

PARAGON GYMNASTICS
BOYS TEAM HANDBOOK
2023-2024 Season



Paragon National Training Center, LLC. (DBA Paragon Gymnastics) was established in June 2011 with the express purpose of training boys for participation in USA Gymnastics Men's Developmental Program (formerly known as the Men's Junior Olympic Program)

Paragon Gymnastics has since evolved to offer many program(s) – including recreational classes for boys and girls, private lessons, adult classes, etc.

Paragon Gymnastics still specializes in training boys for competitive gymnastics via the Boys Team Program, and participates in USA Gymnastics competition(s).

- **USA Gymnastics** (www.usagym.org)
 - Essential Elements Program
 - Club Track (Bronze, Silver, Gold, Platinum)
 - National Track (Levels 3-10, all divisions)
 - Jr. Elite Track (Future Stars / Technical Sequences)
- **USA Gymnastics CLUB Track**
 - Our CLUB track team has different rules, policies, and handbook(s), which are not covered in this document.

Boys Team Intake: +

All boys new to our program (*NO prior competitive experience*) will be placed in an age appropriate class, wherein an instructor or boys coach can evaluate the athlete for possible selection to team. Athletes might take classes anywhere from one session (2 months) to several years before being selected to try-out.

Once selected, athletes will be invited to try-out a full week of practices before being formally invited to join the team.

All boys new to our program (*with prior competitive experience*) will be evaluated on a case by case basis. In many cases our staff will not place an athlete in the same Level/Division/Program that the athlete previously competed in.

Level/Division/Program placement is a decision solely made by staff.

+ 2023-2024 will have **NO INTAKE** to the Developmental Team

Boys Team Expectations

Practice Attire-

All athletes are expected to attend practice wearing appropriate attire, as follows:

- Compression shirt *or* sleeveless T-Shirt (form fitting) *or* team T-shirt (form fitting)
- Team Shorts (TURN) – or any other gymnastics shorts*

* Shorts should not be longer than mid thigh, and no clothing should have buckles, zippers, snaps, or pockets. Baggy clothing presents safety hazards and is not permitted. Pockets create a unique problem for the pommel horse apparatus, where athletes can injure their fingers.

Competition Attire -

Competition attire varies, and depends on the program/level/division your son is competing during the season.

- All boys are expected to wear the Team Warm-Up Jacket & Pants , Team Tank, Team Shorts, and Team Long Pants. Attire is usually ordered in late July/early August.

Additional Items for Practice -

- Wristbands (for straps and/or grips)
- Socks (for trampoline & various drills)
- Athletic tape

Appearance (Practice & Competition) -

For the safety of the gymnast, team members should appear in the gym for practice and for meets in ways that will enhance performance. Unacceptable appearance includes any of the following:

1. Unkempt hair (facial hair included).*
2. Clothing other than that which is prescribed above
3. The wearing of any jewelry**
4. Disregard for personal hygiene***

* Hair that is long, loose, or covers the ears is not acceptable. Athletes with longer hair must have it pulled back away from the face, and secured. If the hair is not properly secured, athletes will not be allowed to participate until it is corrected.

** Earrings must be covered for competition and practice.

*** Athletes may not come in with skin abrasions, cuts, and scabs that have not been covered up. Work-out clothes should be washed, and not used more than once. Additionally, deodorant (when warranted) is required for training.

Behavioral Expectations -

Each gymnast has a responsibility to his teammates and to himself to participate to the best of his ability in all aspects of the team (practice & competition).

During workouts and at meets, team members should actively support one another, work to the best of his abilities, and be alert for any unsafe situations which may arise.

Gymnasts are expected to be courteous and respectful to their coaches, fellow gymnasts, and to all other groups and instructors in the gym.

In all facilities, including our training gym, gymnasts are expected to stay out of unauthorized areas. They are to treat all equipment with respect and inflict no damage on said equipment.

They are expected to practice and/or compete only when there is a coach on the floor who is specifically responsible for them.

They are to be aware of gym equipment etiquette so as not to jeopardize the safety of another athlete. They are not to leave the gym floor during meets or practice without permission of the coach.*

* It is always acceptable for an athlete to leave the field of play (competition & practice) if they need to contact their parent or guardian.

In all facilities – gymnasts are to refrain from using equipment that is not specifically for their use.

Office equipment not allocated to the team is not to be used by gymnasts or parents unless given permission by the management.

Any injury should immediately be brought to the attention of a coach.

