



2018-2019

Diablo Team Handbook

Xcel Program

Team Contact Information

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Platinum

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Coaches:

Chelsea Vincent

Silver, & Gold

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Silver, Gold, & Platinum

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What is Xcel?

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Junior Olympic Program (J.O.) to attract and retain a diverse group of athletes. The Xcel Program is still under the USA Gymnastics umbrella and competes in USA Gymnastics sanctioned events.

What is the difference between J.O. and Xcel?

The main difference between J.O. and Xcel are the rules. Xcel has adapted the rules of the Optional J.O. program (Level 6-10) while allowing skills from both the Compulsory (Levels 3-5) and Optional (Levels 6-10) programs. In the Xcel program, you have a wide range of skills you are allowed to compete, whereas in J.O. program you are required to compete a certain set of skills.

***Judging is the same for both programs!**

Xcel & J.O. Comparison Chart

XCEL	J.O.
DIAMOND	LEVEL 8, 9, & 10
PLATINUM	LEVEL 6, 7, & 8
GOLD	LEVEL 4, 5, & 6
SILVER	LEVEL 3 & 4

A Brief Description of the Xcel Levels

Silver: This is a beginner-intermediate division. Every gymnast performs the exact same routine with various skill modifications, which are designed to develop required skills and technique. Reference the “Mobility between the Levels“ page below. Meets include Invitationals and State Championships.

Gold: This is an intermediate division. The routines do not have to be alike but must include certain compulsory elements. Meets include Invitationals, State, and Regional Championships.

Platinum: This is an advanced intermediate optional division. There are some restrictions on difficulty*. Meets include Invitationals, State, and Regional Championships.

Diamond: This is the top advanced division. There are some restrictions on difficulty*. Meets include Invitationals, State, and Regional Championships.

*Specific level requirements and skill lists can be requested and given out by the Team Director.

Mobility between the Levels

At Diablo Gymnastics School, our goal is to develop healthy, successful, and confident gymnasts. One way in which we can help meet this demanding goal is to place the gymnasts at the competitive level where they can be successful, safe, and confident. What this means is that every gymnast must be able to comfortably perform the skills and routines required at a given level. The skills should NOT be at the edge of or beyond their abilities. We can never ask or expect our gymnasts to perform skills or routines in a competition which they cannot perform consistently by themselves in practice. We want our gymnasts to be able to focus on their performance at a competition, not survival.

This means that if the girls are competing at the Silver level, they should have mastered all the Silver level skills and should be training some Gold level skills in practice. In order for skills to be considered mastered, the gymnast should be able to complete the skill by themselves, without fear, and consistently every single turn. For example, a gymnast who competes a back handspring on the floor should be able to accomplish two or three in a row at practice. We are not going to advance any gymnast to a higher level until she can safely and consistently perform all the skills required of that new level. The gymnasts will advance when the coaching staff

thinks they are ready to advance. The entire coaching staff meets to determine the advancement of each gymnast. These decisions are made exclusively by the coaching staff.

Keep in mind that gymnastics is a difficult sport to master. It is like learning four different sports all at once, each of which is hard to learn in its own way. There are thousands of skills to learn for each event and any number of combinations. Other sports don't have as many skills to learn compared to even one gymnastics event.

Tryouts and Testing

Tryouts are held for future and prospective team members only. This means if you are a competitive gymnast at another gym or a current recreation gymnast at Diablo Gymnastics School then you will need to try out for our competitive team. Tryouts are generally held after each competitive season, generally in the month of May. New team members will be able to join during the start of training season in June.

Current team members' skills will be tested throughout the training season in order to determine their future competitive level. Gymnasts should have 75% of their skills for their level by the middle of July in order to move up. In August, we will be working on the other 25% of the skills needed for the next level.

For example, if a Silver gymnast wants to move to the Gold level, then by the middle of July they should be able to accomplish:

- ❖ A front handspring over the vault table with a springboard and a spot
- ❖ A full turn on at least the medium beam
- ❖ A kip on the low bar
- ❖ A squat-on jump to the high bar with a safety spot
- ❖ A flip on the floor with a spot.

*Specific level requirements and skill lists can be requested and given by the Team Director.

Year Plan:

June-August: Training Season

- ❖ Gymnasts will be learning new skills at this time.
- ❖ A soft testing will occur for current team members to determine the next season's level.

September-December: Pre-Season

- ❖ Gymnasts will be perfecting their new skills.
- ❖ Gymnasts will begin learning their routines in September & October.

