong work ethic from every athlete. We will enforce proper respect, attitudes, and manners at all times. Our objective is to see to it that every athlete who participates in our program receives the same quality instruction regardless of ability. Athletes will be treated with respect and provided positive guidance in order to help them reach their goals. We coach athletes to not only value gymnastics, but relationships, character, education and positive life influences. We, as coaches, measure our success by what each child takes with them when they leave the sport.

We strive to create a family-oriented environment. The coach, athlete and parent must all be supporting members of a cooperative communication triangle engaged to assist the athlete in reaching her goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your child's coach. Know that our doors are always

available to you should you ever feel the need to carry a concern to our coaches. We take all concerns and suggestions very seriously. The coaches at Phantom Gymnastics understand that we must shoulder the major responsibility of being a role model for our athletes as they are major contributors in the overall development of your children. This is a responsibility that we do not take lightly. Phantom Gymnastics would like all our Team families to know how much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future.

3) Level Explanation

Developmental- This is the program that prepares athletes for competitive gymnastics. This program is highly based on developing strength and flexibility in order to create athletes who are physically prepared to compete.

Junior Olympic (JO) Level 2-5- These are Compulsory level that focus on entry-level gymnastic skills, conditioning, flexibility and technique. At meets, each athlete performs the same routine to a prescribed criterion. She who performs closest to the criterion scores the highest. Compulsory team members train between 8-16 hours per week.

Junior Olympic (JO) Level 6- This is the transition level into optional gymnastics. Optional athletes obtain choreographed routines designed to suit her individual strengths and away from her weaknesses; yet, they must include certain required elements. The gymnast who performs the required elements with the greatest amplitude, form and style will score the best. Level 6 athletes train 20 hours per week.

Junior Olympic (JO) Level 7-10-These are optional levels in which gymnast are able to start competing on a regional and national level. Getting to this point is extremely difficult. These levels have increased expectations, conditioning, and skills. Level 7&8 athletes have the opportunity to compete at the Region 6 regional championships. Level 9 athletes have the opportunity to compete at Eastern National Championships. Level 10s have the opportunity to compete in JO National Championships. NCAA athletes compete as level 10s. Athletes at these levels train 22-24 hours per week.

Xcel Bronze-This is the entry level to our Xcel Team program. Our Xcel program is perfect for athletes who wish to participate in another sport or don't wish to commit as many hours in the gym as our Junior Olympic teams are required to do.

Xcel Silver, Gold, Platinum and Diamond -These are the levels of the USA Gymnastics Xcel team program. Each level presents itself with a progressive set of skill requirements and athletes will move through the program as they achieve these skills. Individual choreography is required starting at the Gold level.

TOPS- stands for Talent Opportunity Program. It is a nationally recognized program designed specifically for athletes that show exceptional potential in strength, flexibility, form, and technique. National testing is offered for athletes who are mastering the strength and flexibility requirements.

4) Tuition

Payments are due on the 1st of every month.

Tuition is determined by considering the cost of the program

for the year. The annual cost of tuition will depend on your athletes level and training hours. Team tuition is an annual fee based on the cost of running team programs. The annual fee is divided into 10 equal monthly payments for the school year. Summer tuition is split into two payments.

REFUND POLICY: Phantom Gymnastics does not offer refunds for any reason nor do we pro-rate for missed training sessions. Tuition is not prorated or increased depending on the number of classes in a month, nor due to holidays, weather, or gym closings for any reason. If you choose to leave the team program prior the last competition for your athletes level, you will be charged the equivalent of one monthly tuition payment.

PAYMENT METHODS: Cash or check is accepted. Credit cards can be stored on file however if you have a card stored it will automatically charge your card for monthly fees on the 1st of every month.

LATE FEES: Payments made after the 15th of the month result in a \$25 late fee unless you have communicated a payment plan with us. Returned checks incur a \$30 fee.

CLOSINGS: You can expect a number of gym closings due to competitions, holidays, and inclement weather. These closings have been calculated in your annual tuition. Competition cancellations will be determined when the schedule when is received. In cases of inclement weather, closings will be emailed, posted on the BAND App, facebook and the website. No rescheduled practices or make ups will be given for any reason.

DISCOUNTS: As a family business, we understand and identify with the financial commitment required to participate in programs such as competitive gymnastics. For that reason, we offer the following discounts to our Team families. All

discounts are to be taken off the lower priced tuition each month. TOPS practices are excluded from these discounts.