Cell Phones/ Electronic Devices - Athletes will be allowed to use their cell-phone at any time to contact their families if the need arises. However, all cell phones/electronic devices must remain stored in the gym "Cell Phone Bucket", which will be under the supervision of the coaching staff.+ Athletes will put their electronic devices into the "Cell Phone Bucket" at the start of practice, and can pick it up at the conclusion.

No cell-phones are allowed on the field of play during a practice or competition.

Athletes using their cell-phone during practice, or athletes that are unwilling to put their cell-phone in the gym bucket will be sent home and/or will not be allowed to continue practice.

No exceptions++

For competitions, athletes are expected to leave their cell phone/electronic device with the parent or guardian responsible for them at that event.

The athletes are expected to come to practice (and competition) for gymnastics, and not to be on social media, or the phone. There will be no warnings. If bringing and using the devices becomes a pattern, athletes will be removed from the competitive team. **No exceptions.**

+ The gym will not be responsible for damage/theft/loss of any personal electronic devices/cell phones.

++Coaches will allow the boys to video for college submissions ONLY using coaching staff cell phones. Those videos will be air-dropped or e-mailed following the end of practice, and then be promptly deleted from the staff phones, as long as SafeSport guidelines are followed.

Discipline in both Practice & Competition -

The following policy of disciplinary action has been established in an effort to define the standards for personal performance and conduct of the team members both inside the gym and while at competitions. There will be parent notification/conference whenever a violation of the infractions listed below occur.

In addition, violations will result in cumulative action as follows:

1. Warning(s)
2. Suspension
3. Immediate dismissal from the team

Infractions:

1. Profanity/foul language or gestures.
2. Conduct of the gymnast which is detrimental to fellow gymnasts, parents, judges, or the coaching staff. This included physical and verbal outbursts, overt actions of disrespect, and poor sportsmanship.

Examples of infractions resulting in immediate action are:

1. Smoking
2. Drinking intoxicating substances
3. Use or distribution of illegal drugs
4. Stealing
5. Destruction of property
6. Injuring another athlete
7. Hazing or initiation rites
8. Intimidation of team members, recreational class students, or coaching staff

Attendance -

In order to train and compete at a gymnast's optimum level, each team member should be present at all workouts and competitions.

1. Absence due to Illness
It is the responsibility of the gymnast/family to call the gym before practice when a practice will be missed due to illness.
2. Absence due to Injury
Injuries should be evaluated by the coach, and when other than minor in nature, the gymnast's physician. At that time a prescribed rehab program will be established along with a recommended modified training schedule. Long term injuries will be evaluated and reviewed on a regular basis with the goal being to allow the gymnast to attend practice and train within the limits established by the physician and coach.
3. Absence due to Academics
The coaching staff should be notified by the gymnast or parent if there are academic concerns. People involved in anything that consumes a large amount of time, such as gymnastics, during the course of the week need to be well organized so as to be able to achieve what is expected in areas of academics. When there is a concern about academics or when practice needs to be missed due to academics then the coach, student, and parent should meet to discuss the matter.
4. Other Absences
Occasionally a gymnast will be absent because of family, school or vacation commitments. If those dates are known in advance, the gymnast should notify the coach of those dates well in advance. If the situation arises on the day of practice, a phone call or email will suffice. At times, inclement weather may prevent travel to workout or competition. The coach will expect notification if the gymnast is unable to travel due to those conditions. Because of the wide geographic range our gymnasts represent, whether to attend practice during winter storms will often be an individual decision. Upon pre-approval, boys asking to train additional hours may be expected to work as an open workout and without extensive coaching.

One to two absences per month is a reasonable absence rate.

Athletes missing more than 3 practices a month can be removed from the team at the gym's discretion.

Tardiness -

1. All gymnasts should attempt to arrive ready to work out on time.
2. If he is late the member must first finish all required warm-up activities before proceeding to his first event.
3. If the tardiness will be substantial (more than 20 minutes) the gymnast should leave a message (phone call or e-mail) to that effect for the coach.
4. Chronic tardiness will result in a conference with the parents, gymnast and coach.

Boys Team Coaching Decisions / Responsibilities -

Kevin (owner, Paragon Gymnastics) has final jurisdiction over any training or competition related decisions. These decisions will be based on the positive growth of the gymnast as well as the effect on other team members/groups. Any discussion concerning these decisions should be directed to Kevin, and a conference will be arranged to discuss these questions with the individuals involved.

