



General Information and Rules

U.S. Gold Gymnastics...

- is owned by an NCAA National Champion in Gymnastics, Ms. Kathy, who oversees all operations, coaching and curriculum with an extremely critical eye and pushes her staff and students to be the best they can be.
- is a USA Gymnastics Member Gym.
- has coaches who are safety certified through USA Gymnastics, have Red Cross CPR Certifications, attend Regional 8 (and/or National) Congress for USA Gymnastics, and are constantly trained in-house.
- is curriculum-based and follows the progressions provided by USA Gymnastics.
- is part of a 3-gym company, one of which is an elite training facility where our competitive gymnasts practice with state-of-the-art video playback technology and training equipment.
- has a legacy of team members winning State, Regional and National Champion titles and earning scholarships to several colleges for the sport of gymnastics.
- hosts two meets annually where proceeds are donated to local families in need (a Wounded Warrior in Winter and a family affected by the fight for cancer in Spring)
- has staff who cares not only about the gymnastics progress of your student, but their overall experience and takes the time to get to know them.
- places safety as our FIRST priority and will not force students through skills at an unsafe pace.
- teaches skills properly and with the correct technique to avoid the downfalls, injuries and plateaus that "shortcut" coaching can cause.
- is a CLEAN facility which is professionally cleaned and constantly disinfected.
- is a school that promotes progress and learning through structure and discipline, not just free play during class.

Basics

- Attire: Girls should wear leotards preferably and can wear gym shorts with the leotard if they choose. They can also wear tshirts or tank tops tucked into athletic shorts or pants. Girls should wear a sports bra when a bra is needed. Boys should wear tshirts tucked into athletic shorts or pants. No skirts, tutus, denim, or clothing with buttons or zippers. Nothing should be baggy or loose as it becomes a safety issue. No shoes will be worn, unless for a cheerleading class, in which case, clean cheerleading shoes should be worn (not generic running shoes).
- Hair must be securely tied back and must be away from the face, including short hair and bangs. Please use gel or clips if necessary.
- No jewelry is to be worn with the exception of stud earrings.
- Mobile phones should be set to silent or vibrate while in the gym and conversations should take place outside during classes as they can be a distraction.
- No food, gum or drinks are permitted in the gym, with the exception of water. We do have water fountains available for the students during class time.
- Language must be appropriate at all times.

When you arrive

- Parents and children are to remain in the designated observation area until the instructor signals the beginning of class. Children are not to run around the observation area and must be supervised at all times in the building, including in the pro shop. No equipment is to be utilized without the supervision of a coach.
- Before class, students should put shoes/socks in a cubby and wait to be called down by a coach. Please do not bring valuables or personal items as we will not be responsible for them if they are lost or damaged.
- Please encourage a bathroom visit prior to class. If a child does have to go to the bathroom during class and needs assistance, please join them by the bathroom and then be sure they return to their teacher. A teacher cannot leave their class to assist a child in the bathroom or be held responsible for where the child goes once they go up to their parents.
- Once class has begun, parents and guests are welcome to observe class but must remain in the observation area. No one is permitted anywhere in the teaching space or on the staircase. To view the preschool room area, a closed-circuit television is provided.
- If your child is 6 and under, you must stay in the building for the duration of the entire class. If you have a child 7 and older and choose to wait outside during class, you must come back into the building to pick up your child. We will not release students to the parking lot, under any circumstance, for safety reasons. Please be prompt about picking up your student.

What to expect

- Students are expected to treat instructors and fellow classmates with respect. They will listen carefully and follow directions, as well as stay with their class. They are expected to attempt all skills being taught. Refusal to follow directions may result in a timeout or dismissal from class.
- If a preschooler is having a difficult time being in class without a parent, and feels the need to go back and forth to the observation area, they may be asked to move to a parent and tot class as it is distracting to the class. If an older child is sent upstairs because of a disciplinary action, they should not return to class without the coach's permission.
- Classes will be split up by the coaches as necessary for the best benefit of all students. Classes are determined by ability, then age, within each level. Sometimes height is considered if bars are an event and ages may be mixed if necessary.
- Please allow the coach to instruct the class and your child. There is a progressive curriculum in place and your instructions may conflict with the coach's instruction, causing an unnecessary and possibly dangerous conflict for your child. If at any time, you have questions about your child's progress or class, please ask the front desk when you may speak with the instructor or manager. They are not available to talk during class but will make time to address your concerns.
- Expect repetition of skills from week to week as gymnastics is a progression-based sport. Students should not be expected to level up on a specific timeline, as it depends entirely on each individual athlete's capabilities. The range of skills required at each level is very broad and takes time to master. Regular attendance is your first step towards progression. Missing classes can cause backtracking, as can switching classes frequently. Consistency is your best bet to ensure success.
- Level promotions are based on several factors and timing is customized to each student's progress. When a child has a birthday, it does not mean they need to switch classes. There is a list of skills for each level that must be achieved before a promotion can be awarded. Sometimes, students will be moved from a younger to an older group or vice versa at the coach's discretion if the separation needs to be due to something other than age (for example, height on bars). If you have any questions about your child's progress, please ask to speak directly to his/her coach.
- Lastly, please encourage your child in their efforts. If gymnastics wasn't extremely difficult, we would all be Olympic medalists. =)