

Gym Quest Gymnastics

TEAM HANDBOOK

2025-2026 Season

Revised July 2025

Gym Quest Gymnastics

Dear Parents and Gymnasts,

Welcome all new and returning gymnasts and parents to the Gym Quest Boys and Girls Team Program! Thank you for your patronage and the commitment you are about to make to our establishment; we look forward to having you as part of Gym Quest's family.

Each Gym Quest athlete invited to be a part of the Team is chosen initially because he or she shows a high level of skill, aptitude, and a willingness to put in the effort needed to train. Being on the Gym Quest Team is a privilege as your young athlete will gain experiences and opportunities not normally reserved for those outside of the gymnastics community. Our request from you as a parent is to continue to support your athlete's opportunity to be on the Gym Quest Team by helping them to make all the required practices on time, attend all the required meets (and as many others as you can), and attend parent meetings. Be involved! There will be two Season Kick Off Meetings and it is mandatory that parents attend one. Being a Gym Quest Team Parent also means helping your athlete and your athlete's gym by paying all tuition and fees due on time, and volunteering at our annual competition, the Jerrell Steele Invitational. Help your athlete to understand what the Team commitment means and how their absence affects their development and the others on the Team. Our goal for each athlete is to shine in his or her own spotlight!

The Gym Quest Team Handbook was created to facilitate communication between the families of our gymnasts, the coaching staff, and the gym's management. Please read it carefully before signing and submitting the final pages. Use this Handbook as a basic guide; we suggest that you keep it in a convenient place for easy reference.

Sincerely,
Gym Quest Gymnastics

WHAT IS DOMINION AMATEUR GYMNASTICS?

Dominion Amateur Gymnastics (DAG) is a not-for-profit private foundation that manages key elements related to gymnastic competitions for Gym Quest athletes. Its purpose is to support youth gymnastics in Virginia, and it is dedicated to the athletes of Gym Quest Gymnastics. Every family with a competitive gymnast at Gym Quest Gymnastics is automatically a member of DAG, with general voting rights. There is also a DAG Board, with members representing both the Boys and Girls Teams. There are typically 5-7 Board members, and every two years Board members rotate off the Board to allow participation for everyone.

DAG works to facilitate an atmosphere where kids can have fun and learn gymnastics. Part of how we do this is to raise enough money to help all Gym Quest parents cut their costs while supporting their athletes' endeavors. Fundraising is the key to success in these areas, and you'll find that our method of fundraising is unique and FUN: running a world-class meet called the Jerrell Steele Invitational (see Jerrell Steele section for important details). All of our gymnasts compete in the event for free, and all parents are HIGHLY ENCOURAGED to help plan and help volunteer during the event. In addition, should Gym Quest be awarded the privilege to host a state or regional event, parents will be NEEDED to volunteer at that meet as well.

Please take a few minutes to speak with a DAG Board Member about what DAG does for your athlete, and how you may get involved.

HOW TO STAY INFORMED

We encourage you to stay up to date on all matters related to the Team. Being diligent in checking for new information will help you ensure that you are informed about athlete schedules and uniforms; registration and meet fee deadlines; key events happening at the Gym; and more. There are three main ways of keeping in touch:

1. Parents of gymnasts should come **inside the gym lobby at least once a week** to touch base with your athlete's coaches and to check the DAG bulletin board in the lobby area.
2. Please be sure that Gym Quest and your parent organization, Dominion Athletic Group (DAG) has your email address and that you check your email often. If your email address changes, please communicate any changes to the gym at: gymquestgymnastics@gmail.com, and to the DAG email address: dagatgq@gmail.com
3. Register in TeamSnap at <https://go.teamsnap.com/login/signin>. TeamSnap is an online tool that allows us to communicate to individual groups, as well as gym-wide communications to ensure everyone is receiving the same information. TeamSnap is also used for meet registrations, payment of meet fees, order and payments for uniforms.

