2017-2018
Trussville Athlete & Parent Gymnastics Handbook

ACE of Trussville strives to help each team member reach or exceed their potential in competition and as a person. Our program is intended to teach teamwork, goal-setting, personal commitment and leadership qualities that will last a lifetime.

Please use this Athlete and Parent Handbook as a guide to understand ACE of Trussville competitive gymnastics and the policies and procedures that are put in place for your family. We encourage each family to take the time to review the rules, policies, and procedures with their athlete. This will ensure that the athlete fully understands the expectations that will be put into place regarding individual and team commitments. ACE of Trussville focuses tremendous effort into open communication with athletes and parents alike; therefore, understanding the Handbook in its entirety is of utmost importance. As we enter our 4th Season, ACE of Trussville is looking forward to an awesome year with our athletes. We are excited to welcome all of our new members into the Tribe family.

ACE of Trussville: Staff Contact Information

<table>
<thead>
<tr>
<th>Happy Hooper</th>
<th>Owner</th>
<th>205-655-1815</th>
<th><a href="mailto:tribecoach@aol.com">tribecoach@aol.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiffanie Reed</td>
<td>Co- Owner/Gym Director</td>
<td>205-222-2244</td>
<td><a href="mailto:tiffaniereed@acetribe.com">tiffaniereed@acetribe.com</a></td>
</tr>
<tr>
<td>Skylar Crawford</td>
<td>Business Director</td>
<td>205-655-1815</td>
<td><a href="mailto:skylarcrawford@acetribe.com">skylarcrawford@acetribe.com</a></td>
</tr>
</tbody>
</table>

ACE of Trussville Communication Hierarchy

ACE of Trussville: Website & Social Media Outlets

Website: www.acetribe.com   Twitter: @ACEofTrussville   Facebook:/ACEofTrussville
The ACE of Trussville Website will be your source for important information regarding announcements, calendars, competition information and practice schedules. The ACE website is also your portal for Camp, Class & Clinic registration. ACE of Trussville will continue to use Facebook and Twitter as our Media outlets for announcements and updates throughout the year.

ACE of Trussville: Healthy & Productive Communication

General Communication

☐ Coaches will be available following classes and team practices to answer any questions regarding your athlete, their needs and their individual progress.

- Coaches will not entertain questions regarding specific strategic decisions (decision of why an athlete was moved, added, removed, or replaced in gymnastics levels) in a public setting.
- If you or your athlete would like a better understanding of level placements, team decisions, etc., please email your Gym Director. We will then set up a meeting with you, your athlete, the athlete’s coach and the Gym Director. ACE of Trussville keeps an open door policy with communication to help each parent and athlete understand every decision in which they are involved.
- It is inappropriate for an athlete or a parent to approach other ACE of Trussville members about a problem they have with an ACE of Trussville coach or teammate, regarding personal objections to coaching decisions, and/or disagreements with an administrative decision. This leads to unnecessary drama and may result in immediate dismissal from the ACE of Trussville Program.
- We strongly encourage parents to have their athletes speak with the coaches directly in regards to, but not limited to, the following issues, should they arise:
  1. Routine Element Questions
  2. Individual and Group Skill Preparedness
  3. Injury
  4. Illness
  5. Outside Events that may affect Performance

(*In cases where the athlete is too young to articulate the issue, we ask that the parent aid in the communication appropriately.)

- If there is a matter that seems to remain unresolved, or if the athlete has clear, legitimate concerns that speaking to the coach will not or cannot possibly resolve the matter, please bring the concern directly to the Gym Director.

Communication with Staff

- The ACE of Trussville Staff, Gymnast, and Parents are all considered a part of the Tribe Family. Athletes and parents should feel comfortable speaking to the staff, in the appropriate setting, with any questions and/or concerns. This "open communication" is needed to ensure that there are no oversights within our teams and that situations involving or affecting the athlete are handled appropriately.
• We strongly encourage that parents have their athletes speak with coaches directly in order to remove any feelings of a communication barrier. All communications via email and/or text message from athletes to Staff members must also include the parent/guardian as a recipient.
• During classes and practices, coaches are needed to instruct the athletes. Parents should never approach a coach during a class or practice. Any issues may be discussed at the end of the session.
• While in the gym, verbal communication regarding athletes, parents, classes, etc., should be held in private. Coaches will be available to discuss concerns regarding your athlete only.
• At gymnastics meets, coaches are there to coach. Any issues that arise during a meet will be addressed promptly during the week following the competition. Parents should never approach a coach with an issue at competitions.
• We have a strict policy in place stating that coaches are not available to discuss:
  1. Information regarding other ACE of Trussville athletes and/or parents.
  2. ACE of Trussville Coaches who do not coach their athlete.
  3. Decisions made by the Administrative Staff.
  4. Issues that involve any type of comparison of their athlete to another athlete, Coach to Coach, or ACE of Trussville to any other gymnastics training facilities.

