



# Fusion Elite Team Gymnastics

*By Invitation Only*

*Fusion Kids Center  
401 San Felipe Road, G  
Hollister, CA. 95023*

*831-801-3343  
[www.fusionkidscenter.com](http://www.fusionkidscenter.com)*



# About Fusion Elite Team Gymnastics

**Who's Eligible:** Participation on a Fusion Elite Gymnastics Team is by invitation only. Coaches make recommendations to team when they notice an outstanding athlete with talent, dedication, maturity, work ethic and personal drive to further their skills.

Athletes with prior team gymnastics experience who wish to join our teams may do so by evaluation. Contact us for more information.

**What we do:** Fusion Elite Gymnastics Teams compete in the Xcel Division of USA Gymnastics. Our teams train year-round. Pre-season runs from June-December, when athletes are focusing on their individual skill development, and competition season runs January-May. Most meets are held in Northern California, but there are also opportunities to travel to Southern California and out of state.

**Teams:** Xcel has five different divisions based on age and skill level: Bronze, Silver, Gold, Platinum and Diamond.

**Cost:** We understand that it takes a great deal of financial sacrifice to be involved in a competitive program. We do everything possible to ensure a quality program for the lowest cost possible. All of our fees are listed in this packet so you can budget for the entire season. Please see the Fees & Tuition section for more information.

**Other programs:** Fusion Kids Center offers a variety of classes and teams for all ages and abilities in addition to the Fusion Elite Gymnastics Team. Please see our website for a listing of other programs.

**What to consider when starting a competitive team:** The switch from recreational gymnastics to team gymnastics will require harder work. Sometimes practices will be frustrating. Be patient with yourself, sometimes it takes many attempts to master new skills. You will need to work to overcome fears, skills, tiredness, and sometimes injuries. Persistence is key, and those who persist will be rewarded with new skills, new confidence, and success in competition.

## Pricing

**An annual gym membership fee of \$50 is due every year on January 1<sup>st</sup> and is not included in the team fees/tuition**

### Monthly Tuition Fees:

**Bronze (6 Hours) – \$225/month**  
**Silver/Gold (9 Hours) – \$335/month**  
**Platinum/Diamond (12 Hours) - \$425/month**

### Estimated Required Team Assessments:

**New Athletes - \$1900**

Cost may be less for returning athletes

#### Includes:

**Required Meet Fees: \$700**  
**Coach Travel/Meet Fees: \$600**  
**Competition Leotard: \$250**  
**Competition Hair Accessory: \$20**  
**Team Warm Up: \$165**  
**Team Slides: \$50**  
**Team Backpack: \$90**  
**Fusion Elite Gymnastics Team Tee Shirt: \$25**

### Optional Assessments Include:

**Individual Floor/Beam Routine Choreography**  
**Individual Floor/Beam Routine Music**  
**Meet fees and coaches travel for optional meets**  
**Meet fees and coaches travel for Regionals**

In the event that assessment items are MORE than we expect, charges will be added to your account as the fees are incurred.

In the event that assessments are LESS than we expect, credit will be added to your account as the fees are incurred.

An annual USAG membership is required for each athlete to compete at USAG sanctioned events (Usually around \$30) not included in your assessments. Parents pay this fee directly to USAG.

Fusion offers flexible payment options! See financial contract for other available plans!

## Fundraising

If you participate in any of the fundraising activities at Fusion Kids Center, funds will first be applied to gym tuition and then to team assessments. Any remaining funds can be used for private lessons, pro shop purchases, or other gym expenses.

## Crossovers

Crossovers are athletes that participate on more than one competitive team (gymnastics/cheer/dance) at Fusion Kids Center.

Crossovers are charged \$25/month per crossover team **plus** additional uniform/competition/meet fees incurred by their additional teams (Crossover comp fees are billed on the 1<sup>st</sup> of the month in which the competition/meet takes place.)

## Communication

Fusion uses the Groupme app for all general communication with our team parents and athletes. Each team will have their own Groupme. This is where schedules, announcements, and important dates will be posted.

It is your responsibility to check your Groupme often for updates.

Financial communication will be sent by email.