Practice schedules -

Practice schedules are the responsibility of the coaching staff. They are worked out with the Paragon National Training Center, LLC to make the most efficient use of space and time in the gym. Coaches will attempt to produce a schedule that will accommodate all gymnasts, but ultimately, the decision of the staff is final.

Adjusted schedules -

Coaching staff is expected to post holiday schedules at least one week in advance and adequate notice for cancellations.

Likewise, summer training schedules and adjustments for coaches attending away meets should be distributed as early as possible.

Coaches are expected to be tolerant of attendance during holidays, school exams, and when schedule changes affect ability to attend practice.

In cases of inclement weather it may be necessary to cancel a practice. This includes events like extreme heat (temperatures 95+ with 40+% humidity), extreme cold/snow, etc.

Coaches will notify gymnasts by email and/or phone chain.

Inclement weather absence is ALWAYS excused and it is up to each individual family to determine if travel is advisable.

Additional Schedule Adjustments

Gymnasts who seek part time employment and/or participate in other activities which impact regular attendance are to arrive at an acceptable practice schedule with Kevin.

Boys Team Communication -

Gymnasts and parents are kept informed through a variety of ways: bulletin board, e-mail, verbal messages given to gymnasts at workout, and yearly conferences. Many messages are conveyed to the gymnasts at the end of practice. *It is the responsibility of each athlete to make sure these messages are known to his parents.*

Paragon Planner -

The Paragon Planner is available from our website (www.gymparagon.com). Each Planner will detail upcoming events, important notes, and any changes to practice for that week. Parents must enable the Planner e-mails in order to keep informed.

Conferences -

Coaches desire to have general conferences with parent and gymnast at least once a year. These yearly conferences will review the gymnast's progress, discuss goals, and share any problems or concerns that may be present.

Lobby/Away meet etiquette -

Keeping communication lines open is the responsibility of both the coaches and the gym families. It is inappropriate to discuss gym/team business during practice time or at meets. Coaches will be happy to schedule phone or personal conferences at the gym at a mutually convenient time. It is important that parents and gymnasts keep coaches apprised of any personal situation that might affect a gymnast's performance so that appropriate adjustments made be made.

Travel Protocol -

All competitions are considered travel meets. Training and competition in gymnastics necessitates both local and distant travel. Gymnasts often travel with parents, legal guardians, or are the direct responsibility of the family of a teammate.

Gymnasts are not allowed to travel with their coach, unless that coach is their parent or legal guardian.

Gymnasts traveling with a coach must follow behavior guidelines previously covered in this document. If the coach finds it necessary to send a gymnast home due to an infraction of team rules of conduct or for any other valid reason, the parent will be contacted and the gymnast will be sent home at the expense of the parent.

In all travel situations, gymnasts are to be at the host site at least 15 minutes prior to the prescribed warm-up time. When the team flies to a meet the gymnasts should be at the airport at least one hour before departure.

Travel Attire -

When traveling together as a team, attire must be neat and clean. Sloppy appearances will not be tolerated. When traveling to and from hotel and competition site the team warm-up suit should be worn. As with all meets and practices all gymnast's should make sure to have all equipment.

Competition Information & Expectations -

All team members are expected to compete at every competition (for their level) on our calendar.

Level 3 (USA Gymnastics) athletes are ONLY required to compete at the three Designated Qualifiers and State Championships.

Athletes are expected to be 15 minutes early to all report times for competition.

Athletes who are late to competition can be scratched from some or all of competition based on the coaches discretion.

Athletes will only compete events in which they fulfill the requirements as set forth by Paragon Gymnastics.

Athletes will only compete bonus elements (USA Gymnastics) as the coaches deem will be beneficial to the athlete (and the team) score.

Athletes (Families) will not receive refunds for any competitions that they scratch/pull out of. This includes any meet "gifts" that are received from the host club, such as t-shirts, goody bags, etc.

Athletes are expected to be able to follow all our rules & regulations while out on the competition floor. They may be removed from some or all of the competition at the coaches discretion if they do not follow the rules.

Athletes must remain with their coach for the entirety of their competition (warm-up, competition, and awards.)

Athletes who miss practices during the week before a competition are typically not allowed to compete. This is especially pertinent for Optional Level athletes, who have a high degree of difficulty in their routines.

Absence due to illness will be evaluated on an individual basis.

There are no refunds if your son misses practice and is pulled from competition.

Financial Obligations -

Team members have financial obligations that must be fulfilled in order to participate in monthly practices, scheduled competitions, clinics, and championships. Below is a comprehensive list of obligations for the upcoming season.

