

CAPITAL GYMNASTICS NATIONAL TRAINING CENTER

TEAM RULES AND POLICIES

We are extremely pleased you have selected Capital Gymnastics National Training Center, (CGNTC) for your child's competitive program. The following document will outline our team rules and policies.

MISSION STATEMENT

Capital Gymnastics National Training Center is dedicated to children's fitness. The sport of gymnastics will increase a child's strength, flexibility, and coordination, as well as give them the confidence and determination to be successful. It is our desire to instill in children a lifelong love of fitness, exercise, and self-achievement.

STRONG BODY – STRONG MIND – STRONG SELF

COVID ACKNOWLEDGEMENT

The undersigned parent of a participant/member is aware that there is an inherent risk of conducting group instructional and/or training sessions while the Covid 19 outbreak is active and on-going even if participants and their instructors take reasonable steps to sterilize surfaces and body parts to limit the a spread of the virus.

The undersigned acknowledges that they are solely responsible for any injury or illness their participant/member suffers during an instructional and/or training session conducted while the Covid 19 outbreak remains active. Said responsibility includes that the undersigned agrees to be solely responsible for any costs associated with any such injury or illness including, but not limited to, medical diagnosis, medical treatment, and prescription expenses.

The undersigned agrees to notify Capital Gymnastics immediately if they or any of their children contract the Covid 19 virus and they further agree to prevent any such person that has contracted the virus from entering Capital Gymnastics' gym and will prevent them from participating in any instructional and/or training sessions once any such diagnosis is suspected and/or any such diagnosis has been made by any medical care provider.

TUITION / PAYMENTS

To participate in our CGNTC team program, your child must be a member of the CGNTC. The yearly membership fee is \$150 per athlete. This is due upon enrollment.

Tuition is a yearly amount divided into twelve equal payments due on the first day of each month. Tuition is based on workout level and hours of instruction per week.

There are two payment options, monthly and quarterly. For the monthly payment option, one must enroll in our Electronic Funds Transfer System (EFTS). Checks are not accepted for monthly payments. Those who choose quarterly payment option will receive a 5% discount off the monthly rate. A second, and subsequent family members in our competitive program will receive a 10% discount if paying quarterly. The 10% is calculated from the monthly fee, not the already 5% discounted quarterly fee. Quarterly payments may be by check or enrollment in the EFTS. Quarterly payments are due July 1st, October 1st, January 1st, and April 1st. EFTS will be debited from your account on the fifth of the month. Yearly payment can be made at 10% off the monthly rate per child. No additional discount for multiple family members.

Payments received after the 5th of the month will incur a \$25.00 LATE FEE. Credit card payments will incur a 3% convenience fee.

CGNTC will assess a \$25 fee for all checks or EFTS which are returned unpaid. Forfeiture of the student's spot will occur if tuition remains unpaid for 60 days beyond the due date

If your child advances during the year, you will be responsible for the difference in tuition from the date of advancement.

REFUNDS

There are NO REFUNDS. No adjustments will be made to tuition payments unless an injury is sustained during a scheduled workout at CGNTC or at a sanctioned meet scheduled by CGNTC. Discussion with management is then required.

UNIFORM

All team members are required to purchase a team uniform. It is the responsibility of the parent to place the order for their child's uniform. Most uniform items are special order items and may not be exchanged or returned. Payment is due when order is placed. Order forms may be obtained from the office.

USAG MEMBERSHIP

Each year, CGNTC team members are required to become members of the governing body, USAG. Parents will receive an email directly from USAG requesting them to register and pay for their athlete. This must be completed and paid before CGNTC can register your athlete for competitions. If an athlete is 18 years old or older, they are required to complete the safe sport course through USAG.

COMPETITIONS & COMPETITION FEES

We require all team members to attend all practices the week before a competition. Any team member not completing this requirement can be scratched from the upcoming competition.

Any team member not able to complete the required skills at his/her level will be scratched from that event at an upcoming competition.

