



MISSISSIPPI

GYM OF

DREAMS

COMPETITIVE GYMNASTICS PROGRAM

INFORMATION/PROGRAM HANDBOOK

Welcome to Mississippi Gym of Dreams!

We look forward to the opportunity to work with you and your child. Our mission is to teach each child in a positive and Christian atmosphere. Our athletes have the opportunity to meet new friends, form lasting relationships, and develop a strong sense of self-worth and pride.

We are a family-oriented business, and every member is important to us!

While having fun and learning to be the best you can be are our objectives, there are some guidelines you must follow as a member of MS Gym of Dreams. Please read thoroughly so you will know what is expected throughout the season.

Thank you for joining our Competitive Gymnastics Team. Gym Team is invitation only! Our gymnasts are a select group of outstanding athletes. We look forward to this upcoming season. Feel free to call or text us if you have questions.

TEAM GUIDELINES

We are excited to announce the new Gymnastics Director for the Gym of Dreams, Kathryn Meilstrup! She is the main person to contact about all things gymnastics!

CONTACT INFORMATION

OWNER: Duane Meilstrup/601-754-6451

GYMNASTICS DIRECTOR: Kathryn Meilstrup/601-757-5793

EMAIL: gymmasters95@gmail.com

GENERAL INFORMATION

*We are taking extra precautions to keep our gym clean and sanitized. We ask that you do your part in helping as well. If your child is sick, please inform us prior to class. Donations of Lysol and Germ X are always welcome!

*No food, drinks, or gum allowed in the gym except for bottled water which MUST be thrown away! This will be strictly adhered to!

*Absolutely NO cell phones in the gym! Phones must be turned on silent upon entering the gym. There will be a "Cell Jail" for safe keeping if this becomes a problem. Please do not leave phones in cubby holes! Leaving them in cubby holes will be at your own risk and the gym will not be responsible.

*Personal items are to be placed in designated areas. Please do not bring jewelry or other items of value. Gym of Dreams is not responsible for lost, stolen or misplaced items.

*Please make sure to NOT drop athletes off more than 10 minutes before their class time!

***NO PARENTS** are allowed in the gym during class time. This can be a distraction to all athletes, and it also interrupts valuable coaching time. Should you need to speak to Duane or Kathryn, please wait until after practice is over or call during non-coaching hours. We do not wish to keep parents uninvolved or limit viewing, but our goal is to make each practice free from distractions and promote a productive and disciplined environment.

LEVEL PLACEMENTS

At the end of summer, we will do evaluations to determine what routines the athlete will learn and compete for this season. What we are looking for is to see what skills each athlete has mastered throughout the summer. The skills mastered will determine the level in which they are placed. Please note the coaching staff has the right to change the athletes' level before or during the season depending on progress made. If we see that an athlete has made substantial progress and would fit better by being moved the parent/guardian will be notified. Again, please trust the staff. Should you have any concerns, please contact Duane or Kathryn and we will be happy to talk to you.

ATTENDANCE

The 2023-24 MSGD Competitive Gymnastics term is June 2023 through April 2024. With the sport of gymnastics, time and effort will greatly determine progress. That being said practice is EXTRAORDINARILY important to the growth of the athlete. We understand the importance of family vacation, VBS, summer camps, etc. during the summer. If you will miss practice for any reason, please let us know as soon as possible. If you are in town, athletes are expected to be at practice. All athletes are expected to arrive on time and are expected to stay until practice ends. Arriving late will conflict with lesson plans and interfere with the athlete's progress.

If an athlete does not attend 2/3 practices or 1/2 the week before competition, she will not be allowed to attend the meet that weekend!

PRACTICE SCHEDULE

SUMMER

| PRE-TEAM | COMPULSORY | XCEL | UPPER-LEVEL XCEL |
|------------------------------|-------------------------------|-----------------------------|-------------------------------|
| Monday 2:00 PM-3:30 PM | Tuesday 10:00 AM-12:00 PM | Tuesday 1:30 PM-3:30 PM | Monday 9:00 AM-12:00 PM |
| Wednesday 2:00 PM-3:30 PM | Thursday 10:00 AM-12:00 PM | Thursday 1:30 PM-3:30 PM | Wednesday 9:00 AM-12:00 PM |
| | | | Friday 9:00 AM-12:00 PM |

FALL

| PRE-TEAM | COMPULSORY | XCEL | UPPER-LEVEL XCEL |
|------------------------------|-----------------------------|-----------------------------|-----------------------------|
| Monday 3:30 PM-5:00 PM | Tuesday 3:30 PM-5:30 PM | Monday 5:00 PM-7:00 PM | Monday 5:00 PM-8:00 PM |
| Wednesday 3:30 PM-5:00 PM | Thursday 3:30 PM-5:30 PM | Thursday 5:00 PM-7:00 PM | Thursday 5:00 PM-8:00 PM |
| | | | Friday 4:00 PM-7:00 PM |

PRACTICE ATTIRE

Practice leotards are a mandatory purchase that will be included on the apparel sheet. Pre-team leotards will double as the leotards they will wear at their meets during the spring semester. Once practice leotards arrive, they will be mandatory apparel for the first practice of every week as well as the entire week during meet weeks. Athletes are of course welcome to wear them at all practices! If any parent would like to purchase more than one to avoid having to do a lot of washing at home that will be an option.

Until practice wear arrives all athletes **MUST** come dressed in an appropriate leotard to each practice. All athletes **MUST** be prepared for practice when practice begins with their hair up and leo on!

