

# TEAM K2

**TEAM K2**

**USAG Level 2-Level 7**

**2018**

***Head Up. Heart Strong.***



# K2 Academy

## TEAM K2 HANDBOOK

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WELCOME TO THE TEAM PROGRAM!! You have worked your way up the ladder with a lot of hard work and we are happy that you've made it. We hope that by reading this booklet, most of your questions about the team program will be answered. The booklet was prepared to help each gymnast and her parents better understand the responsibilities, both personal and financial, of being on the team here at K2 Academy. Use this booklet throughout the season to help answer any questions you may have about the program.

## Coaches Bio's

**Sarah Wallace:** Was a competitive gymnast for 6 years and was a two time State Champion in Utah. She was a competitor in the Utah Summer Games, competed in many of the western states and in Mexico. Her love for the sport encouraged her to become a gymnastics coach. She has been coaching all levels of gymnastics for more than 20 years and joined the K2 Academy Staff in 2007. Sarah is married and has two children, Trevor and Ryleigh. She looks forward to being a part of your daughter's gymnastics career!

**Danielle Behrens:** Was a competitive gymnast for 6 years and competed through USAG Level 9. She went to Henderson State College on a full ride scholarship for swimming and diving. She began coaching pre school gymnastics at the early age of 15. While in college Danielle was a swim coach, but gymnastics was her passion. She has been with K2 Academy since opening day and has played a vital role in the success of our programs. Danielle is married and has two children Drake and Desaray. She looks forward to watching your daughter grow through the sport of gymnastics.

**Ana Longoria:** Ana was a gymnast for 16 years in Mexico. She competed up to (what is now) Level 9. She graduated from Tec of Monterrey, Mexico with a degree in Sports Administration and Master in Sports Psychology. Ana, along with her husband and three children (AnaValeria, Zabad and Zaid) moved to Houston 8 years ago. She has loved the sport of gymnastics her entire life and has been coaching for over 30 years. We are very excited to have Coach Ana join the Team K2 family!

**Kristen Larsen:** was a Level 9 competitive gymnast. She began coaching at the age of 16 and has managed and coached boys team, preschool, recreational and competitive teams. She graduated from UC Davis with a Bachelor's degree in Child Psychology. She moved to Houston in 2012 and is married with three beautiful children. She said it just doesn't feel right, to not be coaching. We are very excited to have Kristen as Cadets Coordinator and Pre-Team Head coach at K2.

**Julia Larson:** has been a part of the K2 family since the doors opened in 2005. She was born with hip problems that doctors said would prevent her from even walking, yet she ended up a competitive gymnast for Team K2 through Level 6. Julia says Gymnastics is her life. When she had to say goodbye to competitive gymnastics she decided that she would try coaching. She said she wanted to follow in the footsteps of her former coach, Sarah Wallace. Julia has done just that. She is an integral piece to the Team K2 family and we are very lucky to have her on board.

**Reagan Roessler:** was a competitive gymnast for Team K2 2010-2016. During her competitive carrer she won several titles including 2016 Level State Beam Champion. Reagan is currently a Junior at TMHS and is in the teaching program and is working towards a teaching degree. She started as a Junior coach and is now helping with both pre-team and Level 3.

**Ashley Dickie:** Ashley has been coaching for two years and has started coaching the Rising Stars this year. We are excited to see what the future hold for this coach.

## **K2 Academy's Team Programs**

### **Level 2: (6hrs) \$189mo**

Level 2's are the first competitive USAG team members at K2 Academy. This group of gymnasts will be in the gym 6 hours per week. The focus for this group is routine and skill development, strength, flexibility, endurance and skill perfection.

### **Level 3: (8hrs) \$236mo**

The USAG Level 3 program consists mostly of gymnasts that have competed USAG Level 2, although there are a few exceptions. This group of gymnasts will be in the gym 8.5 hours per week. The focus for this group is routine and skill development, strength, flexibility, endurance and skill perfection. The fundamental skills should come very easy to these girls, as they progress into more difficult skills.

