



AGA Parent General Handbook

Adrenaline Gymnastics
8237 S. Holly Street, Suite A
Centennial, CO 80122
frontdesk@agagym.com
303-843-0711
www.agagym.com

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Contents

AGA Parent General Handbook.....	1
Introduction.....	4
Welcome To AGA!	4
Why Gymnastics?	5
AGA’s Philosophy & Mission Statement.....	5
Adrenaline Organization & Contacts	5
General Program Overview	6
Non-Competitive Programs.....	6
Competitive Programs.....	8
Program & Gymnast Progression Overview	12
General Club Rules & Policies:.....	13
Club Rules and Policies	13
Updating My Personal/Family/Payment Info.....	13
Parking.....	13
Parental Role in Their Childs Gymnastics	13
Food in the spectator stands.....	14
Lost and Found	14
Phone Calls at the gym.....	14
Gym Correspondence & Communications	14
Reporting Concerns	14
Examples for Preschool & Recreational Athlete Dress Code	15
Getting time with the coach.....	15
Breaks in training.....	16
Lockers.....	16
General safety rules.....	16
Interaction with Athletes during class.....	17
Preschool & Recreational Class Discipline Policy	17
Social Networking.....	17
Who do I talk to or ask?.....	18
Addendum 1: Preschool Program Specific Information	19
Preschool Class Structure	19
Class Sizes	20
Preschool Circuits	21
AGA Preschool Evaluation Process (i.e. “Move Up’s”).....	21
Transition from Preschool into other AGA Programs.....	21
Restroom Routine.....	21
Baby Giants (Parent-Tot) Participants.....	21
Addendum 2: Recreational Program Specific Information	22
Recreational Class Structure.....	22
What to expect... ..	22
Evaluation Process (i.e. “Move Up’s”).....	23
General Key Recreational Skills	25
Addendum 3: Team Entry from Preschool or Recreational Programs	28
General AGA Competitive Team Selection Process.....	28
Addendum 4: Ongoing Special Events & Items	30
Parents Night Out.....	30

Birthday Parties & Special Events..... 30
Refer-A-Friend Program 30
Summer and Winter Camps 30

Introduction

Dear Parents,

We would like to take this opportunity to extend a warm welcome to our new and returning gymnasts and parents. The following material regarding the operation of the gym school should be thoroughly reviewed. As stated on your enrollment form, by enrolling your child in an AGA program, you are accepting the terms and conditions contained within this handbook. Please keep this handbook handy for future reference during the year.

In addition to the basic handbook, if you are in a team related program you will be required to review the additional team handbook as part of your team registration.

Welcome To AGA!

Welcome to Adrenaline Gymnastics, where our commitment to you is to provide a healthy and fun environment for your child to develop self-esteem, confidence, and discipline in gymnastics and the world around them.

We believe that gymnastics is a sport different from all others and so it must be approached in a unique and specific way in order to insure success for every athlete. We believe that it is very important for every gymnast to achieve their highest potential, while at the same time having an incredibly positive experience.

The approach we take with our classes is similar to the approach taken by many successful people in their adult lives. Through gymnastics, our athletes discover the link between desire, dedication, direction and the achievement of their dreams; as well as how to cope with potentially not meeting all of their own expectations. At Adrenaline we define success as: **“To be the best that you are capable of becoming.”** Children need to experience that success because it fosters self-esteem and confidence, both of which are a huge part of the gymnast's growth.

Our goal is to have the athletes excel as role models throughout their gymnastic careers and in life afterwards. The self-discipline, personal work habits, self-confidence, and peer relationship skills acquired through our program will become your child's greatest attributes throughout their lives. Our expectations for the gymnasts, both in and out of the gym, are for them to be respectful, courteous, honest and hard working.

As educators whose lives are dedicated to children, we feel there is no other sport that teaches kids better life fundamentals. The large majorities of our athletes are on the Honor Roll in their respective schools, are some of the most physically fit children, and are always role models among their peers in and out of the classroom.

Once again, welcome to Adrenaline Gymnastics! If you have any questions regarding the information contained in this handout, or have a question that you can't find an answer to, please do not hesitate to contact your child's coach, the AGA Office Manager, or an AGA owner, and we will do our best to get you an answer!

Why Gymnastics?

Gymnastics is one of the greatest overall body conditioning activities your child could experience. Some physical attributes you will find developing in your young gymnast will be strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, agility, balance and grace. Some of the mental attributes we hope to help them develop are positive self-image, self-motivation, tenacity, patience, goal setting, courage and teamwork.

Competitive athletes receive all the above plus goal setting, visualization skills, planning and time management.

AGA's Philosophy & Mission Statement

Adrenaline Gymnastics Academy is committed to excellence in all areas of gymnastics training and to providing a safe, fun, and challenging atmosphere in which the child athlete can thrive. We pride ourselves on displaying this commitment whether the training is for the beginning tumbler, or for an Elite level athlete.

Our mission is to provide the highest quality gymnastics programs, training, and education aimed at allowing our athletes to reach their own maximum potential.

Our professional staff strives to develop each child's physical and mental capabilities required to reach their objectives through programs designed to teach proper gymnastics skill techniques, and enhance the child's strength, flexibility, coordination, concentration and self-confidence required for success.

Adrenaline Organization & Contacts

Adrenaline Gymnastics organization is broken down into multiple major programs, however each are closely tied to every other in regards to overall gym philosophy and direction.

Listed below are each of the programs, and their directors email info in case you need to discuss any matters with them or have general questions. **All AGA staff can also be reached at the gym phone (303) 843-0711:**

Position	AGA Staff	E-Mail
Managing Owner	Jason Kaplan	Jason@agagym.com
Office Manager	Sandy Sedlmayr	frontdesk@agagym.com
AGA Head Coach	Aaron Gallegos	Aaron@agagym.com
Program Director: USAG	Jason Kaplan	jason@agagym.com
Program Director: Xcel	Suzanne Unks	Suzanne@agagym.com
Program Director: Preschool	Stephanie Brady	Stephanie@agagym.com
Program Director: Recreational	Francie Sturgeon	Francie@agagym.com

General Program Overview

Adrenaline's overall gymnastics program is broken down into multiple sub-programs which we have built to ultimately support the gymnast's goals in the sport. A general progression chart is available for you to review immediately following the program overviews. AGA's youth gymnastics program includes:

- Non-Competitive
 - Preschool
 - Recreational
- Competitive
 - XCEL Team (Recreational Competitive)
 - USAG Junior Olympic Team (Highly Competitive)
 - International Elite (Ultra-Competitive)

Non-Competitive Programs

Preschool

- Ages 18 months - 5 Years
- Co-Ed for most classes
- Non-Competitive
- Open Enrollment for most classes
- 1-3 Hours Per Week depending on level and number of classes taken
- Monthly based program

Our preschool program is designed to incorporate the earliest aspects of physical fitness and primary development for children starting as young as 18 months old, up to 5 years old.

