

Eastern Montana Gymnastics Policies and Rules 2011-2012

Important Safety Rules for the Gymnast:

(Parents, please go over these with your child.)

- Students are not allowed on gym equipment or the floor except during their class times.
- Gymnasts who arrive early for their class must stay in the front of the gym on the bleachers. They are allowed to cross the floor (on the sides) to change their clothes in the dressing rooms but cannot go back and forth to the basement. They should return to the bleachers when done.
- Students must be with a coach at all times on all equipment. This means **NO ONE** on the Tumbl-Trak or the back room unless they have been directed to go there by their coach.
- NO HORSE PLAY. An unruly student may be removed from class by their coach and sent home. Repeated misconduct may be cause for dismissal from the program.
- No gum, candy, food or drink is allowed on equipment or on the gym floor. A water bottle will be allowed and is recommended.
- No street shoes are allowed on the gym floor or mats.
- Gymnasts should always stay in line behind their coach as they move around the gym and they should stay with their group for the entire class time.
- Never run under the bars, beam, pommel or parallel bars when there is someone on it.
- If students are waiting after class, they must stay on the bleachers. We prefer that they wait inside the gym and not outside. They may use the phone in the front to call a parent. (See "After Class".)

Clothing for Gymnastics Classes:

- Students should wear leotards (preferred for girls) or tight fitting t-shirts and shorts. Shirts should be tucked in. Slippery nylon fabrics and clothing with snaps and zippers (like blue jean shorts) should be avoided.
- We will not let a gymnast practice on the bars if they have zippered shorts or pants on. Rolling over the bar with a zipper hurts and also the heavier material removes too much of the chalk so the bar can get too slippery.
- No jewelry or watches should be worn. Small stud earrings are acceptable.
- Gymnasts may wear socks or gym shoes or go barefoot. We will not let our gymnasts wear socks on the full-size balance beams as the socks are too slippery.

Gymnasts' Hair:

Hair must be pulled back and held in place. It is very dangerous (and very annoying for the child) to have their hair fall over their eyes and face while they are upside down (as in a handstand) or trying to learn a circling skill on the bar. Please do not ask our busy coaches to do your child's hair.

Try not to use hard barrettes or pony ties that hurt when they are rolled over. Soft scrunchies or soft elastic bands work great for ponytails and flat metal clips work great for controlling the shorter hairs.

Watching Your Child in Class:

Parents may use the bleachers to watch their children in the main gym. If you would like to watch your child in the back room, you may view them from the area by the office. There are chairs there. Please make sure your shoes are clean and cross the floor on the edges.

Siblings and Friends:

Children who are not participating in class (siblings, friends) cannot come onto the floor or play on the mats or equipment.

Children who are not in gymnastics classes cannot use the restroom unless they are accompanied by their parents.

Please be careful crossing the floor with them and keep them on the sides. Our gymnasts and coaches are usually too busy to even notice anyone crossing and that makes a dangerous situation.

Sickness and Skin Problems:

If children are sick, coughing or have a runny nose, please do not let them come to gym. We don't want to spread any illness or disease to our coaches or other gymnasts.

Students must stay home if diagnosed with any contagious illness until symptoms are gone or until they have taken antibiotics for the required time.

All contagious skin problems must be covered (i.e. warts, ringworm, rashes, athlete's foot, etc.).

Any open cut or sore must be covered with a band-aid.

We have antibiotic gel available in several places in the gym and gymnasts are welcome to use it at any time. Sometimes, we may require that gymnasts use it or wash their hands before beginning their class.

After Class:

Please try to be prompt when picking your child up after class. If it is our last class of the day, we will close the gym and leave immediately after class.

If you know you will be late, please make arrangements for your children to go somewhere else after class.

Please be respectful of our coaches' time and do not make them stay and wait for you to pick your children up.

Family Folders:

Every family enrolled in EMG will have a "family folder" in the file box on the white shelves in the front of the gym.

Remember to check yours for gym information, newsletters and meet information throughout the year. We will put each new EMG Newsletter in each family folder.

Missed and Makeup Classes:

If a gymnast is signed up for a class, they are expected to pay for the entire session. There will be no refunds for missed classes.

If a class is missed, a makeup class can be scheduled with us during another class, subject to space available. Any class except the Team class can be used for makeup classes.

All makeup classes should be scheduled with us within one week of the missed class.

Please, 5 makeup classes per gymnast per year.