### **Level 4: (12hrs) \$262mo / Level 5: (14.5hrs-16hrs) \$330mo**

These gymnasts compete in USAG Level 4 and 5. These gymnasts will be in the gym 12-14.5 hours per week. The focus for this group is routine and skill development, strength, flexibility, endurance and skill perfection. The fundamental skills should come very easy to these girls, as they progress into more difficult skills and begin to train optional skills.

### **Level 6/7: (16hrs) \$330mo**

These gymnasts compete in the USAG Level 6 optional program. These athletes are the highest level gymnasts at K2 Academy. They spend 16 hours in the gym per week. The focus for this group is routine and skill development, strength, flexibility, endurance and skill perfection.

## **TUITION**

K2 Academy's team tuition is calculated on a yearly basis, which we allow our team members to pay as a monthly fee. For this reason tuition is not prorated for months in which a class is cancelled for a holiday; similarly they are not increased in the months in which more practices fall or additional practices are scheduled.

Make up workouts will not be scheduled when the workout falls on a national holiday. Make up workouts will be scheduled for all other workout cancellations including: competitions, coaches vacation or other gym events.

# What is USAG?

USA Gymnastics is the sport of gymnastics' governing body in the USA. USAG sanctions meets for athletes Level 1-Elite. At K2 Academy we begin competing our Level 2 and above athletes in USAG. The meets are in a achievement (A) format and run August - Dec.

In levels 2, 3, 4A & 5A your child will receive colored ribbons based on their performance, but will not be placed against each other. Each child will receive a colored ribbon for each of the four events as well as a participation medal. In 3, 4 & 5 Placement (P) gymnasts will be placed against one another and the highest scores will receive the top awards.

USAG has designed specific routines for each of the 5 levels of compulsory gymnastics. Unlike K2 Cadets, your gymnast will not be moved up during her season. The same routines will be performed at every meet by every gymnast participating in that level.

USAG requires certified judges at every meet. These judges are trained and educated in all of the USAG levels and will judge your gymnast according to the USAG Code Of Points. The judges will give your gymnast a number score which will determine the color of ribbon she will receive. See below:

9.0 + = BLUE      8.0-8.9=RED      7.0-7.9=WHITE      6.0-1.0=YELLOW

## USA Gymnastics (USAG) **Outline of competitive gymnastics**

**USAG Level 1A-5A:** These are compulsory achievement levels that require all gymnasts to perform the same routines. Awards are given based on score rather than placement.

**USAG Level 3P-5P:** These are compulsory placement levels that require all gymnasts to perform the same routines. Gymnasts are ranked in the order that they finish on each event and/or in the all-around (the total of all four events). First, second and third place, etc., awards are given out, with the number of places receiving awards determined by the number of gymnasts entered in a given age group.

**USAG Level 6-10:** These are optional levels in which gymnasts perform their own routines based on difficulty, execution and composition. Each level requires a new set of difficulty determined by the "Code of Points".

**Elite:** These are the gymnasts you see in the Olympics. They are the best of the best and perform routines with the highest level of difficulty.

## Breakdown of USAG

Level 1-3 (City)  
Level 4-6 (City and State)  
Level 7 (City, State, Regional)  
Level 8-10 (City, State, Regional, National)  
Elite (National and International)

# CURRICULUM

Our competitive program is a year round experience. At these levels the year is usually broken down into four areas of training:

	<i><b>Skill Development</b></i>	<i><b>Evaluations</b></i>	<i><b>Move Up's</b></i>	<i><b>Routine Development</b></i>	<i><b>USAG Competitions</b></i>
Level 2	Nov - May	Dec / March / May	Jan/ March / May	May - July	Aug - Dec
Level 3	Nov - May	Dec / March / May	Jan/ March / May	May - July	Aug - Dec
Level 4	Nov - May	Dec / March / May	Jan/ March / May	May - July	Aug - Dec
Level 5	Nov - May	Dec / March / May	Jan/ March / May	May - July	Aug - Dec
Level 6/7	March- Sept			Sept - Dec	Jan - April

The breakdown listed above is set up mainly for easier explanation to the parents, as within each area there are some overlap, change and inconsistency.

