

Universal Sports and Academics

UNIQUE GYMNASTICS TEAM CONTRACT

SUBJECT TO CHANGE DUE TO COVID-19 CONDITIONS

2020-2021 Season

Joseph A. Taglisferi



TEAM CONTRACT

Dear Parents and Gymnasts,

First, I would like to welcome all new gymnasts to our Unique Gymnastics team program and welcome back all veteran gymnasts. This Team Contract is a tool that Universal Sports and Academics, Inc. (d/b/a "Unique Sports Academy") has created to establish agreement between the parents and the gym. We also want to thank you for your patronage and for the commitment you are making to our program.

The facility is owned by my partner, Lisa Shaw and I. We will continue to offer the same great level of service to our gym family that we always have. My professional relationship with Lisa goes back over 15 years working together. Along the way we have found the perfect formulation for making a successful facility of our own, that we call home.

In addition, we have a staff of successful industry certified professionals who have been by our side; some over 15 years. As Gymnastics Director and co-owner, I have over 20 years of experience as a gym owner, coach and mentor.

Please read the following contract and sign the last page verifying that you have completed the following:

1. Read the contract and understand the contents.
2. Understand that this is a season commitment from June 2020 through May 2021.

It is important that this contract be followed as budgets, schedules and team competitions rely on all participants remaining in good standing.

The entire staff at Unique Sports Academy is incredibly honored that you would entrust your children to our program and allow us to shape them into remarkable athletes, capable of achieving what they never thought was possible.

Joseph A. Taglisferi, Director

GYMNASTICS CONTRACT

TEAM PHILOSOPHY

The two fundamental philosophies of the competitive program are “quality of performance” and “pursuit of excellence.” During workouts and competitions both themes are stressed and reinforced. These two philosophies help gymnasts develop the mental, emotional, and physical strength needed for the high standards of performance expected of them for competition.

TEAM TEACHING PHILOSOPHY

The coaching staff understands that gymnastics is an individual sport and each gymnast will be treated as an individual. The coach will give the gymnast appropriate guidance, not only to help the gymnast to succeed in this sport, but also in life. Self-confidence, positive self-image and critical thinking will be taught to improve the quality of performance. We will respect the balance between working out and taking care of our bodies and each gymnast is encouraged to strive for quality and excellence at her own pace. In this way, we hope the gymnasts will retain the love for the sport that originally motivated them to become gymnasts.

BENEFITS OF THE TEAM PROGRAM

- Strength
- Flexibility
- Coordination
- Cardiovascular Fitness
- Weight Control
- Time Management
- Kinesthetic Awareness
- Setting and Achieving Goals
- Managing and Controlling Stress
- Developing Physical, Mental, and Emotional Control
- Foundation for excellence in one’s confidence, leadership skills, and persistence to achieve

DESCRIPTION OF TEAMS AND COMPETITIVE GYMNASTICS

Women’s gymnastics is comprised of four different events. Vault (V), Uneven Bars (UB), Balance Beam (BB) and Floor Exercise (FX). The sum of all the event scores makes the All-Around (AA) competition. Gymnastics is a developmental sport meaning that a beginner will learn basic positions, shapes and skills and progressively learn more difficult and complex skills.

Competition teams follow the Junior Olympic Program set by USA Gymnastics (USAG). USAG is the governing body that oversees all gymnastics competitions in the United States. Competitors must become members with USAG before being allowed to compete in a USAG sanctioned meet.

Pre-Team

Gymnasts on Pre-Team (do not compete) will work on developing strong fundamentals of gymnastics. These fundamentals consist of body movement and positions, strength and flexibility. In the late stages of pre-team the gymnasts will be combining their knowledge of the fundamentals into a routine on each event.

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Xcel

The Xcel Program is alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

USAG Level 3 – 5 Compulsory Teams

The compulsory routines start at Level 3 and go to Level 5. All the gymnasts perform the same routines, and as they move up through the levels the routines get progressively harder and more complex.