Beginning with our Baby Giants (Parent-Tot) classes, special consideration is given to parental/caregiver bonding and continues throughout the program, ultimately concluding with the child's ability to separate and enter our next levels of gymnastics training and motor skill development such as the Giants or Twisters classes.

Classes provide an overall balance of fun within a structured teaching environment where children begin to accomplish their own goals within the structure of the class. AGA's preschool classes also help build a strong foundation for your child to develop a sense of achievement and social skills that will last a lifetime.

Currently, AGA's co-ed program does not extend beyond the Giants class of the preschool program. If you have a boy enrolled who wishes to continue on with his gymnastics training after our preschool program, please see the front office for boys recreational/competitive gyms that we partner with!

Recreational

- Ages 6+
- Non-Competitive
- Open Enrollment in beginner level, testing occurs into higher levels
- 1-4 Hours Per Week depending on level and number of classes taken
- Monthly based program

AGA's recreational girl's gymnastics program is a noncompetitive, achievement orientated, introductory gymnastics program not only aimed at improving the child's gymnastics skills, but also their flexibility, strength and self confidence in a safe and fun environment! The emphasis of our recreational program is the development and enhancement of agility, balance, and strength, while teaching the basics of the sport of gymnastics.

Our recreational program incorporates a fitness workout plus activities that will challenge your child both physically and mentally as they continue their gymnastics journey. Gymnasts will be trained on the uneven bars, vault, balance beam, floor exercise tumbling, trampolines, and strength and conditioning. In addition, strength, flexibility and coordination will be significant areas of concentration as they are all necessary skills required to safely and effectively learn to perform on all gymnastics equipment.

Although some girls that participate in our recreational program go on to try-out for one of our competitive teams, AGA's recreational program is not designed to be a step-by-step "must go through every level to get to team" program. This program is meant to be a pure recreational program, and if a recreational child wants to get into the Team program please discuss this matter with one of our program directors or the AGA front office for additional information and guidance.

AGA's recreational program is geared towards the athlete who:

- Wants to participate in the sport of gymnastics and progress at pace staying in their personal comfort level.
- Does not necessarily want to compete in gymnastics
- Does not necessarily want to be in the gym more than 1-2 days per week, or 1-2 hours per day.
- Is enrolled, or is active in, multiple other activities which consume the child's available time.

Competitive Programs

USA Gymnastics Xcel Team (Xcel)

Team Made Through:	<ul style="list-style-type: none">• Try-Out/Invitation Only. See the General Team Selection Process section of this handbook for additional details.
Age Restrictions:	<ul style="list-style-type: none">• No typical/mandatory start age• Age 6+ to compete.• No other age restrictions
Competitiveness Level:	<ul style="list-style-type: none">• Competitive
Competition Locations:	<ul style="list-style-type: none">• Local/In-State League
End Goal:	<ul style="list-style-type: none">• Potential High-School Gymnastics Prep
NCAA Relevance:	<ul style="list-style-type: none">• Non-college gymnastics bound program
Participation in other activities/sports:	<ul style="list-style-type: none">• Not restricted as long as it does not affect attendance at required practices.
Training Hours:	<ul style="list-style-type: none">• 4-15 Hours Per Week depending on level assignment
Training Schedule:	<ul style="list-style-type: none">• Year Round 2-4 days per week depending on level assignment
Attendance Requirements:	<ul style="list-style-type: none">• Year round attendance required

Who is the Xcel program for?

AGA's Xcel Team program is geared towards the athlete who:

- Is motivated to compete and experience the competitive team aspects of gymnastics, but without the time, financial, and general overall increased commitments required by our USAG Junior Olympic or Elite competitive programs.
- Still wants the opportunity to do other activities or sports
- Possibly wants to compete for their High School team, but has no design on trying to compete in College.
 - It is important to note: Xcel is NOT a college gymnastics prep program, nor do colleges recruit out of High Schools. Potential college gymnastics athletes are recruited strictly out of the USAG Junior Olympic Level 10, and International Elite levels. If you are interested in more information pertaining to this topic, please see an AGA owner.

AGA's USAG Xcel Program, although lower hours/time/financial commitment, is still a competitive program, and the athletes enrolled in this program are required to strive to perform to the expected levels at all times and meet all team requirements such as attendance, progression, and participation.

USA Gymnastics Junior Olympic Team (JO)

Team Made Through:	<ul style="list-style-type: none"> • Invitation Only. See the General Team Selection Process section of this handbook for additional details.
Age Restrictions:	<ul style="list-style-type: none"> • Entry into two-year developmental team (D-Team) program typically by age 5-6 • Age 6+ to compete • Level 7 by Age 11 • Level 10 by Freshman year of High School for greatest odds of recruitment to NCAA.
Competitiveness Level:	<ul style="list-style-type: none"> • Highly Competitive
Competition Locations:	<ul style="list-style-type: none"> • National Travel starting at Level 7
End Goal:	<ul style="list-style-type: none"> • NCAA Gymnastics
NCAA Relevance:	<ul style="list-style-type: none"> • College gymnastics bound program
Participation in other activities/sports:	<ul style="list-style-type: none"> • Participation in all other organized sports is restricted. Participation in other activities not restricted as long as it does not affect attendance at required practices.
Training Hours:	<ul style="list-style-type: none"> • 10-30 hours per week depending on level assignment
Training Schedule:	<ul style="list-style-type: none"> • Year Round 3-6 days per week depending on level assignment
Attendance Requirements:	<ul style="list-style-type: none"> • Year round attendance required

Who is this program for?

AGA's USAG Junior Olympic Team program is geared towards the athlete who:

- Is capable of performing in a high-intensity/high-reward competition environment based on individual and team accomplishment.
- Is very focused and capable of making/retaining corrections through fast paced instruction.
- Wants to participate in the sport of gymnastics and progress towards one of two goals:
 - Potential college level gymnastics
 - International Competition
- Is dedicated solely to gymnastics as their sport of choice. Splitting time with another sport or activity is not available to these athletes simply due to the number of hours required to train at this level of gymnastics and be successful. This includes restrictions on participating in all high school sports, and also any after school activities which may impact the athletes training time.
- Is available to train year round, without significant breaks in their training.
- Is driven, self-motivated, and determined enough to always compete and train at the highest levels they are capable of.