- Multiple Competitive Team Children: Child A is full price. Child B, C, etc. receive 15% off monthly tuition.
- Recreational Siblings: Siblings in our Recreational, Preschool or Stars classes receive 15% off.
- Open Gym: Team members receive Open Gym at a discounted rate of \$35 for 5 passes.

5) Private Lessons

Private lessons can be scheduled directly with the coach. Please see our Parent Communication section for contact information. Each coach has their own private lesson rate but they are typically \$40-\$60 per hour. Private lessons may not be used for mobility but rather when you feel your athlete would benefit from some individual attention.

Clinics

We offer several clinics throughout the year for multiple events. The prices will vary based on the length and event. Clinics offerings and details will be posted on all social media, emailed and placed on the online calendar.

6) Team Fees

All fees associated with participating in the team program are added together into one annual fee. You may choose to pay

these fees upfront and receive a 10% discount or we can finance the annual fee into 12 equal payments starting on May 1st, 2017 and ending on April 1st, 2018.

Meet entry fees (individual and team award fees): This will vary per level but includes the entry fees for all competitions on the meet schedule. All team athletes are entered in all competitions. There are no refunds for meet entry fees for illness, injury, absence or any other reason.

Coaching Fees: (\$300 per year, \$150 for JO Level 2) Coaches
Competition Expenses: Including but not limited to, coaches wages, transportation, mileage, food and lodging for competitions.

Team Registration Fee: (\$55 per year) Helps cover the cost of secondary liability insurance and paper work incurred by the gym.

Parent Support Group Fee: (\$25 per year), Our parent support group runs exclusively on volunteers. Its mission is to promote interest in gymnastics and provide support to our Team. It aims to encourage sportsmanship, develop team unity, promote pride and tradition, and to provide financial support to the Team. It is essential for parents to understand the meaning of teamwork and display this concept to our gymnasts. Families are expected to support the efforts in continuing the success of our Parent Support Group by sharing ideas and abilities in fundraising efforts, gymnast recognition, and events held over the season.

USAG Membership Fee: \$65 (JO Level 3-10), \$25 (Level 2 and all Xcel levels) -We are a USAG Member Club and compete in USAG sanctioned competitions. Gymnasts must be a registered member in order to participate in these competitions. Level 3-10 must get an Athlete Membership. This membership lasts

for one season, August 1, 2017-July 31, 2018. We will order this membership for you.

Equipment Fee: (\$100 per year) this fee covers tape, chalk, annual bar rail replacement and a portion of our annual equipment upgrades which range from \$10,000-\$15,000 per year. We pride ourselves in providing up to date, safe training apparatus for all of our athletes.

Total Team Fees per Level:

JO Level 2: \$840 per year OR \$70 per month

JO Level 3: \$1200 per year OR \$100 per month

JO Level 4&5: \$1560 per year OR \$130 per month

JO Level 6-10 \$1800 per year OR \$150 per month

All Xcel Levels: \$1140 per year OR \$95 per month

*If you are paying annually upfront, you can deduct an additional 10% off the annual price.

7) Practice Expectations for Team Gymnast

Dress Code: Leotards are to be worn to practice. The uniform tank leotard must be worn on uniform days. All team athletes must wear a belly band which we will provide. Hair **MUST** be in a bun out of the athletes face. Tight fitting leggings and/or fitted long sleeve shirts may be worn if the gym is cold.

Apparel must be fitted to the body with no loose fabric for safety. No jewelry, no excessive make up. No leotards with shorts attached or any shorts for athletes under age 12. All

team gymnast must have running shoes daily. Athletes must enter and leave the gym with shoes on and reasonable clothing based on the weather.

Attendance: Gymnast are assigned a minimum number of days that they are required to practice per week. Arrive on time and stay until dismissed. Athletes will be expected to line up upon arrival and dismissal of all practices. If they need to come late/leave early, they are to notify your coach. If they are sick, please notify their coach. If they would like to request a social day, the athlete must submit it to the coach verbally or in writing. Parents may not request social absences. Approval will be based on the athlete's attendance record. Missing a significant amount of practice before a competition can result in the gymnast scratching the meet and forfeiting the entry fee. Gymnastics is a sport built on consistency and muscle memory; therefore, this decision is necessary to ensure the safety and well being of the gymnast. Team membership status will be reevaluated should you miss an excessive amount of practice.