You can find a basic video on how to use TeamSnap here:

<https://youtu.be/wvnm6ws8i4o> and a video on how to register for meets here:
<https://youtu.be/1KPsTFLGwdo>

4. Access the Gym Quest Team Portal at <https://sites.google.com/view/gymquestteam/home>. On the portal you will find parent information, the meet schedule, Jerrell Steele information and links to other resources.
5. Set up BAND, this is a new communication platform that we will be trying out this year. Click this link to join our BAND group: [Gym Quest Band](#)

MONTHLY ATHLETE TUITION

All athlete tuition is due the first week of each month, typically between the first and fifth. Tuition is not pro-rated at any time due to missed practices. Gym Quest charges tuition based on a four-week month, no matter how many weeks are in the month. Months with 5 weeks in them are charged at the same monthly rate as months with 4 weeks in them. In some cases, that extra time can add up to an extra two or three weeks! Because gymnasts receive free tuition for those extra days during the months where there are more than 4 weeks, we do not permit make up practices. Your gymnast will receive free extra practice time during the season as part of this policy. We do this for several reasons; so that folks can go on vacations without worrying about “losing” time since there is already time built in, sick time, family emergencies, etc. We are all human and life happens. If your gymnast will miss more practices than the free extra ones that they will receive during the year, please contact Doug or Colleen directly. We can and will always work something out.

Tuition payments are to be made via autopay. The forms are available at the front desk; you will receive one once your athlete is part of the Gym Quest Team, and they need to be updated annually. If you are not able to pay via auto pay, then tuition can be paid online via your parent portal account that you created. With very few exceptions, payments should not be made at the gym, all payments should be made via auto pay.

It is time consuming, costly, and embarrassing for all involved to have to perform collection activities each month for folks who are either habitually late or on vacation and forget to make their athlete’s tuition payment, which is why auto pay either via checking account or credit card is required. Please email the office at gymquestgymnastics@gmail.com with any questions or drop by the office and we’ll be happy to help.

The gym incurs the Coach’s salaries and other costs whether your athlete attends or not, and it is for that reason there aren’t make ups for vacations and such. If there is an extenuating circumstance, like your athlete will miss more than the free time allotted, then of course they would be permitted to do make up practices. If your athlete needs to come on a different day one week due to a conflict with something else, that’s still okay also. We are more interested in your athlete getting the training they need than the money, however to be fair we need to balance both sides of the equation. Gym Quest will also not compensate or reduce tuition for missed training time due to voluntary leaves like vacations. If you have questions, please come ask!

All parents must be mindful that Gym Quest operates a 13,000 square foot facility, has the largest amount of equipment in the area, and employs the BEST coaching staff on the planet. To that end, yearly tuition increases track with the Cost of Living Index and are adjusted accordingly, typically 5%.

Our Coaches are professionals; they are professional members of USA Gymnastics, Safety and Safe Sport Certified, and highly trained. Each one has trained athletes to go on to State, Regional, National Championships, and to NCAA college gymnastics. They are accomplished professionals teaching your gymnasts. Coach Kenys has written a book, Manual of basic exercises applied to gymnastics and Coach Doug was the Virginia Men's Gymnastics State Director for 25 years.

As you can see, it takes a lot to operate a program of Gym Quest's caliber. In order to retain our world class staff and all the other awesome things that make Gym Quest the best, parents are REQUIRED to pay their tuition in full and on time! Late fees of \$35.00 will be assessed each time a tuition payment is received past the first week of the month. After three or more consecutive occurrences or in extreme situations, Gym Quest reserves the right to bar the athlete from future competitions or practices. Keep in mind that Gym Quest is keeping its end of the bargain by teaching your athlete every day. We ask that all parents keep theirs by paying their tuition on time. Please, please, please do not make us the "bad guys"!

