



Welcome to the Phantom Gymnastics Team Program

The Phantom Team program provides an opportunity to succeed not only in gymnastics but also in life. Gymnastics teaches self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, leadership, sportsmanship and perseverance. Our mission is to create successful young women in addition to creating successful athletes.

Phantom Gymnastics works and trains to develop athletes that have a high self-esteem, a positive outlook on life, and the strong character it takes to strive for their full potential. We want every member of the Phantom Team to feel like a champion, not only in their sport, but in their lives as well.

This sport demands dedication, commitment, and a desire to be the best that you can be. The athletic skill and physical fitness that is developed will last a lifetime. "Once a gymnast, always a gymnast."

Our program is here to provide every athlete with a chance to succeed through the development of long-term life skills such as confidence, perseverance, a love of exercise, and a sense of accomplishment in their abilities. We believe very strongly in sportsmanship, goal setting, respect for others, self-respect, and the development of a strong work ethic. The most important thing to realize is that the journey is more important than the destination. We strive to enjoy the journey and have fun as we focus on safety, proper progressions and the athletes' goals.

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!

Level Explanation

NGA is the National Gymnastics Association and USAG is the United States Association of Gymnastics

NGA Level 1 & 2 Developmental Team Program:

Athletes will spend most of their time in the gym on physical preparation through strength and flexibility exercises. They will compete skills that are basic in order to develop perfect execution. They are required to purchase a tank style uniform leotard and team warm up pants. They will compete in three meets to include the NGA NH State Meet the first year. Second year athletes will compete in 5-8 meets. Practice training commitment is 7-10 hours per week.



***Athletes progressing from level 2 will EITHER compete at the level 3 compulsory OR the Silver level. This determination will be made by the coaches for a variety of reasons to include the following. Athletes' commitment level (multi-sport athletes etc..), age, strength, flexibility and skill level.**

***This information applies to all the levels below: They are required to purchase a long sleeve competition leotard, tank style uniform leotard, team pants, team jacket, team running shoes and a team bag. They will compete in six meets to include the NGA NH State Meet. They are also eligible for Regional and National competitions**

NGA Silver and Level 3 and 4 Compulsory Team Programs:

Athletes at these levels will learn more advanced choreography. They also can advance their skills providing they have achieved quality execution. Strength and flexibility requirements as well as perfection and execution are stressed at these levels. Practice commitment will range from 10-16 hours per week.

***This information applies to all the levels below: At these levels they will be required to obtain individual floor and beam choreography. (See details in the fees section) They are required to purchase a long sleeve competition leotard, tank style uniform leotard, team pants, team jacket, team running shoes and a team bag. They will compete in six meets to include the NGA NH State Meet. They are also eligible for Regional and National competitions.**

NGA Gold Level Team Program: This level allows for more flexibility of skills and individual choreography. The training commitment as a result is less to allow for multiple sports or other activities. Practice training commitment is 10-12 hours per week.

NGA Platinum Bridge Level Team Program:

This level has a range of skill options, which deems it a bridge level. The coach's will determine if this level is appropriate to use for either mobility or skill variety. Depending on the athletes end goals, training hours will vary anywhere from 12-20 hours per week.

NGA Level 4 Optional & Level 5 Team Program:

These are the beginning optional developmental levels of team in which athletes start to train and develop upper level skills. Practice training commitment is 16-20 hours per week.



NGA Level 6, 7, Diamond 8, 9 and 10 Team Program:

These are advanced optional levels, which will help prepare athletes to either transition into the college feeding track and/or allow them to compete on their high school teams, as well as participate in other sports if they choose. Athletes will receive assistance in college recruiting. Athletes at this level will be required to travel outside of New England at least once per year. Practice training commitment is 16-20 hours per week.

USAG and NGA Level 6-10 Team Program:

These athletes will have the option to compete in NGA and USAG sanctioned competitions. There are no other sports allowed (if there are conflicts) if athletes are at these levels due to the physical demands of the levels. Athletes will receive assistance in college recruiting. They will be required to travel two times per year outside of New England for competition. They are also required to attend any post-season competition (regionals and/or nationals) they qualify for. Practice training commitment is 20 hours per week.

Level Advancement:

Athletes do not always move up a level each season. It is very common for athletes to repeat levels. They will still be advancing skills throughout the year and potentially competing more advanced skills throughout the season. Competitive levels are typically determined by early fall. Skills obtained and execution of said skills as well as strength and flexibility testing will determine the level that the athletes will compete.

