

THOMAS GYMNASTICS
ACRO & TUMBLING

Thomas
Gymnastics
At the Beach!

GENERAL INFORMATION

- Only registered athletes are allowed in the practice area.
- All spectators must remain in the designated viewing area.
- Cell phones must be left outside of the practice area during all classes.
- No gum or food in the practice area.
- Communication between parents, athletes, and coaches is highly important and encouraged.
- 24 hour rule - No contacting any coaches 24 hours before an event or 24 hours after an event unless absolutely necessary.

FEES

Tuition is due on the last week of each month for the following month's tuition. If tuition is not paid before the end of each month, a \$20 late fee will be applied. Coaches fees are due on the 15th of each month.

MAKE UP POLICY/ATTENDANCE

No make ups will be offered. Attendance is mandatory for practice and all meets.

WITHDRAWAL

No credits or refunds will be given for tuition or coaches fees. a 30 day written notice prior to withdrawing a student must be given to the front desk.

COMPETITIONS

Attendance at all meets is **REQUIRED**. There will be no make up or refund for cancelled practices due to Meets. Athletes are to remain with coaches until the end of the meet. We ask that Parents stay in the designated spectator area at all times.

ATTIRE

Practice

- Tight fitting top
- Athletic shorts
- Shoes and socks
- Remove all jewelry prior to arriving at practice.
- Sport Cut nails allowed only.
- Hair up and out of face

Competition

- Makeup (Optional) and hair must be done prior to scheduled meeting time at the competition.
- Remove all jewelry prior to arriving at the competition.
- Wear closed-toe shoes (Sandals, Crocs and other open-toed shoes are not allowed while at competition)
- Uniforms must always be worn correctly.
- During awards athletes will look competition ready. (No backpacks, cell phones, and any other items)
- Athletes must wear no show black socks with shoes.

SPORTSMANSHIP

- We at Thomas Gymnastics pride ourselves in having a drama-free atmosphere, this goes for athletes and parents! As an athlete/parent you are representing our gym and we expect that you set a positive example for others to follow. It is important that our athletes and parents are always respectful to each other as well as to those at other gyms.
- We ask that you refrain from gossiping. This includes but is not limited to talking negatively about another teammate, parent, opponent, the gym, etc.
- At competitions, we ask that athletes and parents refrain from celebrating early at awards or celebrating the defeat of another team. At Thomas Gymnastics we accept all competition placements gracefully.
- If any issues arise, you may schedule an appointment to speak with a coach or staff.
- Violation of these rules can lead to dismissal from the program.

MONTHLY FEES

DUE THE 15TH OF EACH MONTH

*INCLUDES JERSEY, MUSIC, COMPETITION FEES AND COACHES FEES
(DOES NOT INCLUDE TUITION)

*PLEASE SEE LAST PAGE FOR LINKS TO PURCHASE ATHLETES SHOES, SHORTS AND USAG
MEMBERSHIP.

October

\$123

November

\$123

December

\$123

January

\$123

Monthly Tuition: \$118

(Due the last week of each month)

Practice will be on Fridays

4pm-5:30pm

MEETS

FEBRUARY

15-16

(MYRTLE BEACH, SC)

*Valentine's
Invitational*

MARCH

29

(CHARLESTON, SC)

Sea Turtles



<---- Purchase Athletes shoes

Purchase Athletes Competition Shorts

Black Nike Pros

Example



**<---- Purchase Athletes USAG
Membership**