During the **SKILL DEVELOPMENT** phase, the major emphasis is on learning new skills on each event. The required skills will be taught in order for the gymnast to compete in her appropriate level.

Our **EVALUATION** periods are set up to make certain gymnasts are placed in the correct level and are improving their skill level. It will also help keep parents aware of their gymnasts progress in the program.

The **ROUTINE DEVELOPMENT** phase is a time where routines will come together on each event. There will be much repetition and critiquing during this time.

During the **USAG COMPETITION SEASON** the hard work pays off for our Level 2-7 programs. We will continue to perfect routines and make small changes according to judge's critiques. After the competition season, gymnasts are evaluated and placed into groups for training towards the next season.

\*Throughout the year SKILL CLINICS will be offered for your gymnast to work on specific skills in a semi private environment.

## ATTIRE

Gymnasts are expected to wear the following:

- Leotard (Long sleeves, ¾ sleeves or sleeveless)
- Leggings are permitted
- Biker Shorts are permitted
- Hair must be pulled up off shoulders
- No earrings or jewelry of any kind is allowed
- No tank tops, long shorts or loose fitting clothes

# **PROGRAM GOALS & REQUIREMENTS**

## **GOALS**

The main goal of the team program is to create an atmosphere of positive psychology and to prepare each gymnast for competition physically, mentally and emotionally through consistent training and evaluation.

## **REQUIREMENTS**

K2 Academy's team program follows the USA Gymnastics competitive curriculum. In order to remain a member of the team program, gymnasts must "pass" a series of general requirements as listed below:

- **EXCELLENT ATTENDANCE** In order for a gymnast to compete she must be present for 90% of the workouts. Taken into consideration illness, academics and maintaining family responsibilities as needed.
- **PROPER USE OF TIME WHILE ATHLETE IS AT PRACTICE** This means practice is not used purely for socializing.
- **POTENTIAL** to move up in the USAG program.
- **PSYCHOLOGICAL AND EMOTIONAL STRENGTH TO ACCEPT INSTRUCTION** and makes changes.
- **ABOVE AVERAGE STRENGTH AND FLEXIBILITY** within the Team K2 gymnastics program.
- Ability of the parent to allow their athlete to win & fail, to struggle and to triumph, to travel, to practice, to learn and to interact with other teammates.

# **SCHEDULING AND ATTENDANCE** **REQUIREMENTS**

## **WINTER/SPRING SCHEDULE 2018:**

### **Level 2A: 7hrs**

Tues 4:30-6:15

Wed 6:15-8:00

Fri 4:30-7:30

### **Level 3: 9hrs**

Mon 4:30-7:30

Wed 4:30-7:30

Fri 4:30-7:30

### **Level 4: 12hrs**

Tues 4:30-8:30

Thur 4:30-8:30

Fri 4:30-8:30

### **Level 5+: 16hrs**

Mon 3:30-8:00

Thur 3:30-8:00

Fri 3:30-6:00

Sun 12:00-4:30

### **Level 2B: 7hrs**

Tues 4:30-6:15

Wed 6:15-8:00

Fri 4:30-7:30

## **SUMMER SCHEDULE 2018: (TBD)**

## **GYM CLOSURES:**

Team will not hold practice on major holidays such as July 4<sup>th</sup>, Memorial Day, Labor Day, Thanksgiving, Christmas Eve and Christmas Day. We will, however, be open for Spring Break and federal holidays like Martin Luther King Day, Columbus Day, etc.

Note: Team does not follow K2 Academy's recreational gymnastics schedule. Example; K2 Academy does not hold recreational classes the week before summer, the week before fall and they take two weeks off at Christmas, we will keep you updated on the modified team workout schedule.

## **ATTENDANCE:**

Attendance is very important to the sport of gymnastics. It is a very technical sport and requires CONSISTENT REPETITIONS of positions, movements and exercises. It is impossible to progress in this sport if your gymnast is inconsistent with her attendance.