Fee Explanation:

Tuition:

Tuition is the monthly cost of training in the gym. School year tuition is calculated into an annual amount and divided into 10 equal payments from September 1st- June 1st. Summer tuition is based on a seven-week training schedule and is divided into two equal payments.

- Tuition is due on the 1st of the month from September-June. Summer payment dates will be determined annually as they will vary.
- Tuition is due in full regardless of attendance or injury. The purpose of tuition is to hold your athletes space on the team.
- Late fees will be assessed if tuition is received after the 15th of the month unless payment arrangements have been discussed.
- In the event that a team athlete chooses not to finish the season, there will be a 30-day notice required to stop tuition obligations.
- Tuition must be up to date in order to participate in competitions or private lessons/clinics and in order to receive uniforms.

Team Fees:



Team fees are the fees associated with being on team as well as competitions. The team fee is an annual fee divided into 12 equal payments (8 equal payments for new developmental team members) **Team Fees are NON-REFUNDABLE!!!**

- *Meet entry fees:* Each competition has an entry fee which averages approximately \$125-\$175 per athlete per competition. Meet entry fees are also NON-REFUNDABLE regardless of attendance
- *Coaching fees:* This fee is to cover the cost of coaching at the meets as well as coaches lodging, airfare, mileage and meals. It also covers coach's education and certifications and memberships
- *Annual registration fee:* This is a gym fee to cover liability insurance as well as all administrative cost of running a team
- *Parent support group fee:* This fee goes directly to our parent support group and along with additional fund raising, pays for team parties, banquets, flowers for the state meet and the end of year gift.
- *NGA membership fee:* This fee pays for the athlete membership for the National Gymnastics Association
- *Equipment fee:* This fee pays for consumable equipment that is heavily used by team athletes (bar rails, cables, beam covers, vault springs, sting mats) as well as individual training aids (chalk, gloves and straps, cubbies, bins for chalk, spray bottles, tape, pre-wrap, etc...)

Expenses that not included as part of the Team Fees:

- *Uniforms*
- *Private lessons:* not required but offered on an as needed basis
- *Clinics:* optional extra practice time for specific skills offered throughout the year
- *Choreography:* a fee paid directly to the choreographer for beam and floor routines
- *Music:* floor music is sometimes purchased from organizations who charge for the pieces.

Practice Guidelines

- Athletes are expected to show up to practice ON-TIME. School related delays are acceptable. If the athlete is unable to show up on time, communication to their coach or to an owner is required. Please see email notification prior to the season starting with all coach's contact information.
- If an athlete is in communication with a coach directly via text or email, a parent must be included in the correspondence.
- Athletes are required to attend ALL practices unless they have a required school function, are sick or need time to catch up on schoolwork. If practice is missed, athletes must check with a coach to see if a make up is



needed. If an athlete wishes to attend a family or social event that is happening during practice time, they must approach the coach to ask permission and schedule a make up if necessary.

- Athletes MUST have their hair in a bun at all times while practicing in the gym.
- Jewelry is NOT allowed (other than stud earrings)
- Excessive make up is NOT allowed
- Athletes are allowed to use pre-wrap, taping or any braces or medical devices without a doctor's note. Tape grips, wrist padding or arch support for feet. They must have the coach's approval. They can also use wrist supports when the coach recommends them.
- Leotards or tight-fitting shorts and tight-fitting tank top must be worn to practice. On uniform days, athletes MUST wear the specific tank uniform and NO shorts are allowed.
- If an athlete participates in another sport or activity, it must be discussed and approved by the coach. If any sport or activity is causing the athlete to miss a significant amount of practice, it will not be permitted. Athletes may NOT miss a competition due to another sport or activity. Level 8-10 athletes MAY NOT participate in other sports if they conflict with practices, however activities that do not involve physical exercise are permitted with the coach's approval
- We will NOT tolerate any bullying, disrespect of teammates or coaches, poor sportsmanship, negative attitudes or repetitive disregard for the rules of the gym. Athletes will be warned ONCE and if the behavior continues, a parent meeting will be requested. Athletes will be asked to leave the team program providing the behavior doesn't change
- Athletes may not cry uncontrollably and remain on the practice floor unless they are hurt. If they are not hurt, they will be asked to take some cool down time to regroup and then they can rejoin the practice
- If an athlete is exhibiting unacceptable behavior, they may be asked to leave practice and a parent meeting may be required in order for them to return
- Athletes MUST speak for themselves. If an athlete is struggling with this, a parent can be present to assist them in communication with coaches with the understanding that the goal is to obtain the skills to approach coaches directly with concerns or questions.
- If an athlete is injured, they MUST still attend practices unless otherwise directed by a physician
- Athletes are expected to commit to the competitive season