It is very important to note that although the goal of AGA's Junior Olympic program is for the enrolled athletes to be on a college bound gymnastics path there are no guarantees that the athlete will receive a college scholarship or even a walk-on position on a college team simply by participating. The competition is extremely tough for those limited college team spots, and typically only the most highly qualified athletes will receive these honors.

USA Gymnastics Elite Program

Team Made Through:	<ul style="list-style-type: none"> • Invitation Only. See the General Team Selection Process section of this handbook for additional details.
Age Restrictions:	<ul style="list-style-type: none"> • Begin training typically by age 6-7 • National competition starting at Age 8-9 • Jr Elite qualification by age 11-12 • Sr. Elite qualification at age 16
Competitiveness Level:	<ul style="list-style-type: none"> • Ultra-Competitive
Competition Locations:	<ul style="list-style-type: none"> • National Travel starting at age 8-9 • Possible international competition starting at age 11+ • 95% of competitions are travel related.
End Goal:	<ul style="list-style-type: none"> • Various International Assignments for US National Team • US World/Olympic Team • NCAA Gymnastics
NCAA Relevance:	<ul style="list-style-type: none"> • US National Team & College gymnastics bound program
Participation in other activities/sports:	<ul style="list-style-type: none"> • Participation in all other organized sports and activities is restricted.
Training Hours:	<ul style="list-style-type: none"> • 20-45 hours per week depending on level assignment
Training Schedule:	<ul style="list-style-type: none"> • Year Round 5-6 days per week depending on level assignment
Attendance Requirements:	<ul style="list-style-type: none"> • Year round attendance required

The Elite Program is designed to provide competitive experiences for athletes aspiring to the USA National Team. The National Teams (Junior and Senior) are selected from the USA Championships each year, and those athletes represent the United States in international competitions.

It is very important to understand that becoming an elite level gymnast is not for everyone. According to USA Gymnastics, there are currently over 140,000 competitive USAG gymnasts across the United States, of which only approximately 250 or so have qualified at either the Jr or Sr Elite level. The Elite gymnast is a very unique type of athlete, and is one that is very self-driven to be the best at whatever task they take on.

The commitment level required not only of the athlete at this level, but the family as well, is extremely significant. Many personal sacrifices will be made by your child, and your entire family, in support of your gymnastics athlete. The choice to train and compete at this level will also create a significant financial burden that must be taken into account.

Although the personal gratification for the athlete can be significant by qualifying and competing as an Elite, please note that this program is not designed to increase every child's self-esteem. There is not necessarily any prestige associated by becoming an Elite; there are no participation ribbons; no local meets to go win ribbons and medals; and it is without a doubt one of the hardest things a competitive gymnast can attempt to do both mentally and physically. It is a ton of hard work, a lot of hours in the gym, a lot of giving up other "social" activities, and a lot of time management issues to insure schoolwork is kept up with - all in the HOPE of one thing – getting the opportunity to win medals for the United States; nothing is guaranteed with becoming an Elite except the work required to try and get there.

AGA College Scholarship List

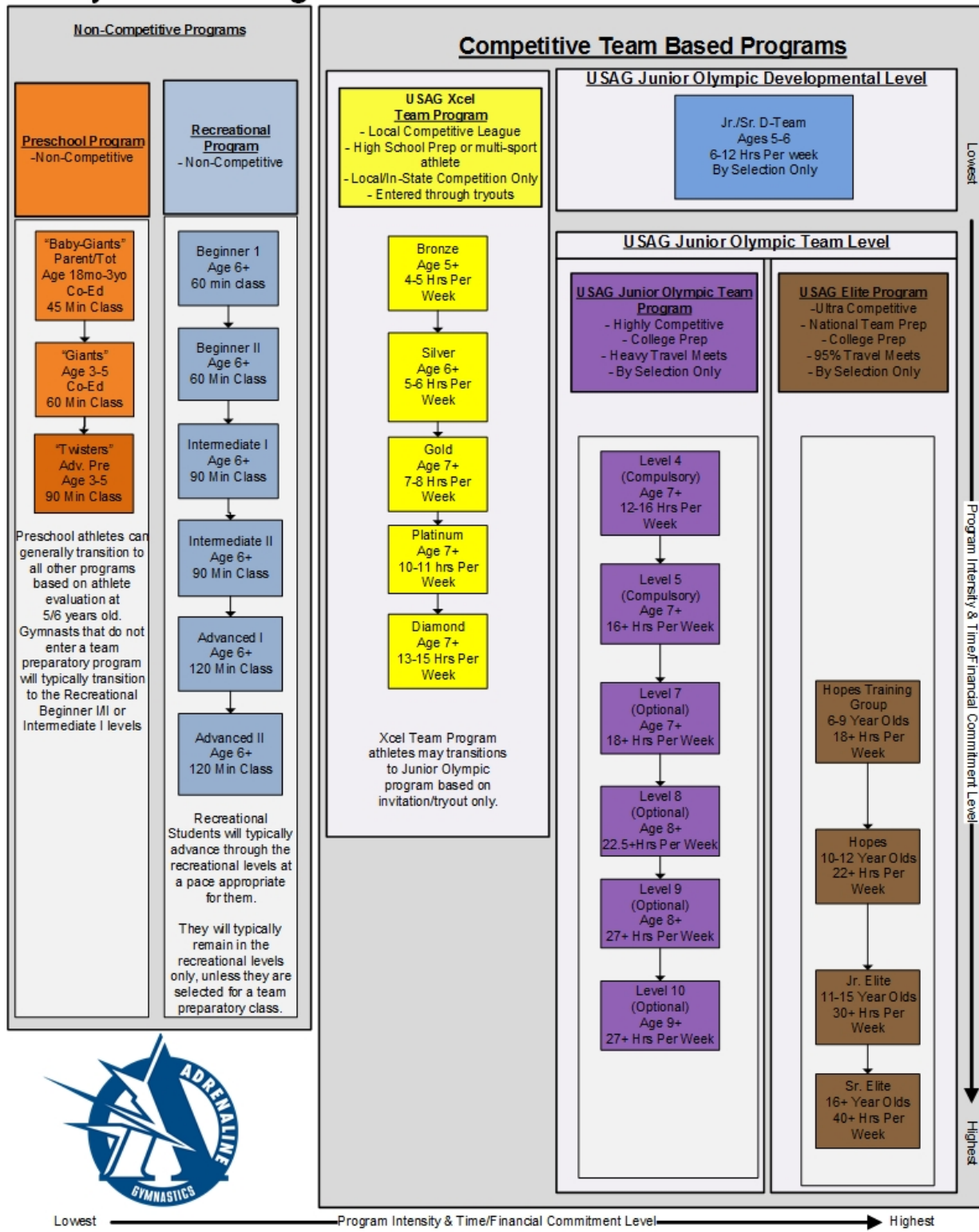
Since its inception in 1993 (as Champion Gymnastics), Adrenaline has produced college level athletes in its Junior Olympic program which have gone on to compete on scholarship for outstanding colleges across the country such as:

- Arizona State University
 - Auburn University
 - Boise State
- Brigham Young University
 - Brown University
 - Cal State Fullerton
- Central Michigan University
 - Ohio State University
 - Rutgers University
 - Southeast Missouri
- Southern Utah University
 - Stanford
- Texas Women's University
- University of Anchorage-Alaska
 - University of Denver
 - University of Florida
 - University of Kentucky
- University of Washington
 - US Air Force Academy
 - Utah State
 - Yale



Program & Gymnast Progression Overview

Gymnast Progression & Advancement Overview



General Club Rules & Policies:

Club Rules and Policies

Please refer to the AGA General Rules and Policies that you have agreed to in your AGA Parent Portal account for the following policies by clicking the “Rules/Policies” link:

- Tuition Policy
- Proration Policy
- Fee Policy & Notification
- Class Drop Policy
- Makeup Class Policy
- Arrival & Pickup Policy
- Athlete Health Policy
- Email Communications Policy
- Photo & Video Release

Updating My Personal/Family/Payment Info

Please keep your personal/family/payment info updated at all times in your Parent Portal account. We need good contact information at all times in case of emergencies!

Parking

Although we have a big parking lot, it sometimes can get very full. **PLEASE DO NOT PARK IN THE FIRE LANE IN FRONT OF THE GYM.** We have received numerous complaints from the local fire and police departments and the property management company regarding this issue, and they have informed us that they will be ticketing people parking in the fire lane effective immediately regardless if you are in the car or not.

Parental Role in Their Childs Gymnastics

Parents play a huge role in the development of a successful gymnast, and your role is every bit as important as that of the coaches or the gym. It is also every bit as difficult, which is why unlike many gyms we always welcome your presence within the gym. We are a family-oriented program and we want your appropriate input and your support because we want your child to succeed. Here are some examples of what you can do to help your athlete work towards achieve their dreams:

- On the physical side it is your job to insure that your athlete gets enough sleep, gets enough of the proper nutritional food and drink, gets to and from the gym on time, and has the proper clothing and equipment.
- The emotional side is just as important; it is your role to provide unconditional encouragement and support regardless of whether they made their forward roll in practice or passed to the next level; simply knowing you are there for them can provide a huge boost to their confidence and usually translates well to their performance in the gym.

- Please allow the coaches to do what you are paying us to do, and **do not try to coach your child**. Your comments detract from the coaches' professional input, give the gymnast another thing to think about, and interfere with the development of the coach/gymnast relationship which is critical for success. If you have concerns over any coaching situation, please do not hesitate to bring it to your child's coach or a gym owner for discussion.

Parents perform their role at home and outside the gym area; within the gym, the coaches and gym administrators play their roles. It is through performing these tasks that we all show respect for your gymnast and the effort they are putting into the sport. Any more or any less does a disservice to your child and will limit their opportunity for success.

Food in the spectator stands

Food and drinks are permitted in the spectator stands only. Please do not carry or sit with food or drink around the gated area. Garbage receptacles are located throughout the spectator area for your convenience.

Lost and Found

Please contact the front office if you may have inadvertently left a personal item in our facility. We will try and find your item and place it aside until you can return for it; however, AGA is not responsible for any personal item left in the gym.

Phone Calls at the gym

Please do not place non-emergency personal phone calls to your gymnast during practice time as it is a distraction for your athlete and the coaches. In case of any emergency please tell the office staff and they will relay the message or get your child ASAP.

Gym Correspondence & Communications

With as large as our gym is, communicating effectively with everyone can sometimes be a challenge; however, we will work very hard to get information to you in a timely manner by:

1. Updates through the Parent Portal
2. E-Mail to the e-mail address on file
3. Automated text messages for emergencies or urgent account related items.
4. Direct Mail to the home address on file (limited)
5. Providing handouts & gym newsletters to the gymnasts after class (limited)
6. Handouts in the Team Gymnast folders (limited)

As you can see above, the majority of gym correspondence will be sent via email as AGA strives to go as "green" as possible.

It is extremely important that our records be kept current. Please keep your parent portal account updated at all times regarding any change to your email, physical address, phone number(s), and/or medical information for the gymnast.

Reporting Concerns

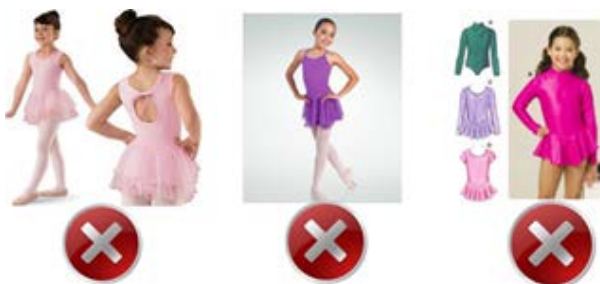
We are in business to provide your child the highest level of gymnastics training we can. As such, you and your child, and your thoughts, are important to us.

Please come to any of your child's coaches, a program director, or an owner, if you have a problem or concern. Gossiping and complaining to other parents in the stands cannot solve your problem, nor can we provide answers or assistance if we do not know about them. If you respect us enough to allow us to play a large role in your child's life as their coaches, please respect us enough to know that we have your child's best interest at heart and speak with us directly regarding any issues you may have. If we cannot help you we will explain why, and if possible we will work to find another way to solve whatever may be bothering you.

Examples for Preschool & Recreational Athlete Dress Code



Note: Leo may be any color. Examples provided for style only



Dance Style Leos

Gym leos may not have a skirt of any type or stockings.

- Please refer to the Rules & Policies in your Parent Portal for dress code specifics.

Getting time with the coach

For any important information about your child that the coach may need to know before practice starts, please inform them directly, or inform the front office and they will get the info to the coach if they are already out on the floor.

When practice starts, this is the gymnast's time with their coach and we will not pull the coach out of practice except in the case of an emergency.

Once practice ends, the coach will have a few minutes for brief questions should you have any. Please let the front office know if you need to speak with your child's coach after class and they can insure the coach knows to find you after class is done. For any questions or concerns which may take more than a few minutes to discuss, please schedule a time with your child's coach so that we can give you our full attention. For urgent issues, or if you need to pull your child out of class early, please notify the front desk for assistance.

