

GYMNASTICS
REVOLUTION

COMPETITIVE TEAM PROGRAM

Welcome to Gymnastics Revolution's Competitive Team Program. The competitive program is designed to further your child's gymnastics training in a competitive environment at the local, state, regional, and national levels. Competitive team training will provide your child with the strength, discipline, and confidence that are associated with both team and individual sports.

This packet contains information that will prove to be invaluable to both parents and athletes. Please review it carefully, as it answers many questions you may already have, as well as questions that may present themselves in the future.

If you are reading these words, then you or your daughter has already been identified as an exceptional person – one who has the drive, desire, and talent to be a competitive gymnast. At Gymnastics Revolution, we believe that we have a large group of exceptional people, who we are proud to work with and call our "team." We are excited to have your daughter as a part of this special program.

Keep in mind that the information in this packet will be revised as often as it is deemed necessary. Competitive programs are always evolving, and are always in a state of movement. You should expect changes from time to time.

Your daughter is now a part of a history and lineage of high level athletes. Our competitive program was designed long ago to stress learning, goal setting, and the pursuit of excellence in all areas of artistic gymnastics. Members of the team can expect to be challenged, and rewarded. They can expect hard work both physically and mentally, and the benefits in so many areas of their lives as a result of gymnastics training.

Contained herein are many concepts that are vital to your family's success at Gymnastics Revolution, including the importance of certain behaviors and respects, preparedness, financial requirements, and a number of helpful tips for some of the common areas of concern to a gymnast. Please read through this packet in its entirety with your daughter, so that everyone will understand the environment we are trying to build!

A little bit about Gymnastics Revolution! You should know that our staff operates under one belief system. This system is the umbrella under which everything at Gymnastics Revolution happens. This system is our “culture,” and we take it very seriously! Read on for some quick facts about our belief system at Gymnastics Revolution. If you take a moment to think through our Unifying Principles, you’ll see what we’re really all about at Gymnastics Revolution.

Our Mission: To create an environment at Gymnastics Revolution where every student is given opportunity to safely rise to his or her own personal greatest potential – physically, mentally, and emotionally.

Our History: Gymnastics Revolution was opened in 2001 by NCAA gymnasts Allyson and Brian Bakalar, with a singular goal: To help the area's youth develop the tools for success in life through sports. While pursuits of excellence, championships, trophies, and scholarships would certainly be a piece of this mission, Brian and Allyson knew that using an approach that valued hard work, effort, positive coaching, and careful planning would give every child who walked through the doors of Gymnastics Revolution the best chance to reach their individual potential, both in sports, and later in life.

Our Future: We continue to evolve. Our approach, our facility, our staff, our programs are always developing and improving. This means that we embrace a mindset that allows for change. We learn from our past, improve on our mistakes, and constantly reassess our goals. Join us in our progress, as we try to make the greatest environment possible for our gymnasts!

ATHLETE RESPONSIBILITIES

The following are extremely important expectations of every athlete at Gymnastics Revolution, but specifically of the Competitive Team. You should know and abide by all team rules.

- Respect other athletes and treat them appropriately, whether in or out of the gym.
- Leave the gym only when given permission by a coach.
- Treat the facility respectfully.
 - Do not create messes in the bathrooms.
 - Please wash the chalk off of your hands when you are done with bars.
- Be responsible for your own equipment – grips, tape, etc.
- Be prepared mentally and physically before a workout or meet begins. Athletes who are unprepared are risking both physical and emotional harm. We do NOT want this!
- Athletes on the team are permitted to compete in other sports and activities.
 - Bronze, Silver, and Gold level gymnasts may miss up to 1 practice per week (0 missed practices the week before a meet), providing these absences are not impacting the gymnast's preparedness and focus, as determined by the coaches.
 - Optional Level Gymnasts (Levels 6-10) must make gymnastics at Gym Rev their top priority outside of family and school. Other activities should not interfere with Gym Rev practices and competitions. Outside sports (including High School gymnastics) are not permitted during the competition season.
 - Xcel Gymnasts are permitted to join outside teams, including school sports. The commitment to Gym Rev teams must take priority.
- Dress appropriately for all events.
 - When attending a meet as a spectator, wear Gymnastics Revolution attire, if possible. Jeans are NOT appropriate attire when attending a function in this sport.
 - When attending a competition as a volunteer or employee, Gymnastics Revolution clothing is required.
 - When attending a competition as a competitor, you should arrive in your competitive uniform and warm-ups. All clothing should be clean.
 - Black Warmup Pants
 - Warmup Jacket on
 - Leotard underneath
 - Clean, white sneakers.
 - When competing, your hair should be styled or contained so that it will not move or distract.
 - Bronze, Silver, Gold should have hair braided in some fashion.
 - Optional Level girls (6-10, Platinum, Diamond, Sapphire) may choose their own style.
 - When working out in the gym, a one-piece leotard is appropriate.
- Make every effort to attend extra Team Functions such as demonstrations, parties, exhibitions, shows, etc. You will feel more a part of the gym and the team when you are involved.
- Be respectful to authority figures – this includes parents, relatives, coaches, judges, and anyone else who deserves respect.
- No food or drink is allowed in the gym, except for water.
- When waiting in the lobby, or passing through the lobby, be respectful of others. Do NOT allow yourself to get silly.
- Gymnasts are not allowed in the office areas, except in an emergency.