January-May: Competition Season

- ❖ Gymnasts will participate in an Intrasquad competition, 4 Invitationals, and State Championships.
- ❖ Regional Championships are optional for qualifying Gold, Platinum, and Diamond gymnasts only.
- ❖ Participation in Regionals varies year by year depending on location, time of year, and Gym schedule.

May: Post-Season

- ❖ Gymnasts will focus on basics, strength, and therapeutic exercises. Our goal is to increase their body awareness and strength for Training Season in order to prevent injuries.

Habits of Happy and Healthy Gymnasts:

- ❖ Arrive at practice and be prepared and willing to work hard, participate and give 100%.
- ❖ Listen to your coaches and respond in a respectful manner.
- ❖ Communicate with your coaches. They are not mind readers. If there is an injury, illness, or possible problem, resolve things before they become bigger problems. They are there to help you...they can't help you if they don't know something is wrong.
- ❖ Speak up and ask questions during your workout!
- ❖ Do your conditioning to the best of your ability. Being thorough in this area is often the difference in healing quicker from an injury, success with skills and progressing to a higher level.
- ❖ Take care of yourself! Eat properly, hydrate, and get plenty of sleep! Poor nutrition may interfere with progress, injury prevention, and recovery.
- ❖ Stay positive! Trust the processes! Gymnastics takes repetition, patience, and determination.

Coaches Expectations for Gymnasts

❖ Communicate Your Needs

- We are not mind readers and expect all gymnasts to communicate with the team coaches about their needs (i.e., injury, illness, or problem). Coaches expect positivity from each gymnast and for them to respond respectfully.

❖ Quality Over Quantity

- Coaches expect to see each gymnast giving 100%. We want to promote proper technique and we understand that may mean gymnasts only complete a few turns focusing on their corrections.

❖ Focus Before Your Turn

- Coaches expect gymnasts to remember their corrections from previous turns and use said corrections before their next turn as to reinforce proper techniques. We have found that gymnasts who are either distracted or distracting others have more difficulty fixing corrections or in worst case scenarios may become injured.

❖ Quick Set-up/Tear Down

- Coaches expect gymnasts to hear instructions on setting up equipment and drills. We would like the gymnasts to help set-up and tear-down stations quickly in order to get the most out of their workouts.

Practice Outline

The beginning of each Practice:

- ❖ Please arrive at least 5 minutes before practice.
- ❖ We line up **Smallest to Tallest** on the edge of the floor at 5:45 ready to start warm-up, to prepare for competition standards.
- ❖ Warm Up and Stretching will be led by Coaches or Team Captains

If a gymnast is late to warm up and stretching, they must come onto the floor with a jump rope and accomplish 100 jumps forwards, 100 jumps backward, and then stretch.

Rotations:

Practices are split up into 30-minute rotations including:

- ❖ Warm Up
- ❖ Events
 - Vault
 - Bars
 - Beam
 - Floor
- ❖ Conditioning

Events:

- ❖ Gymnasts will line up in height order at each event ready for coaches instructions on Warm-Up and Assignments.

Conditioning:

- ❖ Line up **Smallest to Tallest** ready for instruction.
- ❖ Conditioning sheets will be printed out or explained before they start their exercises.

Items to keep in their LOCKER...

- ❖ Hair ties/Scrunchies, Hairspray, Hair clips/bobby pins
- ❖ Chapstick, lotion, deodorant, etc...
- ❖ Gym tape
- ❖ Pre-wrap
- ❖ Wristbands
- ❖ Grip bag/ Grips (if necessary)
- ❖ Extra leotard/shorts
- ❖ Socks (for dance)
- ❖ Ankle Weights (1 ½-2 lbs. each)
- ❖ Jump rope

Items to keep in their GYM BAG...

- ❖ USAG Membership Card
- ❖ Hair ties/Scrunchies, Hairspray, Hair clips/bobby pins
- ❖ Chapstick, lotion, deodorant, etc...
- ❖ Gym tape
- ❖ Pre-wrap
- ❖ Wristbands
- ❖ Grip bag/Grips (if necessary)
- ❖ Healthy snack
- ❖ Band-aid

Information about Grips

What are gymnastics grips?

A gymnast will typically wear grips while working on the uneven bars. Gymnasts will wear grips on their hands to give them a better grip on the bars as well as help prevent and minimize rips, blisters, and calluses.

What style of grips do we want our female gymnasts to wear?

