

Hello! Welcome to the University of Minnesota Gymnastics Club New Member Manual, which will include information ranging from member requirements to the “behind-the-scenes” executive board members of the Club. The Gymnastics Club is open to all individuals, regardless of your skill background, as long as you’ve signed our electronic waiver ([Gym Club Waiver](#)). We have practices at Rebels Gymnastics and Elite Gymnastics Academy where all equipment can be utilized by members.

Check out our Website for any and all info or unanswered questions!

<https://gymclub.wixsite.com/umngymclub>

Practice Schedule

Summer 2026

Day	Time	Gym
Sunday	3-5pm	Rebels Gymnastics
Wednesday	7-9pm	Rebels Gymnastics
Saturday	12-2pm	Elite Gymnastics Academy

General Responsibilities of Members:

1. Gym cleanliness - put it back where you found it
2. Fundraising (Competitive and Non-Competitive Members)
 - a. Ridder Arena Clean-up
 - i. Spring and/or Fall Semester
 - ii. After Women’s Hockey Games
 - iii. Non-Competitive members must attend at least 1 and Competitive members must attend 2
 - b. Flips for Tips
 - i. Fundraiser at the tailgating lots during the Gopher Football Season
 - ii. Competitive members must attend at least 2
 - iii. Non-competitive must attend at least 1
 - c. Hundred X Surveys
 - i. Link [HundredX Surveys](#)
 - ii. Runs from October 21st to November 19th 2024
 - iii. Competitive member must complete 75 surveys
 - iv. Non-competitive members must complete 50 surveys
3. Semesterly dues

- a. Non-competitive members: \$60
- b. Competitive members: \$100
 - i. If you are planning on competing, you must pay competitive dues for BOTH semesters

Gym Locations and Events

Rebels Gymnastics Bloomington, MN
Balance Beam (5 high, 4 low)
Bars (2 uneven sets, 2 high bars)
Vault (4 horses, 3 into pit, one onto resi mat)
Floor (1 40'x40', 1 rod floor tumbling strip, 1 airtrack)
Trampoline (1 into pit)

Elite Gymnastics Academy Burnsville, MN
Balance Beams (8 high)
Bars (5 uneven sets, 2 high bars, 2 parallel sets)
Vault (2 horses onto resi mats)
Floor (2 40'x40', 1 rod floor tumbling strip, 1 airtrack)
Trampoline (2)

Gym Club Board Members

All board members assist with opening and closing the gyms for practice

President**Landon Cummings**

Duties: Lead club to achieve yearly goals, Organize and run team meetings and large team events, Delegate work to the officer team, and ensure follow-through, Manage facility use, Oversee meet coordination: transportation, lodging, registration, etc, Communicate club goals to members, Resolve conflict within the group, Maintain contact with club advisor(s), Promote Gym Club within the surrounding community, Provide encouragement and motivation to all club members.

Treasurer**Breanna Ziembo**

Duties: Familiar with accounting procedures and policies, Serves as the primary signatory on financial accounts, Manages event summary sheets, Serves as chair of the finance committee, Pays organization bills, Collects organization dues, Keeps all financial records of the organization, Prepares an annual budget, and budget requests, Maintains a financial history of the organization, Provides club with financial summary at the end of the academic year, Prepares purchase orders, supply requests, etc.

Men's Competitive Team Captain (Vice-President)**Andrew Ecoff**

Duties: Act as a role model for other members during practices, maintain a positive gym environment, keep track of competitive members (and whether they are meet-ready), plan and coordinate logistics for meets (regarding competitor's events, the number of competitors, ect.), help plan competitors' routines, be knowledgeable regarding accepted skills and drills.

Women's Competitive Team Captain (Vice-President)**Sydney Bergstein**

Duties: Act as a role model for other members during practices, maintain a positive gym environment, keep track of competitive members (and whether they are meet-ready), plan and coordinate logistics for meets (regarding competitor's events, the number of competitors, ect.), help plan competitors' routines, be knowledgeable regarding accepted skills and drills.

Fundraising Chair

Isabel Ward

Duties: Reaches out to various groups and organizations for fundraising opportunities (Ridder Arena Clean-up, HundredX Surveys, Flips for Tips, ect.) and keeps a record of the members participating in fundraising.

Social Media Chair

Isabel Ward

Duties: Creates and posts promotional photos, videos, and posts in order to “spread the word” regarding club activities, maintain social calendar, initiate and facilitate, new member bonding, create posters and advertisements for events and support, publicizes club to student body for means of recruitment and promotion, work with the social committee or appoint committees necessary for any social function, set up at least one event per year that incorporates external groups.

General Officers

Lily Kim

Duties: Assist various board members when necessary, and have a semester-long project. Ideas can be found by asking other board members. Help collect money for dues, meet fees, etc. Arrange activities for the club, and help maintain various social media platforms. Be knowledgeable regarding the club’s workings and assist any member with questions or concerns.