- Whenever you wear Gym Rev clothing, whenever you travel with Gym Rev teammates, whenever you can be recognized as a part of Gym Rev, you are expected to act in a way that shines a positive light on the gym and its programs.

PARENT RESPONSIBILITIES

As the parent of an athlete, you have a number of responsibilities as well. Your child depends on your support, enthusiasm, and interest, and will recognize any shift in these. For this reason, we ask you to remain as consistent as possible.

- The coaching staff works very hard to gain and keep your daughter's respect. You are the ultimate word for your daughter, and she will follow your lead. Please support the decisions and lessons being presented at Gymnastics Revolution, in order that your child will respect them. If you have concerns, you should contact the staff at Gymnastics Revolution. Discussing these concerns openly with your child (or even worse, with other parents) is severely detrimental.
- Please be familiar with your child's gymnastics activity outside of the gym. Talent shows, dances, friends' trampolines, etc. often present opportunities for your child to "show off" to their friends. Gymnastics can be dangerous, and your child is being taught to keep their gymnastics in the gym, where it belongs.
- Please be aware of your child's attendance. Punctuality and attendance are extremely important, and often rest in your hands. They are also traits that are a part of the makeup of a good athlete. If your child is going to miss a workout, we should be notified. You may text the gym at 203 778 3547.
- Please keep yourself familiar with the upcoming events concerning Gymnastics Revolution, even if those events do not directly include your child. Your support is needed to keep the programs strong. We recommend downloading the Gym Rev App.
- Outside sports and events are mentioned in Athlete Responsibilities above.
- Please feel free to watch workout once a month from our lobby. This will ensure that you see the general progress your daughter is making in the sport, rather than become overly focused on small items.
- Be aware of your daughter's nutritional needs and habits. If you need additional help in this area, please contact us, and we will put you in touch with a nutritionist or dietician that is trained in this area.
- You are required to keep your account in good standing in order for your daughter to participate.
- Families of the Competitive Team are required to be members of the G.R.P.A. This is the ideal way for you to be involved directly with your daughter's gymnastics!
- If your daughter has an injury that requires any sort of brace, taping, or special treatment, you will need to let the coaches know (via email or by texting the gym) about this issue - particularly if it is something that happened outside of the gym!
- As a parent, we know that you will have concerns and questions. In some circumstances, the gym will ask you to stop in for a conference or meeting specific to your daughter's progress in the gym. Rarely, though, if ever, does a meeting stem from parent request. When you have a concern that you feel must be discussed, we recommend emailing first. If a meeting is warranted, we will set it up.
- As the parent of an athlete, we ask that you set the example of appropriate behavior. At competitions, that means your positive support and encouragement, regardless of results and scores, is necessary. At and after workouts, it means that your positive support and encouragement, regardless of the particular day's specifics, is necessary. We must all find and celebrate the successes in every situation.

MEET RESPONSIBILITIES

Athlete: Arrive Prepared
Stay Focused
Give maximum effort
Maintain a positive attitude
Be a part of the team

Parent: Help athlete arrive early
Help athlete arrive calmly
Support athlete and team
Focus on efforts rather than results
Be a part of the team

Coach: 1 week prior: Begin mentally preparing athletes for challenges ahead
Be aware of developing psychological issues
Bring team together emotionally and developmentally
Confirm registrations, etc, with host gym.

Day of meet: Arrive early
Check facility for equipment concerns
Maintain team unity and calmness
Individually prepare each athlete for her own challenges
Know rotation system and schedule
Keep an eye on scoring and other administrative issues
Remain calm throughout (athletes need to be able to rely on a calm, collected coach)
Be aware of group dynamics
Keep athletes focused and safe
Praise
Use experiences from the day to teach lessons
Help athletes to set goals for future workouts and meets
Allow every athlete to leave the event feeling successful and motivated.

After meet: Remember individual concerns and goals
Watch carefully for developing habits and trends (good and bad)
Use the lessons from the meet in workouts.



2025-2026 Gym Rev Team Meet Schedule

Meet name, location	date	levels	host
Rhode Island Invitational	12/5-12/7	All	Aim High RI
Reindeer Games	12/19 - 12/21	All Xcel	Home
Cape Cod Invitational*	1/16-1/19	All	Cape Cod Gymn.
Team Challenge	2/6-2/8	All	Home
February Flip	2/21-2/22	All	Next Dimension CT
Courtney Kupets Invitational-Savannah*	3/6-3/8	All*	Rockdale Gym - GA
State Championships	3/20-3/22	L6-10, XD, XSaph	USAG CT
Olympian Classic	3/27 - 3/29	All Xcel	Hauppauge, NY
Regional Championships	4/10-4/12	9, 10	Springfield, MA
Regional Championships	4/17-4/19	6, 7, 8	Springfield, MA
State Championships	4/24-4/25	XG, XP	USAG CT
State Championships	5/1-5/2	XB, XS	USAG CT
Level 9 Eastern Nationals	4/30 - 5/3	9	Savannah, GA
Level 10 National Championships	5/6 - 5/10	10	Oklahoma City, OK
Xcel Regional Championships	5/16-5/17	XS, XG, XP, XD	Wilmington, MA

Included in Team Fees

Not Included in Team Fees

All meets Mandatory, except:

*Cape Cod Invitational is not a required competition for XB, and XS - parents will have to commit by Sept. 15 if they intend to go to this meet. We will need 5 athletes in XB, and XS to attend, otherwise that level will not compete.