We prefer our gymnasts to use uneven bar dowel grips here at Diablo Gymnastics School. These grips have 2 holes for your gymnast to place her ring and middle fingers in and are held onto the wrists by either velcro or buckles with cloth wristbands underneath to prevent skin chafing. Velcro grips allow gymnasts to tighten the strap around their wrists as tight as they want, whereas the buckle grips allow gymnasts to place the strap at a certain setting around their wrists (similar to a belt).

Does my gymnast need grips?

Grips are not always a necessity. They are not used to be a fashion statement or as a sign of moving up in gymnastics. Many foreign gymnasts don't actually wear grips—the Chinese national team still don't use grips to compete on the uneven bars. However, many of our gymnasts do use grips and some will be asked to wear grips when the coaches deem it appropriate for the individual gymnast.

When do gymnasts get grips?

Each club and coach around the US have their own requirements for when grips are needed. Although gymnasts are generally eager to get their grips, there is no rush. Each gymnast develops at her own rate and will get her grips when she is ready. Here are some guidelines our coaches use here at Diablo Gymnastics School:

- ❖ When the gymnast shows they have their kip, swinging big (tap swings, long hang kip, etc), and is usually doing Gold level/Platinum level skills on the uneven bars
- ❖ When the size of their hand becomes large enough to wrap around the bar and touch thumb to fingers. This shows that grips are needed to create a smaller grip to prevent fingernail clawing of your own hands.

- ❖ When a gymnast is losing their grip on the bar and needs the support and clasp of grips to hold onto the bar better.
- ❖ When your coach says “you need grips”.

How to purchase grips?

- ❖ Go to <https://www.ten-o.com/>
- ❖ Hover the mouse over *The Gymnast Place* tab, then hover over *Grips*
 - Click on *501 Blues* (for average hand size)
 - 501 Blues Velcro Uneven Bar Dowel Grips
 - 501 Blues Buckle Uneven Bar Dowel Grips
 - Click on *Pixie* (for skinny/narrow and small hands)
 - Pixie Velcro Uneven Bar Dowel Grips
 - Pixie Buckle Uneven Bar Dowel Grips
- ❖ Select a size; We recommend using the sizing chart available or coaches approval of what size to order.
- ❖ If the gymnast does not already have wristbands, wristbands will be needed but can be bought elsewhere.

Competition Rules and Conduct for Gymnasts

- ❖ Gymnasts are expected to show up to meets 30 minutes before warm up to prepare for the competition, both mentally and physically.
- ❖ During a competition, gymnasts are required to remain with the team on the competition floor until the completion of the awards ceremony.
- ❖ Gymnasts are not to be distracted by parents, siblings, or spectators throughout the entire competition.
- ❖ Gymnasts must arrive in their leotard and warm-ups. Hair is to be pulled back neatly and secured tightly so it won't fall out or need fixing (preferably in a bun). Use hair pins, clips, gel, and/or hairspray to keep hair in place. Gymnasts must wear their team scrunchie that comes with their leotard.
- ❖ NO JEWELRY OR NAIL POLISH! *Single stud earrings and clear polish are acceptable.
- ❖ Any and all undergarments must match gymnasts skin tone and must be completely hidden under the leotard at all times.
- ❖ It is the gymnast's responsibility, not parents or coaches, to bring gym bags and/or grips to and from competitions.
- ❖ All competitions are a learning experience. Good or bad. Win or lose. We want to encourage our gymnasts to learn from each experience and teach them to see the silver lining as well as how to succeed even in the face of failure. Attitude is key and can either pull you up or put you down!

Competition Rules and Conduct for Parents

- ❖ The competition season runs approximately January thru May. You are not required to be there the entire meet weekend. Each level (or gymnast) will be assigned a "session" on one day over the weekend. Each session lasts approximately 3-5 hours.
- ❖ Final information regarding your gymnast's session may NOT be available until one week prior to the actual meet date. DO NOT CALL the host gym for meet information. Once we receive it, it will be posted at the gym, on the website, and an email will be sent out.
- ❖ Coaches will determine the competitive readiness of a gymnast. We reserve the right to scratch any child from a meet or event at any time prior to or during a meet.
- ❖ Gymnasts are to arrive 30 minutes before the competition begins. This time is for the gymnasts to check in, parents to pay admission, pick up your meet gift, familiarize with the venue, and find seating. Gymnasts should find their team and sit together.
- ❖ Prepare to pay admission at each competition (generally cash only). Admission fees typically range from \$5-\$15 per person.
- ❖ Gymnasts must stay with their team at all times during the meet and awards ceremony. Parents should refrain from distracting their children during competitions.
- ❖ USAG Rules state that parents and spectators are NOT PERMITTED in the gym area for any reason. Defying this rule can result in disqualification of the gymnast and even the team! This includes approaching the judges and/or meet officials. Questions or concerns can be answered by your coach after the competition.