CODE OF CONDUCT

Dress code:

Boys practice — tank tops, t-shirts, and shorts no lower than the knee. Singlet and / or competition-type shorts can also be worn. Pommel pants should be available to wear for days when working that event.

Girls practice — leotard and may wear shorts over the leotard, if desired, hair up, no excessive jewelry

Jewelry — Only one pair of small stud earrings are permitted

We want students in the recreational classes to look up to the Team members and dressing appropriately shows them that you care about yourself and your gymnastics.

Conduct in the Gym:

- ⇒ There are ***always*** young children in the gym. Please watch what you say and how you say it.
- ⇒ You will treat your Coaches with respect. You will not talk back to them at any time. NO WHINING PLEASE! In the rare case where you may have an issue with a Coach, bring it to Marley's or Doug's attention.
- ⇒ Athletes are to wait in the lobby until the Coaches bring them out onto the floor. If no one is supervising you, you are NOT permitted in the gym.
- ⇒ Do not interrupt the classes! If a class needs to use the equipment, THEY GET TO USE IT FIRST. So far, it's worked great, and everyone works around each other. Well done!
- ⇒ If a Coach is not looking directly at you that does not mean that it is time to goof off. Older athletes should set good examples for the little ones. When you are given a task (drill) to do, begin right away in the correct manner, and complete it to the best of your ability.

Gym Quest Parking Lot:

⇒ It is imperative to drive slowly and carefully when driving and parking at Gym Quest. Please do not park on the grassy areas!

Cleanliness:

- ⇒ Please clean up your area when you are finished. This includes snack wrappers, drink containers, lunch bags, refrigerator, and the locker area. We will throw out any used containers or food items at the end of the day.
- ⇒ Please ask your Coach what you can do to help keep the gym clean between the weekly professional cleanings.
- ⇒ If you see trash on the floor, pick it up. Also, put the mats back where they came from after you use them.

Help others:

The little ones need help at times, and it is great to see the older athletes helping the munchkins. So, if you see a little one having trouble with something, help them out! Remember that they look up to you and will be thrilled that you noticed them and helped them. And, you will be teaching them the foundations of good sportsmanship!

PRACTICE SCHEDULES

The practice schedule set by the gym for each level is the schedule your gymnast must follow. We understand that there are scheduling conflicts for everyone so, before committing to the Team, please make sure that your gymnast will be able to follow the schedule for his or her level. **Practices for each level are scheduled with thoughtful reasoning given to the amount of time and space needed and volume of the gym during team practice times among other things. Team practice schedule changes are exceptions and are not made easily.**

If your athlete needs to come on a different day one week due to a conflict with something else, that's okay, with permission from the Coach. We are more interested in your athlete getting the training they need than the money, however, to be fair we need to balance both sides of the equation. Gym Quest will also not compensate or reduce tuition for missed training time unless it is more than the amount of free time we have provided each year.

Please see the coaching staff or Doug and Marley with any questions.

ADVANCING TO A HIGHER COMPETITIVE LEVEL

The time for advancement to a new competitive level is the summer. The Coaches will notify each athlete and parent of the Team level placement at the end of May / June depending on level of each year. The Team to which you are assigned in the summer is the potential Team with which you will practice throughout the year. During the summer, your athlete will have the chance to try out and have his or her skills assessed. If your athlete is successful at their “level up” in the summer, they may remain at that level based on meeting the criteria outlined below. There are also private lessons available from the Coaches to assist your gymnast in obtaining new skills.