We will be putting lots of time into planning each workout according to those days your gymnast will be attending. Some of these workouts will be tailored to fit her specific needs. We would like the gymnast or parent notifies us when a practice is going to be missed. By doing so we may avoid situations where we set up specific stations for a gymnast who does not show up to practice. There will be NO MAKE UP'S for team.

**COMPETITION WEEK WORKOUTS:** If a gymnast **MUST** miss a scheduled workout, during the week **prior to a competition**, she **SHOULD** make arrangements to come in on a non-scheduled workout day (as long as it has been cleared by the coaching staff) or schedule a private lesson.

**QUALITY VS QUANTITY:** Because we do not work out the same amount of hours as most competitive gyms, we have to work twice as hard during workouts. It is extremely important for the girls to make good use of their time while at workout. **If the gymnast is not making good use of her time in the gym she will be given a warning.** If a second warning is needed, she will be asked to leave the gym until she is ready to work. After the third warning she will be sent home.

## **EXPENSES AND EQUIPMENT**

The following represents most of the costs for your competitive gymnast.  
We encourage gymnasts to participate in fundraising for these expenses.

	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
<b>Annual Team Dues</b>	\$50 Due by 1.31 each year	\$50 Due by 1.31 each year	\$50 Due by 1.31 each year	\$50 Due by 1.31 each year	\$50 Due by 1.31 each year	\$50 Due by 1.31 each year
<b>Team Leotard (Side Line Bling)</b>	\$125 April of each year	\$125 April of each year	\$225.00+ April of each year	\$225.00+ April of each year	\$225.00+ April of each year	\$225.00+ October of each year
<b>Warm Up's (Side Line Bling)</b>	\$150+ April of each year	\$150+ April of each year	\$150+ April of each year	\$150+ April of each year	\$150+ April of each year	\$150+ October of each year
<b>Accessory Pack: Gym Bag, Theme Shirt &amp; Hair Bow (Side Line Bling)</b>	\$55+ April of each year	\$55+ April of each year	\$55+ April of each year	\$55+ April of each year	\$55+ April of each year	\$55+ October of each year
<b>USAG Membership Fee</b>	\$65 May of each year	\$65 May of each year	\$65 May of each year	\$65 May of each year	\$65 May of each year	\$65 September of each year
<b>Meet Fee's/ Coaches Fee's</b>	\$985 <i>(see page 11)</i>	\$1036 <i>(see page 12)</i>	\$1364 <i>(see page 13)</i>	\$TBD <i>(see page 14)</i>	\$TBD <i>(see page 15)</i>	\$TBD <i>(see page 15)</i>
<b>Equipment:</b>	\$30 (approx.)	\$48 (approx.)	\$48 (approx.)	\$48 (approx.)	\$48 (approx.)	\$48 (approx.)

1. **ANNUAL TEAM DUES:** This will pay for coaches' continuing education, safety certifications, and their USAG Professional Membership Fee's.
2. **LEOTARD:** We require a new competitive leotard for each gymnast each competitive season. This is to be ordered through Side Line Bling.
3. **WARM UP'S:** Gymnasts are required to have a set of Team warm-ups. The warm-up will be used for several seasons. This is to be ordered through Side Line Bling.
4. **ACCESSORY PACK:** Gym Bag to help to keep your gymnasts belongings together at the gym as well as at meets. Bags should contain hair care equipment, water bottle, healthy snack and a roll of athletic tape. The same bag will be used for several seasons. Theme Shirt and Hair Bows. This is to be ordered through Side Line Bling.
5. **USAG REGISTRATION:** All gymnasts that compete in USAG sanctioned meets must be a registered athlete.
6. **MEET FEE'S:** An entry fee for each competition.
7. **COACHES FEE'S:** This fee will pay for the coach's time at the meets. This includes a per diem, mileage and session fee. Two coach's will be sent to sessions with 5 or more gymnasts
8. **EQUIPMENT:** Jump Rope (\$10), 1 lb Ankle Weights (\$10), Athletic Tape (\$3), Hair Care Equipment (\$5), Hand weights (\$20)(level 4's and 5's o

