



Altius Gymnastics Team Handbook

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Introduction

Welcome to the Altius Team program! This handbook has been compiled to acquaint you with the Altius team structure, explain the policies and fees, and answer many of your questions. Please refer to the handbook as concerns arise.

Although this guide answers many questions, Altius understands that you may have additional concerns at times. Please contact the Team Director, the Team Coordinator or your child's coach should this occur.

The Team Director handles questions regarding:

- Team level placement
- Team schedule
- Coaching questions
- Leave of absence requests (1 month or longer, not injury related)
- Injury Reports
- Meet schedules

The Team Coordinator handles questions regarding:

- Home and away competitions and fees
- Competition clothing and accessories

Goals of the Team Program

1. To develop a solid foundation of strength, agility, flexibility, and basic skills to help each girl reach her individual maximum gymnastics potential
2. To introduce the concepts of perfecting skills, memorizing routines, and performing in competitions
3. To provide a fun, positive, balanced team program for gymnasts and families to develop life-long friendships
4. To foster determination, a strong work ethic, problem-solving skills, sportsmanship, and self-confidence in each athlete



Program Structure - Girls

Altius team members start their competitive careers in the USA Gymnastics Xcel Program. Gymnasts start competing in either the Bronze or Silver Level and progress through Gold, Platinum, Diamond, and Sapphire. It is common for gymnasts to spend two seasons at each level. Xcel Levels allow for flexibility in skill selection and provide the opportunity to show off personal strengths in each routine.

Our Silver and Gold Xcel Team levels are divided into Junior and Senior age groups (Bronze is Junior only). Junior Silver and Gold groups are scheduled for 3 days of regular practice per week. Senior groups are scheduled for two regular practices with some options to add an extra third day of practice if desired.

- Junior Bronze & Silver; Ages 9 and under | Senior Silver; Ages 9 and up during competition season
- Junior Gold; Ages 10 and under | Senior Gold; Ages 10 and up during competition season

Gymnasts on our *Junior Teams* who show exceptional ability, interest, and dedication may be invited to qualify into our Developmental Level 6 - 10 program. Developmental gymnasts train 4 - 5 days per week with the goal of reaching national-level competitions or even college level gymnastics. High level gymnastics requires a broad base of early development of strength, flexibility, agility, and gymnastics skills; our Junior teams train more hours so the athletes that have interest and potential to reach the highest levels of the sport have the opportunity to do so.

Gymnasts on our *Senior Teams* learn new skills and take on challenges as they move up through the Xcel Program. Two or three day-per-week practice schedules allow for flexibility to include other sports and activities. Many of our Xcel gymnasts also participate on the Franklin-Muskego or Oak Creek Whitnall Combined High School Teams.



Girls Team Levels

Level	Days & Hours	Ages	Competitions
<i>Junior Bronze</i>	2 - 2.5 hours 2 days/week	5 - 7	5 - 7 competitions January - March
<i>Junior Silver</i>	2 - 2.5 hours 3 days/week	6 - 9	6 - 8 competitions January - April State Meet in late March
<i>Junior Gold</i>	2.5 - 3.25 hours 3-4 days / week	7 - 10	6 - 8 competitions January - March State meet in late March May be invited to Regional meet in April
<i>Senior Silver & Gold</i>	2.5 hours 2 days/week	9 & up	6 - 8 competitions January - March State meet in late March May be invited to Regional meet in April
<i>Platinum, Diamond, and Sapphire</i>	2.5 - 3 hours 2 - 3 days/week	10 & up	6 - 8 competitions January - March State meet in late March Regional meet in spring
<i>Development Level 5 - 7</i>	3+ hours 4 days/week	8 & up	6 - 8 competitions January - March State meet in late March May be invited to Regional meet in April
<i>Development Levels 8 - 10</i>	3+ hours 5 days/week	10 & up	6 - 8 competitions January - March State Meet in late March Regional Championship in April Westerns or Nationals in May

