



## Xcel Team Handbook

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*"The mission of Pinnacle Academy is to encourage youth to reach their physical and mental potential through the sport of gymnastics! Self-motivation, perseverance, positive attitudes, hard work, and dedication are the lessons learned at Pinnacle that will carry our students beyond the walls of the gym."*

## Competitive Season

Congratulations and welcome to the Pinnacle Academy team program! Membership in the program should be considered a privilege and is only offered to a select group of athletes and families. All aspects of the program should be carefully considered before making a commitment. Therefore, please thoroughly review the information outlined in this handbook so that you may understand how our programs work, what you can expect, and the commitments your family should be ready to make.

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# Pinnacle Academy Xcel Programs

**Mission:** To teach all Pinnacle team members to be their best version of themselves inside and outside of the gym.

## Important Philosophies

- The coaches help athletes set smart goals in the gym with appropriate training progressions.
- The gym and its coaching staff are responsible for the athlete's training, thus decisions regarding your child's training belong to the coaches.
- Parents know and understand their child better than anyone, and their input as to the health of their child both mentally and physically is vitally important to the training process.



## Commitments of our Staff

### Training:

- We will provide quality training for every athlete.
- We will work to ensure and maintain the highest level of safety possible in our program.
- We will continually seek ways to increase our knowledge and skill.
- We will maintain organized training plans for our athletes.

### Communication:

- We will make every effort to thoroughly communicate information to our Xcel families through our website, handouts, phone calls/texts, and mandatory parent meetings.
- We will be available to meet with individual families as needed throughout the course of the year.

## Program Policies

Pinnacle Academy reserves the right to:

- change practice schedules as needed.
- change coaching assignments as deemed necessary.
- cancel or add practice when necessary.
- revoke Xcel membership of any child or family whose actions are not in the best interest of the program.
- remove athletes from the team due to lack of attendance.
- remove athletes from the team due to attitude or disrespect.

**Injuries:** *(Each injury will be reviewed on an individual basis.)*

- Only injuries that limit workouts more than 30 days will merit fee adjustments.
- Tuition only will be prorated based on the adjusted workout time. No other fees are subject to adjustment due to injury.
- Athletes must report an injury immediately if occurred during the workout. Remember the difference between being tired/sore versus hurt/injured.
- Parents/athletes must report an injury before a workout if it occurred outside the gym with an appropriate doctor's note.
- Parents must communicate all medical diagnoses and treatments. Injured athletes may be asked to attend the practice for an adjusted workout unless otherwise advised by their doctor.
- A prolonged injury that has not been addressed previously will require a meeting with the parents. If it is a persistent injury, the coaches will ask for a doctor's note with the prognosis and direction as to what the athlete is able to do.

## Attendance Policy

- Pinnacle Academy does not offer makeup classes for team members (open gym is NOT a make-up).
- Each athlete should be picked up from practice within a timely manner.
- All Xcel athletes must retain a 75% attendance commitment. If athletes Xcel miss more than 25% of practices, they may be removed from the team. Athletes MUST attend practices the week of a competition or they do not compete.

## Progression from Level to Level

Each level requires several skills on multiple events, and thus it is NOT UNUSUAL for an athlete to repeat a level. **Completion of one level's skills does not mean a gymnast is ready to move to the next level.** A gymnast will be ready to move up to the next level when they can master and perform all the required skills of that level properly, in **every** event. It is not about just doing the skill. It is about performing the skill safely and correctly so that we can master each level. You can always exceed the requirements but never underperform.

## Skill Requirements

When determining whether an athlete is ready to move up a level, we consider the previous season's scores AND placements, strength and flexibility level, technique, maturity, team qualities, attendance, and skill requirements. Team placements occur in August after the **mandatory team camp**. Once placed on a team, athletes will continue competing at that level all season. At practice, athletes will be "training up" which means they will be practicing harder level skills and competing at the level that they can master. At Pinnacle, we expect each athlete to be scoring at least a 35.0 in the all-around at the level they are competing.

## Athlete Commitments

Pinnacle Academy prides ourselves on our team qualities. Being on our team means being the best version of yourself. Team members must always show respect, leadership, positive attitudes, a good work ethic, supportiveness, and good sportsmanship. Team members have the most respect for their coaches and are always willing to learn. They will be role models in the gym and push outside their comfort zone. All athletes must abide by these qualities in order to maintain a team membership.

Along with team qualities, members must also show commitment. Athletes must attend summer practices as well as winter practices. EVERY practice is vital to success. Meets are also mandatory. Every athlete must attend the State Championships if they qualify. With extensive absences, athletes will not be at their best performance and safety is an issue.