# LEVEL 2 MEET FEE'S

**IN ORDER FOR ANY GYMNAST TO COMPETE, YOUR ACCOUNT WITH K2 ACADEMY MUST BE CURRENT**

	<b>MEET FEE INSTALLMENT: LEVEL 2</b>		
	MONTH	BALANCE DUE	
	February	\$123	
	March	\$123	
	May	\$123	
	June	\$123	
	July	\$123	
	August	\$123	
	September	\$123	
	October	\$123	
TOTAL		<b>\$984.00</b>	
<b>2018 COMPETITION SCHEDULE (included in installments and REQUIRED)</b>			
COACHES FEE'S (session, mileage, per diem, hotel, etc.) are all included in the installments.			
AUGUST	DQ 1	LOCATION TBD	
SEPTEMBER	DQ 2	LOCATION TBD	
SEPTEMBER	DQ 3	LOCATION TBD	
SEPTEMBER	DQ 4	LOCATION TBD	
OCTOBER	Judges Cup	LOCATION TBD	
OCTOBER	DISTRICT CHAMPIONSHIPS	LOCATION TBD	
<b>2018 INVITATIONALS (not included in installments and NOT REQUIRED)</b>			
OCTOBER	TRICKS & TREATS	LOUISIANA	\$90* <sub>entry</sub>
DECEMBER	TEXAS CLASSIC	GALVESTON	\$105* <sub>entry</sub>
*Price subject to change			

-USAG requires that meet fee's and entry forms be collected weeks ahead of time. The gym will begin paying out these fees in July. We should have a meet schedule by late June.

-We will assume that your gymnast will be competing in every REQUIRED meet. If your gymnast must miss a required competition, you MUST let her coach know as soon as possible. *If it is prior to the entry due date, a refund is possible. If we are notified after the entry has been sent in, no refund will be available.*

-Your Level 2 will not be entered into the competitions that are NOT REQUIRED, unless requested. An email/text will be sent out for the option to enter those meets.

-If an athlete exits the program, refunds will be given according to the following timeline:

March-July: 60% of fees paid  
 Aug-Nov: No refund given

# LEVEL 3 MEET FEE'S

**IN ORDER FOR ANY GYMNAST TO COMPETE, YOUR ACCOUNT WITH K2 ACADEMY MUST BE CURRENT**



MEET FEE INSTALLMENT: LEVEL 3	
MONTH	BALANCE DUE
February	\$130
March	\$130
May	\$130
June	\$130
July	\$130
August	\$130
September	\$130
October	\$130
<b>TOTAL</b>	<b>\$1040.00</b>

  

2018 COMPETITION SCHEDULE (included in installments and REQUIRED)		
COACHES FEE'S (session, mileage, per diem, hotel, etc.) are all included in the installments.		
AUGUST	DQ 1	LOCATION TBD
SEPTEMBER	DQ 2	LOCATION TBD
SEPTEMBER	DQ 3	LOCATION TBD
SEPTEMBER	DQ 4	LOCATION TBD
OCTOBER	JUDGES CUP	LOCATION TBD
OCTOBER	DISTRICT CHAMPIONSHIPS	LOCATION TBD
DECEMBER	TEXAS CLASSIC	GALVESTON

  

2018 INVITATIONALS / CHAMPIONSHIPS (not included in installments and NOT REQUIRED)			
OCTOBER	TRICKS & TREATS	LOUISIANA	\$90*entry
NOVEMBER	SOUTH STATE (must qualify)	LOCATION TBD	\$95*entry

\*Price subject to change

-USAG requires that meet fee's and entry forms be collected weeks ahead of time. The gym will begin paying out these fees in July. We should have a meet schedule by late June.

-We will assume that your gymnast will be competing in every scheduled meet...if your gymnast must miss a scheduled competition, you MUST let her coach know as soon as possible. *If it is prior to the entry due date, a refund is possible. If we are notified after the entry has been sent in, **no refund** will be available.*

-Your Level 3 will not be entered into the competitions that are NOT REQUIRED, unless requested. An email/text will be sent out for the option to enter those meets.