Program Structure - Boys

Levels	Days & Hours	Ages	Competitions
3-4	2 - 2.5 hrs. 2 days / week	5 & up	Dec. - March State meet in March
5-6	2 - 2.5 hrs. 3 days / week	6 & up	Dec. - March State meet in March Regional meet in April
7-10	2.5 - 3 hrs. 3 - 5 days / week	7 & up	Dec. - March State meet in March Regional & National meets in Spring



Development and Xcel Timeline

The team program is a year-round program. Barring injury or illness, gymnasts are expected to make a commitment to finish their competitive season once it has begun.

In March, gymnasts are assigned groups for summer training. *Most gymnasts stay at their current level, with the opportunity to train the next level skills through the remainder of spring and most of summer.* Final level placement decisions for the upcoming season are made in August when meets are entered. To be considered for the next level, coaches are looking for gymnasts to have mastered most of the key skills along with their performance this past season, overall effort, and coachability. Gymnasts are placed in their final competition level groups for school year practices. It is common for most gymnasts to repeat a level for two - three years, especially if they moved up from their previous level after only one year.

Along with the USA Gymnastics score and/or skill requirements to move through the Development or Xcel programs, the Altius coaching staff has numerous factors it looks at to determine readiness for each level by each gymnast. Following are the main attributes which are taken into consideration: (in no particular order)

- Skill
- Level
- Form
- Workout Habits: Effort & Attitude
- Age
- Flexibility
- Meet performance
- Sportsmanship
- Attendance
- Strength
- Commitment Level
- Confidence level
- Social Maturity
- Routine Memorization
- Openings in Levels



Communication

Monthly Billing - Monthly statements are e-mailed each month to team program gymnasts.

Newsletters and Meet Schedules - All Team News will be emailed on a Google doc. You may refer back to the emails to confirm information.

Please check your email for newsletters throughout the month. Please do NOT check “opt out of mass emails” on your jack rabbit account page. If it is checked you may miss some newsletters.

Competition Information - The current meet schedule for each program is posted on the Altius website approximately four months before the season begins. Times for meets and the address of the location are sent home via email about two weeks before each event. You are also encouraged to go to the host team’s website and check for additional information.

Gymnasts - Direct communication is encouraged at all times. Gymnasts are expected to speak to their coach immediately if a problem arises. Altius encourages open and productive communication between athletes and coaches at all times.

Social Media - Please take pride in your association with Altius. Negative words, comments or inappropriate photos involving Altius in any way are not allowed and could be grounds for dismissal from the team.

- Altius does not allow individual or private communication from coaches, staff and volunteers to gymnasts via social media.
- Electronic communications will be distributed to parents openly and publicly.
- Coaches, staff and volunteers shall not 'friend' or 'follow' any gymnasts or parents on a personal social media account.
- Gymnasts and parents may only engage with an official Altius page or account.
- No private information regarding Altius or any of its gymnasts may be distributed in any format.

Parent Expectations

- Read all newsletters
- Comply with deadlines
- Attend occasional parent meetings and conferences
- Request parent/coach conference in writing at front desk or email a request to altius@altiusgym.com

Please do not ask to speak at length to a coach during scheduled practice time. The coach’s attention must be given to the gymnasts. Parents are expected to keep negative comments to themselves. You are asked to be supportive of all gymnasts, coaches, and the program. A positive, cooperative attitude benefits all.

Coaches & Administrators - The staff at Altius is always open to all communication. Questions or concerns are welcome at any time. However, time constraints allow only brief answers during office hours. Please schedule a conference if additional time is needed.



Parent Responsibilities

Attendance - Please enter absences in your customer portal. The coaches take attendance every day and can see scheduled absences.

Coaches will contact parents if irregular attendance becomes a problem.

Being on time - Please make every effort to drop off gymnasts about 10 minutes before practice, and pick up gymnasts on time.