Breaks in training

Our non-competitive programs allow for breaks in the athletes training at the parent's discretion. However:

- AGA Drop policy procedures apply (See Parent Portal Rules & Policies)
- For breaks over 1 month, the athlete may be required to be re-evaluated and re-entry at the level attained before the break is not guaranteed.

Lockers

Gymnasts are welcome to use any available locker in the hallway down by the dance room while they are in class. Padlocks are not allowed on lockers, so please do not leave valuables in them! Please remind your gymnast to take all items from their locker when they are done for the day, including any trash they may have placed in there.

PLEASE, do not let your child just leave their clothing laying around the front lobby, or by the spectator seating. Loose clothing articles found unattended will be collected and placed in the lost and found.

General safety rules

To keep our students safe, parents and students should be familiar with the following rules. Please insure you review these rules with your child.

1. All students are to wait inside the building for their ride to arrive. No student should be outside of the building without the supervision of an adult.
2. Parents are responsible for the safety and conduct of their child/children in the waiting areas.
3. No running, gymnastics, or horseplay in the waiting areas.
4. Only children enrolled in the program are allowed on the gym floor or equipment.
5. Students should wait for their teacher to call their class before entering the floor or practicing on the equipment. Students are not allowed on any equipment before, during, or after class without an instructor.
6. Students must walk from event to event being careful to stay with their group and out of the way of other students. Extra caution should be exercised when crossing any other equipment area where athletes are practicing.
7. Students should not enter or leave the gym area without permission from an instructor. We suggest using the lavatory before class. If necessary to use the lavatory during class time, students must ask the instructor for permission.
8. Parents should not allow children to lean over or sit on the railings, tables, or countertops when waiting in the spectator area.
9. Students should report any injuries to the instructor and always tell the teacher if they are feeling sick or hurt.
10. Students must listen to and follow their teacher's directions. Students should ask for help if they do not understand what to do or how to do it.
11. Students should never try a new skill without a teacher's spot or guidance, and should never attempt to spot a fellow classmate, nor let a fellow classmate spot them.

12. When waiting in line:
 - a. Students should not push, cut, or stand too close to the person in front of them.
 - b. Students should make sure the person in front of them is out of their way before taking their turn.
13. Students should never try to adjust equipment themselves.
14. All shoulder length and longer hair must be tied back from the face - do not use fancy pony tail holders – students have to be able to roll over the back of their head.
15. No jewelry of any kind (watches, necklaces, bracelets, or earrings. This includes string “friendship” bracelets/anklets or similar.
16. Food should not be brought into the gym practice area. Students are not allowed to chew gum, use cough drops, or eat candy while practicing.

Interaction with Athletes during class

For the safety of our athletes and instructors:

- Spectators are not permitted on the gym floor at any time unless otherwise posted in the gym or escorted by an AGA Employee.
- It is very important that parents not attempt to interact with their child while they are in the class as doing so can put the athlete at an increased risk of injury. Please do not attempt to coach them, discipline them, or engage them in any fashion while they are with their instructor on the gymnasium floor. If you need to speak with your child, or pull them out of class early, please do so by asking one of our office staff to bring your child to you.

Preschool & Recreational Class Discipline Policy

Our Staff is instructed to use positive methods of discipline, encouraging the child to develop self-control. If an athlete is not following instructions, is acting out in class, disrupting other athletes training, or causing potential safety issues we will first try reinforcing verbal instructions or redirecting the child to another activity. However, if the problem continues, the child may be given a short time out. At the end of the time out, the coach and the child will discuss the reason for the time out and how to make better choices. If the problem persists or is habitual, the parent, coach, and child will conference and a plan will be implemented in order to continue participation. While not common, continually reoccurring discipline issues may be cause for removal from the program.

Social Networking

Join our social networking sites to get the latest news, updates, & information!

Facebook: www.facebook.com/agagym

Twitter: www.twitter.com/agagym

Who do I talk to or ask?

There may be times where you have a question, or need to make a comment and don't know who to ask, or who to tell. To help with those issues, here is a general guideline to follow:

- All financial related matters such as Tuition, Fees, etc.: Your Parent Portal account is your first stop for all questions regarding your account. However, if you need to talk to a person directly please contact AGA's Front Office, or an AGA Owner only; please never attempt to resolve these concerns or questions with a coach as they do not have access to the information to answer your questions appropriately.
- Gymnastics progression or schedule concerns: Your child's coach, program director, or an AGA Owner.
- General gym policies: AGA Front Office
- Gym website: www.agagym.com
- Gym Phone Number: 303-843-0711
- Gym Address: 8237 S. Holly Street, Suite A, Centennial, CO 80122
- General Gym E-Mail: frontdesk@agagym.com

If you ever have any questions please do not hesitate to contact us at the front office, and we will be happy to assist you! Again, thank you for enrolling your child at Adrenaline Gymnastics! We look forward to helping your child work towards their gymnastics goals!

Addendum 1: Preschool Program Specific Information

Preschool Class Structure

AGA's preschool program is a self-contained program with progressions available through the following classes:

- “Baby Giants” (45 Minute Class)
 - Parent Tot
 - Co-Ed
 - 18 mo – 3 years old
- “Giants” (55 Minute Class)
 - Child in class without parent
 - Co-Ed
 - 3-5 years old
 - Must be potty trained
- “Twisters” (65 Minute Class)
 - By coach recommendation/Director approval only
 - Child in class without parent
 - 4-5 Years Old
 - Advanced/Accelerated preschool curriculum
 - Girls Only (Prep for entry into higher level classes)

It is important to note that not all preschool children will progress through each of the different classes – and that is OK! Preschool gymnastics is a great place for the child to progress at their own pace, without any stress to have to “move up”! However, we have built our program to allow for children who may learn at a faster pace, or have other gymnastics goals, to do so.

“Baby Giants” Parent/Tot Class

Ages 18 - 36 mos. 45 min (Parent/caregiver participation and enthusiasm is required!).

Using creative play and nurturing instruction, parents and their young toddlers are introduced to the initial basic movements of gymnastics. Age-appropriate activities and a flexible class environment provide the parent and child with the freedom to explore and enjoy movement individually. Toddlers must be walking to participate.

"Giants" Beginner/Intermediate preschool class.

Entry level, 55 min. Ages 3-5 co-ed.