-If an athlete exits the program, refunds will be given according to the following timeline:

March-July: 60% of fees paid  
 Aug-Nov: No refund given

# LEVEL 4 MEET FEE'S

**IN ORDER FOR ANY GYMNAST TO COMPETE, YOUR ACCOUNT WITH K2 ACADEMY MUST BE CURRENT**

	<b>MEET FEE INSTALLMENT: LEVEL 4</b>		
	MONTH	BALANCE DUE	
	February	\$171	
	March	\$171	
	May	\$171	
	June	\$171	
	July	\$171	
	August	\$171	
	September	\$171	
	October	\$171	
		<b>\$1368.00</b>	
<b>2018 COMPETITION SCHEDULE (included in installments and REQUIRED)</b>			
<small>COACHES FEE'S (session, mileage, per diem, hotel, etc.) are all included in the installments.</small>			
AUGUST	DQ 1	LOCATION TBD	
SEPTEMBER	DQ 2	LOCATION TBD	
SEPTEMBER	DQ 3	LOCATION TBD	
SEPTEMBER	DQ 4	LOCATION TBD	
OCTOBER	JUDGES CUP	LOCATION TBD	
OCTOBER	TRICK & TREATS	New Orleans, Louisiana	
OCTOBER	DISTRICT CHAMPIONSHIPS	LOCATION TBD	
DECEMBER	TEXAS CLASSIC	Galveston, Tx	
<b>2018 SOUTH STATE/STATE (Must qualify, not included in installments)</b>			
NOVEMBER	SOUTH STATE	LOCATION TBD	\$90*entry
NOVEMBER	STATE	LOCATION TBD	\$90*entry
<small>*Price subject to change</small>			

-USAG requires that meet fee's and entry forms be collected weeks ahead of time. The gym will begin paying out these fees in July. We should have a meet schedule by late June.

-We will assume that your gymnast will be competing in every scheduled meet...if your gymnast must miss a scheduled competition, you **MUST** let her coach know as soon as possible. *If it is prior to the entry due date, a refund is possible. If we are notified after the entry has been sent in, **no refund** will be available.*

-If an athlete exits the program, refunds will be given according to the following timeline:

March-July: 60% of fees paid  
 Aug-Nov: No refund given

**LEVEL 5 MEET FEE'S**  
**IN ORDER FOR ANY GYMNAST TO COMPETE, YOUR  
ACCOUNT WITH K2 ACADEMY MUST BE CURRENT**

***TBD***

-USAG requires that meet fee's and entry forms be collected weeks ahead of time. The gym will begin paying out these fees in July. We should have a meet schedule by late June.

-We will assume that your gymnast will be competing in every scheduled meet...if your gymnast must miss a scheduled competition, you **MUST** let her coach know as soon as possible. *If it is prior to the entry due date, a refund is possible. If we are notified after the entry has been sent in, **no refund** will be available.*

-If an athlete exits the program, refunds will be given according to the following timeline:

March-July: 60% of fees paid

Aug-Nov: No refund given

**LEVEL 6/7 MEET FEE'S**  
**IN ORDER FOR ANY GYMNAST TO COMPETE, YOUR  
ACCOUNT WITH K2 ACADEMY MUST BE CURRENT**

***TBD***

-USAG requires that meet fee's and entry forms be collected weeks ahead of time. The gym will begin paying out these fees in July. We should have a meet schedule by late June.

-We will assume that your gymnast will be competing in every scheduled meet...if your gymnast must miss a scheduled competition, you **MUST** let her coach know as soon as possible. *If it is prior to the entry due date, a refund is possible. If we are notified after the entry has been sent in, **no refund** will be available.*

-If an athlete exits the program, refunds will be given according to the following timeline:

Nov-Feb: 60% of fees paid

Feb-May: No refund given

# **COMPETITIVE FEE BREAKDOWN**

## **Coaches Fee's**

- Session Fee: \$140/ per session
- Mileage (.43): \$30 (estimate)
- Per Diem: \$10 breakfast/per coach  
\$15 Lunch/Dinner (per coach)  
\$40 per day if out of town
  
- Team Award: \$35 If there are more than 3 placement gymnasts they will be entered into a team competition.