If a concern is emotional or heated, we recommend a "cooling period" before contacting Your Gym Director and/or the Coach. We understand that issues involving a child are very important and require quick resolution; therefore, we want to ensure that the situation is of constructive resolve.

ACE of Trussville Gym & Staff Certifications

USAG Gym and Staff Certification

• The mission of the USA Gymnastics (USAG) is to encourage participation in all aspects of gymnastics. Support athletes in their pursuit of competitive excellence, generate public awareness of the sport of gymnastics and a commitment to customer service throughout the organization.
• ACE of Trussville is a Certified Gym Member of the USA Gymnastics (USAG) and will only compete at USAG sanctioned events throughout the year.
• ACE Gymnastics staff are certified USAG Professional Members. All coaches are certified in USAG Safety & Risk Management, and U100 Fundamentals. All coaches go through USAG background checks.
• Gymnasts in the ACE program will be required to become a credentialed member of the USAG yearly. More information is at www.usagym.org.
Safety Measures

- Gymnast health and safety is of the utmost concern to the ACE program. We are committed to maintaining a safe training environment at all times. Proper nutrition and hydration are encouraged for optimal performance and injury prevention. ACE is sufficiently prepared to respond to emergency situations with appropriate emergency-response plans; rest assured that your child is in safe and prepared hands.
- To ensure a safe environment at ACE, all coaches are certified and trained in:
  - CPR
  - First-Aid
  - USAG Professional Coaching Certification
  - USAG U100 Educational Class
  - USAG U101 Safety and Risk Management Certification
  - Tumbling

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ACE of Trussville “Team” Philosophy

The ACE Team Philosophy is simple: Program FIRST, Team SECOND, Athlete THIRD.

- Gymnasts will set individual and team goals for the season. Along with the Staff, the gymnasts will work hard to obtain and even exceed those goals, building a strong work ethic for the future. ACE is focused on developing the lifelong success of the gymnast, not on merely winning meets.
- Members of ACE agree to put the team ahead of the individual gymnast. All decisions are made for the benefit of the team’s performance, scoring and success. Although the individual gymnast is very important to the ACE program, some decisions, initially, may not seem to be the best to the gymnast or parent. If she still has a question or does not understand a decision, they should then speak with a coach.
- If it is in the best interest of the program, a gymnast may be moved from one level to another. This is a decision that will only be made through careful evaluation and consideration. A parent and gymnast meeting with Tiffany Reed will be scheduled prior to a level change.
- Gymnast being moved to a different level should not be perceived as a negative consequence. The decision to move a gymnast will be based off of one or more of the following reasons:
  - Gymnasts Skill Level (vault, bars, beam and floor.)
  - Gymnasts Attitude
  - Gymnasts Willingness to Learn and Improve in a Group Setting
  - Team’s Need for Competition
  - Loss of gymnast from another level
  - Injury
- A gymnast may request to be moved to a lower level if she feels they are unable to sufficiently complete the required skills throughout the routine or if they become overwhelmed by the requirements at that level. Although maintaining the mental and physical well-being of the gymnast is recognized as a paramount concern, any move down to a lower level will depend on several circumstances which will be discussed with Tiffany Reed prior to any changes being made.
• All athletes joining team must have the desire and dedication to be a part of the gymnastics program.

ACE of Trussville: Role of the Staff, Gymnast & Parent

The ACE staff is highly trained, motivated and committed to the success of your gymnast. Parents and Gymnasts can expect the ACE Staff to:

• Always be approachable and friendly.
• Continue Gymnastic-industry Education and Certification.
• Instruct skills in a manner that is technically precise, safe and appropriate for the individual athlete.
• Stay consistent with the guidelines set for appropriate athlete progressions in a manner that will continue to challenge the gymnast to reach their full potential.
• Maintain open and professional relationships with each gymnast and parent/guardian.
• Consistently enforce all rules and regulations, as outlined in the Parent and Athlete Handbook.
• Provide a fun, safe and overall positive atmosphere and training experience for your gymnast.
• Provide Gym Wide Newsletters to keep all of our ACE families up to date with announcements, schedules and important information. These newsletters will be sent out, electronically, at the beginning of each Session (or as needed.).

Role of Athlete

As members of the competitive gymnastics teams, gymnasts are expected to adhere to the rules and policies listed below. These expectations will be strictly enforced at all ACE locations, during practices, clinics, competitions and all events.