FUNDRAISERS

We will have fundraisers to help cover any fees! Each year we have athletes who cover all their fees through fundraising so please take advantage of these opportunities. Information will be sent out as they occur.

YEARLY COSTS/GYMNASTICS MEETS

The upper-level xcel team will attend 6-7 gymnastic meets throughout the season. Xcel and Compulsory will attend 5-6 meets. Athletes who attend every meet will receive a perfect attendance leotard at the end of the season. As soon as the tentative meet schedule is released it is the responsibility of the parent or guardian to tell Kathryn what meets you plan to attend before the meet deadline so everyone's accounts can be updated to reflect the correct amount of meet fees. If the athlete decides to pull from a meet at the last minute a refund will not be available. Once we are within a month of the competition there will be no refunds. Any or all conflicts will need to be communicated with Kathryn ASAP.

Pre-Team will be offered 2 meets to attend this season during the spring semester. We are looking into having a non-sanctioned in house meet that the competitive team will also have the opportunity to attend and travel to another gym to compete with fellow non sanctioned gymnasts.

FEES:

Registration fee of \$35 will be due when you sign up and must be paid no later than the first week of June. (ALL ATHLETES)

All members are required to purchase a practice leotard. Competitive members (not including pre-team) are required to purchase a warm-up jacket, competition leotard, and backpack. All will be included with prices on the apparel sheet.

Like last year, USA Gymnastics has it to where parents/guardians have to go in and register their own athletes. According to the website, the registration fee is \$63 & \$25 for first time athletes. (NOT PRE-TEAM) Here is the link to the Parent How-To-Guide https://usagym.org/PDFs/Member%20Services/howto_parent.pdf

All XCEL athletes will come in individually after team evaluations to learn their floor routines. When they come in a choreography fee of \$30 will be due on that day to pay the choreographer for their time.

Monthly Tuition:

- Competitive Team: 9 hrs./\$180
- Xcel/Compulsory: 4 hrs/\$140
- Pre-Team: 3 hrs./\$125
- Due the 1st of the month; payable by cash, check, credit card, or through your customer portal with iClassPro. Checks need to be made out to "Gym of Dreams."
- Families with more than one participant at the Gym of Dreams will receive a family discount. Please make sure to ask Duane about that at registration.

Competition/Meet Fees:

- Every athlete is responsible for paying meet fees prior to the deadline. If you miss the due date, your child will not be registered. There is no late registration for gym meets. If you miss the deadline, you will not be able to attend.
- Approximate cost of meets is \$75-\$100. Exact costs for each meet will be included on the meet schedule that will be sent out separately.
 - Please make sure to keep in mind that there is also a spectator admission fee at all gymnastics meets. Approximate admission is \$5-\$10/person.
- There will be an assessment fee of \$300 that will cover the coaches fee, coaches traveling expenses, club membership, professional memberships, coach certifications and background check and the MS State athlete registration fee. We will be dividing this into two installments of \$150 to make it easier on the parents/guardians. Pre-team is only responsible for paying the first installment of \$150.
 - The 1st installment of \$150 will be due on August 7th 2023. (ALL ATHLETES)
 - The 2nd installment of \$150 will be due on January 8th, 2023.
- \$35 Membership Fee: This is a new fee that we are adopting, This is an annual fee that will help the gym with maintenance, equipment (like chalk, straps, mats, etc), and other training depreciation. (ALL ATHLETES)

COMMUNICATION

We will be using the TeamReach app as our way for communication about important updates and reminders. All family members are welcome to sign up to receive updates. To join please download TeamReach and type in our group code: MSGDGYM

Gym of Dreams also uses iClassPro for all classes and competitive teams. Once you're registered, we will enroll you into our program. A welcome email will get sent to you for you. If you need additional help getting access to your account please let us know!

ATHLETE CONDUCT

#1 RULE... ALL MEMBERS MUST DISPLAY A POSITIVE AND RESPECTFUL ATTITUDE AT ALL TIMES!!! We expect positive support for all teammates and all others. Negative attitudes and disrespect are not acceptable. We cheer for our own teammates as well as our competitors at every meet. We do not talk negatively about each other, another team, or another gym at any time! Also, negative comments towards our gym, a teammate, or another gym on any social media platform are not permitted! Bad sportsmanship will not be tolerated and is grounds for dismissal.

Always be on your best behavior! Talking excessively during practice is unacceptable. "Lobby or Gym Bashing" is not acceptable! Talking negatively about the gym, coaches, or other children in the lobby or outside the gym is very disrespectful and we will address it when we are told. If there is something you would rather us not know, please don't say it. If you have any problems or concerns, please see Duane.

Behavioral problems have not been an issue in the past. We do not expect that this year!

Should a problem arise:

1. The student will get a warning
2. We will schedule a parent meeting
3. The child will be dismissed from the team

All members of the Competitive Team & Pre-Team will receive an etiquette sheet. This will explain the expectations that we have for all those representing Gym of Dreams at all functions that the program attends. One parent/guardian will have to sign a copy before they attend their first competition.

EXTRA ACTIVITIES

*Each year we try to participate in local events and service activities as time/scheduling permits. We feel it is important to give back when and where we can. We have participated in local parades, Animal Rescue League events, and Relay for Life. Although extra events are not mandatory, we encourage everyone to participate!

IF YOU CAN DREAM IT, YOU CAN ACHIEVE IT!