



GYMNASTICS PROGRAM

STUDENT/PARENT HANDBOOK

2018-2019

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Welcome Letter

Dear Parents and Students,

Thank you for choosing to learn gymnastics at Bounce Stapleton! We look forward to working together to provide a fun, safe, and educational gymnastics experience. Giving your child the opportunity to learn gymnastics is one of the best decisions a parent can make for their child. Gymnastics teaches many important life skills such as determination, courage, persistence, social skills, strength development, flexibility, coordination, self-confidence, work ethic, discipline- we could go on and on! This handbook provides comprehensive information so you know exactly what to expect when enrolling in gymnastics at Bounce Stapleton. Looking forward to seeing you in the gym!

Best,

The Staff at Bounce Stapleton

Mission Statement

Bounce Stapleton exists to enhance the lives of children by offering a fun environment where each child can learn to play and move safely.

Vision

Our recreational gymnastics program is designed to provide high-quality gymnastics instruction in a safe, fun, and supportive environment. We believe that gymnastics can be an incredibly positive influence in a child's life and development. We utilize a whole-person approach to teaching: providing an environment where children feel safe and supported through a safe progression of skill-building. We teach rules and discipline and encourage our students to act with respect and kindness towards themselves, their peers, and their coaches.

Preparing for Gymnastics

Wardrobe: Children should wear a leotard or comfortable athletic clothing. Pants should fall above the ankle- pants that are too long can cause a child to trip or slip. Shirts should be tight-fitting or tucked in so they do not go overhead when the kids turn upside-down to do rolls or handstands.

Hair: Hair that is longer than the ears must be neatly and securely tied back. No jewelry is to be worn. Children will participate barefoot as socks can be slippery on the equipment.

Additional Items: Children should bring a water bottle in to the gym and place it in their class' designated water bin.

Restrooms: Please be sure your child uses the restroom before class. Restrooms are located outside and across the hall from the entrance of the gym. Our restrooms are a shared public facility, and parents should be advised that children who leave class to use the restroom may be using the facility at the same time as other patrons of the Stanley Marketplace who are not Bounce students or staff.

First Class: Children should arrive 5-10 minutes early for class. Take the time to sit, talk, and help acclimate your child to the gym environment. Point out the teachers, let your child know that the teachers will be helping them to do their gymnastics. Point out the equipment, tell your child that when class starts they will use that equipment. If you plan to stay and watch, let your child know you will be in the designated watching area- and they will get to go inside the gym with the teachers and kids. Use a positive and affirmative tone to help your child feel confident going into the class!

Parent's Role: A parent's job is to provide encouragement and support for their gymnast. Talk to your child about their gymnastics class- what was the best part? What skills are you working on? Are there any skills you find particularly difficult? Which event is your favorite? Encourage your child to continue working on their skills and to communicate with coaches. Praise small victories!

Please make sure your child has eaten a healthy and nourishing meal before class. Athletic bodies run on healthy foods such as lean proteins (eggs, chicken, fish, some grass-fed meats,) nutrient-dense vegetables (broccoli, spinach, zucchini, lettuces) healthy fats (avocado, olive oil, coconut oil, nuts) and easily-digestible carbohydrates (white or sweet potatoes, white rice, whole fruits). Avoid or limit simple carbohydrates such as white bread, pasta, sugary cereals, and sugar/sweet snacks, especially before practices. Always bring a full bottle of water to practice.

Parents are not permitted inside the gym during class time. We welcome parents to stay and watch from the parent viewing area on the benches provided. Please be a discreet presence when watching your child- refrain from waving, coaching, or communicating with your child when they are in class- this is distracting for the child and coaches.

Program Description

PRESCHOOL PROGRAM-

Our preschool program is designed for ages 18 months up to Kindergarten! We break down our ages into 4 different groups. Parent/toddler, Preschool Age 3, Preschool Ages 4 & 5, and Kindergarten Ages 5 & 6.

Parent/Toddler- Ages 18 months to 3 years: This structured class is the perfect starting place for two-year-olds who love to stomp, run, and roll! Caregivers move hand-in-hand with their twos as they begin to explore new gymnastics skills and practice their 'ta-da's' through weekly themes and specially designed stations. We'll work in plenty of snuggles too! Our staff is trained and experienced professionals that understand the importance of safety and supporting your child as they grow.

Preschool Age 3: Get ready to balance, roll, jump, and wiggle in our 3s class! Gymnasts will participate on their own with one of our wildly talented coaches leading the way. Beginning with a creative movement warm up, we'll get our wiggles out before moving onto gymnastics stations specially designed for three-year-olds.