Gymnasts will be expected to:

• Treat fellow teammates, coaches, staff, and parent with respect at all times.
• Not listen to, participate in or instigate any idle, worthless gossip. This includes, but is not limited to, external, non-ACE related gossip and/or internal gossip about other ACE athletes, coaches and parents.
• Show good sportsmanship in class at ALL times.
• Accept both constructive criticisms along with praise for a job well done.
• Maintain a true “team” mentality at all times. Your team is your family; continuing to build up moral, increased positivity, determination and drive as a team is of utmost importance for success.
• Not participate and/or instigate in Bullying. This includes all possible forms of bullying such as electronic, verbal, physical, mental, media based, monetary, etc.
• Not use profanity and/or abusive language.
• Not consume alcoholic beverages and/or illegal behavior
• Use social networking and electronic media as a means of publicizing and spreading the word of ACE in a positive and appropriate manner. You represent yourself and your gym at all times.
• Refrain from using any social networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the ACE Brand or reputation in any way. This is grounds for immediate dismissal from the program.
• Remain mindful that your decisions reflect that of yourself, your family, your teammates and the entire ACE program. Athletes should take pride in wearing the ACE name and conduct themselves accordingly to uphold the legacy of ACE.

Role of Parent

As a gymnastics team parent it requires you to make a commitment for your athlete. It’s a full year sport. This is not only a financial commitment but also morality support.

Parents will be expected to:
• Encourage their athlete to treat fellow teammates, coaches, and ACE staff with respect at all times.
• Ensure that their child understands what is expected of them as an ACE athlete, in regards to the attendance policies, dress codes and rules outlined by ACE.
• Not express their opinions during practice or coach their gymnast “from the sideline” (i.e., from the parent-viewing area or the lobby.) NO COACHING OVER BALCONY
• Defer to the coaches’ discretion regarding team decisions.
• Not listen to, participate in or instigate idle, worthless gossip. This includes, but is not limited to, external, non-ACE related gossip and/or internal gossip about other ACE athletes, coaches and parents.
• Refrain from using any social networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the ACE Brand or reputation in any way. This is grounds for immediate dismissal from the program.
• Withholding a child from practice or competition should never be used as a form of punishment. This punishes not only your child but every other team member and parent.
• Refrain from threatening to quit or pull their child from a team. This is unacceptable parent behavior that will not be tolerated. Any such threats will result in immediate dismissal from the program.
• Understand that the parent viewing area is open as a privilege and not a right. If the viewing area becomes a parent issue, ACE has the right to close the area at any time without prior notice.

Parent Travel Obligations
• Parents are responsible for their gymnast activities and behavior at out-of-town events.
• Parents must understand that camps and competitions are not vacations. The gymnast time and focus should be fully committed to ACE and all related activities throughout the entirety of the event.
• Please note that with all events, you must arrive at least 30mins earlier than the scheduled event time to ensure proper attire, hair and check-in of all gymnasts.
• If a parent/guardian cannot attend an out of town event, you must arrange for another ACE parent, or responsible adult, to travel with your gymnast. They will assume responsibility for the gymnast and ensure the gymnasts adherence to all ACE rules and policies throughout the entirety of the event.

Attendance Policies and Procedures

Practice Attendance Policy

Summer Session Practices
1. Practice attendance is critical to your gymnast progress and an integral to the success of the team. Gymnasts should attend practices and classes during the summer session in order to prepare themselves for their individual routine obligations and to build team cohesiveness.
2. ACE recognizes that gymnasts value the “summer break” therefore; summer practices will accommodate family vacations, summer sports, church trips, summer camps, etc. *Please note that there are no make-up classes for time missed.
3. Gymnasts must turn in Planning Calendars, listing all planned absences, in order to be excused. Additions may be made by contacting Tiffanie Reed within 24 hours of practice.

Competition Season Practices
- The "Compulsory Competition Season" begins August and ends in December. The Optional Competition Season" begins November and ends in April.
- Practice attendance is expected at 100 percent during competition season. Attendance policy will be enforced once athlete reach below 80 percent of attendance. A gymnast team position will be jeopardized for noncompliance with all of the attendance policies.
- Gymnasts are expected to be at every class, clinic and practice scheduled.
- Practices may be changed or added at any time throughout the year. Parents must check emails, social media, team calendars and the ACE website, regularly, for updates.
- All gymnast that miss practice must notify team rep and/or coach of athlete’s absence.

Excused Absences
Absences that have been scheduled on the planning calendar and fit the following:
  a. School Functions that result in a grade.
  b. School sponsored events.
     - Tiffanie Reed has ultimate, discretionary authority to excuse absences on a case-by-case basis. *Please note that continued
absences may result in not being registered for a meet or scratched from competition. Attendance is necessary for success!