## **Yearly Team Dues: \$50 per gymnast**

- Continuing Education
  - GAT conference in Austin
  - National Congress
- Safety Certification
  - Required by USAG
- Background Check
  - Required by USAG
- Professional Membership
  - Required by USAG

# **FUNDRAISERS**

## **Spring 2018 Fundraisers:**

- January: Gym Stars Meet
  - A percentage will go to Team K2 and will be applied to new equipment, team banners, etc.
  - Remaining balance will go to student accounts.
  
- February: Cartwheel A Thon
  - 100% of profits will go to student accounts for Team K2 expenses.
  
- March: Gym Stars Meet
  - A percentage will go to Team K2 and will be applied to new equipment, team banners, etc.
  - Remaining balance will go to student accounts.
  
- September: Candle
  - Money raised in this fundraiser will go directly to your K2 account and can be applied towards meet fees, tuition, etc.
  
- October/November: USAG Competition
  - A percentage will go towards Team K2 and will be applied to new equipment, team banners, etc.
  - Parents will be compensated for time worked according to TWC law.
  
- November: Parents Night Out/ Sleepover (Nightmare Before Christmas)
  - \$ will go towards Team K2 and will be applied to new equipment, team banners, etc.

# **TEAM PARENTS**

Behind the scenes of a competitive team...

## **Parent Communication:**

### **Meetings:**

- March: Report Card and Parent Conferences with gymnasts coach
- August: Team K2 Director/Parent Meeting for each level regarding competition season
- October: Report Card and Parent Conferences with gymnasts coach
- November: Report Cards and first move up's announced
- January/February: Team K2 Owner/Parent Meeting for each level regarding new year

### **Emails/Info board/Web Site:**

- The best way for the Team K2 Director to communicate is through emails and texts. Please be sure that she has your most current email/phone number on file.
- The Parent Info Wall is located near the restrooms at K2 Academy. On it you will find; Meet schedules, workout schedules, current events, score cards, etc.
- The website has a page dedicated to Team K2. You may visit it for items such as; Meet schedules, workout schedules, current events, meet maps, meet results, etc.

## **Volunteer Team Mom's or Dad's:**

### **Team Mom: Level Specific**

Responsibilities:

#### 1. Welcoming Committee:

Welcoming NEW Team members is a MUST! You will also be responsible for introducing yourself, emailing a new team member and putting together a welcome pack.

#### 2. Travel Agent:

You will be responsible for booking hotel for coaches and sending email to team about hotel location and pricing.

#### 3. Socials:

Every great team must bond! One of the best ways for the girls to do this is to do things outside of the gym. You will be responsible for designating a location for the meet "after party". This gives everyone a chance to socialize after the meets.

As a Team Parent you will be responsible for planning at least one level specific "outing". It could be a sleepover, a night of bowling or maybe a movie. There will be a team party at the end of the competitive season as well as a holiday party. The team parents will not be responsible for the planning of these events.

### **Fundraiser Mom:**

Responsibilities: As the Fundraiser team parent you will be helping with the fundraisers. Brainstorming ideas to help raise money for Team K2 and its athletes. Distributing the information and helping to sort once the items have been received.

# PARENT SUPPORT

## K2 ACADEMY TEAM PROGRAM

Parents' support, understanding and encouragement are needed within the realm of competitive gymnastics. Be careful not to confuse the term "parent support" with that of "parent coaching". It can be VERY easy to become over involved in your daughter's success and failures. Over involvement only puts added pressure on a young athlete.

What you as a parent are welcome to do is involve yourself with the team and its goals. That is, to help with fundraising, meet schedules, phone trees, team functions and overall team spirit. To conclude, let the coaches do the coaching and the parents do the encouraging.

