



THORNTON TWISTERS GYMNASTICS TEAM POLICIES

- **Payment**

Team tuition is due by the third of each month. FEES ARE NOT PRORATED at the team level. You will incur a late charge if fees are not paid by the fifth of each month and/or your gymnast will not be allowed to participate.

There is one registration for the entire year. To make life easier and avoid late fees you have an option to enroll in automatic payment. If your child will be taking a month off, you must notify the Gymnastics Specialist or the registration office in writing. Otherwise you will still be charged for the month that your child will be missing.

The Colorado Association of Recreation Athletics (CARA) Competition fee is NON-REFUNDABLE and billed in March. Participants will not be allowed to participate in CARA competitions if this fee has not been paid.

There are other expenses associated with competitive gymnastics and those fees are paid to the Twister Booster Club (TBC).

- **Competitions**

Gymnasts are required to attend a minimum of one practice on meet weeks in order to compete.

All participants are expected to arrive at competitions a minimum of 15 minutes prior to the meet start time. If a gymnast arrives late, he/she may be ineligible to compete. Parents are responsible for transportation to and from competitions.

*If your child is competing in the second or third session of the day, according to CARA league rules, the meet may start up to 30 minutes earlier than advertised.

Gymnasts are to have all their supplies with them at competitions. They will not be permitted to visit their parents from the moment of the stated arrival time until after the awards ceremony is completed. This includes talking to their parents during the competition.

- **Uniforms Girls**

Thornton gymnasts are required to wear the team uniform at all competitions. This includes the leotard, warm-up jacket and warm-up pants.

Competition uniforms will be replaced with a new design every two years. Leotards and warm-up outfits are purchased on an alternating schedule. Parents are responsible for uniform costs.

Gymnasts are REQUIRED to wear a leotard to practice. It is a safety hazard for the gymnast and any spotters when the gymnast is wearing other attire (spandex shorts or leggings are acceptable). During meet weeks ALL gymnasts are required to wear a leotard ONLY, no shorts or leggings.

- **Uniforms Boys**

Thornton gymnasts are required to wear the team uniform at all competitions. This includes the shorts, pants and compression shirt.

Uniforms will be replaced with a new design every two years. Parents are responsible for uniform costs.

Gymnasts are REQUIRED to wear appropriate clothing to practice. It is a safety hazard for the gymnast and any spotters when the gymnast is wearing baggy attire (exercise shorts with elastic waist bands and a form fitting shirt are acceptable).

- **CPEX: Center for Performance Excellence**

This is a program run by Denver University students studying in the area of sports psychology. When available a staff member will attend team practices and teach sports psychology skills to the team gymnasts.

- **Injuries and Illness**

If your son or daughter will be missing any time due to injury or illness, please email the Gymnastics Specialist ahead of time. Also, if your gymnast is injured in or outside of gymnastics practice that requires any kind of bracing or missed practices, the coaches may require a doctor's note before your he/she may return to practice. (If he/she has a head injury with suspected concussion she must have a doctor's note to return). Generally, for relatively minor injuries the coaches would prefer the gymnast attend practice; perform the skills that don't hurt the injury, then work strength and stretching for the remainder of practice.

- **Discipline**

Any disciplinary problems will follow the three strikes rule:

1. The coach will address the problem with the gymnast.
2. If the problem persists the coach will address the problem with the gymnast's parent(s) and determine a course of action.
3. If the problem persists after the set plan has been implemented, the gymnast will no longer be allowed to participate with the Team Gymnastics Program at the Carpenter Recreation Center.