Unexcused Absences

ALL other absences that do not meet the above allowances are unexcused.
Examples include:

- **Academics**: School is definitely a high priority and ACE stresses the importance of education however; homework, projects, and studying are unexcused absences. Proper time management is expected so that this does not become an issue.

- **Extra-Curricular Activities and Jobs**: Extracurricular activities and jobs need to be scheduled around the commitment to ACE. This includes school clubs, etc.

- **Church**: Church is an understood priority at ACE and with many of our families. We will schedule around the most common church times however, absences related to church youth groups, speakers, retreats, etc., will be unexcused.

- Unexcused absences are **NOT** allowed the weekend or week prior to a competition. Noncompliance will result in the athlete being scratched from the competition.

Illness, Injury or Family Emergency

**Illness**: Gymnasts are expected to be at practice unless they have a fever as fever can mean that a gymnast is contagious. Practice participation will be situation-based and at the Coach’s discretion. When absences due to illness perpetually occur, a doctor’s note listing the treatment and length of recovery is required. Continued absences may result the student not being registered to compete.

**Injury**: In the event that a gymnast is injured, you should notify your coach immediately. Please ensure to update the coach with information details concerning the prognosis, recovery time and any change in circumstance affecting their ability to perform.

- Injured Gymnasts must continue with fee payments in full. Depending upon the injury and time of recovery Tiffanie Reed will determine what the athlete will be allowed to participate in at practice. This may include weight and strength conditioning based upon the injury.

**Unexpected/Family Emergency**: Contact Tiffanie Reed or Skylar Crawford.

Absence Allowances and Protocol

- 24 hour notice is required for the coach to plan accordingly.
- Missing a competition may result conference and or evaluation of team placement.
1. **Practice Dress Code**
   - Gymnasts **must** wear leotards to every practice.
     - If an athlete does not have the correct practice clothes for practice, she may be required to purchase the correct leotard from the Pro Shop and your ACE account will be charged.
   - **ACE practice leotard sets will be required for one given practice.**
   - Hair must be pulled out of the face, in a ponytail or braid at every practice. Short chin-length hair may be worn pulled back or half up/half down.
   - Athletes will likely grow throughout a season should the fit of leotards become extremely unflattering or inappropriate, ACE staff may require an athlete to purchase larger sized practice leotards.
   - Female athletes are encouraged to wear sports bras (as opposed to regular bras) under their leotards during practice in order to provide adequate support. Sports bras may even be layered for additional support.
   - NO jewelry of any kind is allowed in the gym. Neither ACE nor ACE employees are responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen.

2. **Competition Dress Code**

   “Competition Ready” dress code is required upon arrival to a competition venue. The following options are the ONLY acceptable forms of dress:
   
   A. Competition Leotard. (Program Shirt and proper hair are still required.)
   B. Official ACE warm-up. (Program Shirt and proper hair are still required.)
   C. Rules for Dress code:
      1) Hair should be secured in a manner that does not interfere with gymnast movement. There will be no bobby pins allowed in the hair. All hair should be pulled out of the face. Make-up should be of a natural look.
      2) No jewelry allowed at any time. Most competition judges will apply deductions if worn on the floor.
      3) No fingernail or toenail polish.
      4) No Hats of any type.
      5) Competition leotard should be worn **under** accompanying warm up attire.
      6) Gymnasts must use restrooms for changing while at a competition venue. It is inappropriate for gymnasts to change in designated ACE rooms, hallways or any other public place.
      7) Apparel and/or backpacks worn must either be ACE specific and/or specific to the competition that the athletes are attending. (ex: no hot pink bookbags)

ACE is known for showcasing athletes that are clean cut and uniform. These rules allow the athletes to equate the ACE uniform with being viewed as one of the classiest programs in the world. The ACE dress code also provides confidence by the “look good, feel good” principle.
Gymnasts are expected to be focused on the job at hand while in “competition mode,” as these events are not fashion shows. Designated ACE Program t-shirts are the only shirts allowed to be worn over the uniform unless otherwise noted.

### ACE Brand and Logo Policy

All ACE letters and logos are copyright protected.
- All spirit wear items are to be purchased through Varsity or Ragland.
- If a parent would like to buy merchandise for an entire team, the order must go through Varsity or Ragland. Happy Hooper must approve any, and all, spirit items purchased for teams.
- Bows, t-shirts, bags, etc., with an identifiable icon or ACE reference, not purchased through Varsity and/or Ragland, are not permitted. Teams will not be allowed to wear or use these items as a group.
- Anyone that attempts to sell or give away items with ACE logos and/or references will be in violation of our Brand and Logo Policy.
- Money cannot be required of parents in order to buy spirit items, goody bag items or any other nonmandatory items.
- You are welcome to monogram your warm-up; however, we ask that you use athletic gold for the lettering. Athlete’s name, initials and/or nicknames are all acceptable.