Front Desk - The front desk closes promptly at 8:30 pm. Please allow enough time before 8:30 for doing business. The front desk is open Monday - Thursday Noon - 8:30 pm, and Saturday 9:00 am - Noon. (September - May) Summer hours are Monday - Thursday 9:00 am - 8:00 pm.

Nutrition - Healthy nutritional habits are encouraged at all times. Gymnasts should avoid greasy, fast food before practices; fruit is encouraged. Food and drink are not allowed in the gym. Water bottles are allowed.

Reinforce Safety Guidelines - Gymnasts are allowed in the gym area only during their practice times. Always walk from event to event and walk around gymnasts on events.

Parent Observation - Occasional observation is encouraged. Daily observation is NOT recommended for the following reasons:

- Gymnastics is a very difficult sport, and improvements come in small increments, often too small to notice on a daily basis. Optional level skills take months or even years to learn.
- Gymnasts need to feel responsible for their own performance and progress. When parents are present, the gymnast often looks to them for a psychological crutch.
- Gymnasts do not need the added pressure to perform each day for their own or their teammates' parents. Practice time is the time to make mistakes and work through difficulties.

Try to catch a practice once a month or every other month to see changes. Take an active interest in your child's gymnastics; ask your daughter or son on the ride home what she/he is working on, and compliment achievements and hard work.



Parent Feedback - Parents are encouraged not to “coach” their child in or out of the gym. The gymnasts need positive comments and encouragement concerning their effort. It does not benefit them to hear comments from parents, which may be contradictory to what their coaches are telling them. You are expected to trust the professionalism and decision making of the coaches.

Parents are encouraged to request a parent/coach conference if they have any questions about their child’s progress. Coaches appreciate open, frequent and timely communication to resolve any conflicts or concerns from gymnasts or parents. The goal is to avoid misunderstandings or miscommunications by openly communicating at all times.

Parents are expected to refrain from making comparisons between or among gymnasts. Each gymnast is on their own path of progress. These paths may vary considerably from child to child.

Floor Music and Choreography

Optional level (6-10) and Xcel Platinum, Diamond and Sapphire gymnasts are required to keep their floor music and routines for a minimum of two years. This allows for the gymnast to become truly comfortable and proficient with the music. Small modifications of choreography are allowed during the off season or as coaches see the need.

Xcel gymnasts in the silver and gold levels will choose from an Altius group of set routines. Some gold gymnasts may have individual routines. Coaches will determine each gymnast’s needs.

Choreography fees are determined by and paid directly to the choreographer. The cost of the music cut is paid by the gymnast to Altius. Only established floor music companies may be used.

Choreography fees range from \$150 to \$250. Music is approximately \$50 - \$100.

College Bound Athletes

Altius will contact athletes once they are competing level 9 regarding setting up an individual Recruits page on the Altius website. Detailed directions on how to submit information will be provided.

All gymnasts interested in college gymnastics should go to www.eligibilitycenter.org by 8th grade to review high school course requirements.



Team Make Up/ Attendance Philosophy and Policies

Tuition is based on 48 weeks of attendance per year. Two weeks are not charged for holiday and gym closures, two weeks are off at your discretion. Altius makes strategic operational decisions based on the total number of gymnasts on the team. Tuition reserves your child's spot on the team.

Specific policies:

1. Additional vacation weeks are taken at your discretion. Extended (more than 4 consecutive weeks) vacations will be considered for prorating of tuition.
2. Injury absences are prorated on a daily basis as of date of notification to Altius.
 - a. Please use the Injury Report forms on the Altius - Team - Handbook and Forms website page.
3. Prorating for religion class absences if no alternative day can be arranged will be granted.

Altius recognizes that team gymnastics is a uniquely year-round sport. There may be times when your child would like to participate in activities that create a short term (1-3 months) conflict with gymnastics practices. It is important to understand that it's most beneficial to your child's progress to attend every practice with their group.