Commitment: Success in gymnastics requires hard work, determination and commitment year round. While we do support other activities, typically the participation in too many activities can result in inconsistent successes, an increased chance of injuries, and can show a lack of commitment to your teammates and coaches. There are times where personal sacrifices and compromises need to be made. This is not saying that gymnastics should consume your life. Phantom Gymnastics realizes that family, academics, and religion must all be priorities. Ultimately, we hope our athletes learn to budget their time when other activities arise.

Other Sports: Xcel Team athletes are allowed to participate in other sports. At the start of the sport, an alternate sports contract must be filled out and approved by the coach which

will indicate potential conflicts. JO athletes are discouraged from participating in other sports due to the time commitment of the JO program. However if an athlete chooses to participate in an outside sport, there may not be any conflicts with practices or competitions.

Attitude and Behavior: All team athletes have an expectation when they enter the gym. They must be polite and respectful toward all coaches and teammates. They must ask permission to leave the gym for any reason, including getting a drink or using the restroom. Walking away from a coach, back talking, arguing, aggressive behavior, eye rolling, profanity, inappropriate discussions, etc. are forms of disrespect and will not be tolerated. Gymnastics requires strong-minded, determined attitudes to overcome all the failed attempts before finally landing a skill. Trust the process. It requires hours upon hours in the gym in order maintain, progress, and reach success. Fear is normal. Gymnast should tell the coach if they are afraid. Coaches are here to help the gymnast succeed!

Nutrition: Nutritious meals both before and after work outs are essential to training. Gymnast must bring a small snack if their practice is more than 3 hours. The snack must consist of a protein source along with a simple carb (fruit or vegetable). If the protein source contains a simple carb then they do not need an additional snack. (Some examples are trail mix, apples and nut butter, ½ of a protein bar, protein shake, yogurt w/ fruit, cheese and grapes etc.) No Goldfish, Chips, Popcorn, Cheeze-its etc....No Sweets or Junk food of any kind will be permitted at snack time. Bring ample WATER to practice. No flavored or carbonated drinks are permitted inside the gym. Label your water bottle. We do not have a water fountain in the gym. **ABSOLUTELY NO GUM CHEWING IN THE GYM.**

Open Gym: Skills that have not been taught and practiced on a

regular basis are not to be attempted during open gym. It is designed to work independently on current skills while having fun with friends.

Rips and Grips: Rips are 100% inevitable. They are caused due friction between the hands and equipment. To treat rips you should wash hands with warm water and soap, cut off excess skin around the rip, and let air out as much as possible. Although speculated, grips DO NOT prevent rips. Grips are used to enhance a gymnast's grip on the apparatus. Grips are optional and are not used by all gymnasts. They are NOT required for any level. Getting grips varies from gymnast to gymnast. This decision is to be made by the coach. If a gymnast has reached the point where they are performing a lot of swinging elements, such as clear hip circles or giants, grips can help them stay securely on the bar and perform these skills with more confidence. However, other gymnasts would rather not wear grips at all, and they perform very successfully without them. Grips stretch out and can rip, therefore, those who wear grips should break in a new pair after each competitive season. Grips are the gymnast responsibility, not your coaches or teammates.

Injuries: If your gymnast is injured, do not assume she cannot practice. In most cases, gymnasts can continue practicing doing modified workouts including stretching, conditioning, flexibility and whatever else is possible while recovering. The less time out of the gym, the better. Remember that seven days without gymnastics makes one weak. We reserve the right to review each gymnast's situation and determine what is in the child's best interest. Doctor notes of injuries and medical releases to return must provided. Gymnast may not wear any braces without a doctor or coach recommendation.

8) Meet Expectation for Team Athletes

What to Wear: Arrive in your leotard and warm-ups. Hair is to be neat and secured tightly in a bun so it won't fall or need fixing. Use hair pins, clips, gel and hairspray to keep hair in place. Please wear a black scrunchie as well as a black bun cover. NO JEWELRY, NAIL POLISH OR EXCESSIVE MAKE UP Undergarments must match your skin tone and must be completely hidden under the leotard at all times. These are all cause for deduction.

What to Bring: Gymnast should bring a spare leotard, flip flops or slides, tape/pre wrap, band aids, water bottle (no colored drinks/pop), hair ties/clips, hair spray, brush/comb, grips and /or tiger paws or any other braces (if necessary), and a snack. Optional levels should carry two pairs of grips (just in case). Chalk boxes (not required for fly away meets) Everything must fit in the bag. Gymnast may leave winter coats and/or boots with parents at the start of the meet.