### Protocol for Athlete Discipline

Gymnasts are expected to behave themselves in a manner that is consistent with the rules listed throughout the ACE Handbook. These expectations will be upheld at all ACE events: camps, classes, clinics, competitions, practices and any point at which the gymnasts is under watch of the ACE Staff. When a gymnast behavior does not meet the expected standards and/or the gymnast continues to pose a problem while under ACE supervision, disciplinary action will be enforced.

The ACE approach to athlete discipline will be conducted as follows:

**Offense #1:** The Coach will discuss the problem directly with the gymnast and expect immediate resolve of the issue.

**Offense #2:** The Coach will remove the gymnast from practice. In turn, this may cause a gymnast to lose valuable class and/or team instruction. Make-Up Classes will not be allowed.

**Offense #3:** The Coach will set up a meeting with Tiffanie Reed, the gymnast and the parent to discuss the issue and the lack of response from the gymnast. Parents will have the opportunity to be involved with correction of the problem at this time.

**Offense #4:** The gymnast will be removed from the team. This will only occur in the most extreme cases and, rest assured, that ACE will make every effort to find an acceptable solution that enforces all outlined policies and procedures in a fair and consistent manner.
Financial Policies and Procedures

Website Registration and Payment Authorization

All Gymnasts must be registered in Jack Rabbit, our online system, by practice team evaluations. The online registration is where families will select all of their classes for the year. A credit/debit card is required for registration however, be aware, the website is very secure and no fees are automatically billed at the initial registration. Please use the following steps to complete your gymnast’s online registration:

1) Visit www.acetribe.com
2) Under Locations Select “Trussville, AL”.
3) Click on the Registration link.
4) Complete the required information.

All cards on file will be automatically charged on the first of the month. You may bring another form of payment into Skylar Crawford at the front desk before the 1st of each month. *Note: If payments are not received by the 1st of each month, your card on file will be charged. If your card is declined, your account will be assessed a $15 Late Fee after the 5th of the month.

Monthly Payments

Monthly payment plans have been established for each level. The monthly payment plan has been set up to distribute the costs associated with competitive gymnastics in an affordable manner. In order to keep the Competitive Gymnastics Program at a lower cost, ACE expenses must be paid on time. We expect the same courtesy with timely payments from all ACE families.

- Monthly fees are posted to athlete accounts on the 25th of the month for the upcoming month’s tuition. (Example: July fees are billed on June 25th.)
- Monthly Payments are due on the 1st of the month. (Example: July fees are due by July 1st.)
- If your account has a balance after the 5th, your account will be assessed the $15 Late Fee.

Gymnastics Team Fees are ALL-INCLUSIVE this season. We will run a full 12 months of payments. These fees will include Monthly tuition, USAG Membership, Skills Camp, Team Fee, Competitions, Coaches fee, End of Season Banquet, (1) Practice leotard, (1) Competition Uniform, and Warm-Up. Levels 1 and Levels 2 will get a Choreography Camp included in their fees. Levels 3-5 will be booking Huntsville Compulsory Camp and Optional (Level 8-10) will book Alabama or Auburn camp ON YOUR OWN. *Those fees are NOT included (Camp Level 3-10).

If you commit to becoming a member of a team, you are responsible for all costs and fees associated for the season’s entirety.

Team Evaluations

May: Team Selection Process and Contract Obligations

The Team Selection process includes Gymnast Evaluations (January 21st) and a look at Mobility Scores from the previous season. Gymnastics Evaluations are from 10am-1pm. Athletes must stay for
the block’s entirety, to provide ample time for thorough evaluations. We ask that families arrive 30 minutes prior to their time block to turn in paperwork and complete registration. All athletes need to register on website/parent portal for Team Evaluations. Handbook must be signed and $15 fee must be paid before you can evaluate. Evaluations are a very laid-back, low stress process used for selecting the appropriate competitive level based on USAG rules and regulations and mobility scores. At ACE, we do not want the gymnast to feel as though they are participating in a stressful “try-out” process or that they are inadequate. ACE offers gymnastics programs for gymnast of all age and skill levels.

**PLEASE NOTE:**

If an athlete quits or is released from an ACE of Trussville team, at any point after January, 26, 2017, you will continue to be financially responsible for fees in full. These fees are to be paid in accordance with the assigned payment schedule. You are financially responsible for the year in full whether the athlete competes or not.