USAG Level 6 – 10 Optional Teams

Levels 6 to level 10 are the optional levels. Routines are composed and choreographed individually for each gymnast with the guidance of the coach. Each event has certain criteria that the gymnast must meet to maximize their potential score. Again, each level has progressively harder criteria.

ADVANCING TO HIGHER LEVELS

The gymnast must be physically and mentally ready to advance to the next level. All advancement decisions are at the discretion of the Director. Before a gymnast may advance to the next level, all financial obligations to Universal Sports and Academics must be current.

TEAM COMMITMENT

Team is a **one-year commitment spanning from June 1, 2020 through May 31, 2021, inclusively**. Each Team and Pre-Team member is expected to attend practice year round in order to remain on Team (for new members on any team, there is a 7 day trial period). Re-evaluations will be required for any gymnast missing 30 or more days of practice. On the last page of this contract there is a waiver and statement of understanding. All Team members must have a current form on file each year.

GYMNASTS' RESPONSIBILITIES

- To attend scheduled practices.
- To call the coach/gym if you cannot make a practice.
- To **BE ON TIME** to all practices, and stay for the duration of practice.
- To wear appropriate practice clothing.
- To take shoes off when entering the practice area.
- To be attentive, polite, and cooperative to the coaching staff.
- To complete all training assignments before leaving the gym.
- To assist, cooperate and respect fellow teammates.
- To participate in exhibitions, demonstration, and clinics as determined by their coach
- To assist in cleaning/upkeep of gym.
- To be safety conscious for themselves and fellow teammates.
- To be responsible for their personal workout gear, preferably locked in a locker or in a gym bag to be taken home after each practice, i.e.: grips, wristbands, tape, etc.
- No FOOD or DRINK other than water can be consumed at locker area or left in lockers overnight.
- No electronics in the gym, if your child must bring one it needs to be reported to coaching staff.

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BEHAVIOR AND PRACTICE RULES

Improper types of behavior by the gymnast during practice or competition will result in loss of practice time or other disciplinary actions. Examples of such behavior:

- Disrespectful to a coach or fellow gymnasts
- Breaking gym rules
- Cheating
- Unwillingness to complete assignments

COMPETITIVE TEAM POLICY

- If a gymnast misses two scheduled practices the week (7 days) prior to a meet, or if the gymnast misses the last practice before a meet without prior approval, **the gymnast will not be allowed to compete in that meet.**
- Gymnasts competition rotation (whether individual events or AA) will be determined on a case by case basis at the discretion of the coach. This includes physical and mental readiness, as well as attendance.
- During a competition, the gymnast is not to communicate with anyone, except the coach and teammates, this includes interaction with parents.
- During a competition, the gymnast must stay with the team at all times unless dismissed by the coach.
- The coach can remove a gymnast from competition for any reason that may inhibit their or others' ability to perform safely and/or hinder their chances for progressing to the next level of competition.
- The head coach must approve any further instruction such as private lessons or extra practice time.
- Private lessons are to be done by current level coaches unless directed by gymnasts current coach.
- Competitive athletes are not allowed to attend open gym.
- **Any type of gymnastics instruction outside of Unique Sports Academy is strictly prohibited.**

COMPETITIVE TEAM PRESENTATION

HAIR

- Hair style is part of the competition and practice uniform. Hair that is shorter than shoulder length is to be pulled neatly away from the face. Hair that is longer than shoulder length is to be in a ponytail or bun so it does not interfere with the gymnast during her routine. The coach may specify a set hairstyle for uniformity among the team. Talk to your child's coach to decide which hairstyle is appropriate for your child.
- Hair must be neat with no fly-aways (use gel or hairspray to keep fly-aways back).
- If you need help or suggestions, talk to your child's coach.
- Competitive scrunchie is required.
- No glitter or hair paint.

ACCESSORIES

- Makeup may be applied, but do not go overboard. Compulsory gymnasts are asked not to wear makeup.
- One pair of post earrings only. No other jewelry is allowed, including watches.