Monthly Tuition (Effective September 2023 – May 2024)

	Hours per Week	Tuition
Level 10	20	\$400
Level 7,8,9,10	16	\$388
Level 7	12	\$292

Tuition Policies -

Tuition is paid monthly, due on the 22nd of the previous month. For example, October tuition is due on the 22nd of September.

All tuition is non-refundable.

We offer DISCOUNTED pricing for ALL of our members. If tuition is not received by the 22nd, regular tuition pricing goes into effect.

After the 1st, your son will not be permitted to practice until tuition is settled. In addition, there is a \$25 late fee.

Payments can be made via the iClassPro Parent Portal, in cash, or a check made payable to "Paragon."

Tuition is usually adjusted in May, following the end of the regular competitive season. Typically it is raised between 1 and 3% per year.

We do not offer tuition adjustments (missed days, late practice arrival/early departure, multiple siblings, summer vacations.)

Tuition Calculation -

Tuition is calculated yearly, and then divided equally into 12 payments (June 1- May 31).

This takes into account any missed practices due to competition travel, clinics, National Congress', Holidays, shorter months, and longer months. This also takes into account at least one vacation week during the summer.

Your tuition is based on the number of days per week required for his group, not the number of practices actually attended per week. i.e. If your son missed 1-2x a week for school, other sports, etc. there will not be a pro-rated tuition offered.)

Private Lesson/Workout(s) -

Athletes desiring to have private lessons can add on to tuition the sum of \$100.00 per month to schedule (1) private coaching session with Coach Kevin, followed by an additional, consecutive hour of open work-out in the gym on Sunday(s). Any additional private lesson(s) during that month are priced accordingly. Lessons will be scheduled on a first come, first served basis.

Coach(es) Assessment Fees -

Your coaches assessment fees are collected (5) times a year, and help pay for the following:

- Coaches Travel (to and from competition)
- Coaches Hotel / Airfare / Mileage / Rental Car
- Coaches Session Fee
- Coaches & Athlete Clinic(s)
- Any new material released by USAG at the start of the quadrennium (i.e. Coaches Manual, Training DVD, etc.)
- Coaches Congress / Coaches Workshop
- Team Insurance

Assessments are spread evenly throughout ALL families with team members.

If you have more than one son in the program, you will have to pay assessment dues for each son.

In order to remain on team, your family must pay the coaching assessments. In years past, athletes who chose not to compete (or were not ready to compete) could waive assessments. This is NO LONGER the case.

If your son chooses not to compete, and is allowed to stay on the team, your family is still responsible for coaching assessments.

In most cases, if your son is not willing to compete, he will be removed from the team and offered a spot in recreational classes.

The final assessment can be adjusted following the end of the regular season (Regional Championships), in order to budget for Regional Team Championships / Eastern Nationals / Developmental Nationals / USA Championships. Once adjusted, that assessment will be billed in April.

Assessment(s) for the 2023-2024 Season and their due dates can be found below:

Assessment	Amount Due	Date Due
#1	\$150.00	August 1st
#2	\$150.00	September 1st
#3	\$150.00	October 1st
#4	\$150.00	November 1st
#5	\$150.00	December 1st
Total (before adjustment)	\$750.00	
#6	(TBD as needed)	April 15 th

Assessments past due more than 15 days are subject to an additional \$25.00 late fee.

Meet Payment Policies -

Meet Payments are released via e-mail and will include the entry fee of your athlete, plus any applicable team entry fees. They also will be posted the NEWS page under TEAMS → NEWS on the www.gymparagon.com website.

Typically they are released much earlier in the season, to ensure a prompt entry into meets that have early deadlines for discounts, or for attendance.

All athletes are entered into a competition that has been scheduled and will be responsible for meet expenses UNLESS Kevin is notified in writing 30 days before the due date.++

Payments are non refundable, unless a documented illness or medical reason is accepted by the HOST club.

Sample Season (Athlete Level 7-10)

Date	Competition	Entry Fee	Due Date
January	Jerell Steele	\$150.00	Due Oct 1 st
January	Navy Open	\$150.00	Due Oct 1 st
February	Sportsplex Team Classic	\$150.00	Due Oct. 1 st
February	Mid-Atlantic Invitational	\$150.00	Due Nov 1 st
March	State Championships	\$150.00	Due Dec 1 st
April	Regional Championships	\$135.00	Due March 1 st
April	Eastern Nationals	\$150.00	Due (at Regionals)
May	Dev Nationals	\$150.00	Due (at Regionals)
	Competition Totals	\$1,185.00	