The Gymnastics Level Selection Process is structured as follows:
- Gymnasts in the compulsory program will be required to show all skills required from the USAG levels 1-5 Report Card of required skills set forth for each of these levels. If a gymnast wants to move up levels, they must have the appropriate skills and mobility score to include 100% completion of the previous level and 80% completion of the next level skills. This move will be at the discretion of Tiffanie Reed. *Please check ACE mobility scores below.
- Gymnasts may also show skills they are currently working on to move up levels or improve the performance of current skills in their current competitive level.
- After all gymnast have been evaluated, Tiffanie Reed and coaches will assign the appropriate competitive level to each gymnast or appropriate practice class for non-competitive gymnasts.
- The official announcements of the levels will be set by the coaches.
  - There is a **mandatory** parent meeting at the first practice. The commitment form from the Team handbook, Summer Vacation Calendar and a list of possible practice conflicts and days are due at the parent meeting in order for the gymnast to participate.
- Gymnasts will be sized for the competition leotard and practice leotards in February. Date will be announced later.

**If you quit or are released from the team at any point throughout the season, you will continue to be financially responsible for fees in full. These fees are expected to be paid in accordance with the assigned payment schedule.**

**Mobility Scores**
This is a guide that will help you follow how we range mobility when moving levels in our gymnastics program. To move levels a mobility score is set to show that you have mastered the skills in USAG levels and are able to perform them safely before moving to the next level. **Also,** gymnasts must have obtained all skills for the next level by pre-determined cut-off date. Guidelines are not binding and final say will determined by coaching staff.

<table>
<thead>
<tr>
<th>Levels</th>
<th>Scores</th>
<th>Must score a minimum of 36 or above at two of the regularly scheduled meets during the season.</th>
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</thead>
<tbody>
<tr>
<td>1-4, 6</td>
<td>36.00</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>35.00</td>
<td>Must score a minimum of a 35 at two regularly scheduled meets during the season.</td>
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</tbody>
</table>
ACE of Trussville Financial obligations, Hours/Days practice per week, Meets and Classes

<table>
<thead>
<tr>
<th>Team</th>
<th>Monthly Fee</th>
<th>Hours per week</th>
<th>Days Per week</th>
<th>Tumbling Class</th>
<th>Conditioning</th>
<th>Amount of Meets</th>
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<tbody>
<tr>
<td>Clydesdales (non-competitive)</td>
<td>$165</td>
<td>3</td>
<td>1 day</td>
<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Level 1</td>
<td>$232</td>
<td>4</td>
<td>2 days</td>
<td>1</td>
<td>30mins</td>
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<tr>
<td>Level 2</td>
<td>$260</td>
<td>5</td>
<td>2 days</td>
<td>1</td>
<td>30mins</td>
<td>5</td>
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<td>Level 3</td>
<td>$303</td>
<td>8</td>
<td>3 days</td>
<td>1</td>
<td>30mins</td>
<td>6</td>
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<tr>
<td>Level 4/5</td>
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<td>11</td>
<td>4 days</td>
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<td>1 hour</td>
<td>6</td>
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<tr>
<td>Level 6/7</td>
<td>$385</td>
<td>15</td>
<td>5 days</td>
<td>1</td>
<td>1 hour</td>
<td>7</td>
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<tr>
<td>Level 8-10</td>
<td>$415</td>
<td>17</td>
<td>5 days</td>
<td>1</td>
<td>1 hour</td>
<td>7</td>
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*Tuition is based on 4 weeks per month, which is 48 weeks in the year. This allows for time we have off for vacation, Holidays or Friday competitions.

The only fee that will be charged additional to your account for team will be the annual $35 Registration Fee for membership on June 1st. Regional and National Fees will be in addition.

**Choreography (Not included in Monthly Tuition for Levels 6-10)**

Floor and Beam routines will need to be choreographed for Levels 6-10 gymnast. These routines can last for 2 years. The cost of routines Choreography is approximately $200-$350 for Floor and Beam. This includes up to 3 (depending on the need) individual sessions with choreographer to complete routine. This fee must be PAID IN FULL prior to start of the routine.
Tentative Gymnastics Meet schedule  
2017-2018  
(X) Mark Meets Attending

<table>
<thead>
<tr>
<th>Meet the Tribe</th>
<th>Clydesdale</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4/5</th>
<th>Level 6</th>
<th>Level 7</th>
<th>Level 8</th>
<th>Level 9/10</th>
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<tbody>
<tr>
<td>Judges Cup</td>
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*Competitions are subject to change pending release of dates of competitions  
Regionals and Nationals are per qualifying.
Gym Rules:
1. No Cell Phones on the floor for gymnast
2. No Gum or food on the floor nor left in lockers after practice
3. Gymnast expected to arrive on time to practice ready. Contact Team Rep when expected to be late.
4. Practices will be CLOSED to parents, except for the last 30 mins of each practice. We will have a viewing week at the end of every month. *This is in the best interest of the gymnast and will reduced coaching or inquiries during practice.
5. Lockers are given to athletes. Due to a limited number of lockers gymnast may have to share. Please refrain from leaving valuables in your locker. ACE will not be responsible for any items lost or stolen from a locker. Please respect each other’s property.
6. Healthy snacks are permitted during practice only.