# Xcel Athlete and Parent Commitments

Membership in Pinnacle Academy's Programs requires a strong commitment from both the athlete and the athlete's family. It is this commitment, coupled with the dedication of our coaching staff, that is the foundation of our program. Please carefully consider all the commitments outlined below before making your decision to join the Xcel Team.

## Athlete Commitments:

- members must be respectful toward every athlete, coach, and parent/spectator in the gym.
- members must be respectful of the gym by keeping it neat and treating it with care. Athletes must put their mats away and keep all belongings inside their locker prior to entering/exiting the gym each practice. No clothes left out on the floor! No food in the gym area due to bugs, rodents, and other pests.
- members must demonstrate a good work ethic and a desire to learn and improve.
- members must display a positive attitude at all times, even on their "off" days.
- members must respect other athletes using the gym, especially before their practice starts.
- members must not play on the equipment before practice unless a coach is with them to supervise.
- members in noncompliance with attitude and respect policies can be withheld from participation.

## Competitions:

- members must be on time and ready for warm-ups.
- members must have a "clean appearance" at the meets. All length of hair should be away from the face and no fly-aways. Long hair in a ponytail could result in a deduction from the judges at meets (we recommend a bun for meet hairstyle).
- members may not leave the competition area without a coach's permission.
- No emotional outbursts or other unsportsmanlike behavior will be tolerated.
- Attitude and respect policies carry over and apply to judges and other athletes.
- members must stay with their group until the end of the awards ceremony.
- **members are required to wear their team attire for award ceremonies.**
- members in noncompliance with competition policies can be withheld from participation.

## Parent Commitments:

### Attendance:

- Parents must give the coaches notification in writing (texting is acceptable) if their child is going to be absent, late or if they need to leave practice early.
- Parents are requested to attend all team functions unless previously excused.

### Communication:

- It is the parent's responsibility to know what is going on in the program at all times. Please check important announcements on the Pinnacle Website <https://www.pinnaclegymnasticsevergreen.com> . E-mail and voicemails are to be used only to relay general information.
- Concerns about the gym, our policy, schedule, or a coach should be directed to Tabor

## Financial Commitment

**There are two areas of cost associated with being part of the team: training costs (monthly tuition) and team fees. Training costs are a year-round expense and are directly related to the training of each athlete. Team fees are the hard costs of competing. Below is an explanation of the costs as well as estimated and actual costs for this year. ALL the fees listed below are non-refundable unless otherwise noted.**

In the past team fees included either a leotard OR warm up jacket (alternating years). This year to reduce cost we will not be ordering new uniforms. Team fees also include 3 scheduled meets for the season. Whether you pay the team fees upfront or finance the team fees, you will be billed accordingly. Training costs are billed monthly and are dependent on the hours that are required for each level.

- We cannot prorate or credit tuition for any reason, including illness, vacations, holidays, or practice cancellations.
- Xcel members are financially committed for **all months** of the year.

## Team Fees

**Total Season Fee:** \$1100 (excluding choreography, team camp, all costs for travel meets, states, regionals, and team banquet). The travel meet is optional and costs associated are based upon the amount of participants.

**Uniforms:** All team athletes must have a team leotard and warmups. If an athlete is new to the team or needs a different size leotard or warm-up, we will bill accordingly.

**Choreography (girls only):** Each athlete at the gold, platinum & diamond, level will be required to schedule choreography through **Pinnacle Academy Coaches**. The choreography consists of a 2+ hour private lesson and the making of the routine. Choreography costs \$200 (paid directly to the coach; NOT included in the billing of team fees) and the athlete may keep the routine for two-three years. The gold time limit is 1 minute-while platinum and diamond are 1 minute and 30 seconds. Athletes must email a copy to the coach and print a copy of their music receipt (**this is required by USAG**).

For bronze and silver, individuals will not select their own music. Coaches will decide on music and choreography to teach the routine during the fall.

**USAG:** Parents will log into their USAG portal to pay the annual membership fee required by USAG (usually around \$30; NOT included in the billing of team fees). DO THIS NO LATER THAN AUGUST 15TH! We cannot register your child for meets until this is complete. **Late registration could result in the athlete missing the meet.**

**Meets:** All local meets, including State, are mandatory for all athletes. Parents are responsible for the transportation of their athlete(s). Meet entry fees vary based on the event location. *Pinnacle Academy is not responsible for booking travel or covering any travel costs associated with the athletes and their families.*

**States, Regionals, and travel meets:** These are additional fees and are determined on the size of the group that qualifies. This cost is also dependent upon the location of the event and number of coaches needed for that event (NOT included in the billing of team fees).

**Team Banquet:** At the end of the season, we will hold a Pinnacle Academy Team Banquet. Banquet costs will be determined based on number of attendees and venue costs. Other family members and friends are welcome and encouraged to join. This will be a formal event celebrating your athlete's success of the season! In previous years, it cost \$50/person.