It is also helpful if you would notify us when your child will be absent, if possible.

Class Fees:

All class fees are for one gymnast and cannot be combined with another gymnast. Our class fee for the second class per week (for the same class) is figured with a 25% discount for the second class.

Second Class Discount for Different Classes:

Each gymnast can enroll in two (or more) different classes. They will receive a 25% discount for the second (or third) class that they register for. The lower tuition(s) will receive the 25% discount.

Family Discounts:

The third (and following) tuitions in a family will be at a 25% discount. (Highest tuitions ranked first.)

Tuition Payments:

Tuition is for a 7-week session and is due on the first day of the session. We cannot give refunds if the participant withdraws at any time during the 7-week session.

If you need to pay half at the beginning and half in the middle, please let us know by including a note with your first payment. Otherwise, you will be charged a late fee.

Please deposit class fees in the wood payment box in the front of the gym on the first class day of the session or mail tuition to: EMG, PO Box 124, Circle, MT 59215.

We only send bills out to overdue accounts. We **REALLY** appreciate those who pay early or who pay on the first day of the session.

Late Fees:

If tuition is not paid by the end of week 3 of the session, a \$5 late charge will be added. If not paid by the end of week 6 of the session,

another \$5 late charge will be added. Gymnast will be unenrolled from their class if tuition is not paid by the end of the session.

Sessions for 2011-2012:

There will be five 7-week sessions.

- Session 1: September 1-October 18
- Session 2: October 20-December 8
(No gym on Thanksgiving, November 24.)
- Session 3: December 13-February 9
(No gym from December 16-January 2.)
- Session 4: February 14-March 29
- Session 5: April 3-May 17

Conflicts with School Sports and Activities:

Gymnasts who are in school sports (or other extracurricular activities) may have their tuition charged by the hours of gym they attend that session as long as the parents let us know about this.

Please let us know their practice times and the dates they will be involved in the sport. We will keep track of their attendance and you will be billed at the end of the session.

Following are the hourly charges per session per gymnast:

1 to 7 hours at \$9.5 an hour
8 to 10.5 hours at \$8.71 an hour
11 to 14 hours at \$8.32 an hour
15 to 21 hours at \$7.61 an hour
22 to 35 hours-\$180

These fees are for one gymnast and cannot be combined with any other gymnast. We do appreciate any early payment which we will credit to your account.

Registration Forms:

Every family must fill out a registration form and sign the "Waiver and Medical Authorization" every fall. This form should be returned to the gym as soon as possible. Our insurance company insists that we have the Waiver signed before the gymnast can attend class.

Discontinuation of classes:

Once a gymnast has enrolled in a class, they will be charged for the class every session unless we are notified. When we register gymnasts in the fall, we assume they will be in our classes until the regular classes end in May. If your gymnast will no longer be attending class, please let us know before the start of the next session. Failure to do this may result in charges for the next session.

Class Days and Hours:

Classes will be held on all Tuesdays and Thursdays from September 1 through May 17 except for the holidays listed below.

Our hours in the gym are from 3:30-6:30 on Tuesdays and Thursdays.

Each class will meet 7 times on each class day during the session.

Class Holidays:

There will be no classes on:

- Thanksgiving, November 24
- Tuesday, December 20
- Thursday, December 22
- Tuesday, December 27
- Thursday, December 29

High Bar:

No one is allowed on the high bar except Level 4 (and higher) boys and Level 5 (and higher) girls. This is a serious safety measure as we need to keep the chalk on the bar so our gymnasts don't slip.

Minimum Class Enrollments

We reserve the right to cancel, reschedule or combine classes if minimum enrollment conditions are not met.

Class Cancellations:

If we need to cancel a class due to weather or emergencies, you will be notified through email or a phone call or through the schools. If we do not notify you, classes are at their regular days and times.

If a class is cancelled, you may schedule a makeup class during our regular classes.

We do not follow the Circle Schools schedule so, even though school may get out early, the EMG classes will still begin at 3:30. We will have regular classes on days when there is no school, such as Teacher's Convention or certain school holidays.

Insurance:

Eastern Montana Gymnastics is required to purchase catastrophic insurance for each enrolled gymnast.

Contact Us:

To contact us, call John or DeeAnn at 525-3788 or the EMG gym at 485-2007 or email us at info@easternmontanagymnastics.com. For updates and information, check our website at www.easternmontanagymnastics.com.