Our 3-5 year old beginner preschool classes are designed to encourage group activity as well as individual participation, and keep your child excited about gymnastics. Classes provide an overall balance of fun within a structured teaching environment where children begin to accomplish their own goals within the structure of the class. The 3-5 year old preschool classes build a strong foundation for your child to develop a sense of athletic achievement, self-esteem, and social skills that will last a lifetime.

"Twisters" Advanced Preschool.

Requires evaluation by AGA staff. 65min class, ages 4-5 year old. Girls only.

Advanced preschool class that teaches all the basic skills your child will need in order to successfully progress throughout our program. Your child will leave this class with a full understanding of basic gymnastics skills, apparatus, terminology, and safety measures that need to be taken to properly execute the gymnastics skills required for continued success in the sport. Students get to enjoy the comfortable size and familiarity of the "Giants" class, plus try some of the "big kid" equipment on for size. This class gives your child the opportunity to really flourish physically and mentally!

What to expect...

The first weeks of classes for new preschool students serve as an introductory phase for the students to become familiar with how classes are organized, the various pieces of equipment, new terminology, and the general rules of the gym. This is also an organizational period during which new students' abilities are further assessed and previous students review their skills.

Classes include a brief stretching and warming-up period utilizing basic exercises and various body positions to assist in the prevention of muscle strains, and allow the child to focus on being in class. The classes then follow a predetermined rotation schedule through the preschool circuits with their instructor.

At first, some of these basic exercises may be very difficult for your child to perform – that's expected, and that's OK! Given time, patience, and effort, they become easier and the child will begin wanting to practice more as they have some success. It is important to note that students should not attempt to do "skill training" at home; more often than not, training without the assistance of the instructor does more harm than good and only invites injury.

Class Sizes

AGA preschool classes operate under the following guidelines, which are very typical across the nation:

Class	Minimum # to open class	Maximum per instructor
Baby Giants	4	10
Giants	4	7
Twisters	4	7

Class maximums for the parent tot class are slightly higher due to the 1-to-1 ratio of also having the parent in the class.

Class maximums for the Giants and Twisters classes remain the same to allow us to focus on maintaining smaller groups, with younger children, than the recreational or team classes. Once a class reaches its maximum number of students, other students requesting the class will be put on waitlist until a spot opens up.

Preschool Circuits

AGA preschool classes are run primarily in a circuit based structure with Jr. sized equipment. We completely understand that in order for the preschool age gymnast to remain excited and active in the sport requires variety and fun in their training, which is why we change our circuits EVERY WEEK! Additionally, each week will focus on either different skills, body development, themes, or combination of all three.

AGA Preschool Evaluation Process (i.e. “Move Up’s”)

AGA Preschool classes are meant to provide basic gymnastics concepts, movement, and terminology for the preschool athlete, and preschool athletes are not graded on a list of specific “skills” at this point of their gymnastics training.

However, for those girls that show the required physical, mental, and listening skills, recommendations will be made by the coach to the Preschool program director for possible placement into the advanced preschool classes (Twisters).

We will make every effort possible within reason to insure the gymnasts are provided the opportunity to succeed and continue their movement through whichever program they are enrolled in; however, many of our determining criteria are completely dependent on the athletes themselves to show the ability to follow direction, and continue to refine their physical and mental abilities.

Transition from Preschool into other AGA Programs

For Girls: Once your child is within 3 months of their 6th birthday, please see the front office to be placed on a waitlist for transition into the AGA Recreational Program.

For Boys: As previously stated in the Preschool Overview section of this document, AGA’s Co-Ed program for boys ends at age 6. If you have a boy enrolled who wishes to continue on with his gymnastics training after our preschool program, please see the front office for boys recreational/competitive gyms that we partner with!

Restroom Routine

Parents/Guardians are requested to take their preschool child to the bathroom before class starts.

Baby Giants (Parent-Tot) Participants

- All adult participants must be over the age of 18 years old and listed on the Parent Portal account.
- Non Parent participants (Nanny, grandparent, etc.) must sign a facility use waiver in person at the front office. Parent participants are not required to perform this step as the waiver is part of their parent portal
- All Parent/Adult participants are not to enter the gym area with their child until the class is invited into the gated gymnasium area by the assigned instructor.

Addendum 2: Recreational Program Specific Information

Recreational Class Structure

AGA's recreational program is a self-contained program with progressions through the following levels (in order of progression):

- Beginner Levels (65 Min Class)
 - Beginner I
 - Beginner II
- Intermediate Levels (95 Minute Class)
 - Intermediate I
 - Intermediate II
- Advanced Levels (125 Minute Class)
 - Advanced I
 - Advanced II

Each level is built to be progressive in nature to the next, and the student must master the required skills at each level, before moving on to the next level. Because we are a women's artistic gymnastics gym, the recreational student will be required to master the skills on all four women's events (Vault, Uneven Bars, Balance Beam, Floor Exercise) before being considered for move-up to the next level.

What to expect...

The first weeks of classes for new recreational students serve as an introductory phase for the students to become familiar with how classes are organized, the various pieces of equipment, new terminology, and the general rules of the gym. This is also an organizational period during which new students' abilities are further assessed and previous students review their skills.

Classes include a brief stretching and warming-up period utilizing basic exercises and various body positions (e.g. pike, straddle, etc.) to assist in the prevention of muscle strains, and increase strength and flexibility. The classes then follow a predetermined rotation schedule to insure that students learn skills on all events and have as much time as possible to practice. Although you may not be able to notice it, EVERY piece of equipment in the gym is on a rotation schedule to insure each group has the right amount of time to conduct training appropriate to their level!

At first, the exercises may be very difficult for your child to perform – that's expected, and that's OK! Given time, patience, and effort, they become easier and the child will begin wanting to practice more as they have some success.

AGA recreational classes operate under the following guidelines, which are very typical across the nation:

Class	Minimum # to open (or keep open) a class	Maximum per instructor
Beginner I / II	4	8
Intermediate I / II	4	9
Advanced I / II	4	10

Class maximums go up as the level progresses due to the simple fact the athletes tend to be slightly older as the classes increase in difficulty, and the athletes also tend to have a higher attention span to the coach's instruction. Once a class reaches its maximum number of students, other students requesting the class will be put on waitlist until a spot opens up.

Evaluation Process (i.e. "Move Up's")

Continuous Testing

For our recreational gymnastics students, we work on a "continuous testing" cycle. What this means is that our instructors are keeping constant track of where the athlete is at in their progressions by use of a skill card which is completed for every single athlete. After every class, each instructor is required to review each athlete's card and make notes on any progression, or regression, an athlete made. Once the athlete is consistently displaying mastery of the required skills, the daily instructor will submit the athlete's skill card to the Program Director for review.

