
GRASSROOTS GYMNASTICS

TEAM PARENT HANDBOOK
2026-2027 SEASON



grassroots
GYMNASTICS

BUILDING HEALTHY LIFESTYLES FROM THE ROOTS UP

OUR MISSION :: HEALTHY ENVIRONMENT

At Grassroots Gymnastics, our competitive program is designed to inspire excellence, build confidence, and foster a lifelong love for the sport. We believe that every gymnast has the potential to achieve greatness when given the right tools and support.

Our program focuses on developing strong fundamentals, advancing technical skills, and promoting personal growth. Led by experienced coaches who are passionate about gymnastics and dedicated to their athletes, we create an environment that emphasizes positivity, teamwork, and personal growth.

GRASSROOTS MENTALITY :: OUR THREE RULES

Discipline is required in maintaining a safe, productive and fun environment. We have 3 simple gym rules.

1. Respect your coaches
2. Respect your teammates
3. Respect the gym

If any of these rules are broken there is a simple format we follow to address it. On the first occasion, the athlete will be given a warning that they broke a rule and how/why. If it occurs a second time, they will be pulled aside and reminded this is now the second time. The coach will speak to them to find out what's wrong and why they might be acting in this way. If the same behavior happens a third time in the same practice, the athlete will be asked to sit out the rest of the practice or have a parent pick them up early. A parent meeting will be required before the athlete may return to any practices, competitions, or any other team-related event. Repeated offenses may lead to being terminated from the team.

PROMPTNESS + ATTIRE

We expect each gymnast to be on time to every practice. Warm-up is an important part of the training process. Each gymnast needs to arrive 5-10 minutes early (**no earlier than 30 minutes**) to place her things in a cubby, and be ready to start right on time. If they need assistance in any way such as taping they should arrive 15 minutes early. A leotard is the only acceptable attire. Fitted shorts are acceptable over a leotard. Hair must always be tied back BEFORE starting practice and it must stay in place for the whole practice. SAFETY is an issue with hair in training.

Gymnasts will not be allowed to train or compete with long ponytails and hair in their eyes. Try out a few styles to see which works best for you. No jewelry may be worn with the exception of one pair of stud earrings. Other personal items such as grips, athletic tape, and other training tools may be required and each gymnast will be responsible for her own care of them.

PROGRAM OVERVIEWS :: PRE-TEAM AND XCEL

Pre-Team

Grassroots offers a Pre-Team group to train this level and is non-competitive. Pre-Team is designed to prepare gymnasts for joining the Competitive Team.

Training Schedule - 2 days/week for 2 hours

Xcel Program :: Bronze, Silver + Gold

Grassroots uses the Xcel Program Bronze, Silver and Gold as introductory competition levels for our gymnasts. One of the most valuable aspects of Xcel is it's flexibility—coaches are able to design routines that highlight each athlete's strengths while continuing to build strong foundational skills.

Training Schedule -

Bronze + Silver :: 6 hours per week, 2 days for 3 hours

Gold :: 9-10.5 hours per week, 3 days for 3/3.5 hours

Xcel Program :: Platinum, Diamond + Sapphire

The goal of these Xcel Levels is to provide gymnasts of varying abilities and commitment levels the opportunity to continue in their competitive journey.

Training Schedule -

10.5 - 14.5 hours, 3-4 days for 3.5/4 hours

PROGRAM OVERVIEWS :: DEVELOPMENTAL (DP)

DP Group :: Training Levels 1-5

This group is designed for highly motivated athletes who have goals of progressing into the Development Program after successfully completing Xcel Gold.

Program Structure:

- Athletes train with their assigned Xcel team
- PLUS **one additional practice each week with all Developmental Group athletes**

Training Focus:

- Strength and conditioning
- Shaping and body positions
- Mastery of foundational skills
- Accelerated skill development

This additional training is designed to better prepare athletes for the demands of optional-level gymnastics.

Training schedule -

Current Level practice schedule and one additional 3-4 hour practice per week.