Preschool Ages 4 & 5: Pump it up! Get ready for non-stop movement in the 4-5s class! In this gymnastics skill extravaganza, gymnasts will dive into tons of new gymnastics moves that will knock their socks off. Through the assistance of their coach, gymnasts will develop a solid foundation of skills that will challenge them at their appropriate level and prepare them for future classes.

Kindergarten: Ages 5 & 6: This class is all about celebrating Kindergarteners! Using preschool size equipment (it fits them perfectly!), this group will work on 'big kid' skills that will challenge, excite and build confidence in your Kinder kid. This is a unique year for growth and we want to refine and expand on existing gymnastics skills while making sure we tap into five and six years old's natural wonder and excitement at the same time.

RECREATIONAL PROGRAM-

Our recreational "rec" program is designed to safely progress students through fundamental gymnastics skills. We offer six levels of gymnastics classes to fit a range of ages and abilities. Our classes are Beginner 1, Beginner 2, Beginner Tweens, Intermediate 1, Intermediate 2, and Advanced.

Beginner 1- Ages 6+: Beginner 1 is ideal for a child looking to try gymnastics for the first time, or a child who has had some preschool and Kinder gymnastics experience and is ready for the next step. Beginner 1 focuses on introducing basic gymnastics skills in a fun, safe class setting. Emphasis is placed on bridges, forward rolls, introductory handstands (tick-tocks), and learning to cartwheel. Safely mounting and dismounting the balance beam, and basic balance beam walks are taught. At vaulting, we teach correctly hurdling onto a springboard, and the squat position. We build support strength on bars, introduce the cast, and learn to roll forward on the bar. Children will learn trampoline safety and basic gymnastic jumps.

Beginner 2- Ages 7+: For a child who understands and can perform the most basic concepts of gymnastics, Beginner 2 reinforces the basics while challenging new skills. Beginner 2 gymnasts will begin to learn spotted back bends, backward rolls, and handstands. Walks on balance beam become more complex and one-footed balancing skills such as scales and levers begin to develop. On vault, the heel drive and dive roll are introduced. At bars, we begin to work a pullover and spotted back hip circle. We refine our basic jumps on trampoline and challenge combinations of those basic jumps.

Beginner Tweens- Ages 9+: Beginner Tweens is a class designed for kids 9 and up who want to try gymnastics for the first time! We teach all of the basics in a fun and challenging 55-minute class. On floor, we will do forward and backward rolls, learn tick tocks and challenge handstands, drill strong cartwheels, and establish strong bridges and work on backbends. At balance beam, safe mounting and dismounting is taught, as well as all basic walks and jumps. We will challenge levers and scales, too! At bars, we practice the pullover, casting, and learn the back hip circle, as well as swinging with re-grip on the high bar. At vaulting, correct hurdling onto the springboard, squats, rolls, donkey kicks, and handstands onto the resi mat are all part of the fun. We will teach basic trampoline safety as well as practice basic gymnastics jumps, combination jumps, and round offs.

Intermediate 1- With firm knowledge of the basics taught at the Beginner levels, Intermediate 1 gymnasts will continue to hone and strengthen the gymnastics they already know. New skills challenged will be unassisted back bends, back bends with spotted kick over, and round-offs. At balance beam, the releve and pivot turn are introduced, the straight jump and feet-to-hands weight transfers (tick tocks) are practiced. At vaulting, we work to develop strong heel drives, straight-hollow body positions, and practice handstand vaults. At bars, the pullover becomes unassisted and we work towards the back hip circle. Swinging on the high bar and re-gripping the bar is practiced. The trampoline is used for both jumps and as a training tool for skills being practiced around the gym.

Intermediate 2- At this level, gymnasts have honed a repertoire of skills and are ready to progress to learning more complex gymnastics. Handstand forward rolls, backbend kickovers, strong round-offs, and back handspring drills will be worked on floor. At balance beam, we continue working to develop a strong releve position, work weight transfers (tick tocks) on the high beam, and cartwheels on the low beam. At vault, we begin to practice going to a higher

surface with handstands, and work bounders at the trampoline that will later progress to front handsprings at vaulting. Bars skills mastered are the pullover and back hip circle. We learn the sole circle dismount and begin to emphasize the glide swing. Tap swings on the high bar become grander.