4. Extracurricular activities' absences will be dealt with in one of two ways; a "make up" or alternative day will be offered or prorating of \$30 per month (up to 3 mos. per year) will be offered for gymnasts who attend four or more days per week.

For gymnasts who want to practice a fewer number of days on a long term basis, the team staff may recommend they move to a group that is a better fit for their commitment level. Team scheduling and staffing is done based on the number of full time gymnasts in each group. Credits are not granted for long term schedule modifications.

- a. Submit vacation absences via the customer portal.
- b. Please use the Long Term Make Up request form found on the website. (for #3, 4)

5. Make ups are not offered for single day incidental absences or vacations.

Parents are asked to communicate attendance issues on a timely basis either through submission of an Injury Report form or Long Term Make Up request form. After submitting the Long Term Make Up request or Injury Report form, you will receive a response from the appropriate Altius person.

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Team Injury and Medical Guidelines

Altius recognizes that athletes may experience acute or overuse injuries at times. The goal is for athletes to heal completely and return to activity as soon as possible. With this in mind the following policies are to be followed.

There are three forms to be used:

(all forms are found under Team on the website and are submitted to the Team Director)

- Injury Report Form
- Injury Update Form
- Return to Activity form

How to use/submit the forms:

1. Complete an INJURY REPORT form as soon as possible after an injury occurs or when it is clear that an overuse injury exists. This is the official form that is used to inform coaches of the situation and to start any tuition adjustment credits that may occur.

Athletes are encouraged to communicate with their coaches regarding pain or problems with joints, etc. during practice. This does not constitute a notice to Altius regarding injury.

Once an Injury Report form is submitted Altius will follow up with parents.

2. If the injury keeps the gymnast out of practice for more than two weeks an INJURY UPDATE form should be submitted. This is the official communication to the coaches and billing office with the purpose of keeping everyone updated.

3. A RETURN TO ACTIVITY form should be submitted as soon as a firm return date is established. If the return has conditions on it as set out by a medical person, a complete list of the conditions must be included. Please scan and attach the doctor or therapist communication with the Return to Activity form.

Please do not submit letters from doctors that just say the child was seen on a particular date. That information should go on the Injury Report. Altius trusts that parents are submitting accurate information.

Participation in Practice while Injured

- ❖ Gymnasts in grades 4 and up may attend up to one hour of practice per day while they are recovering from an injury that prevents them from participating in more than 2 events.
 - A doctor's note allowing limited activity is required.
 - Please email the Team Director to arrange appropriate conditioning times for your athlete.



- ❖ Gymnasts in grades 3 and under may stop by at the beginning or end of practice to say hi to their teammates. We find that young gymnasts have a difficult time completing conditioning assignments independently so we ask that they not participate in practice until they can safely return to activities in at least 3 events.

Tuition and Fees while Injured

Altius does not charge tuition for any injury which keeps a gymnast out of practice for more than two weeks.

The official start date of prorated tuition is the date when Altius receives the Injury Form. Tuition is charged again once the gymnast is participating in 3 or more events.

Individual meet entry fees are not charged for injured gymnasts who are not entered into a meet(s). All other team fees are incurred.

Competition Guidelines & Locations

These guidelines are in place to promote safety, fairness, and support for the Altius gymnasts.

Check In On Time Prepared To Go To Stretching - Gymnasts are expected to arrive 15 minutes before their stretching time begins. Parents should hold jackets and shoes. The gymnasts should bring their gym bag with them to the competition area. Gymnasts should find their teammates and/or coaches on the spring floor or wait along the sidelines if a previous session is still taking place. Occasionally the coaches are in the restroom or eating between sessions. Gymnasts may find teammates and sit on the spring floor and start stretching if allowed.

NO Flash Photography - No flash photography is allowed during warm-ups or competition. This is a USA Gymnastics rule. Photos without flash or videotaping are allowed. However, your child should not be distracted by your videotaping.