Competition in gymnastics requires travel to scheduled competitions. Parents should be aware of the travel involved and must understand that team members are expected to compete in ALL meets, regardless of travel. By signing this document, you are agreeing to the terms of travel as determined by CGNTC and its staff.

If an injury occurs at a meet or practice, your child's coach must be notified immediately.

All team members will be assessed a competition fee determined by level. These fees are to cover entry fees to competitions, coaching fees and coach's travel expenses to competitions. This is a set amount determined by level. This fee is not adjustable, regardless of the number of competitions your child is able to attend. If your child advances during the season, you will be responsible for the increase in competition expenses. The competition fees will be divided into 3 installments of 40%, 40% & 20% due Sept. 1st, Dec. 1st and Mar. 1st. Competition Fees must be up to date for your child to compete. Competition fees are not refundable. If an athlete is injured and has NOT been entered into at least one third of the scheduled meets, or CGNTC has received refunds for at least one third of the scheduled meets, a meeting with management can be requested to discuss the possibility of a credit towards tuition.

At CGNTC, we expect our coaches to conduct themselves professionally when attending competitions. We ask that parents also conduct themselves courteously and respectfully when attending competitions. Under no circumstances will a parent enter the competition floor unless a coach representing CGNTC has requested them to. If a conflict arises during a competition between you and the coach, we ask that you wait until you return to CGNTC

to schedule a time to discuss your concerns with the coach. The competition site is not the appropriate place to address these matters. Under no circumstances are parents allowed to communicate with officials / judges.

RESPONSIBILITY / CONDUCT / POLICY ON BULLYING

Team members will comply with all posted CGNTC Safety Rules now existing or subsequently made by coaches and/or owner.

All team members are expected to treat all teammates and coaches with respect and courtesy. Any team member not conducting themselves within the expectations of CGNTC may be expelled from the competitive program.

Bullying is described by Stopbullying.gov as “unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally and excluding someone from a group on purpose.” We also include bullying via social media in our definition.

ANY ATHLETE FOUND BULLYING WILL BE SUSPENDED FOR A PERIOD OF TWO WEEKS. IF AN ATHLETE HAS A SECOND INFRACTION, THEY WILL BE EXPELLED PERMENANTLY. Amended 3/7/2020 to read: ANY ATHLETE FOUND BULLYING WILL BE EXPELLED PERMENANTLY.

If an athlete is suspended or expelled from the gym there will be no refunds given and all money paid to Capital Gymnastics National Training Center will be forfeited.

Additionally, be aware that if an athlete is witnessed physically abusing another athlete we will be notifying Fairfax County Police unless otherwise directed by the victim’s parents. Reporting must occur within 24 hours of the assault. Parents declining to notify Fairfax County Police will be asked to sign a Decline of Notification Form.

SCHEDULE CHANGES / CANCELATIONS

During the year the canceling of scheduled practices may be necessary due to coaches’ obligations at other levels or competitions. When possible, we will provide a substitute coach, but are not required to do so. These practices will not be made up nor will a refund be offered. We will do our best to keep missed practices to a minimum. Other situations which may occur are coach’s travel with other levels, coach’s clinics, coach’s illness, set up for home meets and gym maintenance.

PARENT EXPECTATIONS

CGNTC provides a place for parents to wait for the completion of their athlete’s training. When observing workouts please refrain from “coaching” your child from the sidelines. We provide highly trained coaches to instruct your child and we feel this is damaging to the coach/athlete relationship. Any parent, who cannot observe without comments, will be asked to leave the gym until the completion of workout. We maintain a “complaint free” lobby/overview area. It is our intention to create a low-stress and productive environment for all athletes and patrons. The lobby / overview area is NOT the place to voice team concerns. Please address any concerns with your coach first before discussing them with another parent. We want to help you as best we can but it is difficult to assist you if we are the last to know about it.

INCLEMENT WEATHER

In the event of inclement weather, you may call the gym or go to the homepage of our website. Any changes will be indicated on the phone message and on the website. We do not follow county school closings. Cancellations due to inclement weather will not be rescheduled.