## Training Schedule-Girls

Pre team training is Tuesday and Thursday from 4:30-6:30 pm. Coach, Monroe

Bronze: Monday & Wednesday 4:00 pm - 6:30 pm. Coach, Josephine

Silver: Monday, Wednesday, & Thursday 5:00 pm - 7:30 pm Coach, Jen Hansen Hecht

Gold: Monday, Tuesday, Thursday 4:30 pm-7:30 pm, (Optional Saturday 9:00 am - 12:30 pm for Golds). Coach Cathy is the lead and will be assisted by Tabor, Nick, Dylan and Crystalina

Platinum: Monday, Tuesday, Thursday 4:30 pm-7:30 pm and Saturday 9:00 am-12:30 pm. Coach Cathy is the lead and will be assisted by Tabor, Nick, Dylan and Crystalina

## Payment Schedule

*The two payment options are listed below for team fees.*

- "One-Payment" -\$1,100 due September 15th
- "Six-Payment" -\$210 due September 15th-February 15th

*Below are the Tuition cost associated for girls at each level:*

- Pre team: is 4 hours per week
  - \$250/month (\$14.53/hour)
- Bronze Team: 5 hours per week
  - \$300 (\$13.95/hour)
- Silver Team: 7.5 hours per week
  - \$375/month (\$11.62/hour)
- Gold Team: 9 hours per week
  - \$400/month (\$10.33/hour)
- Platinum/Diamond Team: 12.5 hours per week
  - \$475/month (\$8.83/hr)

Saturday training is optional for most Excel kids (accept Platinum and Diamond athletes) and training is 9-12:30. If you do a drop in, the cost is \$25 per day. If you choose to add this on a monthly basis it is \$50/month.

## States and Regionals

Bronze athletes must compete in the all around in at least one USAG sanctioned meet in order to compete at the State Meet. Silver athletes must score at least a 33.00 all around during their meet season to qualify to the **State Meet**. Gold, Platinum, and Diamond athletes must score a 34.00 all around during their meet season to qualify for the **State Meet**.

Bronze and Silver athletes do not have a Regional Meet. Gold, Platinum, and Diamond athletes must score a 34.00 all-around at the State Meet to qualify for the **Regional Meet**.

## Schedule/Important Dates

### Important Dates:

- We follow the Jeffco school schedule for basic holidays and winter related gym closures, but our team does practice over school breaks.
- August 12th, 2024 - fall session begins
- September 30th-Hiwan golf fundraiser (no practice)
- Choreography Completion Deadline: November 1st, 2023
- Thanksgiving break schedule: No practice Thursday, November 28th and Friday, November 29th. Normal schedule Monday through Wednesday.
- Christmas break schedule: No practice on Tuesday, December 24th or Wednesday, December 25th, and Wednesday, January 1st. Normal practice times on the other days during Christmas break.
- Official Meet Schedule:

## GIRLS 2025 IN-SEASON MEET SCHEDULE

<u>Levels</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
<b>Optional Travel meet.</b> <b>ALL:</b> Bronze, Silver, Gold, Platinum, Diamond, Levels 6-8	December 19th-22nd	Atlantis Crown Invitational	Atlantis Resort, Paradise Island, Bahamas <a href="https://www.atlantiscrown.com/">https://www.atlantiscrown.com/</a>
Gold, Platinum, Diamond, Level 6-8	January 17th-20th	Active Athletics Colorado Classic 2025	<b>DOUGLAS</b> County Fairgrounds Event Center 500 Fairgrounds Rd. Castle Rock, CO 80104
<b>ALL:</b> Bronze, Silver, Gold, Platinum, Diamond, Levels 6-8	February 7th-9th	2025 Denver Winterfest	Denver University Ritchie Center 2201 Ashbury St. Denver, CO 80202
<b>ALL:</b> Bronze, Silver, Gold, Platinum, Diamond, Levels 6-8	March 7th-9th	Xtreme Altitude March Madness	Xtreme Altitude Gymnastics, 1405 South Public Rd, Lafayette, CO 80026
Gold	April 4th-6th	State	Peak
Platinum, Diamond	4/11-4/13	State	Aurora
Bronze & Silver	April 26th-27th	Xtreme Altitude Xtravaganza	Xtreme Altitude Gymnastics, 1405 South Public Rd, Lafayette, CO 80026
Bronze & Silver	May 30th-June 1st	State	Aurora

## Parent & Athlete Agreement

Please sign and return this page only. Keep the Xcel Team Handbook for your records.

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**Athlete's Name (Printed)**

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**Athlete's Name (Signature)**

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**Parent's Name (Printed)**

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**Parent's Name (Signature)**

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**Date/Level you are competing/Saturday training option?**