



## THE LSC Gymnastics Mini Divas and Gym Divas Handbook

Welcome to the LSC Gymnastics Mini Divas and Gym Divas! LSC Gymnastics Mini Divas and Gym Divas is entering its inaugural season and we are so excited to have you along for the journey. This season will be filled with hard work, fun, and competition. Here at LSC Gymnastics our main goal is to inspire our athletes today, to become champions tomorrow. Our mission is to encourage each athlete to show up as themselves, confidently and comfortably, every day at practice. We curate and facilitate an environment that encourages learning, positive self-talk, and a fun space to just be. Here at LSC Gymnastics, your athlete will gain the technique, skills, confidence, sportsmanship, and drive to be the best that they can be in all areas of life, while making friendships that last a lifetime.

As a competitive team, everything that we do is for the health and betterment of the TEAM. For our inaugural season, instead of a try out, I have chosen each athlete. Each athlete will be placed on a team according to age, skill, maturity, and team needs. Even though we are open to accepting those willing to share their talent, we will still be choosing athletes based on what is best for the team. We want athletes that will try their best, work hard with minimal redirection, and are excited to cheer! As a parent, we understand that some children do need a little push to live up to their greatest potential, however, we are not a babysitting service. As coaches, we can always tell when an athlete's heart is not in it.

Before committing to our team, please keep in mind that LSC Gymnastics will take priority over all other sports and activities that your athlete may participate in. You will not be allowed to miss practices or competitions to participate in other activities for any reason. It is your duty to make sure there are no conflicts within your schedule.

**-LSC Gymnastics**

### LSC Gymnastics Mini Divas and Gym Divas

We have split you all up into teams. There will be a Level A team and Level B team. These teams are not about age differences, they are about skill differences. These team are for ages 5 and up. They will be taught a 1-minute routine for floor, a routine for beam, a routine for bars,

and they will have a specific vault. Competition season is January-May. All competition will be in Georgia. They can be from 30 minutes- an hour and 30 minutes away. You will be given a schedule by August. All competition/ competition wear fees will be given at the end of the summer and will be split into the months of August-December with payments ranging between \$100-\$150/month plus your regular gym monthly fee.

Level	A (Mini Divas)	B (Gym Divas)
<b>Skills</b>	Floor: Forward/Backward Roll, Cartwheel, Round Offs, Backbends, Walkovers, Handstands Beam: Needle, leap, side handstand, half turn, arabesque to scale, pivot turn, two jumps Bars: pullover, backhip circle, cast off Vault: handstand flatback on tall mat	N/A
<b>Skills</b>	N/A	Bars: kip to hips on high bar Beam: Cartwheel, handstand, full turn, dismount off Vault: Front handspring Floor: back handspring, front tuck
<b>Routine</b>	Routine 1 minute	Routine 1 minute

#### FINANCIAL

	A (Mini Divas)	B (Gym Divas)
<b>USAG Membership Fee</b>	<b>\$40</b>	<b>\$40</b>

<b>Tuition</b>	<b>Summer</b> \$125/mo 2.5hrs/week  <b>Season</b> \$125/mo 2.5hrs/week	<b>Summer</b> \$165/mo 5hrs/week  <b>Season</b> \$175/mo 6hrs/week
----------------	--	--

\*Some fees are estimates. Fees will be updated as necessary.

**All accounts must keep an active card on file. Tuition will be withdrawn the 1st of every month. Team fees will also be automatically processed on the day they're due. All returned payments will be charged an additional \$20 fee. If you have any issues with payments, or if you want to pay in full, please call the LSC phone number or send an email!**

## CODE OF CONDUCT

LSC Gymnastics is a zero-tolerance team. On our team, we speak words of kindness and breathe life into each other with our actions. We are supportive of one another and always encourage each other to be the best that we can be. We are a family. Bullying will not be tolerated from students nor parents. Parents, just like their students, are expected to speak words of kindness. Not only to other athletes, coaches, and parents, but to their own athletes. On our property, there will be no verbal or physical abuse tolerated, EVER. Physical violence will not only terminate your spot on the team, but at LSC Gymnastics as a whole.