Team Reps:

Team Reps are the main point of contact between parents and coaches. Please communicate through your team rep involving absences, tardiness, schedules, practice times, parties, and any other duty that the coach has asked of them. Team Reps will setup a communication outlet (Remind me/GroupMe/Email) to relay important information sent by coach or Tiffanie Reed. All questions or concerns that cannot be handled by team rep should be directed to the coaches ACETRIBE email.
2016-2017 ACE of Trussville Athlete Information
(Please Print)

Athlete Name: __________________________________________________________

Date of Birth: ______________

Address: _______________________________________________________________

City: _______________ State: _______ Zip:_____________________

Athlete Cell: (     )________________________ E-mail: __________________________

Athletes School: ____________________ ‘16’17 Grade: __________

Parent/Guardian Name: ______________________________

Cell: (   )________________________ Home: (   )________________________

E-mail: ______________________________

(*Please put a slash in any zeros.)

Other Contacts:

________________________________________________________________________

________________________________________________________________________

Allergies/Medications: (Please list any allergies/medications and instructions we need to know)

________________________________________________________________________

________________________________________________________________________

Sizes: (Please circle your size) T-shirt   YS YM YL    AS AM AL AXL AXXL

Leotard:   YXS YS YM YL    AXS AS AM AL AXL AXXL

Please list any other prior commitments and schedules below.

________________________________________________________________________

(Ex: Practice day/time conflicts and vacations)
2017-2018 ACE of Trussville Terms and Conditions Agreement

As the parent/guardian, I have read and completely understand the rules, requirements and regulations as outlined the 2017-2018 ACE of Trussville Parent & Athlete Gymnastics Handbook. I promise to uphold and abide by the rules set forth herein. We realize that ACE of Trussville reserves the right to change, amend or assess the stated policies and procedures, as deemed necessary, on a case-by-case basis.

I have read and understand the 2017-2018 ACE of Trussville Athlete & Parent Gymnastics Handbook in its entirety (Pages 1 through 19). I have also read the Financial Policies and Procedures. I understand that it is my responsibility, as a parent/guardian, to follow through with my child's financial obligations associated with tuition and other fees during the 2017-2018 competition season. Should I fall behind or fail to make payments, I recognize that my child’s involvement with the ACE of Trussville program will be jeopardized. I also understand that if my athlete quits or is released from an ACE of Trussville team, at any point throughout the season, I will continue to be financially responsible for fees in full. I understand that these fees are expected to be paid in accordance with the assigned payment schedule. I also understand that my athlete is financially responsible for the year in full whether they compete or not.

Athlete Name

________________________________________
Athlete Signature

________________________________________
Parent/Guardian Name

________________________________________
Parent/Guardian Signature

________________________________________
Date

You have until January 26, 2017 to stop by the office and in person and void contract.

Gymnasts will not be permitted to evaluate without this signed form. Please understand that under no circumstances will a gymnast be permitted to participate on ACE Gymnastics Team without these forms signed. It is important to the success of the program that all members and responsible parties sign this agreement form, so that misunderstandings will be minimized.
2017-2018 ACE of Trussville Competitive Gymnastics Contract

I, the undersigned, hereby certify that I am the parent or legal guardian of ___________________________ (athlete.) The athlete desires to be team member within the ACE of Trussville competitive gymnastics program for the 2017-2018 season. This contract sets forth the terms and conditions under which the athlete may participate in the 2017-2018 competitive gymnastics season as ACE of Trussville team member.

Responsibilities of ACE of Trussville
ACE of Trussville hereby agrees to provide competitive gymnastics coaches and instruction for the purpose of Teaching gymnastics, dance skills and techniques to athletes in preparation for local, state, regional and national gymnastics competitions and exhibitions. ACE of Trussville cannot guarantee that an athlete will acquire any particular skill level or that an athlete will remain on the same level throughout the entire season. All ACE of Trussville gymnastics teams are fluid, so athletes can be moved from one level to another during a season, at the discretion of the ACE of Trussville staff, as indicated in the 2017-2018 ACE of Trussville Athlete & Parent Gymnastics Handbook, hereinafter referred to as the “ACE of Trussville Handbook” and incorporated by reference herein.