PROGRAM OVERVIEWS :: DEVELOPMENTAL (DP) CONTINUED

DP Optionals :: Levels 6-10

Levels 6, 7, 8, 9, and 10 are considered beginner, intermediate, advanced intermediate, and advanced optional levels. This team requires a high commitment level from the parents and gymnasts. Gymnasts have the ability to qualify for Regionals (Level 6-10), and Eastern Championships in Level 9 and Nationals in Level 10.

Training Schedule -

Level 6-7 :: 12-16 hours per week, 4-5 days

Level 8-10 :: 16-25 hours per week, 5 days

DIVISION MOBILITY :: MORE THAN THE SKILLS

Gymnasts will be evaluated once a year in late Spring to determine mobility into the next level in the form of an *Athlete Stoplight Review*.

Moving up to the next level is dependent on several factors. Each skill at the new level must be met before a gymnast will be promoted to the next level. The gymnast must also be mentally and emotionally prepared for the next level. Commitment, maturity, attitude, ability to push past fear, and work ethic of the gymnast are all considered. It is not uncommon for a gymnast to spend more than one year at a certain level.

Final Level placements for the upcoming season are determined by coaches in August.

TRAINING OUTSIDE OF GRASSROOTS

By signing this contract you agree not to practice gymnastics at any other facilities during the duration of your membership at Grassroots Gymnastics. This includes tumbling classes, private lessons, and clinics at other gyms or other programs not provided by Grassroots. Exceptions are if it's discussed with coaches prior to arrangement and participation, a gymnast may be given permission to train at another gymnastics facility while on vacation, for example. Also excluded from this clause are birthday parties at other gyms that your child has been invited to, as well as clinics that GG coaches attend with the gymnasts. We highly discourage practicing gymnastics at home (or trying to coach your athlete) and going to trampoline parks. In neither situation is the gymnast being supervised by a trained professional. **TRAMPOLINE PARKS ARE FORBIDDEN DURING COMPETITION SEASON FOR THIS REASON.** Not only is it incredibly dangerous but it is also likely to create bad skill habits that will take a longer time to correct. If you have concerns about your gymnast's progress, we ask that you speak with her coach and work together to make a plan and set goals or schedule private lessons.

FINANCIAL RESPONSIBILITIES

On top of monthly tuition and annual registration fees to Grassroots Gymnastics, there are additional costs associated with attending Competitions. Please see the attached calendar to help you plan for the year financially. By signing this contract, you agree to pay all outlined fees for the 2026-2027 season. We do not offer any refunds for fees paid if an athlete quits the team mid-season. We will NOT however, continue to bill you unless the fees have been paid on your behalf by the gym.

TUITION

Monthly tuition is due on the first of the month. **We require all Team members to be enrolled in an auto-draft for your tuition and all team expenses. A 3% credit card processing fee will be applied for any credit card payments.** If payment is not received for any reason by the fifth it will incur a \$10 late fee. If any tuition or registration fees are owed to the gym your daughter will not be eligible for any team-related activities including attending practices and competitions. There is no proration due to missed practices, vacations, or illness. If there is an extended illness or injury, (more than 4 weeks) please contact Katie with tuition questions and requests which will be decided on a case-by-case basis. Tuition is based on the number of hours per week the athlete trains. The annual membership fee is currently \$50 which ensures each gymnast is covered under our liability insurance.

FINANCIAL RESPONSIBILITIES CONTINUED

CURRENT TRAINING HOURS AND TUITION RATES (Tentative)

Pre-Team : 4 Hours \$182/month

Bronze/Silver: 6 Hours \$220/month

Gold/Platinum: 10.5 hours \$303/month

Optionals: 14 hours \$330/month

UNIFORM FEES

Purchasing a Grassroots Gymnastics competitive uniform is mandatory to be a part of the Team. *All costs are estimated and vary year to year.