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ATTIRE

- Clean, plain, black or white tennis shoes and socks must be worn for competitions.
- Competitive leotard and warm-up suit must be worn to every competition.
- Gymnasts are required to bring all competitive equipment to a meet. If a gymnast does not have all of their equipment, they may not be allowed to compete.
- Gymnasts need to have the Unique Sports Academy gym bag to carry their equipment and attire to the competitions. USAG has very specific rules about decorating the bags with pins, ribbons, key-chains, etc. Please see your coach regarding any questions.
- Cell phones are not part of the gymnast's attire and should be left in the car or at home. If it is necessary for a gymnast to bring a cell phone, it **MUST BE TURNED OFF** and remain in the gymnast's bag for the duration of the meet.

FOOD AND BEVERAGES

- Gymnasts are encouraged to bring bottled water and healthy snacks. Please no sticky or messy foods (i.e. Doritos, cheese puffs, etc.).
- Gymnasts are not to chew gum at any time during the meet or awards ceremony.
- No food is to be eaten while your group is receiving awards.

NEATNESS AND ORGANIZATION

- All gymnasts must keep their personal workout gear in a gym bag or locker/cubbies.
- No water bottles are allowed in the gym-area, they must be kept by the lockers/cubbies.
- No food is allowed in the gym area.
- During practice, water breaks are allowed with Coach's permission. Gymnast must ask for coach's permission to go to the restroom or to get a drink.

THE TEAM UNIFORM

- All items considered part of the competitive team uniform must be brought to each competitive function.
- Lost items must be replaced as soon as possible.
- Items must be kept clean and used only for competition.
- The purchase of competitive team uniforms are organized by the Director. A new competitive leotard will be purchased every two years. Cost of warm-up suit and leotards is the responsibility of the parent.
- The team uniform design is determined by the Head Coach.
- **There will be no refunds for uniforms**

DISCIPLINARY ACTIONS MAY INCLUDE:

- Exercise activities
- Sitting out
- Removal from practice
- Parental conference
- Suspension from the Team, **without refund of fees and assessments.**
- Dismissal from the Team, **without refund of fees or assessments.**

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PARENT RESPONSIBILITIES

TUITION AND ASSESSMENT FEE GUIDELINES

Tuition – All Team and Pre-team parents are responsible to pay Universal Sports and Academics tuition on the **first day of each month**. If payment is not received by the 5th, a **\$35** late fee will be assessed. Any tuition payment not received on or before the 10th day of the month, will result in your child(ren) being excluded from team practice and not being allowed to participate in any Unique Gymnastics activity until all financial obligations are current. All tuition and fees are non-refundable.

For your convenience, the gym has implemented an auto-pay program. Should you elect to make the monthly payments with this method, you will receive a 5% discount on tuition. This will also prevent any late payment fees.

For a returned check there will be a **\$35** fee added to your account. Checks will no longer be accepted after a second returned check.

CANCELLATIONS - There are no make-ups for missed practice due to weather or other cancellations. Training schedules may fluctuate during the year. Decisions to cancel or add practices will be at the coach's discretion based on meet schedule, etc.

ASSESSMENT – Assessments cover meet entry fees, coaches' fees and coaches' travel expenses. See page 11 for payment options and fees. All assessments and fees are non-refundable.

FAMILY PARTICIPATION PROGRAM

The Family Participation Program is an additional responsibility to team families. The goal is simple, ***we need volunteers!*** This program will help maintain fees at a reasonable rate as well as provide parents the opportunity to join in with the team. We know that this will be a fun and easy way to participate in the program.

Every family is asked to become actively involved in the Unique Gymnastics program. During the course of the contract year, parents are expected to assist with hosted events, participate in team demos, and fundraisers.

HOSTED EVENTS

Unique Sports Academy will host at least one meet throughout the year. There is considerable work required to configure the gym in a fashion to meet safety requirements for the events and to present our gym in a favorable and professional manner. Therefore, each family is required to support ALL scheduled events in the following ways:

- **Event Configuration** – Support the setup and configuration of the gym to support the event. This normally takes place the night before the event with some additional duties required immediately prior to the event
- **Two Event Sessions** – This includes, but is not limited to, registration, concessions, judge support, admissions, counter, and administration.