Parent Behavior - Parents are not allowed in the competitive area for any reason. Please enjoy the meet by watching, clapping and cheering. Try to sit with other Altius parents. This promotes team spirit, as well as new friendships. Parents are never allowed to approach a judge for clarification. Everyone associated with Altius is expected to behave in a friendly and polite manner. Parents are not allowed to call out or talk to the gymnasts during the meet. Altius parents are not allowed to make comparisons between our gymnasts or among other teams and athletes. Please do NOT discuss the gymnasts' performance in comparative or negative terms. Find the positive aspect of every performance. "That was your best dismount ever," "you really tried hard on vault," "I'm very proud of the independence you showed today," etc. will end the day on a positive note.

Gymnast Behavior - Gymnasts are not allowed contact with their parents during warm up or competition without permission from their coach. Along with physical skills, the gymnasts are learning to develop mental concentration and confidence in their own decision-making ability. This can best be accomplished with their coach and teammates. Positive behavior is to be displayed at all times by the gymnasts. Altius gymnasts are expected to display good manners and sportsmanship at all times. Crying or other negative behavior for



reasons other than injury is discouraged. Altius gymnasts are expected to stay for awards and display good sportsmanship. Parents may take photos during and after the awards ceremony.

Coach Behavior - The coaches will be happy to answer questions at Altius during the week after the meet. Please do not ask them to evaluate your gymnast's performance at the competition. They are mentally and physically tired and are trying to give equal attention to all the gymnasts. If another session is starting soon or it is the end of a long day, they may need to use the restroom, get water or eat something before moving on. Coaches are assigned to meet sessions on a rotating basis. All the coaches are very qualified to take all the gymnasts to meets. At times your child's primary coach may not be the coach at the event.



Meet Preparation Checklist

Clothing - Girls

- Competition leotard
- Matching hair scrunchie or team ribbon
- Team warm up (jacket and pants)
- Sports bra (if needed) that doesn't show
- The Team warm up with the jacket zipped is required at all Awards ceremonies.
- Neat athletic shoes, plain socks or athletic sandals may be worn for Awards, no winter boots.

Clothing - Boys

- Competition top or singlet
- Stirrup pants
- Competition shorts
- Warm up jacket or shirt
- Black socks
- The team warm up with jacket zipped should be worn at all Awards ceremonies.

Appearance - Girls

- Remove all nail polish (fingers and toes), trim nails
- Remove all jewelry (small earrings are allowed)
- Hair Policy:
 - Bangs at or above eyebrows
 - Hair pulled back tightly using multiple hair bands as needed
 - Clips used to hold in loose ends (NO bobby pins, they fall out)
 - Hair should be "done" before arriving at the meet

Appearance - Boys

Hair should be neatly cut with bangs above eyebrows.

Equipment

- Gym bag
- All team clothing (jackets, pants, etc.) labeled with name or initials
- Water bottle and small snack as designated by your coach
- Grips (If you forget your grips- you cannot compete bars)
- Electronic devices and phones must be silenced and are allowed out of the gym bag only with the coaches' permission.



Team Volunteer & Meet Hosting Responsibilities

The Altius staff administers the Altius Gymnastics team program. There are no booster club or booster type fees. There are, however, team program needs which must be met. One, team equipment is very expensive. Many items in a gymnastics club are needed by team members only (reflex beam, vault table, strap bar, etc.) Two, large gyms (Altius) are expected to host meets. Altius is one of the largest in the state.

Team Volunteer Responsibilities (SLOTS) – The continued operation of any organization depends on the people who support it. To evenly share the many duties involved in hosting meets, Altius has instituted the “SLOT” system. Each family signs up for slots (a period of approximately 3 hours of time).

Slots for admission, concessions and set up/clean up are for adults and gymnasts 16 and up only.