As a parent you have a right to know how your child is developing, how your hard-earned money is being spent and what your child is getting out of the sport. Unfortunately in our society it seems that only the negative gets recognition... that is if "Julie" misbehaves, we call and tell her mom. Society seldom takes the time to call and say how well "Julie" is doing. Most of the time parents only get the chance to see how their daughter is doing when it is in a meet situation, which is the most stressful time for gymnasts. This often gives the parents a very unrealistic view in their child's improvement. We invite you to come occasionally and watch practice (once in a while), ask questions, travel with the team and show your daughter you care about her interests. This alone will make our job easier.

Gymnastics for children is a very difficult sport. It requires more strength, conditioning and flexibility than do most sports and a lot longer to master. It is also a sport where success appears to come slowly. What seems a relatively simple skill may take months to be able to do. It takes a special type of person to be a gymnast. The discipline, patience and maturity that these children learn will last a lifetime and will help to mold them into a responsible adult and natural born leader. Because of the difficulty of the sport, several times during your daughter's "career," she may come to you upset at failing to reach a goal or win an award at a meet. Try to help her understand that it is an individual sport and if she feels that she has improved that is what is important. Letting the coaches know there is a problem is important too, as sometimes we miss a small problem that can turn into a big one.

As we teach the kids, **communication** plays a vital part in the success of your child in this sport. By reading this booklet you know that you will be investing a lot of time, energy and money in your child in the next year. One of the best ways that we as coaches can communicate with you parents is through e-mail. PLEASE make sure that we have your correct e-mail address and update the front desk when any changes are made.



# K2 Academy: Team K2

## Team K2 Participation and Parent Handbook Acknowledgement Form

I, \_\_\_\_\_, have read the Team K2 Parent Handbook in its entirety. I understand and agree to follow the rules and policies that have been presented.

*Please initial the following statements:*

\_\_\_\_\_ I understand the schedule for practices for my child and that getting them to practice in a timely manner is very important.

\_\_\_\_\_ I understand that my child should wear a leotard and hair pulled up to practice each day.

\_\_\_\_\_ I understand that if my child becomes ill at practice that she must be picked up in a timely manner.

\_\_\_\_\_ I understand that I will be notified of an injury to my child with an incident report as well as a phone call if the injury is not resolved by simple first aid procedures or one application of an ice pack.

\_\_\_\_\_ I understand that if my child is placed in time out three times in a single day of practice and continues to misbehave, my child may be sent home for the day.

\_\_\_\_\_ I understand that if my gymnast **MUST** miss a scheduled workout, during the week prior to a competition, she **SHOULD** make arrangements to come in on a non-scheduled workout day (as long as it has been cleared by the coaching staff) or schedule a private lesson.

\_\_\_\_\_ I understand that my account must be current for my child attending a competition.

\_\_\_\_\_ I understand that once the meet entry has left K2 Academy, I am unable to receive a refund for that competition fee (as stated on the Meet Fee's Page)

\_\_\_\_\_ I understand that it will be my responsibility to get the proper competition apparel ordered through Side Line Bling.

\_\_\_\_\_ I grant K2 Academy permission to use photos of my child in future K2 Academy publications and/or advertising such as brochures, flyers, Facebook and the K2 website.

In the event of an accident or emergency I hereby authorize my child or children to be transported to a nearby hospital, as specified in my child's enrollment forms, for medical treatment and I hold K2 Academy and its representatives harmless in the execution of such. Additionally, I hereby agree to individually provide for all medical expenses which may be incurred by myself or my child(ren) as a result of any injury sustained while participating at or for K2 Academy of Kids Sports. I have read and understand this **ASSUMPTION OF RISK , WAIVER OF LIABILITY, SAFETY GUIDELINES AND POLICIES ACKNOWLEDGEMENT, PHOTO RELEASE, and MEDICAL AUTHORIZATION** and I **VOLUNTARILY** affix my name in agreement.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Printed Name: \_\_\_\_\_

Child(ren) Attending: \_\_\_\_\_