Advancement and Team placement are based on a system that includes requirements based on the VAUSAG/USAG rules and the Coaches’ discretion, as well as having all financial and volunteer obligations met by the gymnast’s family. In addition to the gymnast achieving the minimum score required to advance to a higher level, the Coaches also take into consideration:

- Gymnast’s attitude and behavior
- Gymnast’s work ethic
- Gymnast’s success at the current level
- Gymnast’s attendance at practice and meets
- Parent’s commitment to their athlete’s and the gym’s success
- NO outstanding financial commitments to the gym

UNIFORMS

All athletes are required to have a complete set of warm-ups and competition uniform for each meet that they attend. These uniforms are custom-made for Gym Quest athletes and must be ordered through the gym. Fittings are usually provided over the summer and orders are placed in early September. Designs are usually available for three years, therefore if the design of the uniform has not changed from last year and your uniform still fits, a new uniform does not need to be ordered.

NOTE: If you are ordering a new uniform, full payment will be required before an order is placed.

REQUIREMENTS TO REGISTER FOR MEETS

USA Gymnastics Membership:

An athlete must be registered with USA Gymnastics to compete. At the beginning of every meet season, each athlete must obtain/renew his or her USAG membership. Instructions are available on the Parent Information page of the Gym Quest Team portal.

Gym Quest will generate an invitation for you to register and pay for your gymnast USAG membership. It is important that you process your gymnast registration timely, so you do not delay the ability for Gym Quest to register your gymnast for meets.

If you have questions, please let Gym Quest or your athlete's Coach know so that we can help!

Meet Registration:

1. Find the Boys or Girls Team competition schedule posted on the Gym Quest Team Portal or in the gym lobby.
2. Decide which meet(s) the athlete will attend (including all meets required by the coaching staff for your athlete's level or division).
3. Sign up and pay for the meet by the deadline through the TeamSnap link provided. The link to sign up for each meet will be on the Gym Quest Team Portal. Reminders will be sent to the primary parent's email address in TeamSnap. This link is the only way to sign up for the meet. (Updating the availability screen in TeamSnap does not get an athlete registered for a meet.)
4. Pay the meet fees on time (See "Meet Fees" section of this Guide).
5. Notify the DAG Coordinator and the coaching staff if your gymnast is no longer able to attend the meet and needs to scratch. Refunds will only be provided if the host gym returns the fees to DAG (See "Scratch Refunds" section of this Guide).

* If you have questions about the registration process, please contact the DAG Board at dagatgq@gmail.com.

MEET FEES AND SCRATCH DEADLINES

Meet Fees:

Meet fees must be paid by the due date communicated by DAG, and all tuition and outstanding fees to Gym Quest must be current before an athlete is registered for a meet.

This is an excuse-free rule: no meet fee paid on time . . . no meet participation. In addition, Gym Quest reserves the right to bar athletes from future competitions in situations where tuition is extremely overdue.

Meet Deadlines:

Each meet on the competition schedule has a separate registration fee and deadline determined by the host gym. To help parents plan, all meet fees will be due by the 15th of each month. We will do our best to limit 2 registrations per month so we can help spread out the financial commitment. Fees for meets held later in the season may change or become due early in the season due to circumstances beyond our control. For popular meets, we will need to register early to confirm space in the meet before it fills up.

DAG will have an earlier deadline to allow time to reconcile the collection of fees. Once all fees are confirmed, the DAG Coordinator will register gymnasts on USAG and submit payments to the host gym for all gymnasts signed up to attend the meet.

NOTE: DO NOT use dates listed on a host gym's website; as noted above, these vary from the due dates needed for DAG to complete registrations.

Check the Meet Schedule page posted by DAG and Gym Quest for detailed information. The meet dates along with the meet fee due dates are posted in plenty of time for everyone to pay timely.

Payments

All meet and uniform payments are collected through the TeamSnap system by credit, debit card or ACH debit ONLY. As a benefit to members, all transaction fees incurred by members during the 2025-2026 season will be paid for by DAG. Checks or cash will not be accepted as payment, due to the complexity of collection and deposits. After the due date, DAG submits a check to host gyms to pay for all Gym Quest athlete registrations at one time. Delay from an individual gymnast can hold up and jeopardize the registration for all gymnasts, so it is important you sign up and pay your fees on time.