CAPITAL GYMNASTICS NATIONAL TRAINING CENTER RESERVES THE RIGHT TO REFUSE SERVICE TO ANY CLIENT.

Return this document in its entirety to the office upon signing.

I/We the parent(s) of _____ have read and understand the Team Policies and will comply. Delay in signing this sheet until you speak with management if any policy herein is unclear to you.

Date

Parent or Guardian Signature

Date

Parent or Guardian Signature

**PLEASE TURN PAGE
For Acknowledgement and Disclosure Statement**

ACKNOWLEDGEMENT AND DISCLOSURE STATEMENT

By initialing next to each document title in the following list of documents, you are hereby acknowledging that you have received a copy of that document: that you have thoroughly reviewed that document; that you understand all the terms, conditions, policies and procedures set forth in that document; and, that you agree to all the terms and conditions contained in that document:

Document	Initials
1. Team Policies (Now online, through Registration)	_____
2. Student Enrollment (Now online, through Registration)	_____
3. Tuition Agreement (pg. 1 of Rules & Pol.)	_____
4. Uniform Order * (Through office if ready)	_____
5. Signed Social Media Release Form	_____

Further, it is hereby disclosed to you that Barry Neff Inc., d/b/a Capital Gymnastics, does not have any right in, control over, or ownership interest in the Capital Gymnastics Booster Clubs (the "Booster Club"). The Booster Club is a totally separate organization from Capital Gymnastics formed and run by parents of the students who attend Capital Gymnastics and compete as part of the teams organized by Capital Gymnastics. The Booster Club is a not-for-profit corporation organized under the laws of the Commonwealth of Virginia. The Booster Club was formed by the parents of the students at Capital Gymnastics to address the need to raise funds for travel and competition expenses incurred by various teams formed at Capital Gymnastics, not unlike the activities for booster clubs at our local high schools. Mr. Neff does not hold any position in the Booster Club and is not an officer or director of the Booster Club. The Booster Club is solely responsible for administering and enforcing all the rules, regulations and policies that it has promulgated for itself.

By executing the Acknowledgement and Disclosure Statement you are hereby acknowledging that you understand that the Booster Club is a separate entity from Capital Gymnastics; that you have received a copy of any documents required by the Booster Club for membership setting forth all of the Booster Club's policies, rules and regulations;

that you have thoroughly reviewed those documents; and, that you understand all the terms, conditions, rules, policies and procedures set forth in those documents.

The coaches, who are employees of Capital Gymnastics, will be responsible for setting policy and creating competition and travel schedules for their teams.

I/We the parent(s) of _____ have read and understand this Acknowledgement and Disclosure Statement (Delay in signing this sheet until you speak with management if any policy contained herein is unclear to you).

Return this document in its entirety to the office upon signing.

Date

Parent or Guardian Signature

Printed Name

SOCIAL MEDIA PUBLICITY RELEASE

Participants hereby irrevocably grants to Capital Cheer All Stars, Capital Gymnastics National Training Center, and those acting with their authority or permission, the unrestricted right to copyright and use, publish, and display photographic and video images and audio of the Participant or in which the Participant may be included in connection with any event, in any medium, and for any purpose whatsoever, including (but not by way of limitation) illustration, art, promotion, advertising, and/or any purpose whatsoever, and to use the Participant's name in connection therewith. Participant hereby further expressly releases and waives any demand, action, claim, license, royalty and/or any other right to any form of payment the Participant may have based on claims as to the rights of privacy, publicity, notoriety and/or any other rights arising out of or relating to any use by Capital Cheer All Stars, Capital Gymnastics National Training Center, or those acting with their authority or permission of the undersigned's name, likeness or appearance.

Athlete Name

Parent Name

Parent Signature

DATE



WE CHOOSE TO OPT OUT OF ALL SOCIAL MEDIA PARTICIPATION

Athlete Name

Parent Name

Parent Signature

DATE