*Courtney Kupets Invitational is not a required competition for XB, XS, and XG - parents will have to commit by Sept. 15 if they intend to go to this meet. We will need 5 athletes in XB, XS, and XG to attend, otherwise that level will not compete.

COSTS AND FEES

TUITION - Paid to the GYM:

Gymnastics Revolution's team program is a YEARLY PROGRAM. Over time, we have developed this system for a number of reasons, the most important reason being that your daughter simply cannot take weeks off at a time and expect to keep herself in peak physical condition.

The prices below are your standard, monthly costs. Please keep in mind that additional costs (GRPA, uniforms, etc) are expected to arise during the year. The costs below are for "gym time" only.

Gymnastics Revolution is breaking your cost down into equal monthly payments. In more financial terms: Gymnastics Revolution uses a system in which your yearly fee is financed for a length of 12 months, at a 0% interest rate.

Understand that there will be certain months that have fewer workouts than others. Meet schedules, vacation schedules, and the occasional "week off," given by the coaches, are not credited to your account. Your monthly payment remains the same. Additional workouts or days/weeks when the team practices, despite gym closings are also included in your monthly payment.

New members to the team, taken on after September 1, 2025, will pay a pro-rated amount, and will have their payments financed in the same methods as described above.

Notice: A price adjustment will go into effect on January 1, 2026, resulting in approximately 5% increase in prices for all members of the team.

Bronze	\$255/month	Platinum	\$434/month
Silver	\$294/month	Diamond	\$434/month
Gold	\$348/month	Level 8-10	\$523/month
Level 6/7	\$444/month		

USA Gymnastics: Our facility competes in the levels provided by the National Governing Body of gymnastics. Membership in USAG is required for all competing athletes.

G.R.P.A: The Gymnastics Revolution Parents' Association exists to help in many areas outside of specific gymnastics training, including organization, celebratory events, fundraising, uniforming, and more. As a member of the Gym Rev team, you are also required to be a member of G.R.P.A. A few key costs are listed here:

UNIFORM/APPAREL: There are separate charges for these items that will be discussed. Leotards, Bags, warmups, etc are all part of this cost.

COMPETITION FEES: This includes the costs to enter your daughter into meets, pay the coaches for those meets, and other related expenses. This is known as your yearly assessment.

Family Contract

Athlete:

I have read and accept the Gymnastics Revolution Team information, and the policies contained in this manual. I agree to fulfill my responsibilities to the team through my support, efforts, and attendance. I understand that gymnastics is a year-round sport, and I commit my dedication to the sport and to Gymnastics Revolution for the year, from September, 2025 until August, 2026.

I understand that sports have the potential for injury, and agree to use every appropriate method to lower the possibility for such an accident to occur.

Signature of Athlete

Date

Parent/Guardian:

I have read and accept the Gymnastics Revolution Team information, and the policies contained in this manual. I agree to fulfill my responsibilities to the team through my support, efforts, and attendance. I understand that gymnastics is a year-round sport, and I commit my dedication to the sport and to Gymnastics Revolution for the year, from September, 2025 until August, 2026.

I have discussed relevant parts of this information with my child to help her to understand the commitment she is making.

Signature of Athlete

Date

Parent Liability Waiver

In Consideration of participation at Gymnastics Revolution, LLC, I represent that I understand the nature of this activity and that my child is qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if I believe conditions are unsafe, I will immediately have her discontinue participation in the activity. I fully understand that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by her own actions, or inactions, those of others participation in the event, the conditions in which the event takes place, or the negligence of the "releases" named below. I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my child's participation in the activity. I hereby release, discharge, and covenant not to sue Gymnastics Revolution, LLC, their respective administrators, directors, agents, officers, volunteers, employees, other participants, sponsors, advertisers and, if applicable, owners and lessors of premises on which the activity takes place (each considered one of the RELEASEES herein), from all liability, claims, demands, losses, or damages on my account caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releases, I will indemnify, save, and hold harmless each of the Releases from any loss, liability, damage, or cost, which any may incur as the result of such claim.

Any and all gymnastics will be conducted in a safe gym environment and will hold Gymnastics Revolution harmless of any injuries incurred in and outside gym areas.

I have read the Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I give permission for the use of my child's image or likeness for marketing purposes, advertising, and program development.

Athlete's Name

Parent's Name

Parent Signature

Date