

General Participation Requirements

Attire for practices:

- Hair should be completely pulled back and sprayed down.
- NO jewelry of any kind.
- Girls: A leotard is required every practice. No exceptions.
- Boys: Workout shorts/pants and t-shirt.
- Shorts and shirt over leotards are allowed.
- No buttons, zippers or snaps on shorts or shirts of any kind.
- Sports bras and deodorant should be worn for developing girls.
- Bras should not be visible.
- Washing hands before class is required.
- Washing hands after bathroom break is required.
- Athletes may keep their grip bags in the grip bucket or locker room.

Snacks , Water Bottles & Bathroom Breaks:

Please eat before practice. If you do not have time, try to grab a snack at the front desk **before** practice. We will not take snack breaks. Food is not permitted in the facility other than the lobby. Athletes should bring their own water bottles to keep in the gym with them. Be sure to use the bathroom before class to maximize practice time.

Parent Drop off and Pick up:

Classes start and end promptly on the scheduled times. We thank you for your understanding in this matter. We strongly discourage parents from allowing athletes to wait alone outside for someone to pick them up. Children are required to wait in lobby for pick up.

Observing Practice:

Parents are welcome to watch their children's practice from the pro-shop TV during any of our practices on occasion, but coaches cannot remain after practice so that gymnasts can show off new skills or get extra practice in. We respectfully ask that parents refrain from watching every practice so that gymnasts can concentrate on their skills and not be concerned with their performance while drilling or attempting new skills. Mental focus is one of the many things we work on during practice, and your support is needed to help cut down on distraction for our athletes as they learn.

Parent Coaching:

Please leave the coaching and critiquing to the coaches. The best support a parent can provide their gymnasts is unconditional love and acceptance. This kind of support will contribute to your child's self-esteem and their success.

Communication:

Our primary form of communication is e-mail. Please be sure to keep your e-mail address updated at the desk. Information is also posted on our board at the front door, on our website and flyers are handed out each week to children after class.

Cancellations & Rescheduling:

We will try not to reschedule classes if possible, but there may be instances when your coach will be away for training, meets etc. We will attempt to keep you informed if there are going to be substitutes, make up classes or any changes to your regular class times.

Makeup Policy:

FGA does not offer makeup classes. We ask that you take advantage of our open gym if you have missed a class. Please see website for days, times and prices.

Tuition & Fees

Tuition:

- Tuition is due on the 1st of each month. After the 10th, a late fee of \$5.00 will be posted to your account for every seven days late and your spot will be filled.

Fees:

- \$30.00 fee will be applied to any bounced checks or credit cards. Your child will not be able to attend class until the full balance is paid.

Thank you,
FGA Staff