Bronze + Silver:

Tank Leotard-(\$100+) Warm-ups-(\$125) Backpack -(\$75)

Gold-Sapphire, Level 6-10:

3/4 Sleeve Leotard-(\$225 - \$275) Warm-ups-(\$125) Backpack-(\$75)

COMPETITION + COACHES FEES (AUG-MAR)

These fees are made payable to Grassroots Gymnastics and are yearly fees that are used to cover competition entry fees, team entry fees, and coach's expenses that are not covered by your normal tuition. These expenses include: traveling to/from and time spent at competitions, hotel expenses, etc. Assessment fees are not eligible for discount. Your tuition and competition fees must be compliant with the payment schedule for your daughter to be eligible to compete. ***These fees are required and non-refundable and will be due on the 15th of each month.*** The average cost per competition is \$200, and \$250+ for State, Regional, or National competitions. An average season is between 5-8 competitions and is from November - March.

USAG REGISTRATION FEES

Once your daughter is starting to compete with the USA Gymnastics program, known as USAG, they are required to register with these entities. You will need to follow the instructions provided by USAG and complete the information and payment for your gymnast by our club's designated date. The registration of an athlete is done on a yearly basis. These rates are set by USAG and are paid directly to this organization.

SC STATE REGISTRATION FEES

This membership must be paid to compete in South Carolina. The registration of an athlete is done through our club on a yearly basis and is currently \$10 per athlete per year. These rates are set by South Carolina Gymnastics and are non-refundable.

YEARLY CALENDAR OUTLINE

SUMMER :: JUNE, JULY, AUGUST :: OFF-SEASON

JUNE 1st: Signed Team contract due, team assessment fee due (\$125)

JULY: USAG membership due (\$68), Team apparel Fee 1/2 due (up to \$150)

AUGUST: Remaining balance of any team apparel fees, Level Placements, 1st meet fee due (\$200), State Tracking Fee (\$10)

FALL:: SEPTEMBER - DECEMBER :: PRE-SEASON

SEPT: Meet schedule released, 2nd meet fee due (\$175)

OCT: 3rd meet fee (\$200), choreography (varies by level)

NOV: 4th meet fee (\$200)

DEC: 5th meet fee (\$200)

SPRING :: JANUARY - MAY :: COMPETITION SEASON

JAN: 6th meet fee (\$200)

FEB: State Meet Fee (\$250), Tentative Summer Schedule released

MARCH: Regional Fee (Athlete has to qualify, \$250++)

APRIL: Summer group placements, end of season spotlight review

MAY: Recreational Showcase (Team families and athletes are required volunteer)

COMMUNICATION :: BAND APP

All important communication will happen via the BAND App (Free APP for both android and iphone). Please check the BAND app regularly and respond in a timely fashion when required. Practice schedule changes, dates and locations of competitions, final session times of competitions, host hotel accommodations for competitions, and more will all be posted and it is your responsibility to be aware of the things coaches post to Band. There will be a new group each year to join. We require one parent from each household to join but encourage all who help with transportation such as a nanny or caregiver to join as well.

For more information about how to use and get the most out of Band, please see the post pinned to the top of the Band group. Email katie@grassrootsgymnastics.com if you aren't currently on it.

SAFESPORT :: ALL COACHES ARE CERTIFIED

Grassroots Gymnastics is a member club in good standing with USA Gymnastics. Training is provided yearly for all Professional members and Grassroots Coaches and Owners are in full compliance of Safe Sport policies. For more information about what Safe Sport is, please visit the Parent section of USAG website. <http://www.usagymparents.com/>

SOCIAL MEDIA POLICY

Competing and representing Grassroots is a privilege. Competitive athletes are held in the highest regard and are seen as role models in our gym. Athletes have the responsibility to portray their team, and themselves in a positive manner at all times. Athletes will not engage in inappropriate, harassing, demeaning, threatening, or offensive behaviors while participating in online communities. Examples may include, but are not limited to, depictions or presentations of the following:

- Content online that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual or entity as well as any acts of violence (examples: derogatory comments regarding another athlete/team; taunting comments aimed at an athlete, coach, or team at another institution and derogatory comments against race, sexual orientation and/or gender). No posts should depict or encourage unacceptable, violent, or illegal activities (examples: hazing, sexual harassment/assault, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content online that would constitute a violation of team or USAG rules
- Photos, videos, and comments showing the personal use of alcohol, drugs, and/or tobacco.
- We have the ability to impose probation, suspension, or removal of a student from the team on the first inappropriate action.