Behavior and Sportsmanship: Being a member of the Phantom Gymnastics Team is a privilege, not a right. This invitation is not to be taken for granted. Gymnasts are expected to present themselves in the highest standard. They are to be courteous and respectful, not only to their own teammates and coaches, but to ALL the competing gymnasts, their coaches, parents, spectators and judges. They are expected to watch and support all of their teammates. Their attitude and how they carry themselves is important. Negative attitudes, hysterical behavior, uncontrollable crying, arrogance, and connotative gestures or comments are unacceptable and do not represent Phantom Gymnastics in a positive manner. This type of behavior will not be tolerated and you will be removed from

the competition immediately.

Community: Gymnastics is an individual sport and a team sport; however, gymnastics is also a very small community. Many times at meets we rotate with other teams from different cities, states, or counties. Gymnast are expected to be encouraging toward all other gymnasts and teams. Upon reaching high levels of gymnastics the “fish pond” grows significantly smaller. Many optional level gymnasts compete alone, or with few teammates, and with considerably less people in the stands supporting them. Other gymnasts, teammates or not, understand all the hard work, fears, and frustrations that you endure on a daily basis. Of course we want our gymnasts and teams to be successful; however, we also aspire to create reputable young people who will become respectable adults with strong values. For this reason, it is important that everyone sees the big picture and comes together to view the sport as the community that it is.

Entering the Competition Area: Upon arrival to a competition, gymnast should attempt to find their coach. They will enter the gym with their coach or after their coach has already entered. They may not leave the gym area for any reason other than to use the restroom. They may not interact with family during the competition for any reason.

Awards Ceremony: After competing, gymnast will be escorted to awards and seated with their team. They must be attentive and respectful. They are required to stay at awards until the entire awards ceremony has ended. All team athletes must line up at the end of all Meets/Clinics or Camps to be dismissed by their coach.

9) Parent Conduct

1. Make every effort to have your gymnast to practice ON TIME. If you're going to be late or need to pick up early, you should notify the gym.
2. Encourage your athlete to have good diet and sleeping habits.
3. If you need to reach your child during practice, you should call the gym. Gymnasts are not permitted to use personal cell phones during practice hours without permission.
4. Should you need to speak with the gym or your child's coaches, please do so before or after practice as coach's will not be permitted to leave the floor during practice time.
5. Parents and spectators are not permitted to enter the gym area for any reason.
6. Flash photography is prohibited for the safety of all gymnasts and coaches.
7. Parents may not view practice at any time. All parents will be asked to leave within 15 minutes of arrival and not to arrive for pick up more than 15 minutes early. Parent viewing adds unnecessary stress to your athlete and prevents progress. If a parent is abusing the viewing policy the athlete will be asked to sit out of practice until the parent is no longer viewing.
8. Abstain from "coaching" your child at home. Parents who make technical corrections create a conflict between the gymnast and coach. It is imperative that gymnasts do not question her coaches.

9. Never speak negatively about your child's coach. It greatly affects your gymnast's training and progress. It also demonstrates that you don't trust her coach and, therefore, becomes a learned behavior that is mirrored back to the coach by your child.
10. Do NOT compare your child to other gymnasts. Every gymnast and situation is different.
11. DO NOT GOSSIP AMONGST OTHER PARENTS! Team parents are expected to be advocates of the gym and its coaches. Set a good example to other parents and more importantly TO YOUR CHILD! Bring any concerns directly to the owners. There is never a positive outcome from gossiping and it can only cause harm to everyone involved.
12. Do NOT make assumptions and do NOT take things personally.
13. Do NOT verbally abuse the gym, its coaches, and facility yet remain in the program. Be supportive of your gymnast, her coaches, her gym, and her sport.
14. Do NOT negatively discuss the finances of the sport with your gymnast. While children should learn responsibility, they are also very intuitive. Children who believe their sport is becoming a financial burden to their family can lead to the decision to give up before having a chance to be successful.
15. Do NOT talk in a way that inflicts blame or guilt based on how your athlete performs.
16. Families should give their athlete positive

encouragement, support, and unconditional love. Children need to feel this acceptance when they are victorious, and even more so when they are defeated. Gymnasts need to be able to take chances, whatever the result. Some kids don't handle pressure well, so don't send the message that they have to win in order to receive your love. Athletes who know defeat or have performed poorly already feel bad. Let your child know you believe in them and their abilities. The important thing is, they did their best, and that eventually, they will get even better.