## Practices

Bronze Team – 6 hours per week  
 Silver & Gold Team – 9 hours per week  
 Platinum & Diamond Team – 12 hours per week  
 See office for practice schedules

All athletes should bring the following to practices:  
 Athletic Tape, nail clippers, grips and wristbands, extra hair ties, deodorant, baby wipes, water and healthy snacks (or money for the vending machines)

Athletes should wear proper workout attire, consisting of a leotard with or without fitted shorts or leggings. Hair should be pulled away from the face, and no jewelry, please.

Attendance at practice is crucial to an athlete's success. Missing practices may cause your athlete to be scratched from meets and/or removed from the team.

If you anticipate an absence, please contact the office before practice.

We do not offer make ups for team practices.

## Meets

Teams compete at 6 required meets per season.

4-5 events will take place in Northern/Central California and 1-2 event in Southern California.

There will be additional, optional events on the schedule for those who would like to compete more often.

All team athletes will be expected to compete in States if they qualify. Regionals will be optional if they qualify.

Travel and lodging for meets are not included in your assessments, and are the responsibility of the parent/guardian.

Parents are expected to make timely reservations in order to secure travel and hotel accommodations.

## Injuries

Injuries are a part of any high-level sport. Our staff is safety certified and certified in first aid/CPR.

While we do everything possible to create the safest environment and provide the safest training, injuries can happen any time when you participate in an activity that involves motion, speed and height.

Athletes are expected to continue attending all practices unless otherwise required by a doctor's note. Athletes who can still participate but require a modified workout (like an ankle or toe injury) must bring a doctor's note describing the injury, diagnosis and limitations.

It is necessary for the athletes to continue their strength, flexibility, rehabilitation and mental training.

There may be exceptions to this policy depending on the severity of the injury.

If removed from practices or placed on a modified workout by a doctor's note, another doctor's note will be required releasing them to full activity.

Rips and callouses are an unavoidable part of training on bars. Rips are never an excuse for missing practices. If you need advice on caring for rips, please let us know.

Muscle soreness is also a constant part of training as a gymnast, and will decrease as the body adjusts to the level of training. Muscle soreness is not an excuse for missing practices.

## Mobility

In order to move up to the next level of Xcel Competitive Gymnastics, there is an age requirement AND a pre-requisite score requirement. See below for the USAG Rules regarding mobility.

In addition to the USAG Mobility Requirements, Fusion coaches reserve the right to limit mobility to the next level based on skill, maturity, consistency, attendance, behavior, etc.

Division	Minimum Age Requirement	Pre-requisite Scores	Entry Division from the JO Program
<b>Bronze</b>	Reached 5 <sup>th</sup> birthday	None	JO Levels 1,2
<b>Silver</b>	Reached 6 <sup>th</sup> birthday	None	JO Levels 1,2,3
<b>Gold</b>	Reached 7 <sup>th</sup> birthday	31.00 AA at Silver Division or 8.0 IES	JO Levels 3,4
<b>Platinum</b>	Reached 8 <sup>th</sup> birthday	31.00 AA at Gold Division or 8.0 IES	JO Levels 5,6, 7
<b>Diamond</b>	Reached 9 <sup>th</sup> birthday	31.00 AA at Platinum Division or 8.0 IES	JO Levels 7,8,9, 10

\* See for specifics of dropping back in the next section

# Fusion Elite Team Gymnastics Acceptance Form

I have read and understand all of the policies and rules outlined in the Fusion Elite Team Gymnastics Packet, and would like to accept placement on a team.

Athlete Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

## Team Assessment Payment Schedule

Parent Initials	Payment Plans	
	Assessments Paid In Full	\$1900
	Assessments Paid In Monthly Payments	Start Month: _____ End Month: April Monthly Payment Amount: _____
	Assessments Paid In Bi-Monthly Payments	Start Month: _____ End Month: April Dates: _____ & _____ Bi-Monthly Payment Amount: _____
	Assessments Paid In Weekly Payments	Start Date: _____ Number of Weeks: _____ Weekly Payment Amount: _____
Parent/Guardian Signature: _____		Date: _____

In the event that assessment items are MORE than we expect, charges will be added to your account in the month that the fees are incurred.  
 In the event that assessments are LESS than we expect, credit will be added to your account in the month that the fees are incurred.