Slots for event helper (ipad entry) are for ages 9 and up. Slots for event helpers filled by gymnasts do not count as family slots. The gymnasts are encouraged to sign up for event helpers to show team spirit and to learn the value of volunteerism. Most meets do not require event helpers, but occasionally these are needed.

Slots are posted on the Altius website through Sign Up Genius and are filled on a first come basis.

Volunteering at an event not only fulfills your slot requirement, but allows you to meet other team families and builds team spirit. The expectation is that each family works **2 – 3 slots** per year. A fall girls’ meet, winter boys’ meet, winter girls’ meet, spring girls’ meet and some years a State meet are the competitions held each year at Altius. Families who do not participate will be billed \$50 per slot. However, we do not want your money; we want your time!

Please see the Team Coordinator if you have a problem fulfilling your slot expectation.

Home Meet Concessions and Hospitality – Each family is required to bring a concession or hospitality item to one home meet. You will receive an email about two weeks beforehand with the item indicated. This does not count as a slot.

The meet volunteer schedule and food donation list will be posted on the Altius website before each meet.

Home Meet Admission – Parents and siblings of Altius gymnasts do not pay admission for home meets. Grandparents, friends, etc. are required to pay admission.

Home Meet Pride – Altius has long been known as one of the best meet hosts in the state. We work very hard to continue this tradition. Thank you for your support.

Fees & Clothing

Tuition - monthly tuition, based on 48 weeks (4 weeks per month)

- The 48 weeks billing means there is no prorating for holiday weeks or summer vacation weeks.
- Tuition is due on the 1st of the month for that month.
- Tuition adjustment - may be requested for two reasons: religion classes or injury



- Special Circumstances must be sent in writing via email to the Team Coordinator (Jane) as soon as possible and/or an Injury Report form should be submitted.
- There are no tuition adjustments for short illness or vacations.

Add-on Practices - At times Altius offers extra practices during holiday breaks or in summer. These practices are billed separately.

Registration Fee - Team gymnasts are required to pay the Altius annual registration fee in June.

USA Gymnastics Registration Fee - The annual USAG athlete registration fee is due every year. Parents are required to login in to usagym.org to complete the registration form and pay the fee. The registration window is June 15 to Aug.1. Parents will receive several reminders regarding completing the registration.

A late fee of \$50 will be billed to any gymnast who is not registered by Aug.1. The Team Coordinator will monitor the registrations and will bill the late fee the first week of August (if need be).

Competition Fees - Competition fees are determined by adding the individual entry fees, team fees and coaching fees together for each level based upon the meet schedule the coaches set.

NEW - A preseason fee of \$100 is billed to all gymnasts on Sept. 10 (due Oct. 1) This is a ***non-refundable fee*** which is applied toward the gymnast's competition fees. The remainder of the competition fees will be billed in four installments due on Dec. 1, Jan. 1, Feb. 1, March 1.

Competition fee payments must be kept up to date for a gymnast to compete with the team. Refunds may be obtained only for individual entry fees if your gymnast has to scratch from the meet. see below.

Competition Absence

If a gymnast cannot attend a meet, a Meet Absence form should be completed. It will go directly to the Team Coordinator who will send an acknowledgement within 48 hours. If you do not hear back please contact Jane at Janes@altiusgym.com immediately. Scratching from a meet and refunds are time sensitive. You will be notified whether a refund is available and when it will be applied to your account.

If known family plans (wedding, etc.) conflict with one day of a meet weekend, please let the Team Coordinator know immediately as an entry may still be submitted with the special circumstances noted. The fee will not be mailed until the schedule is determined and it is clear whether the gymnast can attend the meet. Refunds will be requested if made within the time frame set forth by the host club. Some large meets require anything from a three month to four week notice of cancellation. IF a refund is obtained, it will be noted on your account as a credit.

Maintain Account in Good Standing

Accounts must be kept in good standing (within 30 days current on all tuition and fees) for gymnasts to be able to participate in extra practices, open gyms, private lessons, receive clothing orders, and be entered in competitions.