NOTE: DAG does not make any money from meet registration fees.

Scratch Refunds

In addition to the registration deadline, each meet sets a deadline an athlete may scratch from the meet and obtain a refund. The scratch/refund date is set by the host gym and will be posted with registration information in TeamSnap. Please inquire with your Coach or DAG administrator regarding an injury withdrawal date as not every meet has one.

NOTE: IT IS THE PARENTS' RESPONSIBILITY TO NOTIFY THE COACHING STAFF AND THE DAG COORDINATOR OF THE INTENT TO SCRATCH YOUR ATHLETE FROM THE COMPETITION.

Unless the request for a refund is communicated to the host gym by the deadline, there will be no refund. Since DAG acts as a pass-through for the payment of registration fees, the parent does not get a refund UNLESS DAG gets a refund.

Please note that the DAG Board manages the registration process for our athletes, on a 100% volunteer basis. The DAG Board does not set meet entry fee amounts. The DAG Board is not a collection agency, nor is it a bank. They are parents with jobs and families, just like you, who are interested in our athlete's and support the gym by volunteering throughout the year. Meet registrations are a part of that volunteer effort. Please pay on time and treat our volunteers with respect.

CONTACTING A HOST GYM

Contacting a gym that is hosting an upcoming meet in which Gym Quest is participating is **strictly prohibited**. If there is a question about a meet, please ask the Coaches or DAG Coordinator for assistance so that they may answer the question or go through the proper steps to get your question answered. This is part of gymnastics etiquette.

The competition schedule generally is posted by the host gym seven to fourteen days prior to the meet. Occasionally, there are changes made to a schedule shortly before a meet. Check with your Team Coordinator, or the host gym's website for the most current information, but *under no circumstances*, should you call the host gym. If we receive changes to a meet's schedule it will be communicated to you as soon as possible. As a Team Parent, it is your responsibility to know your athlete's scheduled competition time at a meet, and the location of the meet. If you have questions, PLEASE ask the week before the meet, and not last minute the morning of the meet.

Most gyms do not issue refunds if an athlete scratches after the scratch/refund deadline. Thus, if DAG is not entitled to a refund of an athlete's registration fee, the parent will not receive a refund.

MEET ETIQUETTE FOR GYMNASTS

- Arrive at the meet site early — about 10-15 minutes before registration or open stretch is scheduled to begin. Registration is 30 minutes before open stretch.
- Smile and say hello to everyone you meet, when you arrive at the meet.
- Greet the Coach and your fellow athletes in your rotation - shake hands.
- Be the friendliest team at the meet.
- Clap for all good performances.
- Stay off of the equipment, except during officially designated warm-up periods.
- Encourage and compliment any gymnasts you meet.
- March to all events and (if required), present as a team/group to the head judge.
- Wear Team warm-ups and carry your bag.
- Keep all belongings neatly in your bag.
- Respect any rules about food or drink in the gym.
- Each gymnast should accept their place in the competition line-up and their scores with dignity.
- Always show sportsmanlike behavior.
- No profanity allowed.
- No flash photography.
- Girls: May cheer on bars, floor and vault. Refrain from cheering on beam.
- Boys: May cheer on all events.
- May cheer between routines on any event.
- Shake hands/hug all team members after their routines.
- Stick all dismounts and present to all judges on that event.
- Be courteous, respectful, and polite to all meet officials, hosts, competitors, and coaches.
- Congratulate opponents on whatever good skills they display and for good performances.
- Gymnasts must stay until the end of their session of the competition, even if they are already finished, to support the gymnasts still finishing up.
- Gymnasts must stay for their session of awards regardless of whether they win or not to support their teammates.
- Congratulate coaches on their team, individual gymnasts or well-coached events.
- Congratulate and shake hands with other gymnasts on the podium.
- Thank host Coach before leaving.
- Always remember everywhere we go we are all representing Gym Quest!