Responsibilities of Athlete and Parent/Guardian
I understand that accepting a place on an ACE of Trussville gymnastics team is both an honor and a privilege, and that it entails a significant commitment to ACE of Trussville and to fellow team members. Athlete hereby agrees to attend all practices and competitions, and understands the disciplinary actions that may be taken if the athlete does not comply with the attendance requirements set forth in the “Practice Attendance” and “Competition Attendance” sections of the ACE of Trussville Handbook.

Parent/Guardian’s Indemnification of ACE of Trussville
I hereby give my permission to ACE of Trussville Staff to seek and give appropriate medical attention for the athlete during the period of practice or competition (or to/from) in the event of a accident, injury or illness. I will be responsible for any and all cost of medical attention and treatment. I represent that the athlete is covered by medical insurance. I understand that, as with any sport, injuries can occur and the athlete is physically fit and mentally capable of participating in gymnastic and dance activities. I represent that I have sought the opinion of athlete’s pediatrician/physician. I hereby waive, release and forever discharge ACE of Trussville and its staff and representatives from all rights and claims for damages, injury, or loss to person or property which may be sustained or occur during athlete’s participation in ACE of Trussville activities, whether on the ACE of Trussville training facility premises or at any other venue where an ACE of Trussville activity takes place, or in travel thereto or there from.

I acknowledge that competitive gymnastics is an inherently dangerous sport in which I/my child, participate at my/my child’s own risk. In consideration of ACE of Trussville allowing me/my child a position on a competitive gymnastics team, I, on behalf of myself, my heirs, assignees and personal representatives, do release and forever discharge ACE of Trussville, its employees, agents, officers, members, sponsors, promoters and affiliates from any and all liability, claim, loss, cost or expense, and waive and promise not to sue on any such claims against any such person or organization, arising directly or indirectly from or attributable in any legal way to any negligence, action or omission to act of any such person or organization or execution of any ACE of Trussville-related gymnastics event, including travel to and from such event, in which I/my child will participate as a team member or spectator.

I expressly agree that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Alabama, and that if any portion of the agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Parent/Guardian’s Travel Responsibilities
I understand that:

☐ ACE of Trussville assumes no responsibility to supervise or monitor athlete’s activities or behavior during out of town events, except during the time I am required to be at the competition venue. I am responsible for my athlete’s activities and behavior during out of town events, including travel to and from.

☐ ACE of Trussville Staff is solely responsible for, and retains full creative control of, the placement of the athlete on a particular level and all competitive routines on bars, beam, vault, and floor exercise.
Financial Obligations

I have read and signed the ACE of Trussville Handbook. I understand that certain violations of team rules may subject the athlete to appropriate disciplinary actions as set forth in the ACE of Trussville Handbook. In the event the athlete's status on a team changes in any way, whether suspended or dismissed from the ACE of Trussville program for disciplinary reasons, or moved to another level, I remain obligated to pay all cost and fees associated with having a spot on a team list for the entire 12 months and will receive no refunds of monies previously paid.

The ACE of Trussville 2017-2018 “Financial Obligations Spreadsheet” provided in the ACE of Trussville Handbook dictates the exact payment amounts and provides a schedule when all payments are due. All financial obligations are considered a part of this agreement and incorporates by this reference thereto. I understand that:

1. The evaluation tuition and any outstanding balances must be paid in full on or before January 21st 2017 in order to be eligible to participate in Athlete Evaluations on January 21, 2017. This fee is non-refundable.

2. Monthly gym fees must be paid on the 1st of each month for the months of February through January 2018.

3. I will be assessed a $15 late fee if any monthly fee is not received by the 5th day of the upcoming month.

4. I am solely responsible for all travel costs associated with out-of-town competitions including transportation, lodging and food.

5. ACE of Trussville is hereby authorized to initiate all payments owed through automatic credit card billing, as indicated on the authorization form attached hereto. I understand that ACE of Trussville will initiate payment from my account or credit card on the 1st day of each month.

6. I will be assessed $35 fee per occurrence of a check or authorized bank draft returned to ACE of Trussville due to insufficient funds.

This contract, together with the ACE of Trussville Handbook, Releases, and Authorization materials referred to herein, represent the entire agreement between ACE of Trussville and the undersigned:

I have read and agreed to the terms of this contract:

___________________________________________________
(Print Name of Parent or Guardian Responsible for Payment of Financial Obligations)

___________________________________________________
(Signature)

___________________________________________________
(Date)

(To be completed by ACE of Trussville)

Accepted by: