



— 2026-2027 —



# TEAM HANDBOOK

ONE TEAM. ★ ONE MISSION. ★ ENDLESS POTENTIAL.



HAPPINESS



HEALTH



LOVE



SAFETY

## **Table of Contents**

|                                                     |               |
|-----------------------------------------------------|---------------|
| <b>1. Introduction</b>                              | <b>pg. 3</b>  |
| <b>2. Progress Tracking &amp; Level Advancement</b> | <b>pg. 5</b>  |
| <b>3. Athlete Code of Conduct</b>                   | <b>pg. 9</b>  |
| <b>4. Promoting a Healthy Lifestyle</b>             | <b>pg. 12</b> |
| <b>5. Injury/Illness Procedures</b>                 | <b>pg. 14</b> |
| <b>6. Communication &amp; Resolving Concerns</b>    | <b>pg. 16</b> |
| <b>7. Emergency Action Plans</b>                    | <b>pg. 18</b> |
| <b>8. Competition Procedures</b>                    | <b>pg. 20</b> |
| <b>9. Mobility Scores &amp; Championship Meets</b>  | <b>pg. 25</b> |
| <b>10. Attendance and Tuition Procedures</b>        | <b>pg. 29</b> |
| <b>11. Souvenir Leotard Procedures</b>              | <b>pg. 31</b> |
| <b>12. Floor Routine Procedures</b>                 | <b>pg. 32</b> |
| <b>13. Grip Procedures</b>                          | <b>pg. 36</b> |

## Welcome to Olympia Gymnastics Academy 2026-2027 Season!

Welcome to the Olympia Gymnastics Academy Competitive Team Program! We are honored that your family has chosen to be part of our community and entrusted us with your athlete's development.

For more than 30 years, Olympia Gymnastics Academy has been committed to providing a premier competitive gymnastics experience through both the USA Gymnastics Xcel and Developmental Programs. Our coaching staff has helped develop more than 50 NCAA gymnastics athletes, numerous USA Gymnastics National Champions, and countless young people who have gone on to become confident leaders, resilient individuals, and successful adults.

While we take pride in competitive success, medals and titles have never been our ultimate goal.

Our mission is to create a **Happy, Healthy community within a Loving and Safe environment** where every athlete has the opportunity to discover what they are truly capable of. We believe gymnastics is one of the greatest vehicles for teaching perseverance, confidence, responsibility, resilience, discipline, and character—lessons that extend far beyond the gym walls.

At Olympia, every athlete's journey is unique. We embrace an athlete-centered philosophy that recognizes each gymnast develops at their own pace, possesses different strengths, and defines success in their own way. Our responsibility as coaches is not simply to teach gymnastics skills, but to guide each athlete toward becoming the very best version of themselves.

Everything we do is built upon one fundamental belief: **Long-Term Success Begins with a Strong Foundation**

### Our Competitive Team Development Model



**There are no shortcuts to success.**

Every gymnast climbs the staircase one step at a time. Before advanced skills can be achieved safely and consistently, athletes must first build the emotional, mental, and physical foundation that supports long-term excellence. At Olympia, we intentionally develop each athlete in the following order:

- **Mental Wellness** – Developing confidence, emotional resilience, focus, positive self-talk, breathing strategies, visualization, and a growth mindset.
- **Physical Preparation** – Building healthy habits through proper nutrition, hydration, sleep, rest, and recovery.
- **Functional Movement** – Creating efficient movement patterns that become the building blocks for all athletic performance.
- **Flexibility** – Improving safe and effective range of motion to maximize performance while reducing injury risk.
- **Strength** – Building exceptional body control through our comprehensive, periodized strength and conditioning program.
- **Skills** – Applying every foundational layer to safely and successfully learn increasingly complex gymnastics skills.

Each step builds upon the one before it. When the foundation is strong, confidence grows, injuries decrease, performance improves, and athletes develop the tools necessary to reach their full potential—not only in gymnastics, but in life.

This handbook has been created to help families understand our philosophy, expectations, policies, communication procedures, and the standards that allow our program to thrive. We encourage you to read it carefully and refer back to it throughout the season.

Thank you for choosing Olympia Gymnastics Academy. We are excited to partner with your family as we help your athlete grow—not only as a gymnast, but as a confident, resilient, healthy, and compassionate young person.

## **Competitive Team Development & Evaluation Process**

At Olympia Gymnastics Academy, we believe lasting success is built through consistent, purposeful development—not by rushing athletes through levels. Our training and evaluation system is designed to develop confident, healthy, and resilient athletes by building the complete foundation required for long-term success.

### **Competitive Season**

Our competitive program follows a 48-week training calendar, beginning on the first Monday of June each year.

Following each competitive season, athletes enjoy approximately four weeks of recovery, allowing time for games, creative movement, active recovery, and fun before beginning the next training cycle.

Throughout the year, our coaching staff continually evaluates each athlete's growth in physical preparation, technical development, work ethic, mental readiness, and overall preparedness for advancement.

### **The Olympia 8-Week Evaluation Cycle**

To provide meaningful and consistent feedback, athlete evaluations follow an 8-week rotating cycle.

Each event is evaluated over a two-week period:

- Weeks 1–2: Vault
- Weeks 3–4: Bars
- Weeks 5–6: Beam
- Weeks 7–8: Floor

While one event is being evaluated, athletes continue following their normal practice plans. Every practice is intentionally designed to:

- Perfect competition routines for their current level.
- Develop skills for the next level.
- Begin progressions for future levels.

This ensures athletes are continually improving while parents receive focused, high-quality feedback on one event at a time.



After Week 8, the cycle begins again. Each event is evaluated six times throughout the season, allowing parents to consistently monitor progress and celebrate growth.

Evaluations are available through the Olympia Gymnastics App. (See "How to Access Athlete Evaluations" for step-by-step instructions.)

### **Understanding Your Athlete's Evaluation**

Each evaluation includes both your athlete's current level and the next level requirements, allowing families to clearly understand where their athlete is today and what is needed to progress.

Olympia uses a 3-Star Evaluation System:

#### 1 Star – Introduced

The athlete has been introduced to the skill and is actively working through the developmental progressions. A coach's comment will explain which progression is currently being trained.

#### 2 Stars – Achieved

The athlete can successfully perform the skill on the competition surface under normal competition warm-up conditions. Coach comments will identify the primary execution deduction or consistency issue currently being refined.

#### 3 Stars – Mastered

The athlete consistently performs the skill with competition-quality execution, successfully completing approximately 9 out of 10 attempts while receiving less than 0.1 in execution deductions.

Our evaluations are designed to provide clear expectations and meaningful feedback—not simply indicate whether a skill has been learned.

### **Understanding Progress**

Gymnastics is one of the most technically demanding sports in the world. Progress is measured over years—not months.

Growth spurts, physical maturation, confidence, injuries, illness, and natural learning differences all influence an athlete's development. It is completely normal for athletes to experience periods of rapid progress, plateaus, or even temporary setbacks.

These changes are a normal part of long-term athletic development.

Our goal is not to move athletes through levels as quickly as possible—it is to prepare them to succeed safely and confidently when they get there.

### **Requirements for Advancement**

Advancement is based on an athlete's overall readiness, not simply the completion of individual skills.

Before advancing to the next level, athletes are expected to demonstrate:

- Completion of all required level skills
- Required mobility scores from the previous competitive season
- Required flexibility and strength standards
- Mental and emotional readiness for the challenges of competition
- Consistent work ethic, coachability, and training habits

These expectations should be achieved by June 1, the start of the next competitive season.

Final level placement decisions are made collaboratively by Olympia's coaching staff based on what will best support each athlete's long-term development and success.

### **The Olympia Skill Development Cycle**

Every skill taught at Olympia follows the same proven developmental process.

1. Static Positions: Learn the correct body shapes and positions.
2. Dynamic Strength: Develop the strength and body control required to perform the movement safely.
3. Drills & Progressions: Master progressively more challenging drills that teach proper technique.
4. Skill Achievement: Successfully perform the complete skill with consistency.
5. Competition Readiness: Learn to perform the skill consistently while managing the excitement, pressure, and challenges of competition.

Only after each stage has been mastered do athletes progress to more advanced skills.

### **Trust the Process**

Every athlete's journey is unique.

Some athletes will progress quickly, while others may benefit from additional time to strengthen their foundation. Neither path is better.

At Olympia, we are committed to developing athletes who are not only technically prepared, but also physically strong, mentally resilient, and emotionally confident.

There are no shortcuts to lasting success.

By building the foundation one step at a time, every athlete is prepared to Dare to Climb.



## **Athlete Code of Conduct**

At Olympia Gymnastics Academy, we are committed to creating a **Happy, Healthy community within a Loving and Safe environment**. Every athlete is expected to demonstrate respect, integrity, responsibility, and good sportsmanship both inside and outside the gym.

### **Respect Others**

Athletes are expected to treat teammates, coaches, staff, officials, volunteers, and spectators with kindness and respect at all times.

The following behaviors are not acceptable:

- Bullying, hazing, intimidation, or harassment
- Name-calling, teasing, profanity, or inappropriate language
- Discrimination, threats, or abusive behavior
- Physical aggression, fighting, or unwanted physical contact
- Inappropriate jokes, comments, or gestures of a sexual nature

### **Safe & Appropriate Behavior**

Athletes are expected to help create a safe training environment by:

- Following coach instructions.
- Using equipment safely and responsibly.
- Respecting the gym, equipment, and personal property.
- Refraining from disruptive behavior that interferes with practice or the safety of others.

### **Relationships**

Olympia encourages healthy friendships built on respect and teamwork.

Displays of romantic affection, including kissing, prolonged hugging, sitting on laps, or hand-holding, are not permitted during practices, competitions, team travel, or Olympia-sponsored events.

Any inappropriate relationship or conduct between an athlete and a coach, staff member, or volunteer is strictly prohibited and will be handled in accordance with USA Gymnastics Safe Sport policies and applicable law.

## **Electronic Communication**

Communication between athletes and coaches will occur through Olympia-approved methods and will follow USA Gymnastics Safe Sport guidelines.

Private or secret electronic communication between athletes and coaches is not permitted.

## **Alcohol, Drugs, Tobacco & Weapons**

The possession or use of alcohol, tobacco, vaping products, illegal drugs, or weapons is strictly prohibited at Olympia facilities or during any Olympia-sponsored activity.

Athletes under the influence of drugs or alcohol will not be permitted to participate.

## **Bullying**

Olympia maintains a zero-tolerance policy for bullying.

Bullying includes physical, verbal, social, cyber, or sexualized behavior intended to intimidate, embarrass, exclude, or harm another person.

Athletes who witness bullying are encouraged to report it immediately to a coach or staff member.

## **Reporting Concerns**

If an athlete or parent observes unsafe behavior, bullying, abuse, harassment, or any violation of Olympia's policies, they should notify a coach or member of management immediately.

All reports will be taken seriously and handled in accordance with Olympia's policies and USA Gymnastics Safe Sport requirements.

## **Our Commitment**

By choosing to be a member of Olympia Gymnastics Academy, every athlete agrees to contribute to a positive team culture by:

- Demonstrating respect and kindness.
- Encouraging teammates.
- Practicing honesty and integrity.
- Accepting coaching with a growth mindset.
- Helping create a safe, welcoming environment for everyone.

- Representing Olympia with pride both inside and outside the gym.

Together, we create the culture that makes Olympia a place where every athlete can grow, thrive, and **Dare to Climb.**

## Promoting a Healthy Lifestyle

At Olympia Gymnastics Academy, we believe athletic success begins with healthy daily habits. Gymnastics places significant physical and mental demands on athletes, making proper nutrition, hydration, sleep, recovery, and communication essential for both performance and long-term health.

We encourage every athlete to develop the following lifelong habits:

### Nutrition

Athletes should fuel their bodies with nutritious, balanced meals throughout the day.

To support training and recovery, we recommend athletes:

- Eat a meal or substantial snack within **2 hours before practice**.
- Bring a healthy, carbohydrate-rich snack for longer training sessions.
- Consume **at least 2 servings of fruit each day**, ideally before and after practice on training days.
- Eat **at least 7 servings of vegetables daily** to support overall health and recovery.
- Aim to consume approximately **1 gram of protein per pound of body weight each day** to promote muscle growth, repair, and recovery.\*

\*Protein needs vary by age, body composition, and activity level. Families with questions should consult their physician or a registered sports dietitian.

### Hydration

Proper hydration is essential for athletic performance, recovery, and injury prevention.

We encourage athletes to:

- Drink approximately **½ of their body weight (in ounces) of water each day**.
- Arrive at practice well-hydrated.
- Bring a labeled water bottle and drink regularly throughout practice.

### Sleep & Recovery

Recovery is when athletes become stronger.

We encourage athletes to:

- Get **7–10 hours of quality sleep each night**, depending on age and individual needs.
- Prioritize rest days and recovery to allow the body to heal and adapt to training.

## **Mental Wellness**

Mental health is just as important as physical health.

Athletes are encouraged to communicate openly with a trusted parent, coach, or other trusted adult if they are:

- Feeling overwhelmed, anxious, or emotionally distressed.
- Struggling with their mental health.
- Having thoughts of harming themselves or others.

Olympia is committed to fostering a **Happy, Healthy community within a Loving and Safe environment** where every athlete feels supported.

## **Injury Prevention & Communication**

Athletes should never ignore pain or attempt to "push through" an injury.

To help keep athletes healthy:

- Report any pain or injury to a parent and coach immediately.
- Follow all recommendations from healthcare providers.
- Athletes returning from an injury must provide written medical documentation outlining any activity restrictions before participating in practice.

By developing healthy habits both inside and outside the gym, our athletes build the foundation necessary for success—not only in gymnastics, but throughout their lives.

## **Injury & Illness Procedures**

The health and safety of our athletes is our highest priority.

If your athlete is injured or ill, please notify their coach as soon as possible. Athletes should not attend practice if they have a fever, are vomiting, have diarrhea, or have any contagious illness.

Athletes returning from an injury should communicate any restrictions with their coach before practice. A physician's release may be required before returning to full participation.

Whenever possible, injured athletes are encouraged to attend practice to observe, complete modified assignments, and participate in approved conditioning. Staying engaged with the team helps maintain progress, reinforces learning, and supports a successful return to training.

Our coaching staff reserves the right to modify or restrict participation whenever necessary to protect the health and safety of the athlete.

## **Return to Sport Expectations**

One of the most important things families should understand is that **healing and returning to peak performance are not the same thing**. While a physician may clear an athlete to resume activity, it often takes additional time to rebuild the strength, flexibility, coordination, timing, endurance, and confidence needed to safely perform gymnastics skills at their previous level.

As a general guideline, athletes should expect that **for every week they are unable to fully participate in training, it may take approximately two weeks of progressive training to regain their pre-injury level of performance**.

### **Example:**

- 4 weeks in a cast or completely out of training
- Approximately **8 additional weeks** of gradual training to restore strength, flexibility, neuromuscular coordination, timing, endurance, and skill consistency

Every injury and every athlete are different, so recovery timelines will vary. Our coaching staff will progress each athlete safely based on their individual healing, physical readiness, and confidence.

## **Making the Most of Recovery**



Although an injury may temporarily limit physical participation, athletes can continue developing many aspects of gymnastics.

During recovery, we strongly encourage athletes to:

- Attend practice whenever possible.
- Use visualization and mental rehearsal techniques.
- Watch videos of themselves successfully performing skills.
- Strengthen and condition all unaffected areas of the body, as approved by their physician or physical therapist.
- Continue flexibility, shaping, dance, choreography, turns, and other modified activities when appropriate.
- Stay connected with teammates and coaches throughout the recovery process.

A positive attitude, consistent attendance, and active participation during rehabilitation often make a significant difference in the speed and success of an athlete's return to sport.

## **Communication & Resolving Concerns**

At Olympia Gymnastics Academy, we believe the strongest teams are built on trust, respect, and open communication. We value the partnership we have with our athletes and families and welcome questions, suggestions, and constructive feedback.

If you have a concern, we encourage you to address it promptly so we can work together toward a positive solution.

### **Our Communication Process**

#### **1. Contact the Coaching Staff**

Many questions or concerns can be resolved quickly through a respectful conversation with your athlete's coaching staff. Please email **coach@oga.family**, and your message will be directed to the appropriate coach.

#### **2. Contact the Team Director**

If additional assistance is needed or your concern has not been resolved, please contact the Team Director at **jordync@oga.family**.

#### **3. Contact Gym Management**

If the matter requires further review, please contact Gym Management at **admin@oga.family**.

Our team is committed to listening, gathering all relevant information, and responding in a fair, timely, and respectful manner.

### **Formal Concerns**

If a concern involves athlete safety, inappropriate behavior, harassment, bullying, discrimination, retaliation, or a potential SafeSport violation, please notify Gym Management immediately at **admin@oga.family**.

Depending on the situation, we may request a written summary to help ensure a thorough, fair, and objective review. All reports will be handled with discretion and confidentiality to the extent permitted by law.

### **Our Commitment**

Olympia Gymnastics Academy is committed to providing a positive, respectful, and safe environment for every athlete and family. We do not tolerate retaliation against anyone who raises a concern in good faith.

By working together with honesty, kindness, respect, and open communication, we can continue to build the positive culture that makes Olympia Gymnastics Academy a place where every athlete can learn, grow, and **Dare to Climb**.

We believe parents, athletes, and coaches are all on the same team. By communicating openly and assuming positive intent, we can work together to provide every athlete with the best possible experience at Olympia.

## **Emergency Action Plan Procedures**

The safety and well-being of our athletes is Olympia Gymnastics Academy's highest priority. Our coaches are trained to respond quickly and appropriately to emergencies.

### **Medical Emergencies**

In the event of a serious injury or medical emergency, Olympia staff will:

- Assess the athlete and provide immediate care.
- Call **911** when necessary.
- Use the facility's **Automated External Defibrillator (AED)** if needed.
- Contact the athlete's parent or emergency contact as soon as possible.
- Complete an Incident Report following the event.

If a head, neck, or spinal injury is suspected, the athlete will **not be moved** unless necessary to provide lifesaving care.

### **Head Injuries & Concussions**

Any athlete suspected of having a concussion will be removed from participation immediately.

The athlete may not return to practice or competition until they have been evaluated and cleared by a licensed healthcare provider, in accordance with Olympia and USA Gymnastics guidelines.

### **Fire & Building Evacuation**

If an evacuation is necessary, athletes, staff, and spectators will:

- Exit the building using the nearest safe exit.
- Follow staff instructions to the designated assembly area.
- Remain together until emergency personnel determine it is safe to return.

### **Severe Weather**

During severe weather or other emergencies, staff will direct athletes and guests to the designated shelter area within the facility and follow local emergency recommendations until it is safe to resume activities or evacuate.

### **Safe Sport Concerns**

Any concerns involving child safety, abuse, or misconduct should be reported immediately to Olympia management. Reports will be handled in accordance with USA Gymnastics Safe Sport policies and all applicable laws.

## **Competition Procedures**

At Olympia Gymnastics Academy, we believe competitions are an opportunity to celebrate hard work, build confidence, develop resilience, and create lifelong memories. While scores and awards are exciting, our greatest success is measured by the growth of each athlete, both on and off the competition floor.

## **Competition Attendance**

If your athlete is unable to attend a scheduled competition, please notify our coaching staff as soon as possible by emailing **coach@oga.family**.

Providing timely notice allows meet directors to prepare accurate competition rosters and helps ensure the best possible experience for every athlete.

## **Before the Meet**

A prompt and prepared arrival sets the tone for confidence, organization, and mental readiness.

We ask athletes to:

- Arrive 30 minutes before their scheduled General Stretch to allow time for parking, restroom use, and saying goodbye to family.
- Report to Olympia coaches 15 minutes before General Stretch so the team can prepare together before warm-ups begin.

If your athlete becomes ill or an unexpected situation arises (illness, vehicle trouble, etc.), please notify **coach@oga.family** immediately.

As always, athlete safety is our highest priority.

## **Competition Uniform**

Athletes should arrive wearing:

- Olympia Competition Leotard
- Black Team GK Leggings
- Olympia Team T-Shirt
- Red Team Nike Zip-Up
- White socks
- White athletic shoes

- Skin-tone undergarments (no visible straps or racerback bras)

Please label all uniform items with your athlete's initials.

### **What to Bring**

Each athlete should bring their Olympia Team Backpack containing:

- Full water bottle
- Healthy, mess-free snack
- Slides or sandals for restroom breaks

Please leave additional clothing and personal belongings with parents in the spectator area, as space on the competition floor is limited.

Before reporting to the coaches, athletes should use the restroom whenever possible.

### **Hair & Appearance**

To present a professional team appearance:

- Hair should be slicked back with no flyaways.
- Hair should be styled in a high curled ponytail or bun.
- Hair may not extend below the nape of the neck.
- Hair clips are preferred over bobby pins.

The following are not permitted:

- Nail polish
- Jewelry (except one small stud earring in each ear)

### **Athlete Expectations**

Olympia athletes represent themselves, their teammates, and our program throughout the entire competition experience.

Athletes are expected to:

- Display positive body language.
- Encourage and support teammates.
- Demonstrate outstanding sportsmanship.
- Respect coaches, judges, volunteers, competitors, and meet staff.

- Remain engaged with their coaches and teammates throughout the competition.
- Stay through the entire awards ceremony unless excused by a coach.

Remember, competition is a skill.

Learning to perform under pressure, manage emotions, handle distractions, and respond to both success and disappointment are all part of becoming a successful gymnast.

Every meet is another opportunity to grow.

### **Parent Expectations**

Parents play one of the most important roles in an athlete's competition experience.

We ask Olympia parents to:

- Display positive body language.
- Encourage every athlete—not just your own.
- Demonstrate excellent sportsmanship.
- Respect coaches, judges, volunteers, competitors, and meet officials.
- Remain in the spectator area throughout the competition.
- Wait until the final routine has concluded before moving toward the awards area.
- Stay for the entire awards ceremony.
- Allow coaches to coach.

For the safety of all athletes, parents are never permitted on the competition floor. If an emergency arises, an Olympia coach or meet official will come to you immediately.

Please avoid coaching your athlete from the stands. Even well-intentioned comments can be distracting and increase anxiety. During competition, athletes need one clear voice—their coach's.

### **Helping Your Athlete Thrive**

Parents have one of the greatest influences on an athlete's competition experience. The gifts that have the biggest long-term impact aren't medals or scores—they're confidence, emotional regulation, healthy routines, perspective, and unconditional support.

Instead of focusing on scores, consider asking:

- "How did you feel today?"



- "What are you most proud of?"
- "What did you learn today?"
- "What was your favorite moment?"

These conversations help athletes build confidence, resilience, and a lifelong love of gymnastics.

One of our favorite resources for sports parents is:

[www.ilovetowatchyouplay.com](http://www.ilovetowatchyouplay.com)

### **Olympia Meet-Day Priorities**

Before every competition, we ask our athletes and families to focus on three simple priorities:

#### **1. Have Fun**

Smile, enjoy the experience, and remember that competing is a privilege. Some of the greatest memories in gymnastics happen between routines, with teammates, coaches, and family.

#### **2. Do Your Best**

Trust your preparation, give your best effort, and let the results take care of themselves. Success is measured by growth, courage, and perseverance—not just scores.

#### **3. Be an Amazing Teammate**

Celebrate your teammates, encourage others, and represent Olympia with kindness, humility, and great sportsmanship. We rise together.

If you leave a competition knowing you gave your best effort, supported your teammates, learned something new, and had fun, you've had a successful meet—regardless of the final score.

### **Olympia's Competition Philosophy**

At Olympia, our success is measured by much more than scores.

Every competition is an opportunity to develop:

- Confidence
- Courage

- Emotional resilience
- Focus
- Sportsmanship
- Teamwork
- Gratitude
- Joy

Every routine—whether it ends with a personal best or an unexpected mistake—is another opportunity to learn, grow, and become stronger.

The medals will eventually be packed away.

The scores will be forgotten.

But the confidence, friendships, memories, and life lessons gained through the journey will last a lifetime.

At Olympia, we aren't simply preparing athletes to compete—we're preparing young people to face challenges with courage, resilience, and character.

That's what it means to **Dare to Climb**.

## USA Gymnastics Mobility Scores & Championship Meets

### Xcel Program (Copper/Bronze/Silver/Gold/Platinum/Diamond/Sapphire)

| Division        | Mobility Requirement | Michigan State Qualification | Region 5 Qualification                                                                            |
|-----------------|----------------------|------------------------------|---------------------------------------------------------------------------------------------------|
| <b>Copper</b>   | Entry Level          | Automatically Qualify        | N/A                                                                                               |
| <b>Bronze</b>   | Entry Level          | <b>32.00 AA</b>              | N/A                                                                                               |
| <b>Silver</b>   | Entry Level          | <b>32.00 AA</b>              | N/A                                                                                               |
| <b>Gold</b>     | <b>32.00 AA</b>      | <b>32.00 AA</b>              | <b>36.25 AA</b> or <b>9.25 IES</b>                                                                |
| <b>Platinum</b> | <b>32.00 AA</b>      | <b>32.00 AA</b>              | <b>35.50 AA</b> or <b>9.00 IES</b> → Top 100 AA in in all Age Divisions Qualify to XCEL Nationals |
| <b>Diamond</b>  | <b>32.00 AA</b>      | <b>32.00 AA</b>              | <b>35.00 AA</b> or <b>9.00 IES</b> → Top 100 AA in in all Age Divisions Qualify to XCEL Nationals |
| <b>Sapphire</b> | Highest Xcel Level   | <b>32.00 AA</b>              | <b>34.00 AA</b> or <b>8.75 IES</b> → Top 20 AA in in all Age Divisions Qualify to XCEL Nationals  |

### Xcel Championship Path

- **Copper:** 3 Invitational Meets → State Championships
- **Bronze & Silver:** 7 Invitational Meets → Michigan State Championships
- **Gold:** 6 Invitational Meets → Michigan State Championships → Region 5 Championships
- **Platinum:** 5 Invitational Meets → Michigan State Championships → Region 5 Championships → National Xcelebration
- **Diamond:** 5 Invitational Meets → Michigan State Championships → Region 5 Championships → National Xcelebration
- **Sapphire:** 5 Invitational Meets → Michigan State Championships → Region 5 Championships → National Xcelebration

Meeting the USA Gymnastics mobility score does not automatically guarantee advancement. Athletes must also achieve a 2-Star rating (Achieved) on all required skills for the next competitive level before being considered for promotion within Olympia Gymnastics Academy.

### **Women's Development Program (Levels 1–10)**

| <b>Level</b>   | <b>Mobility Score</b>                                    | <b>Michigan State Championship Qualification</b> | <b>Region 5 Championship Qualification</b>                                                          |
|----------------|----------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Level 1</b> | No mobility score required.                              | Automatically Qualify                            | N/A                                                                                                 |
| <b>Level 2</b> | No mobility score required.                              | Automatically Qualify                            | N/A                                                                                                 |
| <b>Level 3</b> | No mobility score required.                              | Automatically Qualify                            | N/A                                                                                                 |
| <b>Level 4</b> | <b>34.0 AA</b> to Level 5 or 2x <b>36.0AA</b> to Level 6 | <b>34.00 AA</b>                                  | N/A                                                                                                 |
| <b>Level 5</b> | <b>34.00 AA</b> to Level 6                               | <b>32.00 AA</b>                                  | N/A                                                                                                 |
| <b>Level 6</b> | <b>32.00 AA</b> to Level 7                               | <b>32.00 AA</b>                                  | <b>35.00 AA</b> or <b>9.00 IES</b>                                                                  |
| <b>Level 7</b> | <b>32.00 AA</b> to Level 8                               | <b>32.00 AA</b>                                  | <b>35.00 AA</b> or <b>9.00 IES</b>                                                                  |
| <b>Level 8</b> | <b>34.00 AA</b> to Level 9                               | <b>32.00 AA</b>                                  | <b>34.00 AA</b> or <b>9.00 IES</b>                                                                  |
| <b>Level 9</b> | <b>34.00 AA</b> to Level 10                              | <b>32.00 AA</b>                                  | <b>34.00 AA</b> or <b>9.00 IES</b> → Top 7 AA in each Age Division Qualify to Eastern Championships |

|              |               |                 |                                                       |
|--------------|---------------|-----------------|-------------------------------------------------------|
| <b>Level</b> | Highest       | <b>32.00 AA</b> | <b>34.00 AA</b> or <b>9.00 IES</b> → Top 7 AA in each |
| <b>10</b>    | Development   |                 | Age Division Qualify to Developmental                 |
|              | Program Level |                 | Program National Championships                        |

### Development Program Championship Path

- **Levels 1–2:** 3 Invitational Meets → State Championships
- **Levels 3-5:** 7 Invitational Meets → State Championships
- **Levels 6-8:** 6 Invitational Meets → Michigan State Championships → Region 5 Championships
- **Level 9:** 5 Invitational Meets → Michigan State Championships → Region 5 Championships → Eastern Championships
- **Level 10:** 5 Invitational Meets → Michigan State Championships → Region 5 Championships → Development Program National Championships

### \*Olympia Development Program Advancement Requirements

In addition to meeting all applicable USA Gymnastics mobility requirements, athletes in Olympia Gymnastics Academy's Development Program must also demonstrate readiness for the next level by achieving:

- ★ 3 Stars on all required Strength standards for the next level
- ★ 3 Stars on all required Flexibility standards for the next level
- ★ 2 Stars on all required Skill standards for the next level

These benchmarks help ensure athletes possess the physical preparation, technical foundation, and consistency necessary to progress safely and confidently. Advancement decisions are based on long-term athlete development—not solely on competition scores.

### Important Information

- Mobility scores must be earned at a **USA Gymnastics sanctioned competition**.
- Athletes must also satisfy all current USA Gymnastics age and skill requirements before advancing.

- Michigan State Championship qualification scores and Region 5 Championship qualification scores are established annually and are subject to change by Michigan USA Gymnastics and Region 5.
- Individual Event Specialists (IES) may qualify for Region 5 Championships by earning the required single-event score as established by Region 5.

## **Attendance & Tuition**

At Olympia Gymnastics Academy, our Competitive Team Program is built on consistent, progressive training. Each practice is intentionally planned to build upon previous lessons, ensuring athletes develop the skills, strength, confidence, and consistency needed for long-term success.

### **Tuition**

Competitive Team tuition is billed monthly and is based on a 48-week training calendar, with each new season beginning on the first Monday of June.

Monthly tuition is calculated over the entire training year and already accounts for:

- Family vacations
- Holiday closures
- Scheduled gym closures
- Inclement weather
- Practice cancellations due to competitions
- Illnesses or injuries
- Other unforeseen interruptions

Because tuition is averaged across the entire training year, monthly tuition remains the same regardless of the number of practices in a particular month.

### **Attendance**

Regular attendance is essential to an athlete's development and the success of the team. Every practice is part of a carefully planned progression, making each workout an important piece of the athlete's long-term development.

To maintain a safe, organized, and productive training environment:

- Competitive Team practices do not offer make-up classes.
- Tuition adjustments, credits, or refunds are not provided for missed practices.
- Athletes who will be absent should report their absence in the parent portal.

While we understand that illnesses, injuries, family obligations, and other unexpected situations may occasionally arise, consistent attendance provides athletes with the greatest opportunity to develop, build confidence, and reach their full potential.

## **Team Enrollment**

Competitive Team enrollment is intended to be an on going- year-long commitment. Because athletes train within carefully planned groups that progress together throughout the season, withdrawing from the program for any period of time results in the discontinuation of the athlete's Competitive Team enrollment.

Families who choose to unenroll from the Competitive Team program should understand that their athlete's position is not held during their absence.

If an athlete wishes to return after withdrawing, they must:

- Wait until the current competitive season has concluded.
- Complete a new team evaluation.
- Be offered placement based on the athlete's current ability, readiness, and available space within the appropriate program.

Placement in a future season is not guaranteed and is dependent upon the results of the evaluation and program availability.

## **Tuition Payments**

Competitive Team tuition is due on the first day of each month.

Families are responsible for ensuring tuition is paid on time so that athletes may continue participating in practices and competitions without interruption.

If an account becomes two months past due, the athlete will be automatically unenrolled from the Competitive Team program.

Any athlete who has been unenrolled due to non-payment will be subject to the same re-enrollment process as any athlete who voluntarily withdraws from the program. This includes:

- Waiting until the current competitive season has concluded.
- Completing a new team evaluation.
- Being offered placement based on the athlete's current ability, readiness, and available space within the appropriate program.

We understand that unexpected financial hardships can occur. Families experiencing financial difficulties are encouraged to communicate with our office before their account becomes delinquent so we can discuss available options whenever possible.



## Souvenir Leotard Procedure

Many competitions provide a **souvenir leotard** as the athlete gift for participating in the meet.

Because competition organizers require these orders to be placed very early in the season (typically by **August 15**), Olympia Gymnastics Academy will use your athlete's **current competition leotard size** when submitting all souvenir leotard orders.

To help make receiving these gifts a fun team experience, souvenir leotards are typically brought back to the gym after the competition, organized by our staff, and distributed during practice. Due to travel schedules and competition logistics, distribution may occasionally be delayed.

Please note that once souvenir leotard orders have been submitted, **sizes cannot be changed**. If your athlete experiences a growth spurt or the souvenir leotard does not fit, **Olympia Gymnastics Academy is unable to exchange, replace, or reorder souvenir leotards for any reason**. Sizing and exchanges are determined by the competition host, not Olympia Gymnastics Academy.

Thank you for your understanding and cooperation.

## Floor Routine Procedures

Floor routines are an important part of each athlete's competitive program and are designed to highlight the athlete's strengths while meeting USA Gymnastics composition requirements. Each routine is carefully choreographed to provide the greatest opportunity for success while showcasing the athlete's artistry, personality, and performance quality.

For **Xcel Bronze, Silver, Gold, Platinum, Diamond, Sapphire, and Development Program Levels 6–10**, athletes will typically use the same floor routine for **two competitive seasons**. This allows athletes to become comfortable with their choreography, improve artistry, refine execution, and develop confidence throughout multiple competition seasons.

The USA Gymnastics Women's Program includes up to **1.6 points in artistry deductions** on Beam and Floor Exercise. Because of this, it is extremely important that each athlete performs a routine they enjoy and can confidently present with expression, rhythm, and quality.

## Music Selection

Olympia Gymnastics Academy maintains a large catalog of pre-approved floor music. To help athletes find music that fits both their personality and performance style, we typically present **2–3 music options**, allowing the athlete to choose their favorite.

If your athlete has a specific piece of music in mind, please submit your request to **coach@oga.family** for review and approval. All music selections must meet Olympia Gymnastics Academy and USA Gymnastics guidelines before choreography begins.

When selecting music, please consider the following:

- **Age Appropriate:** Music should be suitable for the athlete's age and maturity level.
- **Appropriate Theme:** Even instrumental music should reflect an appropriate tone for a gymnastics competition.
- **Recommended Genres:** Movie soundtracks, Broadway/show tunes, jazz, classical music, and timeless "oldies" generally work very well.
- **Genres to Avoid:** Hip-hop, rap, current radio hits, TikTok trends, or music containing questionable themes or language are not appropriate. Music used by NCAA gymnasts may be considered; however, these selections are often difficult to edit to meet USA Gymnastics time requirements.

## Music Time Limits

| <b>Program</b>     | <b>Music Length</b> |
|--------------------|---------------------|
| Bronze & Silver    | <b>0:30–0:45</b>    |
| Gold               | <b>0:40–0:50</b>    |
| Platinum & Diamond | <b>0:55–1:10</b>    |
| Level 6–8          | <b>1:15</b>         |
| Level 9–10         | <b>1:30</b>         |

### **Choreography Sessions**

Floor choreography appointments are scheduled each season through the **Olympia App** or **Parent Portal**.

Each choreography session:

- Lasts approximately **90 minutes**
- Costs **\$200**
- Includes music selection, editing, and preparation (when needed)
- Includes routine design and choreography preparation
- Includes one-on-one instruction with the choreographer
- Includes skill selection in collaboration with the coaching staff
- Includes a final video recording of the completed routine with the athlete and choreographer

Parents are invited into the gym during the **final 15 minutes** of the session to watch and record the completed routine.

### **Learning & Practice**

Learning a floor routine requires consistent practice both inside and outside of the gym. Athletes are encouraged to:

- Watch their routine video regularly.

- Practice dance elements, turns, leaps, jumps, arm positions, and performance quality at home.
- Safely mark through choreography without tumbling unless otherwise instructed by a coach.
- Arrive at practice prepared to perform the routine from memory.

Consistent practice outside the gym helps athletes improve confidence, artistry, timing, and overall performance quality.

### **Routine Modifications**

Throughout the season, coaches may modify choreography or skills to improve execution, increase start value, accommodate rule changes, or prioritize athlete safety.

Routine adjustments may occur due to:

- Skill upgrades
- Injury recovery
- Changes in USA Gymnastics rules
- Competitive readiness
- Long-term athlete development

Athletes are expected to perform the most current version of their routine and follow all coaching instructions regarding updates.

### **Performance Expectations**

Athletes are expected to:

- Memorize their entire routine, including choreography and music cues.
- Perform with confidence, expression, rhythm, and enthusiasm.
- Demonstrate excellent posture, presentation, and attention to detail.
- Continue performing confidently even if mistakes occur during competition.
- Take pride in presenting a polished routine every time they compete.

### **Parent Guidelines**

To provide athletes with the most consistent learning experience, we ask parents to:

- Allow coaches and choreographers to teach, refine, and modify routines throughout the season.
- Avoid teaching alternate choreography or suggesting routine changes at home.
- Encourage your athlete to practice regularly, trust the process, and enjoy performing.

Our goal is to develop athletes who are not only technically strong gymnasts, but also confident performers who take pride in presenting polished, expressive routines every time they step onto the competition floor.

## Grip Procedure

Grips are an important piece of equipment designed to protect an athlete's hands while training and competing on the uneven bars. At Olympia Gymnastics Academy, we introduce grips only after an athlete has developed the appropriate strength, technique, and consistency.

To be eligible for grips, athletes must:

- Successfully complete **20 kips** with proper technique.
- Complete their **Developmental Level 3** or **Xcel Silver** competitive season.

Once an athlete has met these requirements, Olympia Gymnastics Academy will send an email notifying the family that it is time to purchase grips.

## Grip Requirements

We recommend **2-finger dowel buckle grips**. The following brands are all acceptable:

- US Glove: [www.usglove.com](http://www.usglove.com)
- Wolf Wear Grips: [www.wolfweargrips.com](http://www.wolfweargrips.com)
- Gibson Athletic: [www.gibsonathletic.com](http://www.gibsonathletic.com)

Each manufacturer provides its own sizing charts and fitting instructions. Families are responsible for measuring and ordering the correct size according to the manufacturer's recommendations.

**Important:** Do not guess your athlete's grip size. Follow the manufacturer's sizing instructions carefully. Improperly sized grips can affect performance and athlete safety.

## Competition Readiness

Once an athlete begins using grips, it is the family's responsibility to ensure the athlete always has **two pairs of broken-in competition grips** in their gymnastics bag. Having a backup pair greatly reduces the risk of missing valuable training time or competitions due to grips ripping, wearing out, becoming misplaced, or being forgotten.

Athletes should never train or compete in brand-new grips. New grips require time to properly break in before they are safe and competition ready.