

PRAIRIE TUMBLEWEEDS GYMNASTICS

GYMNAST & NINJA/PARENT HANDBOOK

***Review this handbook with your child**

Prairie Tumbleweeds Gymnastics Mission Statement:

“Our Mission is to provide a safe, educational, and enjoyable environment where children can develop self-confidence, enhance their physical abilities and gain skills that will promote personal achievement. It is our goal at Prairie Tumbleweeds Gymnastics to provide an atmosphere where “Learning and Turning is fun, exciting, and fulfilling.”

REGISTRATION

We do not offer credit and/or refunds for cancelled classes due to holiday, vacation, illness, weather or any other reason. Prairie Tumbleweeds does not issue refunds. All sales are final for any product and/or service purchased and/or provided by Prairie Tumbleweeds.

RATES (not all classes are offered all sessions)

- Parent and Tot (crawling): \$5/class
- Teeny Tots (ages 2-4): \$30/month
- Tiny Tots (ages 4-5): \$40/month
- Level 1 (Beginners): \$55/month
- Level 2 (Intermediate): \$60/month
- Level 3 (Advanced): \$65/month
- Ninja K-1: \$55/month
- Ninja 2-4: \$60/month
- There will be a 10% discount if you pay for the full session in advance.
- There will be a \$20 sibling discount if you pay for the full session in advance. (Take \$20 off tuition for one additional child in the family after the 10% advance payment discount)

CLASSES

- Gymnasts will be placed in classes based on skill level and maturity.
- Upon arrival your child needs to place all their items in the locker rooms or the cubbies at the bottom of the stairs.
- Encourage the younger children to use the restrooms prior to class so they are not losing valuable class time using the bathrooms.
- Each class begins with warm-ups. This is a very important part of gymnastics/ninja to assure that your child's body is properly warmed-up to prevent injury. Therefore, be sure to arrive a few minutes early so your child does not miss warm-ups.
- Allow our instructors to instruct the class and your child; there is a progressive curriculum and skills for each level. Do not try to talk to your child during class. It is important for them to keep their focus and attention on the class goals.
- Expect repetition of various skills.
- No gum, candy, food or drinks are permitted in the gym.
- No student is allowed in the gym areas or on any equipment without a gymnastics/ninja instructor present.
- Children must follow the instructions of the instructor for their own safety. Proper gym and social behavior is expected of all students. Failure to act in an appropriate and safe manner may result in your removal from class.
- No running anywhere in the facility unless directed by your instructor.
- Whenever moving through the gym, stay alert and look out for other gymnasts/ninja.
- Be alert for any physical hazards in the gym area, especially the bar cables.

- Before crossing any dismount mat, tumbling strip, the floor exercise mat, or any other apparatus mat, look all around for other gymnasts/ninjas. Don't cross until the way is clear. Always yield to gymnasts/ninjas in the middle of doing skills.
- Students may not leave their class without permission from their instructor. This includes trips to the bathroom, water fountain or waiting area.
- Advise the coach if you are ill or have any symptoms of illness.
- Immediately wash your hands and other skin surfaces if you come in contact with blood or other bodily fluids.
- Children on medication which may affect their coordination skills should not be allowed to attend classes. The higher the skill level the more dangerous this is to your child. Advise the coach if your child is on medication.
- Report any injury, unusual pain or discomfort felt during participation to your coach or instructor immediately.
- No one other than currently registered and enrolled gymnasts/ninjas are allowed in the gymnastics area or on the equipment for any reason.
- Spotting is to be done by coaches only. No student or parent spotting of gymnasts/ninjas.
- Gymnasts/ninjas are not allowed to leave the building for any reason except with a parent or approved guardian. If the gymnast/ninja is 9 years or older and you have given written authorization the child may leave the building independently.
- Gymnasts/ninjas are expected to stay with their class and instructor throughout the class.
- No one is allowed to interfere with the progress of another gymnast or class.
- Gymnasts/ninjas are expected to be respectful, polite and show good manners at all times in gym.
- No fighting of any kind.
- No destruction or vandalism of equipment will be tolerated. Gymnasts/ninjas and parents are liable for any damage caused.
- All trash goes immediately into trash cans.

DISCIPLINE

If the child has behavioral problems that disrupt the class then the following steps will be taken:

1. The child will receive a warning and the parents will be called.
2. The parents will be called. The child will be sent home and not allowed at the next practice.
3. The parents will be called. The child will be sent home and not allowed at the next 3 practices.
4. The 4th time the child will no longer be allowed to participate in the program.

DROP-OFF/ PICK-UP

- The registration form lists those authorized to pick up the child in addition to their parents.
- Parents must come in to drop off and pick up your children. We will insist that they wait inside for their rides.
- Gymnasts/ninjas are not allowed in the building unsupervised.
- Show up no earlier than 10 minutes prior to class. Parents are required to bring their child in and have their child upstairs ready for class.
- Parents will need to come in and pick up their child, their child will not be able to go change or get ready to leave until the coach has seen the child's parent. If you have other transportation plans for your child (other than those you authorized on the registration form) you must notify the coach in writing of these plans prior to class.
- If a child hasn't been picked up 10 minutes following class attempts will be made to contact parents and emergency contacts you've identified. If there is no response and the child is still not picked up 30 minutes after class, then law enforcement will be contacted.
- If you are more than 10 minutes late when picking up your child, you will be charged \$10 per child and an additional \$10 for every 10 minutes you continue to be late.