- ❖ NO FLASH PHOTOGRAPHY! Please turn off all flashes on phones, cameras, etc. before the competition begins.
- ❖ Please be mindful of comments and conversations at competitions. You never know who's sitting next to you, it may be the parents of a gymnast you just made a comment about.
- ❖ Parents are expected to carry themselves with dignity and respect, win or lose, and display good sportsmanship at all times!
- ❖ Families should show team unity by wearing Diablo Gymnastics clothing to competitions and events. Spirit wear can only be purchased and ordered through the Diablo Gymnastics Pro Shop. If you do not wish to purchase spirit wear, we request that you at least wear our team colors.
- ❖ CHEER ON AND SUPPORT ALL GYMNASTS!!!

The Meet Takes How Long?

The average meet can take as little as three and a half hours or as long as six hours. Most competitions run in a format similar to below:

- ❖ Warm-up – Usually 15-30 minutes long. This time is for general stretching and getting equipment settings specific to the gymnasts
- ❖ March In – All the gymnasts line up and march into the gym to be presented to the audience and judges. The National Anthem is usually played. This takes about ten to fifteen minutes.
- ❖ Competition – The gymnasts now actually warm-up on the events and compete. The receive scores from the judges on each event. This may take approximately 2 hours to complete.

- ❖ Awards – If the host club running the meet is on the ball, you may only have to wait five to ten minutes before the awards are handed out. It has been known to take significantly longer to get the awards ready. Once they are prepared, it may take approximately half an hour to hand out awards.

Our Coaching Philosophy

Positive coaching brings a different atmosphere to the gym. It helps create a fun, energetic, place that our coaches like to be in and want to provide for everyone around us. Benefits I have noticed from positive coaching include:

- ❖ More motivation from athletes and staff
- ❖ Fewer fears or anxiety within the sport
- ❖ Improved self-confidence/image from athletes and staff all of which leads to a faster learning environment.

There are many ways to approach positive coaching, and it's important to know that positive coaching is not "sugar coating" things like many believe. Positive coaching may include finding what was done well and giving the athlete something to focus on, or simply telling them what you want to see on the next turn (we use the term corrections). Corrections are a big part of the learning process in gymnastics and is the biggest tool coaches use in order to help the gymnasts perform their skills properly. Many times you will see coaches pulling a group or individual aside to explain the rules, corrections, or deductions.

Team Captains

Each level will have a Team Captain or Team Captains. They will be selected by their peers and should have the following qualities:

- ❖ Excellent attendance!

- ❖ Great leadership!
- ❖ Positive personality!
- ❖ Be the team cheerleader!

Team Captains duties will include taking new athletes under their wing, cheer on each teammate, give pep talks during competitions and practices as needed, remind athletes of the rules for competitions and practices as needed, and assist coaches when needed.

Team Website

We use TeamPages.com to update parents regarding meets, gym closure dates, etc... An email invitation will be sent to each parent with instructions on how to make a profile. The TeamPages app is free and available to download from the App Store or Google Play.

New Season Registration

Parents are now required to register their gymnast(s) through USA Gymnastics. A renewal notice will be emailed to you from the Team Director. Follow the steps in the email to register your gymnasts. Parents should not go to the USA Gymnastics website to renew their child's membership without first receiving the parent registration email. All gymnasts must be registered by **September 24th, 2018**.

Time Commitment

Being a part of the Xcel Team at Diablo Gymnastics School is a year-long commitment. While the Xcel Program offers gymnasts a more well-rounded life with a lesser time commitment than the traditional J.O. program, we do expect our gymnasts to commit to their training. Our typical schedule for the year is:

- ❖ Silver = 5 hours of training a week, divided by 2.5-hour practices, twice a week
- ❖ Gold = 6 hours of training a week, divided by 3-hour practices, twice a week
- ❖ Platinum & Diamond = 9 hours of training a week, divided by 3-hour practices, 3 times a week

Dropping from the team for any amount of time or under any circumstance can or will result in the loss of your gymnasts' spot on the team.

Training Groups and Schedule Changes

Please be prepared that throughout the Training Season and Pre-Season schedules are subject to change. This means that during the summer and fall, gymnasts may increase/decrease their workout times and possibly even change days completely. We will try our very best to make sure schedule changes are not too disruptive to our gymnasts and their families.