17. Turn each and every defeat into a learning opportunity. In a productive failure, you don't achieve your objective, but you come away with new knowledge and understanding that will increase your chances of success next time. A non-productive success occurs when you achieve your objective, but you're not sure what it was you did right. You can build on productive failures. You can't build on a non-productive success. The more chances you take the more productive failures you will experience and the more you will learn and learn proficiency from the mistakes you make. Mistakes happen to everyone. Successful people learn from their mistakes, as they know the difference between a productive failure and a non-productive success.

Meet Conduct for Parents

1. You are not required to be there the entire meet weekend. Each level will be assigned a "session" on one day over the weekend. Each session lasts approximately 4-5 hours.

2. Final information regarding your gymnast's session is usually NOT available until two weeks prior to the actual meet date. DO NOT CALL the host gym for meet information. Once we receive it, it will be posted at the gym, our website, and an email will be sent out.
3. Meets that take place in major cities may incur parking fees. Prepare to pay admission at each competition (cash only). Admission fees typically range from \$5-\$15 per person.
4. Gymnasts are to arrive at the CHECK IN TIME. Check in time is for the gymnasts to check in, parents to pay admission, pick up your meet gift, use the restroom, familiarize with the venue, and find seating. Gymnasts should find their team and sit together. Again, this check in time is for the gymnasts and families only. Your coach is NOT required, nor compensated, to be present at this time. Coaches will pick the gymnasts up slightly before the STRETCH TIME and take them into the competition area where they will begin their warm up.
5. Gymnasts must stay with their team at all times during the meet. Gymnasts are not permitted to interact with parents, siblings, or spectators throughout the entire competition. Parents should refrain from distracting their children during competitions.
6. USAG Rules state that parents and spectators are NOT PERMITTED in the gym area for any reason. Defying this rule can result in disqualification of the gymnast and even the team!
7. NEVER APPROACH A JUDGE OR MEET OFFICIAL before,

during, or after a meet (via phone, emails, or social media). Questions or concerns can be answered by your coach.

8. NO FLASH PHOTOGRAPHY is permitted at USAG sanctioned competitions. This is for the safety of all gymnasts. Turn off all flashes on phones, cameras, etc. before the meet begins. Judges and coaches will stop a meet to reprimand anyone disregarding this rule.
9. Never speak negatively about other gyms, coaches, judges, etc. You never know who's sitting next to you, maybe even the parents of a gymnast you just made a comment about.
10. ONLY coaches can determine the competitive readiness of the athlete. Coaches reserve the right to scratch any child from a meet or event at any time prior to or during a meet.
11. Gymnasts must sit with their team throughout the ENTIRE AWARDS CEREMONY. DO NOT LEAVE UNTIL AFTER TEAM AWARDS. If a parent needs to leave early, they are to find alternate transportation for their gymnast.
12. Parents are expected to carry themselves with dignity and respect, win or lose. Be aware of your surroundings as everything you say and do directly reflect you, your child, and Phantom Gymnastics. Behavior that is negative, aggressive, arrogant, etc. is considered inappropriate. Warnings will be given for first offenses. Ongoing or extreme cases may jeopardize your gymnast's current and future membership with Phantom Gymnastics.

13. All gymnasts and their parents are expected to display good sportsmanship AT ALL TIMES!
14. Families should show team unity by wearing Phantom Gymnastics clothing or colors to competitions and events.

10) Championship Qualifiers

USA Gymnastics hold New Hampshire State Championships for Levels 2-10 and all levels of Xcel. Levels 7, 8, 9, 10 athletes have the opportunity to qualify and advance from State to Regional Championships. Level 9-10 athletes have the opportunity to advance to Nationals based on their placement at Regionals. Qualification requirements may vary by year and differ by level. Qualification is determined by one of the following: USAG required qualifying score, or top scores in a qualifying competition.

11) Level Advancement

Our advancement policy is not “etched in stone” due to the variety of circumstances involved. Our main priority is to build happy, healthy, and confident athletes with strong basics. We can be sure to meet this goal by placing each gymnast at the level where they can comfortably and safely perform the required skills. USA Gymnastics states “The USA Gymnastics program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely.” Before a gymnast can move to the next level, they need to demonstrate that they can be competitive at their current level and have mastered the next level skills. Level advancement cannot be compared to moving up grades in school, nor can we guarantee a gymnast will move on to the next level each season. Gymnasts will advance at the time in the

season that is deemed appropriate by the coaches. We would like to assure you that it is common to remain in the same level for multiple seasons. On the other hand, should a gymnast be highly advanced outside her level, it may also be attainable for that gymnast to skip a level. Phantom Gymnastics must maintain the integrity of the USA Gymnastics program, its policies, procedures and standards. As the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's development.