Sideline coaching is when a parent is giving their athletes direction outside of the coaches' direction during practice. Sometimes, it's difficult for athletes to focus with parents present. Parents are expected to be invisible, so that we can't hear or see you.

At competitions, you are an extension of LSC Gymnastics, therefore you are expected to always follow the code of conduct, in the gym, and at competitions.

## PRACTICE

Practices will be held twice a week during the summer and in the fall. During the summer we value family bonding and vacation. If you are planning a family trip, try to plan those trips for when there is no practice. If that's not possible, just let us know what days you will be traveling, and we can accommodate with no penalties. When you are in town, practice is **mandatory**.

Though our practices are scheduled throughout the year, impromptu practices can happen, especially during competition season. These practices will be held on Saturdays or Sundays. You will have a few days to a week notice for practice changes.

Athletes should come to practice with hair pulled up and out of the face, gum and candy free, and **ON TIME**. Every practice is valuable time to gain knowledge and skills and we need 100% attendance. We understand that Atlanta traffic can be unpredictable sometimes, so we will excuse **3 tardies** throughout the year. You will still have to contact the coach to let them know. After the 3rd tardy, your student will NOT be allowed to practice for that day, however, they will still need to be present.

During the season, you will be allowed **3 unexcused absences**. Excused absences are as follows but not limited to, death in the family, injury, and graded school projects/trips. There will be NO absences the week before a competition. ANY absence the week before a competition may result in being pulled from the competition that week. No call, no shows may result in termination from the team. Please reach out as soon as possible for any absences that you may have.

**All practices are closed. Parents will drop off their athletes in the lobby. Feel free to check back in as you see fit, however, parents are not allowed to linger or wait in the practice area.**

**No parents are allowed on the floor.**

Team	Summer 2022 (June, July)	Season 22-23 (August-April)
<b>Mini Divas</b>	<b>Tuesday</b> 4:30pm-5:45pm <b>Thursday</b> 4:30pm-5:45pm	<b>Tuesday</b> 4:30pm-5:45pm <b>Thursday</b> 4:30pm-5:45pm
<b>Gym Divas</b>	<b>Thursday</b> 4:30pm-6:30pm <b>Saturday</b> 9:00am-12:00pm	<b>Thursday</b> 4:30pm-7:30pm <b>Saturday</b> 9:00pm-12:00pm

\*This is a proposed schedule and all practice schedules are subject to change at any time.

## COMPETITIONS

Throughout the season we will compete in multiple competitions all over Georgia. **Tuition and fees do not cover your costs of travel. Parents are responsible for flights, hotels, and other travel expenses.**

At competitions, athletes should be dressed in full uniform under warmups. We will discuss hair and makeup for competitions in advance. Hair and makeup should be age appropriate, and secure. Hair pieces are only allowed when sewn in and secure. Hair pieces should be natural and mimic your natural hair texture. During competitions, please contact your coach or team mom if you are running late. If you cannot make a competition for a legitimate reason, please contact us right away. **No call no show to competitions will result in immediate termination from the team.** It isn't fair to other athletes who will be greatly affected by an absence. Parents and athletes are expected to follow the LSC Gymnastics code of conduct at competitions.

## COMMUNICATION

Communication is key here at LSC Gymnastics. We will communicate through text. You will also be given your coach's personal number to reach them in case of an emergency. Please do not text or call your coach at inappropriate hours unless it's an emergency. Please use the group chat as your first mode of contact for questions about practice, competitions, etc. If you have financial questions, feel free to call LSC gymnastics for assistance.

If you find out you will be absent last minute, or running late, please contact Coach Lauryn or Coach Jordyn. Send a text to 404-803-8238 if it is during practice.

If you would like to meet with your coach, schedule a time with them outside of practice. Coaches are not available for meetings during practice times.

**In addition to The LSC Gymnastics Handbook, parents are to complete, sign, and return a copy of LSC Gymnastics Handbook.**