

- 1) Welcome to the Phantom Gymnastics Team
- 2) Overview of Competitive Gymnastics
- 3) Level Explanation/Training Groups
- 4) Attendance
- 5) Private Lessons/Clinics
- 6) Tuition/Team Fees/Expenses
- 7) Practice Guidelines for Gymnast
- 8) Meet/Clinic Guidelines for Gymnast
- 9) Parent Conduct
- 10) Level Advancement
- 11) Leaving the Team Program

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. 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 value gymnastics as well as 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

Junior Olympic (JO) Team Program- This is a college feeding program designed to provide athletes with the opportunity to compete for the NCAA in college. We suggest that all younger competitive athletes start in this program regardless of the direction they may choose later since it is a solid foundational program for all competitive avenues.

Xcel Team Program- This program is designed for athletes involved in multiple sports, high school gymnastics, other extra curricular activities or the athletes who started competitive gymnastics at a later age. The only difference between JO and Xcel is the hourly and competitive commitment is less because the skill requirements aren't as stringent.

TOPS (Ages 7-11)- 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.

Training Groups- Training groups are not always based on the athletes current level. We typically train in multi-level groups based on the individual needs of the athletes. Training groups may periodically change due to the needs of the athletes. We do not guarantee a permanent coach or group. We do promise your athlete will get the best

individual training to help them reach their full potential.

4) Attendance

Attendance: Gymnast are assigned a minimum number of days that they are required to practice per week. If they need to miss a practice, a make up MUST be set up with the coach. Sometimes make ups can be done with other groups, however if we do not have space in another group, the athletes may perform a warm up then be given a strength and flexibility list to complete. 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 absences unless the athlete is sick and unable to do so. 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.

Summer practice: Required for all levels. We offer eight weeks of practice. We are closed for two weeks in the summer. JO athletes levels 3&up as well as Xcel Gold and up are allowed one additional week of vacation. JO levels 1&2 as well as Xcel Bronze, Pre-Bronze and Silver are allowed 2 weeks of vacation. Full tuition is due regardless of attendance. We are open for practices between Christmas and New Years as well as NH School February vacation due to the fact that we are in competitive season during these times. The Xcel teams are permitted but discouraged to miss February vacation because their state meet is later in the year.

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.

5) Private Lessons/Clinics

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 \$50-\$60 per hour. Athletes may only schedule private lessons with the coach or coaches that directly coach them in practice. Having lessons at other clubs is strictly prohibited. Athletes must earn the privilege of having a private lesson but meeting expectations in practice. Private lessons may not be used for mobility but rather when you feel your athlete would benefit from some individual attention.

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) Tuition, Team Fees and Expenses

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. In cases of inclement weather, closings will be emailed, posted on the BAND App, Facebook, Instagram and the website. Rescheduled practices or make ups are NOT guaranteed nor should they be expected.

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.

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, 2018 and ending on April 1st, 2019.

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: Coaches Competition Expenses: Including but not limited to, coaches wages, transportation, mileage, food and lodging for competitions.

Team Registration Fee: Helps cover the cost of secondary liability insurance and administrative time associated with the team program.

Parent Support Group Fee: 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.

Equipment Fee: This fee covers tape, chalk, pre-wrap, strap bar supplies, belly bands, annual bar rail replacement and a portion of our annual equipment upgrades. We pride ourselves in providing up to date, safe training apparatus for all of our athletes.

Uniform Fees: Uniforms are required for all team athletes and cost will vary year to year.

CHOREOGRAPHY: Individual routines are required on beam and floor for Xcel Gold, Platinum and Diamond levels as well as JO level 6-10. Choreographers are paid directly from the parents and cost will vary depending on the choreographer.

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 JO team athletes must wear a bellyband, 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. Appropriate leotard style shorts can be worn by athletes' ages 12 and older.

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

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 workouts are essential to training. Gymnast must bring a small snack if their practice is more than 3 hours. The snack must consist of a fruit or starchy vegetable to replenish glycogen and a small protein source to fuel muscle growth. 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.

Snack Ideas-

Bananas w/ nut butter

Blueberries with Greek yogurt

Veggies w/ hummus

Veggies w/ cheese stick

Veggies w/ hard-boiled egg

Apple and celery with deli turkey

Additional Protein Ideas- nuts, nut bars, edamame, protein bar or shake.

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 and other assistive gear: Getting grips vary from gymnast to gymnast. This decision is to be made by the coach. Grips stretch out and can rip; therefore, those who wear grips should break in a new pair after each competitive season. Athletes should have two pair of grips at all times. We sell grips at the gym. Wrist guards are used for some athletes as a preventative measure. Your coach will let you know if you need them. **ATHLETES MUST NOT WEAR ANY TAPE OR BRACES IN THE GYM WITHOUT A DOCTORS NOTE TO DO SO.**

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 be provided.

Cell Phone Usage: We do not allow athletes to access their cell phones at anytime during practice. This includes break time. If you need to contact your athlete feel free to call the gym phone at 329-9315 or you can contact the owners (Aimee 603-546-5688 or Tammy 603-867-2781) If your athlete needs to contact you, they will need to ask their coach's permission and we will either allow them to use their cell phone at that time or use the gym phone.

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 hairpins, 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.

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. This means if their team is split for any competition, they are to attend all sessions relevant to their level. 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. Gymnasts 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/Time of Arrival: Gymnast should arrive on the competition floor at least 15 minutes prior to open stretch time. 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. Parents may view practice for up to 30 minutes per day. 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.
7. 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.
8. Never speak negatively about your child's coach. It greatly affects your gymnasts 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.
9. Do NOT compare your child to other gymnasts. Every gymnast and situation is different.
10. 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.
11. Do NOT make assumptions and do NOT take things personally.
12. 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.

13. 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.
14. Do NOT talk in a way that inflicts blame or guilt based on how your athlete performs.
15. 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.
16. 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-\$20 per person.
4. Gymnasts are to arrive at the CHECK IN TIME. If there isn't a check in time listed, it is 15 minutes prior to open stretch. 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). Your coach can answer questions or concerns.
8. 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.
9. 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.

10. 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.
11. 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.
12. All gymnasts and their parents are expected to display good sportsmanship AT ALL TIMES! If awards are in a different area all parents are expected to stay seated until the last competitor is finished.
13. Families should show team unity by wearing Phantom Gymnastics clothing or colors to competitions and events.

10) 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.

Gymnastic excellence means becoming the best you can be individually. Achieving this excellence takes setting goals, both long term and short term, and an incredible amount of work to achieve those expectations. As a Phantom team member you will be expected to strive to be the best you can be, recognizing the fact that.... "If it's worth doing - do it right!"