COMPETITION REQUIREMENTS

Girls Team: At each competition, within each competitive level, athletes are grouped by age. At times these dates can change according to the Meet Director's discretion, however currently the age determination dates are:

Levels 2, 3, 4, 5, 6, 7, 9, 10 and Xcel — the date of the last day of the state meet

Levels 8— the last day of the regional meet

It is imperative that you know what your gymnast's competitive age is. *Please note that the competitive age of your athlete may be different than her chronological age.* If you have a question about the competitive age of your gymnast, please check with the Coaches or the Team Coordinators.

To qualify for states, an athlete on the Gym Quest Girls Team must meet certain qualifications – Qualifying scores are subject to change. Scores need to be obtained at one sanctioned meet, they do not need to be repeatedly obtained during the competition season.

Regional and National Championship opportunities exist for Levels 8 -10, and all levels of Xcel. Qualification criteria is set later in the season and will be published as soon as it is available. Gym Quest has had level 8-10 and Xcel athletes qualify for and compete in Regional and National Championships. We have had Regional Champions in Level 8 and 9, and both Regional and National Champions in all levels of our Xcel Program. It is quite an honor to achieve the level of proficiency to qualify for these prestigious championship competitions!

Please refer to www.vausag.com for rules and regulations and other useful information.

Boys Team: At each competition, within each competitive level, athletes are grouped by age. The age determination date for every level is May 31 of each competition season. For example, for the 2023-2021 season, the age determination date is May 31, 2023.

It is imperative that you know what your gymnast's competitive age is. *Please note that the competitive age of your athlete may be different than his chronological age.* If you have a question about the competitive age of your gymnast, please check with the Coaches or the Team Coordinator.

To qualify for states, an athlete in Levels 5, and 6 on the Gym Quest Boys Team must obtain a qualifying score at a USAG sanctioned event held in Virginia. The qualifying score to State Championships is set each year by the State Director after review of average all around scores

in the state. The qualifying score is typically set in the December – January timeframe. Qualifying scores for Xcel will also be set during the season.

Athletes in Levels 5-10 may qualify for Regional Championships if they obtain the qualifying score at the Virginia State Boys Gymnastics Championship meet. Regional qualifying scores are set by the Regional Director after review of average scores during the competitive season across the region. Usually this happens mid-season but always prior to State Championships. Please ask Coach Kenys, Coach Doug, or refer to www.vaboysgymnastics.org and www.region7mensgymnastics.com for additional information.

Junior Elite vs. Junior Olympic: Starting with the 2012-2013 season, USA Gymnastics has Levels 8-10 in two tracks, which will compete separately. The first track is the Junior Olympic program. The Junior Olympic program consists solely of an optional routine on each of the 6 men's events. This is like the program that was in place in prior seasons.

The second track is the Junior Elite program, from which the Junior National Team will be selected. In addition to the optional routine, Junior Elite participants also must complete a compulsory, (required), technical sequence on each of the men's events. Junior Elite gymnast's scores will be the total of both the technical sequence and the optional routine.

FAQs MEN'S & WOMEN'S COMPETITIONS

How are the age divisions determined?

Age divisions are determined by the host meet director in accordance with USA Gymnastics guidelines. Age divisions are to be divided equally, depending on number of gymnasts in each age group attending that particular meet. To keep equal numbers in each age division, age divisions may vary by meet according to the number of athletes registered to attend.

How are ties broken?

Event ties are broken by the gymnast with the highest all around. All around ties are broken by the gymnast with the highest score in any individual event.

What is Xcel?

XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes.

What are deductions?

Deductions are points taken from the starting score during a routine. Deductions will vary and can be taken for composition, lack of number of required skills, over time, falls, execution, etc.

What does AA mean?

AA = All Around. The All-Around score is the total of a gymnasts' score from all four events for girls, and all six events for boys.

Who determines the order the athletes compete?