At the end of each summer training session, your coaches will either recommend you to remain in your current level or invite you to move up to the next. Level mobility is determined based on, but not limited to, scoring and placement at your current level, understanding and mastery of next level skills, mental attitude, strength and flexibility, attendance, work ethic, maturity, and emotional standing. Due to the fact that we are unable to predict a child's advancement, be advised that any gymnasts' level assignment is subject to change at any time. We request that you respect and trust your coaches' decision as we aim to do what is best and safest for each gymnast at this current moment in their gymnastics career. We are setting our goals high in an effort to prepare our girls properly for the higher levels of gymnastics. With each level of gymnastics come increasingly harder skills and an increased level of risk. It is in the best interest of your child that you avoid being blindsided by your own ambitions for your child.

12) Practicing with Team and Leaving the Gym

It is the Phantom Gymnastics policy that if a child chooses that they no longer want to compete then they can no longer practice with our Competition Team. The only exceptions to this rule is if the coaches feel that a child is not ready to

compete, or if a gymnast is injured to where her work outs are limited until her injury subsides and she is ready to compete again. Take into perspective that gymnastics is a competitive sport; therefore, not attending competitions is the same as signing up for basketball and sitting on the bench during the games.

Should you ever feel there is a problem involving your athlete and the gym, you are expected to discuss the issue with us privately before making any immediate decisions. Know that our doors are always open, and our coaches and staff are here to help you. However, if our coaching staff is not aware of any concerns, we cannot help the situation. With that being said and after you've met with the coaches, should you still feel the need to leave the gym, we request a private meeting with the family and gymnast with an explanation and agenda. Know that our coaches and staff put a great amount of energy, time, and effort into each and every one of our students; therefore, losing a student is an enormous disappointment to the gym, its coaches, and the gymnasts' teammates. If an athlete leaves prior to the season ending one monthly tuition payment will be charged. Any gymnast who leaves the team for any reason may be allowed to return to Team one time only, at the discretion of the gym owners and coaches. The second time is final. In severe cases should you be asked to leave Phantom Gymnastics, you will not be permitted to return.

13) Social Media, Online Calendar and Parent Communication

Social Media:

Facebook-We have a closed page on face book called Phantom Gymnastics (no LLC). Please request to join this page, as there will be several announcements posted here.

Instagram-Phantom.Gymnastics

Twitter @phantomgym1

Online Calendar: Please download the App Band and then email us and request an invitation. This is an online interactive calendar and a place to chat with other parents and receive notifications.

Email: Please make sure that the email in your portal is current and check your email often. This is a main source of communication.

Website: Our website is Phantomgymnastics.com. Meet schedules, details, closings and other announcements will be posted here.

Coach's Contact:

Owner- Aimee Kozlowski, coach of JO level 2/3, all levels of Xcel and Developmental 3

Aimee@phantomgymnastics.com

603-546-5688

Owner-Tammy Kozlowski, coach of JO levels 6-10.

Tammy@phantomgymnastics.com 603-867-2781

Coach-Heather Goodwin, coach of Developmental 1&2, JO levels 4&5 hnhgoodwin@gmail.com

Coach-Jessica Morrisette, coach of JO levels 2-5

jess_morrisette@aol.com

Coach-Craig Fortin, coach of all Xcel levels

xgymnast1147@gmail.com

14) Tentative Team Calendar

September 5th-Start of Fall training schedules

November 20th-25th- Thanksgiving Holiday vacation- No Practice

December 24th-January 1st- Modified practice schedule 12/26 & 12/27 (Possibly 12/28 depending on Cape Cod Schedule)

February School Vacation- We are open and will be holding all regular classes and practices!!

April 23rd-27th- NH Spring Break. Gym will be closed. Xcel Bronze Team, Regional and National qualifiers will have modified practices.

May 26th-28th-No practice for Memorial Day Weekend

June 22nd- last day of School year schedule

June 25th- First day of summer training

July 1st-7th-Vacation week, Gym closed