Training groups, mixed groups, and clinics may be created in order to allow gymnasts extra practice time to achieve their goals.

In order to best serve our gym and gymnasts alike, we try to keep the gymnast to coach ratio 8 to 1 in order to allow for everyone to have the proper training while fitting into our gym space. These ratios may be slightly altered from time to time, but we try our best to fulfill the needs of the gymnasts, facility, and coaches.

Financial Commitment

Tuition

Tuition for the team is a yearly fixed price that is broken down into 12 monthly payments. Tuition is due by the 15th of each month for the following month. A \$20 late fee will be assessed on the 16th for any unpaid balance. If your account falls more than one month behind, your child will not be allowed to work out until cleared.

If a gymnast is dropping from the team, then any prepaid tuition may be refunded back to your account.

Meet Fees

Meet Fees are assessed in two payments due October 15th and November 15th. A gymnast with unpaid meet fees will not be allowed to compete until fees are paid in full.

The 2019 estimated team assessment and meet fees will be \$1,100.00 *This fee does not include State and Regional Championships. I understand that this estimate may be slightly higher or lower.

Discontinuing the Season

No matter the circumstance, either from injury or dropping from the team; if we have paid out money on behalf of the gymnast, whether meet fees*, annual fees, or registration for NorCal USAG, those amounts are non-refundable.

*There is a possibility of receiving some meet fees back if the gymnast is removed from the competition before the cut off date.

Competition “Meet” Week Standards

The week before a competition or “Meet Week” is crucial for gymnasts. This week is used to cover all events and routines giving gymnast the confidence and information for the pending meet ahead. In order to prepare for the meet, gymnasts are not permitted to wear shorts during meet weeks.

Injuries

Unfortunately, injuries are a part of life and the sport of gymnastics is not immune. Injuries that occur during workout or competition will be handled immediately by the gymnast’s coach. Generally, these injuries are minor, but in the event of an emergency, the person(s) on file will be notified for the next step. Injured gymnasts are expected to workout around their injury (e.g. if they have a leg injury, they will get an upper body assignment and vice versa) unless specifically directed by their doctor. Gymnasts should be cleared from their medical provider before returning to full workouts.

Gymnasts are expected to do everything they can in order to heal quickly. This includes but is not limited to:

- ❖ Following R.I.C.E protocol
 - R = Rest the injured body part
 - I = Apply Ice
 - C = Apply Compression
 - E = Elevate the injured extremity above heart level

- Apply ice for 20 minutes at a time 3-4 times a day for 48 hours after the injury. The application of ice in this manner can cut the healing time for minor injuries in half.
- ❖ Participating in proper nutrition. Keeping their body's healthy inside and out!
- ❖ Doing any therapeutic exercises inside and outside of the gym.
 - Therapy lists can be printed or emailed if requested.

If your gymnast is injured for more than one month, you will be billed at half tuition for the length of their injury.

Routines

Routines for each event will be discussed and created by the gymnast and event coach. Gymnasts will have a say of which skills they want to compete with guidance and approval from the coaching staff.

Floor and beam routines are created in-house. Gymnasts typically keep their routines for two competitive seasons. Routine fees are to be paid directly to your choreographer.

- ❖ Silver Team is \$50~paid to Shaina Vincent
- ❖ Gold Team is \$100~paid to Chelsea Vincent
- ❖ Platinum & Diamond \$175~paid to Chelsea Dennis

A \$25 makeup fee will be added for no-shows/cancellations under a 24-hour notice. See "Important Dates" page below for clinic dates.

Absences and Vacations

Any and all planned absences should be communicated to the gymnast's coaches prior to workout and written on the team calendar. Unplanned absences should be called into the office by the parent or gymnast at their earliest convenience. Please be sure to let us know why the gymnast will be absent.

Missing practices can result in loss of strength, flexibility, and endurance. In order to prevent that, we require our gymnasts to condition at home on days they miss practice. Vacation and at home conditioning lists can be provided to those who request them.

*Please refer to the Make-Up Policy below for Meet Week absences.

Make-Ups

There are no make-ups during post-season, training season, and pre-season. Make-ups will only be allowed during the competitive season on meet weeks only. Off weeks during competition season will not have make-ups.