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- **Gym Re-Assembly** – Support the reassembly of the gym to its normal configuration. This takes place immediately after awards of the last event.

At each hosted meet, you must participate in either Event Configuration OR Re-Assembly AND two event sessions or \$300 will be charged to your account. There will be a sign-up sheet for each event. Please sign-up early for your preferred supporting function.

FUNDRAISERS

Under IRS law, in order for Universal Sports and Academics to retain its 501(c)(3) non-profit, tax exempt status, Unique Gymnastics parents are not allowed to fundraise solely for their own athlete. It is important to remember that donations to Universal Sports and Academics or Unique Gymnastics cannot benefit individual athletes. This is why a member fundraises on behalf of Universal Sports and Academics and not for themselves or any particular gymnast. Participation in the club does not create a right to the distribution of fundraised earnings. Earnings will not inure to the benefit of any private individual. When an athlete or parent fundraises, the earnings belong to Universal Sports and Academics and are distributed to Unique Gymnastics members in accordance with the federal laws with respect to non-profit, charitable organizations (including Internal Revenue Code Section 501), and the NCAA.

- Optional Fundraisers

Optional fundraisers are available to Unique Gymnastics members who wish to participate but are not required to maintain status as a member.

- Sales Fundraisers (product sales)
- In general, 10% of profit goes to Universal Sports and Academics, 90% is split with the point system among the fundraising team.
- All fundraising distributions will be at the discretion of Universal Sports & Academics in order to maintain its exempt status.
- Fundraising funds are applied to meet assessments first, then tuition and other fees.

PRIVATE LESSONS

- Private lessons may be scheduled with your child's team coaches for an additional fee. Prices are set by the gym, not the coaches. All team members taking private lessons **must be current on all financial obligations**. Private lessons will only be held during normal operating hours. At all times the normally scheduled classes and events in the gym take priority over any private lessons. Private lessons are to be done by current level coaches unless directed by gymnasts current coach.

PARENT MEETINGS

It is strongly encouraged that the parents attend these meetings to ensure a clear understanding of gym events, processes, and news. If possible, these meetings will normally be held at multiple times for your convenience. Adequate notice will be provided through email. Please make sure we have a current email on record.

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PARENT VIEWING POLICY

Due to the increasing number of athletes in our team program, various camps and clinics, recreation program and cheer program, we are requesting closed practices for team gymnastics on the last training day of each week. Please note our training week begins on Saturday and ends on Friday. There are viewing areas in various parts of the gym that parents are welcome to use on open practice days. We appreciate your efforts to adhere to this policy.

PARENT ETIQUETTE

- Parents are to be respectful of all other gymnasts, parents, coaches, and staff.
- Parents will refrain from making negative comments about other gymnasts, parents, coaches, and staff.
- Parents will refrain from distracting or coaching from the sidelines (at the gym or competitions).

PRACTICE RULES FOR PARENTS

- Parents are not allowed into the practice area unless invited by a coach.
- Parents' behavior should never interfere with gym activities.
- Parents are expected to provide timely and safe transportation to and from all gym functions.
- Parents are expected to treat all other parents, gymnasts and coaches with respect.
- Parents and spectators shall not attempt to "coach" their gymnast during practice.

COMPETITIVE BEHAVIOR FOR PARENTS AND SPECTATORS

- Parents and spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
- Parents and spectators shall not disturb the order of the meet, its competitors and its officials. Individuals causing violations will be asked to leave the competition site and may be banned from future competitions.
- Parents and spectators shall not attempt to intimidate, embarrass, or improperly influence any individual responsible for judging or administering a competition.
- Parents and spectators shall not attempt to "coach" their gymnast during the competition.

