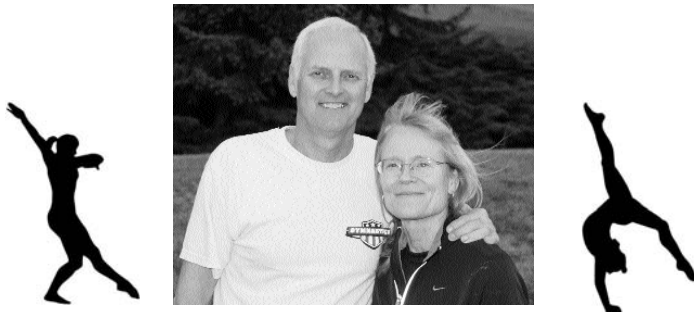




Team Handbook



Riverside Gymnastics Academy

Booster Club, Inc.

2221 River Road

The Dalles, OR

(541)993-8625

WWW.RIVERSIDE-GYM.ORG

Revised 12-15-2008

RGABC, INC. Team Handbook

Registration

Each gymnast must have a completed registration form on file. It is the responsibility of the gymnast's family to make sure this information is kept current. There is an annual registration fee of \$35 for a single gymnast, or \$65 per family. This covers registration costs and liability/medical insurance. This fee is due at the start of classes in September, or whenever a new gymnast enrolls in the program.

Tuition

Tuition is due at the first class of each month. If tuition is not received by the 15th of the month, a \$10.00 late fee is assessed. Should there be a problem with submitting payment by the 15th of the month, please notify Sue Hinatsu in advance to make arrangements. Make tuition checks payable to RGABC, Inc. They can be placed in the tuition box or mailed to the 2221 River Road, The Dalles, Or 97058. Billing statements are only sent if tuition payments become past due.

Team Tuition

Pre-Team.....\$110.00/month
Level 4.....\$140.00/month
Level 5.....\$165.00/month
Level 6.....\$165.00/month - 3 times/wk.
 \$195.00/month - 4 times/wk.

Uniforms

Team members purchase a team leotard, warm-ups and bag to be used at all meets. Cost for all is approximately \$200.

Grips

Students must purchase grips when they begin practicing level 5 tricks and routines on bars. Grips protect gymnast hands from skin tears. See coaches for properly sizing your child with the correct grips.

Team Workout Schedule

Level 4

Monday----- 3:00-5:30

Wednesday----3:45-6:15

Thursday----- 5:00-8:00

Level 4 ½ & 5

Monday----- 5:00-8:00

Tuesday----- 4:00-7:00

Thursday----- 5:00-8:00

Level 6

Monday----- 5:00-8:00 (optional 4th workout)

Tuesday----- 4:00-7:00

Thursday----- 5:00-8:00

Friday----- 3:30-6:00

Meet Fees

Meets fees are due on the first of the month preceding the actual date of the meet. For example if a meet is scheduled for Feb. 12, the meet fee would be due on Dec. 1. This is necessary because meet fees must be sent off far in advance of the meet. Meets occur in the fall and spring. Team generally attends 4 to 5 meets in each season, which includes both regional and or state competitions. Meet fees range from \$65 to \$80 each.

Meet Etiquette

Parents are to be on their best behavior at meets. It's fine to encourage our team, but it's never OK to disparage a competitor from another team. Your child will be judged and given scores on her routines. While you may believe your child was judged unfairly, this should never be voiced during a meet. In good faith, judges should be thanked for their efforts in completing the difficult task of scoring. If you disagree with a score, keep it to yourself. You can discuss the score with coaches at a later time, outside of the competitive venue.

Fundraisers

Riverside holds two fundraiser per year and parents of pre-team and team members must participate. The Basket Raffle is conducted in Dec., Jan., and Feb. Parents solicit local businesses for services and or merchandise to fill themed gift baskets, which are raffled prior to Valentine's Day. Each family is responsible for selling a minimum of \$100 worth of raffle tickets. The money raised is used to purchase new equipment for the gym. The Car Wash takes place in July. Again, parents are responsible for selling a minimum of \$100 in tickets to the car wash. In addition, parents and their children donate several hours to wash cars on the day of the event. This money also goes toward buying equipment. In addition Riverside is currently taking donations and seeking sponsors to raise money for the tumbling pit and to fund sponsorships for students. Helping in this effort is strongly encouraged.

Make up Classes

If a gymnast misses a class, she or he may be allowed to participate in a class at a similar level, at the discretion of the instructor. We do not prorate for missed classes or vacations, and unused make up classes may not be substituted for tuition payments.

Parents and Spectators during Practice

Viewers are encouraged to support all students. Please cheer for them. However, please do not instruct from the sidelines. It is a distraction to the instructors and takes the student's focus away from their instructor. Parents need to closely supervise their non-student children and any other children for whom they are responsible. Children who are not enrolled at Riverside can't go beyond the spectator rope into the workout area.

Discontinuation of Enrollment

The Administrative Director or the instructor must be notified if a gymnast is discontinuing a class prior to the end of the regular season. Tuition will not be prorated if the student discontinues mid-month.

Liability

All reasonable care will be taken to prevent accidents. There are risks involved with the sport of gymnastics, and there is the chance of injury regardless of safety measures used. In the event of an injury, parents or guardians will be notified. A parent or guardian, as listed on the registration form needs to be present or available by phone while their student is in class. All gymnasts must have a signed waiver on file, which needs to be updated annually.

Inclement Weather

If the North Wasco County School District 21 is closed due to weather, classes will be cancelled. If there is a weather-caused delay in starting school, morning classes will be cancelled, but afternoon and evening classes will be held.

Student Behavior

Students are expected to be mature enough to follow directions and obey instructors. Uncooperative, disruptive, or unruly students will be subject to correction in the form of missed turns, time outs, push-ups, etc. At the instructor's discretion, students may be removed from class.

How to contact us

Instructors

For all instructors, call the business #541-993-8625 and leave a message.

Mike and Candy Smith home - #541-467-2258

Administrative Director

Sue Hinatsu - #980-1742

Board Members

Mimi McDonell, President, mimimcdonell@gmail.com

Amy Sugg, Director, #980-4105, amysugg@hotmail.com

Stan Hinatsu, Treasurer, #490-5603, shinatsus@aol.com

Tom Peterson, Secretary, #541-296-6355, tomvpeterson@gmail.com