



Birons

Birons XCEL Handbook

Effective for 2016-2017 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

We are excited to have you as part of our Xcel Program at BYSC. Having made the commitment to join Xcel we would like to explain some of the expectations and requirements to ensure the integrity of the Xcel program. These requirements and expectations include practices, attire, competition, fees, and general information.

We feel being member of Birons Xcel Team 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



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Policies and Procedures

Purpose

- To promote team 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 gymnast and establish their own high ideals of personal achievement.
- Punctuality is a must; students should arrive at least 10 minutes early to all classes, rehearsals, competitions and meetings to insure that you are prepared prior to start time.
- Additional Summer classes will be scheduled and are required for the girls to stay on the team.

Requirements

- Parent must attend an organizational meeting each year.
- All team members must attend all competitions unless injured or family emergency.
- Proper class behavior is one of the most important things the athletes will learn.
- 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.
- Each team member is to report any classes or rehearsals that might be missed to the director as soon as possible *before* the class. Excessive absences and tardiness may result in their termination from the team.

General Information

- This year the Xcel program will have a new director. We plan on keeping the same coaches.
- We decided to do exclusively the Xcel program because it suits our mission as a gym much better for our athletes allowing them more freedom to express their gymnastic while continuing to learn new skills.
- Each workout will be well planned out so that we can maximize the use of our time.
- We have changed our color system to better represent known entities. We will now be transitioning into Bronze, Silver, Gold and Platinum levels instead of Pink, Purple, Red and Black.
- All meet info will be sent home and also place in each member's folder.
- It is the parent's responsibility to check your folder for any handouts.



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Attire

- Athletes must wear 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 studio 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 gymnast should wear the designated uniforms, hair costumes, shoes are required by the apparel coordinator.
- No jewelry or nail polish is allowed at performances or competitions, 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 a costume comes in we will meet and go over what changes need to be made to the costume and all will be done exactly the same.

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

Hair and Makeup

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

Conduct and Expectations- For Parents and Athletes

- Remain in good standing financially and morally with BYSC
- Make every effort to attend all practices. Please text or call the director if you know you are going to miss.
- Attend mandatory sessions, performances and competitions.
- Conduct must be lady-like and inappropriate words will not be tolerated.



Biron's

- 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 choreography classes and clinics must be attended.
- 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)

Competition and Performance Etiquette

All competitors are to keep the same positive attitude, which is expected inside of the gym/studio, towards every competitor, judge, guest artist, etc. Treat everyone the way you would want to be treated. You are representing Biron's 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.

Each competitor is required to stay until the awards ceremony is over; once awards are completed everyone is free to leave. All belongings you bring are your responsibility; Biron's is not responsible for lost or stolen items.

Schedule

Class Schedules

Bronze and Silver Xcel

Monday 5:30 – 7:00

Friday 4:30 – 6:00 (Open workout)

Gold and Platinum Xcel

Tuesday 5:00 – 7:30

Friday 4:30 -6:00 (Open workout)

Weekly attendance is required September through June. Please note that extra classes are held before competitions. The Friday open workouts may be canceled from time to time depending on the coaches availability and BYSC functions.



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- Floor routines will be choreographed on a separate day. (See additional costs)
- You will have the option of having your own individual floor routine at a separate cost. (See additional costs)
- Beam routines will be scheduled on a separate basis. (See additional costs)
- Every athlete is required to attend at least 2 classes a week at Birons. Your Xcel Monday or Tuesday class counts as one.

Travel

While many performances and events are local in the Houston area, some distant traveling will be required for teams. National competitions are held all over the U.S., and state meets may be far as well requiring hotel stay or flights. **Travel expenses are not included in tuition, and various entry fees, travel fees, and coaches fees will be accessed evenly amongst athlete families. Birons will do everything possible to reduce and limit these fees, but they are very much affected by markets and businesses outside of our control.**

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



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Financial Responsibility

Tuition and Fees

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

Uniforms, warm-ups, costumes, shoes, etc. will need to be purchased as each competition 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 competition. Workshop fees will also be included for certain competitions, or for choreography. In preparation for national or qualifying competitions, additional classes may be added to get the team ready to perform safely. **These total costs are divided amongst the athletes equally.**

Competitions, meets, events, and other performances may incur additional costs. In addition, athletes must be registered with USAG 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.



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Letter of Agreement

I _____ accept a position with the BYSC Xcel Team and agree to represent my team to the best of my ability. I agree to perform at all competitions, State and national Gym fest and BYSC end of the year Gym fest. I agree to attend all practices and especially Mandatory Saturday 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.

Gymnasts _____, Date: _____

Parent: _____, Date: _____

Please list any comments that you wish to convey:



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Estimated Additional Costs

Apparel

Leo and warm up \$250.00

T-shirts \$45.00

Meets: fees based on 6 competitions

Registration fees both USAG and TAAF \$30.00

Meet entry fees \$300.00

Coaches expenses (6 competitions 2 coaches) \$5000.00 (split by attendees)

Additional practices if needed

3 hours additional practice (if warranted) \$35.00

Choreography

Floor routine (group) \$50.00 per person in group

Individual \$200.00 Plus music

Beam Routines \$40.00

**** 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.**