COMMUNICATION

- If you would like to speak with the coach about a concern please call ahead of time to arrange a meeting with them before or after a practice. Talking to a coach during practice time is unfair to other gymnasts.
- Email is the most effective way to communicate between the coaches, management and gymnast families. Information like account invoices, meet schedules and other gym activities will be emailed. Please inform us immediately of any changes to your email address.

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SOCIAL MEDIA

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Parents and Athletes agree as follows:

- I will take responsibility for my/my child's online profile, including posts and any photos, videos or other recordings posted by others in which I/my child appear.
- I will not degrade opponents before, during or after competitions and or events.
- I will post only positive things about my/my child's teammates, coaches, opponents, and other athletes and/or coaches/staff in my gym facility.
- I will use social media to purposefully promote abilities, team, and community social values.
- I will consider "is this the me I want you to see?" before I post anything online.
- I will ignore any negative comments, not retaliate. I can go to my coach or support staff to seek support or help with any issue.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to my coach.
- I am aware that I represent my sport(s), gym, team, family and community at all times, and will do so in a positive manner

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PAYMENT POLICIES

1. Tuition is due on the 1st of the month.
2. If tuition is not paid, a late fee of \$35 will be applied on the 6th of the month.
3. If tuition is not paid by the 10th of the month, child cannot practice or compete until paid.
4. Statements and phone calls are a courtesy. Payment schedules are supplied at the beginning of the season and it is your responsibility to make your payments on time and in full.
5. If splitting tuition (1st & 15th), payment must start the previous month on the 15th. If a different payment date is set up, partial payment must start the previous month.
6. Assessments are due at the time chosen from payment plan options (the 15th of the month).
7. If assessment payment is not paid, a late fee will be applied on the 16th of the month.
8. If payment plan is approved but not adhered to, the entire balance will be due immediately.
9. If account is 60 days past due, it will be sent to our collection agency/attorney.
10. Auto-pay is run on the 1st of the month for tuition. Any other charges that you would like to have charged with auto-pay, must be submitted in writing.

In the event of non-payment of any account that is thirty (30) days or older, and the account is referred to an attorney for collection, the parent(s)/guardian(s) agree to pay twenty percent (20%) of said overdue balance as a contribution for attorney's fees, in addition to the overdue balance and court costs if suit is filed.

GYMNASTICS CONTRACT



UNIQUE SPORTS ACADEMY COMPETITIVE GYMNASTICS 2020-2021 CONTRACT ACKNOWLEDGEMENT

I have received and read the Universal Sports and Academics Unique Gymnastics Team Contract. I fully understand this document is a binding contract between the parties, the conditions and agreements are enforceable in the proper courts and all monetary terms are collectable when due. I acknowledge that I will adhere to all of Unique Sports Academy's rules and regulations as stated in the Unique Gymnastics Team Contract. I also fully understand that if any of the rules are violated by any of my family members, the result could lead to my child's immediate removal from the program.

PERMISSION STATEMENT & MODEL RELEASE My child has permission to participate at Unique Sports Academy. I confirm my child is in good health. I am also fully aware of and appreciate the risk of participating in any activity on the premises of Unique Sports Academy including personal damages and losses; accidental injuries, minor or serious, including head and neck injury; and loss of life. I hereby give my permission for Unique Sports Academy officials to call a doctor and/or paramedics for treatment in the event of an emergency. I further agree not to hold any Unique Sports Academy official or staff member responsible for any possible illness, accident or injury which may occur in training, class or on Unique Sports Academy premises.

I do hereby verify that I fully understand and accept the above statements and the guidelines set forth in this contract. Upon signing, I give my permission to Unique Sports Academy for photographs or videos to be taken for the purpose of, and use in, publications, promotions, and/or for other reasons that could expose a recognizable member of my family to the public.

Gymnast Name _____

Gymnast Signature _____

If under the age of 18 both parent signatures are required

Father/Guardian Name _____

Father/Guardian Signature _____

Mother/Guardian 2 Name _____

Mother/Guardian 2 Signature _____

Date _____