Fees Timeline

<i>Level</i>	<i>Item</i>	<i>Amount</i>	<i>Due date</i>	<i>Form</i>
<i>All</i>	Altius registration fee	\$30/\$45 (family)	August 1	YES - Altius registration form Online or written
<i>All</i>	USAG registration fee	\$25 first time member, \$69 per year	July 31	YES - USAG Membership form and payment is completed online by parent.
<i>All</i>	Non-refundable competition fee	\$100 applied to meet fee total	October 1	No
<i>Bronze</i>	Meet Fees	*\$700	Dec. 1, Jan. 1, Feb. 1, March 1	Altius completes entry forms
<i>All Xcel & Developm. Girls</i>	Meet Fees	*\$800-1050	Dec. 1, Jan. 1, Feb. 1, March 1	Altius completes entry forms
<i>Boys 3 - 10</i>	Meet Fees	*\$850-950 per season	Dec. 1, Jan. 1, Feb. 1, March 1	Altius completes meet entry forms
<i>All</i>	Meet schedule	Meet schedules are sent home approximately 6 months before the season begins. All gymnasts will be entered in the meets unless the Altius Team Coordinator receives a Meet Absence Form. Refunds for meet entry fees are requested and obtained on an individual basis.		
<i>All</i>	Regional Meets <u>*fees</u>	Regional and National meets are billed individually <u>Seasonal totals are approximate.</u>		



Clothing

Once a clothing item is ordered it is not returnable unless there is a defect or extenuating circumstance.

This includes custom made competition leotards that are ordered 10-12 weeks before the season begins. Once it is ordered for your gymnast, you are required to pay for it.

The Team Coordinator will work with you to resolve any clothing issues.

<i>Girls Level</i>	<i>Item</i>	<i>Cost*</i>	<i>Timeline</i>
<i>Xcel Bronze, Silver, Gold, Platinum, Levels 4- 6</i>	Competition Leotard	\$225	All gymnasts will meet with the Team Coordinator over the summer to plan for future needs.
	Team Warm Up Outfit	Jacket - \$85 Capri - \$26	
<i>Girls Levels 7-10, Diamond, Sapphire</i>	Competition Leotard	\$414	All clothes will be ordered by Sept. 15.
	Team warm up outfit	Jacket - \$50 Pants - \$39	
<i>All Boys</i>	<i>Competition singlet</i>	<i>\$55</i>	Gymnasts will have all clothing by mid Nov. during which team photos will be taken.
<i>All</i>	<i>Stirrup pants</i>	<i>\$30</i>	
<i>All</i>	<i>Shorts</i>	<i>\$20</i>	
<i>All</i>	<i>Warm up jacket or shirt</i>	<i>\$60</i>	

*** Costs Are Approximate** - Clothing choices are based upon several main factors: cost, appearance, and availability. When possible, items are used for multiple years. Altius arranges for re-sale of used competition clothing as needed. Parents are asked not to arrange resale situations on their own.

Please remember to follow laundry instructions exactly as indicated for keeping clothing looking new.

Leotards and Singlets - turn inside out, hand wash or wash on delicate, hang to dry - DO NOT USE FABRIC SOFTENER. Follow directions on jackets.



Altius Pro Shop

The Altius pro shop offers leotards, shorts, grip bags, shirts, sweatshirts and pants.

Altius also offers special order opportunities for GK Elite leotards and Altius clothing.

See the Special Order instructions in the Appendix.

Program Changes

When a gymnast and parents decide that a change in program is desirable, they are asked to schedule a conference with the Team Director and the gymnast's coach. At this time, options for a different program or dropping from the program are discussed. A two-week notice is required for changes/drops.

Fees - After the last day of the program is noted, unused tuition is applied toward the new program or refunded.

Thank you for reading the Altius Team Handbook.

CITIUS, ALTIUS, FORTIUS

swifter, higher, stronger

The Olympic motto