We will make every effort possible within reason to insure the gymnasts are provided the opportunity to succeed and continue their movement through whichever program they are enrolled in; however, many of our determining criteria are completely dependent on the athletes themselves to work hard, follow direction, and continue to refine their physical and mental abilities.

Key "non-skill related" factors which can impair a gymnasts' progress

Beyond the "skill progression" related items which may prevent an athlete from moving up, there are also a number of very typical factors which can impact the athlete from progressing as a parent would expect. It is worth noting that many of these can also be root causes for possible skill progression issues.

1. Common High Impact Items
 - a. *Lack of attendance.*
 - i. Without a doubt, this is our number one reason we see an athlete not make any progress. As was stated earlier, gymnastics is a sport of repetition, progression, refinement, and maintenance. Lack of attendance, especially for a recreational student who may only be coming once a week, can severely hamper that athlete's ability to obtain the proficiency required to move to the next level.
 - b. *Fear & Mental Blocks*
 - c. *Strength & Flexibility Issues*
2. Less Common High Impact Items
 - a. *"Know it all" approach from the athlete.*
 - i. This is the athlete who is being instructed to do something as simple as a forward roll, and just runs through the motions with no attention to form because "that's baby stuff, I can do forward rolls". Then, when they get corrected by their

instructor, they get offended or angry, and refuse to make the corrections out of stubbornness.

b. *The “fanatically over-involved” family member*

- i. Although these types of families are rare, they do exist and are worth discussing in our opinion. Fanatical sports parents have unrealistic expectations and regularly overestimate their children’s abilities in the sport regardless of what they might be told from a coaching staff (or from their own child). They expect their child to get everything right on the first try, win at every competition, or progress faster than any other child; and ultimately fail to listen to their children’s apprehensions and fears.
- ii. Part of being a parent obviously involves being interested and concerned in all aspects of a child’s life. We know it can be difficult sometimes and go against the grain of parental instincts; but especially in this sport parents need to allow their children a modicum of independence in order for them to thrive.

Key points and reminders regarding move-ups and program placement

- While we always welcome feedback from parents, please remember that move up’s of all types are at the sole discretion of AGA management and it is AGA’s policy not to allow parental influence in this decision.
 - Move-ups boil down to a very simple question: is the athlete physically and mentally ready to move on. If the answer is yes, then they are moved up; if it is no, then they are kept at their current level to continue their progression and refinement with additional coach support.
- Gymnastics is not a sport that gets easier over time; the requirements and commitment only continue to get more and more intense as the gymnast progresses; even at the recreational level.
- Even though we teach gymnastics in a progressive manner, success at one level may not always directly translate to success at the next for each and every athlete. As such, moving up is not guaranteed, nor implied.
- You will be informed if we have significant concerns over your child’s progression, well-being, or behavior. However, not receiving one of these discussions should not be construed as proof positive that your child will move up as they may be progressing at a pace which we feel is appropriate for them.

General Key Recreational Skills

While not all-inclusive, the following is a general list of key skills related to each of our recreational levels. Please remember, it is not about just being able to “do it”, we grade each of the athletes on form, body position, and other elements with each of these skills. In addition, the athlete is required to perform all mandatory skills on every event before being allowed to move up.

Apparatus Requirements

<i>Vault</i>		
Beginner I / II	Intermediate I / II	Advanced I / II
Straight jump basics (Body position)	All Beginner I/II Skills +	All Beginner & Intermediate Skills
Run basics (Speed, coordination, proper arm/leg movement)	Straight Jump to Vault System	Handstand Flatbacks to vault system
Vault Board entry basics	Handstand flatback progressions	Vault Table Progressions: Table Trainer, Front Handspring on table (Adv I), Tsukahara into loose foam pit (Adv II Only)
	Vault Board Entry form specifics	
<i>Bars</i>		
Beginner I / II	Intermediate I / II	Advanced I / II
Front support basics	All Beginner I/II Skills +	All Beginner & Intermediate Skills
Tuck swing basics		Glide Swings
Straight Body Cast basics	Straight Body Cast	Undershoots
Pike Swing basics	Pike Swings	Cast 3/4
Kick Overs	Cast/Back Hip Circles	Squat-Ons
	Sole Circle Dismounts	Front Hip Circles
	Pull Overs	Kips (Adv II Only)
<i>Balance Beam</i>		
Beginner I / II	Intermediate I / II	Advanced I / II
Mount & Safety Falls	All Beginner I/II Skills +	All Beginner & Intermediate Skills
Fwd/Bkwd/Sideways walks (Flat feet)	Lever/See-Saw	Split Jumps
Tuck jump dismount basics	Straight Jumps - High Beam	Snap Turns
Releve walks/locks	Arabesque	Handstands
Coupe walks	Cartwheel - Low Beam	Cartwheels
Lunge/Levers	Split Jump - Low Beam	Round-Off Dismounts (Adv II Only)
	Pivot Turns	Side Handstand Dismounts
	Handstands - High Beam	Split Leaps
		Back Walkovers

<i>Floor Exercise</i>		
Beginner I / II	Intermediate I / II	Advanced I / II
Forward Rolls	All Beginner I/II Skills +	All Beginner & Intermediate Skills
Backward rolls	Back Bends/Shoulder Rocks	Front Limbers
Cartwheels	Handstand Forward Roll	Front Walkovers
Opposite side Cartwheels	Back Bend Kickovers	Split Leaps
Lunges	Roundoffs	Front/Back Handsprings
Handstands	Backward Roll/Pike	Side Leaps
	Leap/Jump Basics	Round-Off 1 & 2 Back handsprings
		Front Tucks
		Round Off-Back Handspring-Back Tuck (Adv II Only)
		Standing Back Tuck
		Switch Leap
		Front Handspring-Step Out-Round Off-back Handspring (Adv II Only)
		Aerial
<i>Trampoline</i>		
Beginner I / II	Intermediate I / II	Advanced I / II
Straight Jumps	All Beginner I/II Skills +	All Beginner & Intermediate Skills
Tuck Jumps	Split Jumps	Front/Back Handsprings
Straddle Jumps	Flatback Drills	Back Tucks
Seat Drops	Opposite Turns	Front/Back Layouts
Full Turns		
<i>Strength/Conditioning/Flexibility</i>		
Beginner I / II	Intermediate I / II	Advanced I / II
Pull Ups	All Beginner I/II Skills +	All Beginner & Intermediate Skills
Hollow Holds	Leg Lifts	Rope Climbs
Bridge Rocks	Hollow Holds	Press Handstands
Tuck-Ups	Stalder-ups	Splits (3 proper position splits)
Splits (1 Proper position split)	handstands	Splits (1 over splits)
	Splits (2 proper position splits)	