Meet week make-ups must be discussed with the gymnast's coach(es) and approved by said coach. Make-Up classes will be determined between the coach and parent. (e.g. if a Silver gymnast needs to make up a practice she will be allowed to participate in a Tuesday/Thursday practice, etc...) If a gymnast is unable to participate in a make up class, then a private lesson is recommended and encouraged in order to help the gymnast feel fully prepared for the upcoming competition.

Private Lessons

Private lessons should be scheduled during hours coaches are not already scheduled to work at Diablo. Gymnasts must be a current member at Diablo. Private lessons must be given by an appropriate level coach. *See above Team Contact list for specific level break down for coaches. Diablo's preference is to have the student's coach give the private lesson. If that coach is unavailable, then another coach will be suggested to the gymnast and parent.

The private lesson fee for a 30-minute private lesson is \$60 for team members. If a Diablo customer wants an hour-long private lesson, then it will be double the cost (no breaks) ~\$120.

Communications & Conflict resolution

We have an open communications policy on our team with gymnasts, parents, and coaches here at Diablo Gymnastics School. Here are some guidelines for specific conflict resolution items:

- ❖ Gymnast to gymnast conflict: Please encourage your gymnast to bring any conflict to their coach for help with resolution and open the communication lines.

- ❖ Gymnast to coach conflict: If your gymnast is having a coaching issue, the child must talk to the coach that is directly involved. The parent may be present, but the gymnast should discuss the issue with the coach first. If your gymnast has already talked to the coach involved and feels the issue is unresolved, then she may request a meeting with the team director regarding the situation. You may set up a meeting by contacting the team director in person or by email. However, please note that the team director will typically not discuss issues with parents unless the parents and gymnast have already attempted to resolve the situation with the coach directly.

In specific or severe cases, the General Manager may be called in to help mediate, but she should not be contacted first.

Tentative Meet Schedule:

Intrasquad

January 26, 2019

Host: Diablo Gymnastics School

Location: Diablo Gymnastics School

2411-J Old Crow Canyon Rd.

San Ramon, CA 94583

California Dreamin'

February 9-10, 2019

Host: Dream Xtreme Gymnastics

Location: Solano Community College

4000 Suisun Valley Road,

Fairfield, CA 94534

Spirit of the Flame

February 22-24, 2019

Host: Ultimate Sports

Location: San Mateo Event Center

1346 Saratoga Drive

San Mateo, CA 94403

Delta Classic

March 2-3, 2019

Host: Champion Gymnastics

Location: Lodi Grape Festival Pavilion

413 E. Lockeford Street,

Lodi, CA 95240

Girl Power 2019

March 9-10, 2019

Host: Accel Gymnastics

Location: Accel Gymnastics

888 Hinckley Road,

Burlingame, CA 94010

State Championships

April 5-7, 2019

Host: Technique Gymnastics

Location: Jackson Sports Academy

5209-A Luce Avenue,

McClellan, CA 95652

Regional Championships

(Gold and Platinum Only)

May 3-5, 2019

Host: TBD

Location: San Diego, CA

Important Dates:

Silver Routine Clinic

October 14, 2018

Diablo Olympics

December 2, 2018

Gold Group 1 Routine Clinic

October 20, 2018

Holiday Party

December 17, 2018

Gold Group 2 Routine Clinic

October 21, 2018

Picture Day

January 26, 2019

Platinum Routine Clinic

October 14, 20, 21, 2018*

Team Banquet

April 27, 2019

*Platinum days and times will be determined for one on one.

Gym Closure Dates:

Labor Day

September 3, 2018

Thanksgiving Break

November 22-24, 2018

Halloween

October 31, 2018

Winter Break

December 24, 2018-January 1, 2019

Memorial Day

May 27, 2019

RECEIPT OF TEAM HANDBOOK AND ACKNOWLEDGEMENT FORM

I acknowledge receipt of my copy of Diablo Gymnastic School's Team Handbook, and I understand that I am obligated to read and familiarize myself with its contents.

The purpose of this handbook is to provide a brief, general information on Diablo's team policies and practices. I understand that Diablo may change the policies in this handbook at any time. Diablo will distribute any modifications to the handbook to our families and athletes in a timely manner.

As a member of the Diablo Gymnastics Team, you are committing to supporting your athlete so she can fully benefit from the program. You are also committing to her workouts, her teammates, her coaches, her gym, and her competitive season.

Date _____

Parent/Guardian's
Name _____

Parent/Guardian's
Signature _____

Gymnast's Name _____

Gymnast's
Signature _____

This is your commitment to the Diablo Gymnastics Xcel Team. Please return by **September 17th, 2018.**