Competition order can be determined by random assignment through the computerized scoring system used at a meet, determined by age groups (as in State Championships), or set by the Coach depending on bar sets, vault sets, etc.

Is my gymnast required to stay for the entire weekend of a competition to support her teammates in other levels?

Gymnasts are only required to stay for the session they compete. Gymnasts may not leave the competition floor until the meet is finished. Many times, our athletes will finish their flight of competition before the entire competition is finished. Gym Quest requires our athletes to always display good sportsmanship and remain on the competition floor supporting their fellow athletes until they are finished. They may leave when their award ceremony is finished. They are welcome to stay to support other gymnasts at any level, but it is not a requirement.

What does "scratched" mean?

"Scratched" means to be removed from an event or a meet. A gymnast can be scratched from a meet or an event. A coach will hand in the "scratches" for their team before the event or meet starts. Once they are scratched, they cannot enter the competition. A gymnast can also be scratched from any event at the coach's discretion.

Some examples:

- Gymnast is not ready to compete on an event
- Gymnast has an injury
- Gymnast has shown poor sportsmanship
- Gymnast gets sick
- Gymnast is no longer available to attend

Refunds for scratches are provided as outlined by each host gym; please note that all their guidelines must be met in order to receive a refund from the host gym. Gym Quest and DAG do not control if refunds are available.

What is a score table?

A score table is usually located on the competition floor. All scores are reported to the score table to be entered for awards. Coaches and competition administrators are the only ones permitted to approach the scoring table.

When will I know what day/time my child competes?

The meet host is required to send their meet schedule two weeks prior to their meet. Schedule will be emailed once it is received.

Why aren't registrations due in the order of the meets?

The meet host determines the date that they would like their registrations due back. The registration information is communicated to Gym Quest parents as soon as it is available. It is standard procedure to have registrations due four or more weeks prior to a meet date so that the number of entries can be counted, and age groups can be created based on that information. However, some meets fill up quickly, so will require an earlier registration to ensure gymnasts can participate in the meet.

How many meets are required for my gymnast to attend?

All meets are required, with the addition of a couple of optional meets that parents can choose to attend in addition to the required meets. Everyone is required to attend at least 5 meets during the season. Typically, there will be one competition per month. Optional meets are carefully chosen to provide our athletes with opportunities to travel and take part in competitions that are different from the norm.

JERRELL STEELE INVITATIONAL

What is the JSI?

The Jerrell Steele Invitational was established by Gym Quest Gymnastics to honor their great friend and fellow Coach, Jerrell Steele, who was killed in a tragic motorcycle accident on June 17, 2001. He was a wonderful Coach and a ray of sunshine at the gym. Jerrell shared the Gym Quest philosophies of coaching gymnastics and life; “to the benefit of the athlete”. It is our honor to continue the tradition of the Jerrell Steele Invitational Men’s and Women’s Gymnastics Meet honor our friend. In 2024 we hosted over 1,000 gymnasts and 3,000 spectators at this meet! The “JSI”, or “Steele”, as it is known to gymnasts, Judges, and parents, has become one of the region’s largest and most prestigious gymnastics events. Judges ask to be assigned to our competition. Athletes collect the t-shirts from the different years. Everyone knows our meet and it’s truly special to be a part of something that has so much positivity for our athletes. We’ve had the privilege to host international athletes from Venezuela, China, and Argentina. It takes all hands-on deck to plan, organize and conduct this meet. DAG and Gym Quest thank our wonderful parents for their amazing support.

How do I benefit by the JSI?

Proceeds from the JSI are shared with athletes in a number of ways that decrease costs for parents. First, participation in this world-class event is free for all Gym Quest team members. Second, proceeds are used to pay for coaching costs related to coaching our athletes during competitions all season; such as training, session fees, travel expenses, meals and hotel expenses. Instead of each parent paying several hundred dollars per athlete for these costs, DAG pays and reimburses the coaches. Third, DAG has a history of gifting equipment and resources to Gym Quest, such as parallel bars, beams and mats. And finally, reserved earnings may be used to support athletes in other ways, such as paying the entry fee for all Gym Quest Team members in a selected competition. All athletes and parents benefit from these efforts!