Skill Progressions:

At all levels, the proper progression of skills is an important concern. Frequently students want to learn the “hard” tricks right away; but basic competency, strength, and flexibility in basic skills are essential and will always be a prerequisite for more advanced skills. Once this is achieved, the student can then work the new skill in a manner which will promote correct technique and form, and are key to continued safety and progress. It is also worth noting that BASIC SKILL TRAINING WILL NEVER STOP REGARDLESS

OF LEVEL! On many, many occasions we get parents coming up to us upset stating “my child already knows how to do that skill, why are they still working on it?”; however, that parent also doesn’t typically see our Level 10’s and Elites during their workout sessions... still working cartwheels, handstands, roundoffs, etc (things they generally mastered 10+ years ago). Simply put, gymnastics is absolutely a sport of cycled repetition, progression, refinement, and maintenance; and although the athlete will learn new skills as they continue to develop, they will also always continue to do the core skills as well.

Skill training at home:

It is important to note that students should not attempt to do “skill training” at home; more often than not, training without the assistance of a qualified instructor does more harm than good, and leads to technique, form, and safety issues with the athlete (which in turn will put them further behind when it comes to move-ups!). However, improving flexibility at home through the child performing individual stretching (i.e. splits, shoulder flexibility, etc.) is highly encouraged!

Addendum 3: Team Entry from Preschool or Recreational Programs

General AGA Competitive Team Selection Process

Being placed into an AGA Xcel, Junior Olympic, or International Elite training group is a highly sought after position in our gym by many athletes, and one that AGA is extremely selective in its processes with. Not every child will make an AGA team, and it is not to be considered a natural progression for a preschool or recreational athlete (i.e. they don't go through beginner, intermediate, advanced, then the "next logical step" is team).

How does my child make an AGA Team?

For children wanting to attempt to make one of our teams, the following are some of the core criteria we review for potential team athletes. Please note this is not a complete list, but is a good indication of the types of items we review for athletes being considered into any of our team programs:

- Skill, ability & potential
- Ability to make, and retain, corrections
- Self-discipline. Self-Confidence, & personal work habits
- Peer & Senior Relationship skills
- Attendance & Commitment

Although the processes for team selection are very detailed, here is a small list of some key high level items to understand.

Xcel Team

- Due to the competitive nature of the program, AGA's Xcel Teams are by invitation, tryout and subsequent selection only.
- Tryouts are a once a year opportunity and will occur typically only once per year in either late June or early July.
- If the invited athlete wishes to tryout, they must attend the mass tryout. Individual tryout requests will typically not be granted.
- There will be a mandatory pre-tryout meeting typically at the end of June to cover team specific information which at least one parent must attend for their child to be eligible to attend tryouts.
- Not every athlete invited to tryouts will make a team. On average, about 20-30 athletes will be selected for entry into AGA's Xcel program each season.

Junior Olympic Team

- Due to the highly competitive nature of the program, AGA's Junior Olympic teams are by individual selection only.
- Starting age is a factor for selection into AGA's Junior Olympic program in order for the athlete to work towards/meet the intensive timelines required for the end goals of the

- program (NCAA athletics).
- Athletes selected to start AGA's JO program will typically be in the 5 to 6-year-old range, and will be placed into AGA's 2-year, training intensive, Developmental Team program. On rare occasion, an athlete who meets all age, ability, and other requirements may be made from the recreational program; however, this is very uncommon.
 - In general, only 10-12 athletes total per year will be invited to join AGA's Developmental Team.
 - Upon completion of the two-year developmental team program, athletes will be evaluated by AGA Junior Olympic team staff and AGA Sr. Mgmt for selection to an AGA Junior Olympic Team.

International Elite Program

- Due to the Ultra-competitive nature of the program, entry into AGA's International Elite program is by individual selection only, and only after a rather lengthy evaluation process of both the athlete, and multiple interviews with the parents, have been completed.
- Candidates for the International Elite program will be selected from AGA's Junior Olympic ranks.
- Typically, AGA may select 1-2 candidates per year, with the possibility of making no candidate selections.

Addendum 4: Ongoing Special Events & Items

Parents Night Out

AGA PNO's are a great way for parents to enjoy an evening out without the kids, and are also an awesome way for the kids to enjoy an evening out without the parents!! During the PNO, we have lots of open gym time, games, food, and loads of excitement! Our spectacular staff works hard to make sure your child is happy and having tons of fun so you can both enjoy your evening out! Watch for emails each month announcing the PNO date!

- Parent's Night Out lasts from 6:30 PM to 10:00 PM.
- Pizza, snacks, and loads of fun are included!
- All children ages 5 to 17 years old are welcome!
- Friends are allowed to come – they do not need to be a registered AGA gymnast to attend a PNO!

Birthday Parties & Special Events

AGA is Southern Denver's premier combined indoor gymnastics and inflatable party place! Come to our 30,000sq Ft. facility and let your kid's jump, climb, and slide on our Huge Inflatable's, and also play in the Giant Foam Pit with a Rope Swing and Cargo Net, 50ft Tumble Track, in ground trampolines and much, much, more!!

Parties are available on Saturday and Sunday only. Please see the front desk or the AGA website for additional information regarding booking your party!

Refer-A-Friend Program

Customer referrals are very important to us, and nothing is more gratifying to us than when a satisfied customer tells a friend about our programs here at AGA

Refer a friend to one of our programs, and upon their paid enrollment you will receive a credit towards your next month's tuition! For more information on our Refer a Friend program, or to get your referral coupons, please inquire at the AGA Front Office!

Summer and Winter Camps

Each year, AGA holds a 3-5 day summer camp for preschool & recreational level gymnasts ages 4+! Winter camps will be held based on gym availability. If you are interested in attending one of our camps, please inquire at the front office for additional information!

- Our camps are a Gymnastics intensive camp with great games, fun strength, coordination and team building activities.
- Campers will learn new skills and refine current skills.
- Campers will be split into ability appropriate groups to insure safety and productive skill learning.
- Fun, professional staff with many years of experience. Camps are a great opportunity for the recreational students to work with and learn from our competitive team staff!
- Low student to teacher ratio which provides each camper with the attention, care and instruction needed to excel in camp activities.
- Depending on the camp time, food, drink, and snacks are included!
- Talent show and camp awards ceremony on final day of camp with the Adrenaline State, Regional & National Championship Team gymnasts.