GYM + TRAINING ETIQUETTE

- Parents may observe training during the **last 30 minutes** of any scheduled practice only.
- Parents may not enter the gym unless invited by a coach
- Please refrain from giving coaching tips to your daughter as this undermines the coach's authority and confuses the athlete.
- Any training questions should be asked in the appropriate channels: the band app, or via email. Please allow 24 hours for a response during the week and 48 hours on weekends.
- Private lessons and Open Gym are privileges and may be taken away if there are behavior issues.
- Athletes will refrain from being on their phones during practice.

GYM + TRAINING ETIQUETTE CONTINUED

- **Practices 7 days before a competition are mandatory.** If you miss any practice time during the week of competition, it could affect the readiness of your athlete and there is a possibility a coach could scratch an athlete from one or all events out of caution for the safety of the athlete. All skills must be performed safely and regularly in the gym to be able to compete them.

COMPETITION ETIQUETTE

- Gymnasts are required to be 30 minutes early to their session start time, dressed in team apparel with their hair pulled neatly out of their faces.
- Gymnasts should report to their coaches as soon as they are asked out onto the competition floor.
- Once they are on the competition floor, please refrain from trying to get their attention.
- Gymnasts need to stay with the team the entire competition.
- Bring cash for admissions, typically \$12–20 entry fee per adult.
- There is no flash photography allowed.
- Speak kindly about other gyms and gymnasts
- Never approach a Meet official or judge, any questions should be directed to your daughter's coach.
- USAG policies prevent any parents from entering the Competition floor. In the case of injury or illness, you will be invited by a professional if you are needed.
- No undergarments may be visible, sports bras included.
- Only one pair of stud earrings may be worn, no other jewelry is allowed.
- Any electronics in gym bags must be turned off for the entire competition.
- Gymnasts are encouraged to bring a snack of fruit and a water bottle in their gym bag.
- Accept any awards or scores given to you with courtesy and gratitude.
- You are required to stay for the entire awards ceremony in your warm-up attire unless released by the coach.
- **ALL competitions have sessions on Fridays, so it's possible your daughter will compete on a Friday and have to miss some school.**

TERMINATION FROM THE TEAM

Grassroots reserves the right to release any athlete or family from the gym and/or team for breaking our code of conduct as outlined in this handbook or for any other reason Grassroots owners deem inappropriate. This includes breaking the team rules consistently, non-payment, bullying other athletes, or inappropriate actions by the athlete or parent even if it's the first offense.

ATHLETE :: PARENT :: COACH TRIAD

Below is an overview of the Athlete/Coach/Parent Triad. This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid, the purpose and motivation for the existence and necessity of the coach and parent. We wish you the best of luck in your role in this noble endeavor.

The Athlete

First and foremost, the athlete is essential or we would not exist. The athlete must have the desire to train the sport, the dedication to face and overcome obstacles and the perseverance to push on when the going gets tough. The athlete is on the team to learn from their coaches, from their teammate and from themselves. The athletes must make mistakes, make corrections and drive themselves to transcend beyond their perceived limitations. In our sport, athletes compete individually, against themselves. However, they are not alone... their coaches, their teammates and their parents are by their side lending support and cheering them on. In the end, the athlete will learn and remember the sum total of the entire experience in the sport.

The Coach

The coach is a mentor and a guide. The coach plans the training and competitive cycle for every athlete on the team. The coach leads by example and the team follows in their footsteps. The coach is not always right and sometimes makes mistakes. The coach is constantly learning and striving to find new ways to teach, motivate, inspire and propel their athletes to the next level of performance. The coach is a communicator and mediator interrelated to the athlete, the team, the parent, the coaching staff and other teams.

The Parent

The parent supports the athlete, the coach and the team. The parent is a spectator, allowing the athlete and the coach to perform their roles. The parent is a role model for the athlete, demonstrating disciplined behavior, showing respect and performing their duties to the highest level. The parent is strong enough to watch their athlete fail and tender enough to give a hug when they need one. The parent will occasionally cross the line with the athlete or coach and be humble enough to apologize and return to their territory. The parent is an advocate for their athlete, but does so in an appropriate manner. The parent provides balance, encouragement, and love