



Birons Show Team Handbook

Effective for 2017-2018 Season

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Overview

Birons Mission Statement

It is our mission to help build the self-esteem and self-worth of every child through the joy of gymnastics. We believe that every child has the innate ability to learn and succeed. Our goal, as individuals and as a team, is to lead children toward a happy, healthy, and responsible lifestyle. While success in building physical skills is important, teaching children to love themselves is the greatest lesson in life. While no child is the best at everything, we believe that every child is the best at something - No one else brings their particular set of skills and talents to the table. This is why every child is a winner in their own way. It is our fundamental goal to reveal and empower this winner inside every child.

Every conversation, every hi-five, and every class is an opportunity to live out this mission. Embrace this responsibility. Realize how epic your impact can be.

Introduction

Dear Parents,

We are delighted that your athlete is interested in auditioning for the BYSC gymnastics Show Team. As a parent of Show Team, our due diligence for you is to become fully knowledgeable of the dedication, commitment both time and financially that exist with this program.

There are numerous benefits that come with the commitment to this program not limited to development of self-confidence, responsibility, work ethic, team building, character building as well as discipline and many lifelong memories.

As a member, each athlete will achieve many opportunities to perform at numerous events from local to international.

The following handbook will explain membership requirements and booster club responsibilities.

We feel as a selected member of ShowTeam it is a great honor. It is also a tremendous commitment that each person must consider seriously. We feel that this is not only a commitment from the athlete but also a family commitment. Please read through the entire document and return the signed letter of agreement at the back.

Sincerely

BYSC Coaches and Staff

Policies and Procedures

Purpose

- To promote performance gymnastics and share the joy of gymnastics with the community.
- To develop a sense of good team sportsmanship, commitment to the team, ambassadors of the community nationally and internationally, act as role models to the younger gymnasts and dancers and establish their own high ideals of personal achievement.

Requirements

- Parent must attend an organizational meeting each year.
- All team members are required to enroll in summer training, price and dates to be announced before summer.
- All team members must attend mandatory choreography sessions which will be held on various dates throughout the year. These usually occur on Saturdays.
- All team members must attend all performances unless injured or family emergency.
- All team members must be enrolled in additional gymnastics/dance classes to supplement training.
- Remain in good standing financially and morally with BYSC
- Everyone is expected to maintain a good and positive attitude towards each other, Birons, Coaches/teachers, peers and others as well as classes and rehearsals.
- All athletes must become a member of USAG
- Athletes must attend public performances throughout the year
- Absences from practices are not acceptable and will not be tolerated. Each team member is to report any classes or rehearsals that might be missed to the director as soon as possible *before* the class. Absences and tardiness may result in their termination from the team. **Choreography is designed with an importance and reliance on EACH member of the team. Many elements may not be possible without full attendance. If a child misses rehearsal, they are not only diminishing their experience, but also the experience of every other child on the team.**

Attire

- Athletes must wear class appropriate attire for each class
- Shorts and t-shirts are not allowed for practice
- No loose clothing.

- Assigned uniforms are to be worn at each rehearsal, and certain uniforms and costume should only be worn when instructed by team coaches - this prevents damage, wear, and stains.
- Cover-ups or warm-ups should be worn at all times outside of the gym when traveling to and from classes and rehearsals. No athlete may enter or exit Birons in just a leotard, biker shorts, or athletic tops.
- All members must arrive before class begins with proper hair and designated apparel for that day or session. No jewelry may be worn for workouts.
- All gymnasts should wear the designated uniforms, hair costumes, shoes are required by the director.
- No jewelry or nail polish is allowed for performances unless part of the costume and uniform.
- No gum chewing at any event.

Costumes and Uniforms

In choosing costumes Birons will do its best to find ones that need as little altering as possible. With that being said some costumes may need extra attention or changes, meaning the costumes might need to be "bedazzled"; thus if the costume isn't sparkly enough we're going to make it so. Once costumes come in there will be a meeting to go over what changes need to be made so that all costumes are decorated similarly.

Costumes will be your responsibility once they are completed. You will need to make sure you have everything in order prior to the performance so nothing is forgotten; a packing list will be given to you prior to performance day. New costumes may ONLY be worn at performances unless otherwise instructed by the director; they are NOT to be played in before performances!

Hair and Makeup

All hair MUST be secured away from face for classes and rehearsals. Unsecured hair is unacceptable; students fixing their hair every five minutes will not be tolerated. Prepare yourself before practice so you are ready and focused when it begins.

No dangly jewelry may be worn for class. This is a serious safety issue for all our athletes.

Performance hair and makeup may be done once you have arrived at the performance venue. Specific hair and makeup instruction will be given out prior to the performance. Hair and makeup changes may be required during performance.

Conduct and Expectations

For Parents and Athletes

Class Etiquette

- Proper class behavior is one of the most important things the girls will learn.
- Punctuality is a must; students should arrive at least 10 minutes early to all classes, rehearsals, performances and meetings to insure that you are prepared prior to start time.
- Everyone is expected to maintain a good and positive attitude towards Birons, Coaches/teachers, peers and classmates as well as classes and rehearsals. Bullying of any kind will result in immediate dismissal.
- During classes and rehearsals there will be no talking, horseplay, or rowdiness. Disruption of any kind is strictly prohibited. Questions may be asked by the raising hands.
- There will be a “three strikes you’re out” policy for conduct. If at any time a student begins to act out in class with either other students or the teacher they will be politely asked to remove themselves from the situation or sit out for a period of time. On the second strike parents will be notified of the situation to insure it doesn’t happen again. For the third strike, the teacher and parent(s), with the student, will have a meeting to discuss what further actions need to be taken, which may result in expulsion from the team. A corrective counseling agreement may be signed between all parties to ensure future expectations and repercussions are well understood by all parties before the child is allowed to return to class.
- Conduct must be mature and respectful, and inappropriate words and behavior will not be tolerated.
- Each team member must consider themselves to be a part of the team. They are expected to work together, respect coaches, captains and other team members.
- Athletes need to be able to travel with a chaperone if their parent is unable to attend any trip.
- All classes, choreography sessions, workshops and clinics scheduled by your director are mandatory.
- Be able to take and make corrections gracefully.
- Understand that sometimes changes happen and have the capability to adjust and go with the flow. (we will do our best to communicate with everyone if we need to make a change as soon as we are aware)
- Classes and rehearsals are open for viewing but if at any time your presence as parent distracts the students or disrupts the class the open policy will change.

Performance Etiquette

All performers are to keep the same positive attitude, which is expected inside of the gym/studio, towards every performer, competitor, judge, guest artist, etc. Treat everyone the way you would want to be treated. You are representing Birons so you are expected to have your best foot forward at all times.

Designated uniforms or warm-ups are to be worn at all times during competition. At no time will an athlete wear their costume or other clothing during competition unless they are headed to the stage to perform or in the dressing room.

All belongings you bring are your responsibility; Biron's is not responsible for lost or stolen items.

Schedule

Class Schedules

Monday 5:15-6:30

Friday 4:30-6:30

Weekly attendance is required September through June. Please note that extra classes and rehearsals are held before performances.

Travel

While many performances and events are local in the Houston area, some distant traveling will be required. GFA performances are held all over the U.S., and every four years Biron's Show Team travels internationally for the World Gymnaestrada. **Travel expenses are not included in tuition, and various entry fees, travel fees, and coaches fees will be accessed evenly amongst athlete families. Biron's will do everything possible to reduce and limit these fees, but they are very much outside of our control.**

A meeting will be had or written plan will be distributed prior to each performance to discuss location/venue, costumes, rules, workshops and also any other questions or concerns that might be had regarding the upcoming performance. One parent must be present at each of these meetings and all other meetings pertaining to the Team.

Tentative Mandatory Dates

- June 16th, 5:00-7:00PM: Artistic Tryouts
- June 23rd: Athlete and Parent Contracts Due to Director
- July 31st: Regularly scheduled practices begin
- September 9th, 8AM - 4PM: Mandatory Choreography Clinic
- October 29th: Houston Family Magazine Fall Fest Performance (Time TBD)
- December 9th, 8:00AM-4:00PM: Mandatory Choreography Clinic
- Week of December 11th - Evening performance(s) in Biron's Winter Show Off
- March 3rd, 2018 - Public Performance TBD
- March 31st, 2018 - Mandatory Choreography Clinic

- May 19th: Spring Show Off Performance
- May 26th: 2018 Artistic Tryouts and Auditions
- June 2018: ALL PRACTICES MANDATORY BEFORE NATIONALS, NO EXCEPTIONS
- June 17th, 24th, or July 1st: Power Team Gym Nationals, Gymnastics for All Performance
- July 2018: End of year banquet TBD

**Dates may be subject to change. Birons will notify you as soon as humanly possible if any dates or times change, and also as unconfirmed dates are finalized.

Financial Responsibility

Tuition and Fees

Each team member is required to keep up with tuition fees in a timely manner.

Uniforms, warm-ups, costumes, shoes, etc. will need to be purchased as each performance arrives or as the director sees fit for the student or the team. **The costs for these items is in addition to tuition.**

Coaches traveling fees will be included for each performance. Workshop fees will also be included for certain events, or for choreography. In preparation for GFA and Gymnaestrada, additional classes may be added to get the team ready to perform safely. **These total costs are divided amongst the athletes equally.**

Performances and other events may incur additional costs. In addition, athletes must be registered with at least an intro USAG level membership which has its own fee schedule set by USAG. **The costs for these items is in addition to tuition.**

If a family is dismissed or leaves the team for any reason, many of these costs are non-refundable.

Booster Club

Parents are highly encouraged to join the booster club and be an active participant. The Starlette Booster Club (SBC) is a non-profit organization as defined by the IRS section 501c3. To accomplish their mission, the booster club runs between 5-8 fundraiser during the year. Please get involved!

A parent or guardian must be present at each performance. All team meetings are mandatory for a parent or guardian to attend. Classes and rehearsals are open but if at any time your presence distracts the students or disrupts the class the open policy will change.

Letter of Agreement

I _____ accept a position with the BYSC Show Team and agree to represent my team to the best of my ability. I agree to perform at all scheduled performances, State and national Gym fest and BYSC end of the year Show Off. I agree to attend all practices and especially mandatory rehearsals to the best of my ability. I understand that if I fail to perform these functions, I could lose my standing as a team member.

I understand in signing this I have read over the handbook and agree to the terms and condition within.

I hereby affirm that I am joining this team for the full terms of year _____, and will remain in good faith for the entirety of the season.

Athlete _____, Date: _____

Parent: _____, Date: _____

Please list any comments that you wish to convey:

Once signed please return to your director for documentation

This agreement is due by June 23rd, 2017.

Estimated Additional Costs

Costumes / Apparel (per athlete)	\$1200.00
GFA performances (out of state)	
• Entry fees (per athlete)	\$375.00
• Total Coaches expenses 4 coaches	\$15,000.00 (divided among all travel group)
USAG membership (due at beginning of the year)	\$75.00
Extra classes b/f GFA	\$150.00
Choreography fees (due at time of each choreography)	\$250.00

**** Please Note: These numbers are merely good faith estimates. MANY factors outside the control of Birons can cause these numbers to increase or decrease, and what parents are charged will be changed accordingly.**

**** World Gymnaestrada years incur much heavier expenses in travel, both to Birons and as a family.**