VALUABLES

- Valuable items should not be brought to the gym. Prairie Tumbleweeds Gymnastics will not be responsible for lost or stolen items.

APPAREL

- Make sure your child is dressed properly for class. (i.e. Shorts, t-shirts, warm-up pants or leotards). Your child needs to be able to move their arms and legs freely. If they are wearing pants, they must be short enough so they don't trip and slip on them. Leotards are not required, but we do have them available to purchase.
- Children's hair **MUST** be pulled securely away from their face in a ponytail. Hard clips, etc. are **NOT** to be used as they could hurt the child's head while doing skills.
- For your child's safety, remove all jewelry.
- Nails should be trimmed to prevent the possibility of injury.
- Socks are not allowed during class with the exception of approved grip socks for ninja.

PARENTS

- Parent and gymnast/ninja participation with performances and fundraising is **REQUIRED**. A \$50 check/child will be collected at the beginning of the session. Each family will be required to volunteer for **two volunteer hours/session/child**. If you complete your hours your uncashed check will be returned to you. If you do not complete your hours your check will be deposited. If you stop payment on your check your child will no longer be allowed to participate in gymnastics/ninja. Volunteer opportunities include but are not limited to fundraising events and moving equipment for performances.
- Make sure your child arrives on time to the scheduled lesson. Warm-up is an important part of gymnastics to assure the child's body is properly warmed-up to prevent injury.
- After your child is called to class, we ask that parents do not stay and watch. The children tend to be distracted by having their parents present during class.
- Need to work out? If you have a membership, you may use the equipment downstairs.
- This is a smoke-free environment. Thank you in advance for not smoking inside or within 20 feet of the building!
- No parents should be on the gym floor (except Parent and Tot). If you have any questions or need something, please speak with one of the coaches following practice.
- Make sure that your child does not bring valuable items to the gym. Prairie Tumbleweeds Gymnastics will not be responsible for lost or stolen items.
- If you know that your child will be absent from class, let your child's coach know in advance.
- Parents should not coach from the sidelines. Your child will be safer and learn more from the instructor and get more out of class if you do not interfere. If you have questions, ask the coach after class, or schedule a meeting time. Should there be a problem with a particular instructor or a problem with anything to do with your child and the gym, do not hesitate to discuss the same with management.
- Parents must make their children aware of the possibility of injury and the rules of the gym and insist that gymnasts/ninjas follow the safety rules and coach's instruction.
- Parents should talk to their child about staying in line, listening carefully to the coach/instructor and refraining from any talking or horseplay while in class.
- There will be no class on non-school days or school early dismissal days. Make-up will not be made for these days.
- If your child is injured, whether it's at gymnastics/ninja or not, you will be required to provide documentation that they have been cleared medically to return to class.

TRAMPOLINE RULES:

- No student is permitted on the trampoline without a coach present. Trampoline **MUST** be supervised at all times.

- Only one person on the trampoline at a time.
- Listen to directions. Make sure you understand what skill you are attempting.
- No “Horse Play” or “Fooling Around.”
- No bouncing or jumping off trampoline onto the floor.
- Avoid bouncing too high. Stay in control.
- DO NOT exceed your ability level. Ask a coach if you want to try a new skill.
- Never go under the trampoline when someone else is jumping.
- Bounce using bare feet because socks can lead to slips.
- Never land headfirst on the trampoline as it may cause serious injuries.
- Keep balls and other toys off the trampolines.
- Make sure you have no objects in your pockets while in the gym.
- Consistently land all your bounces and skills in the center of the trampoline.
- Do not stand on the trampoline frame or pads while waiting for a turn to bounce.
- No one is to attempt front or back tucks, front or back handsprings or other difficult skills without specific coach permission.
- Never stop on or near the springs.

PIT RULES

- Make sure the pit is clear of people and objects before entering.
- NO headfirst entries.
- Avoid landing on your knees, head or in a front drop position, especially in an arched position. Always land on your feet, seat or back as if sitting in a chair. DO NOT land with straight legs. Land with legs bent and apart.
- Make sure the area is properly fluffed. Re-fluff the pit regularly and whenever holes occur, or the foam is packed down.
- DO NOT pick foam.
- DO NOT bury yourself in the pit. Others may jump on you without knowing. Keep your head above the pit foam.
- No pit or mat can totally prevent serious injury to your head or neck; avoid landing on them.
- Foam is to stay in the pit unless directed otherwise by an instructor.
- Follow proper skill progression. Do not attempt skills if you cannot land safely.
- Always check the pit before entering. Do not enter the pit if other people are in the way.
- Always climb out of the way immediately, when other people are ready to enter the pit.

BAR RULES

- Hands must be on the bars at all times.
- No hanging on the bars by only your knees.
- No walking on the bars with just your feet.

BALANCE BEAM

- Remember: If you feel like falling, jump off!
- Bend your knees upon landing.
- Tell your instructor if you are afraid of the high beam.