Advanced- Advanced-level gymnasts have refined, solid basics and a repertoire of more complex skills. Because there is no limit to how far a gymnast can develop their gymnastics, the Advanced class will have gymnasts who have just worked their way up from Intermediate level, as well as some who have spent years growing in the Advanced class. Front limbers, front walkovers, front handsprings, front tucks are all drilled; as well as back limbers, back walkovers, back handsprings, and back tucks. Combination tumbling can be developed at this level. Handstands, cartwheels, and leaps on high beam are worked. Walkovers and other complex skills may be practiced. Vaults now land on the feet such as front handsprings onto a resi or over a table. Strong glides, glide kips, front hip circles, long hang pullovers and long hang kips, as well as high bar dismounts are practiced.

Evaluations and Report Cards

Periodically, our staff will conduct evaluations of our class students. Our evaluations are designed to ensure classes are progressing appropriately. Typically, an evaluation will be done in the Fall, Winter, and Spring for each class. In the weeks following the evaluation, your child's teacher will send home a report card that details your child's progress.

Safe and appropriate progression for our students is our priority. Please be aware that gymnastics is a very challenging sport and it can take months or even years for a child to master a particular skill. The question should not be "when can my child move up?," so much as "has my child improved?". Even the most basic gymnastics skills require hundreds, if not thousands, of repetitions before becoming "perfect" and "automatic" to the gymnast. With consistent class attendance, you can expect your child to spend about a school year (sometimes longer, depending on each individual child, and especially in the Intermediate and Advanced levels) at each level. To move to the next rec. level, the student must be able to safely execute at least 75% of the skills required at the next level and be recommended by their coach.

Following our Spring evaluation, instructors will recommend which level your child should sign up for when returning the following Summer and/or Fall. If moving levels is deemed necessary during the school year, a staff member will reach out to the parent.

Discipline Policy

Bounce Stapleton believes that busy little hands and bodies will find trouble if kept idle for too long. Because of this we will try our best to keep the children engaged in activities and use redirection when their attention has been lost on a given activity. However, even with the best preventative measures we acknowledge that problems will arise. We believe that children need to learn, to the best of their ability, how to resolve problems with kind words, actions, and respect. Consistent verbal cues will be used with staff interaction and appropriate behavior will be modeled. If a child is unable to control his/her behavior or is aggressive in any way, a time-away may be used to give a cooling off period. The time-away will be taken at an open designated area and for a short amount of time (2-5 minutes depending on age). The child will then be asked to return to the group with total forgiveness and acceptance. If problems occur at a certain center or play area the children involved may be put on time-away from the area involved. If unacceptable behavior continues to occur, the parent will be notified and mutual plan of action will be agreed upon between the coach and parent.

General Rules

General Safety Rules:

1. No running or gymnastics is to be performed in the waiting area or in the hallways of the marketplace.
2. In class, please only use the equipment when the instructor tells you to. If waiting for the stations to be set up during transition time, please wait in the designated waiting area or on the listening line.
3. Use equipment ONLY in the manner you've been instructed. Inappropriate use of the equipment may lead to serious injury.
4. Only children enrolled in the class may use the equipment. Siblings and friends must wait with a guardian in the designated waiting area.
5. All participants must have a signed liability waiver before entering the gymnastics area.
6. Students should report any injuries immediately to their instructor and tell the teacher if they are feeling sick or hurt.
7. Students must listen and follow their teacher's instructions. If they are unclear on their assignment, always ask for clarification from the instructor.
8. Students should never attempt a new skill without a teacher's spot or guidance, and should never spot another child.
9. Food should never be brought in to the gym area. Snacks, gum, cough drops, and candy are not allowed during class.

Our Staff

Our staff is carefully selected because of their special gifts, exercise and coaching experience, abilities, training, and education, as well as their desire to make a difference in the lives of children. Each staff member plays an important part in creating an outstanding playful/movement environment for children. Together we strive for excellence based on respect, patience, honesty, loyalty, friendship, and a love for children.

Make Up Policy

Bounce offers a promo code for one open gym session for one missed class per month. After your child misses a class, please email contact@bouncestapleton.com for a promo code.

Enrollment/Billing Policy

Price: 50 or 55 Minute Classes- \$19/class
90 Minute Classes-\$24/class

Billing Process: All classes will be billed on the first of the month. Participants will be charged for the number of classes that they have in that particular month.

All classes auto-renew into the next month. If a participant needs to drop a class, they must write an email to contact@bouncestapleton.com two weeks before the first of the month. There are no refunds after billing has been processed.

There are no contracts or annual fees.