- Cell phone use is NOT allowed during practice times without permission from a coach. If you need to contact your athlete during practice, please email or text the coaches on call the Phantom phone at 603-329-9315

Meet Guidelines

- Athletes MUST arrive 15 minutes prior to their assigned open stretch time
- Meet schedules are typically received 2 weeks prior to each competition. Team athletes are NOT allowed to miss any meet on the schedule. (Exception illness, injury or family emergency)
- Athletes only need to attend their own session (exception: sometimes at the state meets, the level is split into two sessions in which case they would need to stay or come early to support their teammates and be present for team awards)
- Parents will need to have athletes check in with coaches once they arrive at the competition
- Athletes must arrive in full uniform with meet hair done. Neat bun with no loose hair and uniform scrunchie is required for all, bun covers required for levels 1-5 (this includes Gold)
- It is helpful if parents can keep large coats and/or boots and have athletes wear their team shoes into the competitive area
- Athletes will be scratched from an event if they did not practice the skills during the week at practices OR if they refuse to warm up the skills at the meet. This is a safety issue, NOT a punishment
- Athletes are NOT permitted to display non-sportsmanship like behavior on the competitive floor or during the awards ceremony. Therefore, we do not allow crying on the floor unless the athlete is hurt. If they feel the need to cry, we will kindly ask them to take a break in the restroom or somewhere that is not in view of the spectators as well as other teams and coaches
- Athletes will travel as a team or squad when transitioning from one event to another or from the competitive area to the awards area
- During awards, athletes will be in full uniform with hair still done and team shoes on, barefoot for levels that don't have team shoes yet. They will remove each individual event medal between events. This is teaching them not to be boastful and to respect others feelings if another athlete that received an individual event medal doesn't have as many medals as they do
- They will be taught to congratulate other athletes during the ceremony.



- Athletes will line up prior to open stretch and immediately following awards in order to allow the coaches to speak with them
- Athletes are NOT allowed to speak with parents for the duration of the competition. Parents are NOT allowed on the competitive floor at any time unless invited by a coach typically due to an injury
- Athletes who participate in other sports including High School gymnastics may NOT miss a Phantom team competition for a game or meet. We will not schedule meets the weekend of the High School Gymnastics state meet.
- The meet schedule is agreed upon at the start of the year and athletes are not permitted to skip competitions unless there are extenuating circumstances. (Illness, injury, family emergency)
- Spectators are also representing Phantom, so the expectation is that there will be no negative discussion about other gyms or athletes during the competition
- If athletes go to any public place in a Phantom uniform, they will be made aware that they are representing their team, therefore appropriate, respectful behavior is expected at all times

Private Lesson Policy

- Private lessons are a privilege that an athlete can earn
- If your athlete is looking for a private lesson, they should approach the coach and explain what they are looking for and why
- Lessons can be used for several purposes to include breaking down a skill or a drill to help comprehension, developing a strategy to conquer a fear
- Private lessons should NOT be used as a tool to assist with level advancement or obtaining a new skill

Open Gym Policy

- If a team athlete attends open gyms they are NOT to work on skills that have not been introduced to them in practice
- Parents are NOT to coach team athletes at an open gym

Parent Viewing Policy

Parent viewing of practices is extremely disruptive to the athlete. Things behind the glass are not always what they appear to be. We prefer parents not watch more than 30 minutes of practice each time your athlete is in the gym. We want athletes to feel relaxed to practice and focus and we find parents watching places unnecessary stress on the athletes.



***The Phantom Team skill progression is very well thought out. There are EXTREMELY important pre-requisites for all skills. The purpose of this process is to prevent athletes from developing bad technical habits. It isn't always about just doing the skill. Technique as well as execution are highly considered when making the decision to progress to the next step. Our program is unique because we spend a significant amount of time developing the foundation of physical preparedness to achieve long term mobility and success in the sport. It will seem like your athlete isn't learning skills in the early levels, there is a purpose for this, and the process has been proven through a multitude of athletes throughout many years of success in our team programs.**

***The secret to survival as a Phantom team parent is to TRUST
THE PROCESS***