What is my role in the JSI?

VOLUNTEER: Parent, family & friends volunteer participation is the key to the success of the meet/fundraiser, so *parent/family participation is NEEDED*. Types of volunteer activities include event timing, athlete check-in, ticket sales, hospitality, setup and teardown, and more. By volunteering just one weekend, you benefit in all of the ways listed above. The number of family hours required will be set each season based on the needs for the meet. Family and friends can help towards working the required minimum hours.

Please hold the dates of January 8 – January 11, 2026 and expect to have you/your family volunteer for approximately 20 hours over the weekend. The volunteer signup will be distributed about 30 days prior to the meet.

SERVE ON A COMMITTEE: Each family is expected to participate on at least one JSI committee. Identify and contact a DAG member of your volunteer interest areas for the Jerrell Steele meet.

SECURE SPONSORS and/or PROGRAM ADS: Each family is requested to submit at least one Program Ad or Sponsor for the meet. For more information, download a copy of the Sponsor Package or Program Ad Form from the Jerrell Steele Website at www.jerrellsteele.com.

What if my family does not meet the minimum volunteer hours and requirements for JSI?

If volunteer hours are not completed by a family, there will be an Assessment Fee of \$700 to cover coach training & competition expenses for the season. If the gymnast competes in the JSI meet, they will also be responsible for paying the JSI meet fee. If you know that you have a conflict for the JSI weekend there are ways to contribute before the event occurs; please email the Volunteer Coordinator at DAGatGQ@gmail.com by October 1st to request this exception.

ADDITIONAL FUNDRAISING

DAG also participates in the Kroger Community Rewards program. Through this program, a percentage of your purchases made with your Kroger card is donated to DAG through no additional cost to you. Simply shop at Kroger the way you always do and DAG receives a donation on your behalf.

To enroll, login to <https://www.kroger.com/account/enrollCommunityRewardsNow>. From there, you can enroll in the program, or re-enroll if you have participated previously. If you do not have an online account with Kroger yet, use your Kroger card to create one.

The Organization Name is: **Dominion Amateur Gymnastics (DAG)**

The Organization Number is: **83247**

Kroger Community Rewards expire annually so be sure to re-enroll!

Once enrolled, DAG will receive a donation each time you shop using your Kroger card. This is the easiest way to contribute to DAG and help us to keep costs low.

CONTACT INFORMATION

Gym Quest Gymnastics: Doug & Colleen Lubking (gymquestgymnastics@gmail.com)

Marley Midkiff (moondust122784@gmail.com)

DAG Board: dagatgq@gmail.com

Boys Parent Coordinator:

DAG Board Members:

President: Cari Detwiler (DEV parent)

Vice President, Membership: Julie Roy (DEV parent)

Treasurer: Kelley Barnett (Boys & Girls parent)

Secretary: Francois Petite (Xcel Parent)

Members At Large:

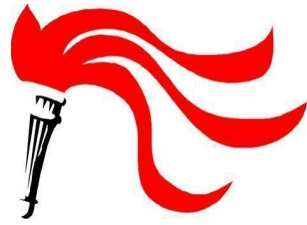
- * Phoebe Robinson (DEV Parent)
- * Stephanie Raismen (Xcel Parent)
- * Megan King (DEV Parent)

CONCLUSION

Thank you for your thoughtful consideration of the information in this Gym Quest Gymnastics Team Handbook.

Please sign the next page verifying that you have read, understand, and agree to the commitment to the Jerrell Steele Invitational, tuition fees, your athlete's gymnastics, and other volunteer obligations.

Thank you!



Gym Quest Gymnastics