

# BGC BALANCE BRIGADE TEAM INFORMATION

## Program Overview

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The BGC Balance Brigade is a non- competitive program that strives to provide a rewarding gymnastics experience. The BGC Balance Brigade ranges in age from 3 - 18, practices 2 times per week for 1 - 1.5 hours per day, September through May. Summer training is optional, but encouraged. The team consists of athletes who have mastered the basics skills and demonstrate determination and drive required to take their skills to the next level. Athletes practice with peers of the same age in a team environment.

Athletes will participate in local team opportunities as they are available including “mini meets”, shows and other local events. Bonus Brigade opportunities and camps will be available throughout the year.

## Financial Expectations

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Athletes are expected to pay monthly tuition for the entire season Sept. - May and take part in all scheduled practices and events unless there is illness or extenuating circumstances. There are no make ups or refunds for missed practices. BGC Tuition will be auto-paid with your credit card on file the first of each month September through May. If athlete fees are not paid in full by the 5th of the month, the athlete will not be allowed to participate in practice. If you need to terminate team membership, you must give greater than 4 weeks notice to avoid paying for extra practices.

Bonus Brigade opportunities must be paid in full prior to participation. No refunds for missed days during multi- day Bonus Brigade events. Fees will be prorated for “late starts” to the season or Bonus Brigade multi day events.

Monthly tuition rate depends on the number of hours in the practice schedule to be determined by August 1 prior to the upcoming season. Approximately \$60-\$120/month. Optional Bonus Brigade opportunities will be available at an additional cost throughout the year.

### Other Fees:

- BGC Balance Brigade Team Member Fee: \$50+tax due September 1 or upon joining team, prorated to \$25+tax if you join after January 1
- \*Show Leotard: approximately \$50-\$100

\*= 1-100% may be covered by the Fergus Falls Flippers Booster Club depending on available funds

## Progression through the program

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Mastery of a wide range of skills will be assessed by coaching staff throughout each season. Awards for passed levels will be collected and distributed 2-3 times per year. See additional handout for level system.

## Helpful Information

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On time arrival is expected at all practices and events. Athletes should not arrive greater than 15 minutes early to regular practice unless specific arrangements have been made with BGC staff. Athletes must be picked up within 15 minutes of the end of practice, or they will be billed a \$15 childcare fee.

Parents are responsible to get gymnasts to and from practices and events. All events will be within a 1 hour drive from BGC.

During practices, parents are allowed to watch, but are expected to stay in the viewing area. We ask that you don't talk to your athlete/coaches during their practice time or events.

If you have questions or concerns regarding your athlete or the program, we ask that you first contact your athlete's coach via email, phone, or speak with them before or after practice. It is our goal to practice confidentiality of our athletes, so please keep this in mind when addressing concerns.

If you cannot resolve an issue with the coach, contact Tiffany Jennen, gym owner, according to the same policy.

Appropriate behavior of athletes and parents/guardians is a requirement whenever we are with our team or at team events. Athletes and parents/guardians are expected to be professional, respectful, and have good sportsmanship.

Gymnastics is a tough sport and it requires 100% commitment and focus. During practices, athletes are expected to do their best, follow directions, be respectful, work hard, have good sportsmanship, and be effective team members.

BGC values being both a gracious winner and loser. Every athlete will encounter personal failures as well as great successes. Athletes will handle these situations with professionalism and humility. We are all a TEAM and will support each other through thick and thin.

Athletes are responsible for learning and knowing their routines, keeping track of their things, and being where they need to be when they need to be there.

Coaches expect athletes and parents to address coaches with concerns or needs using respectful means of communication.

Athletes must keep passing grades up at school. Education should be your number one priority. If you are having an issue with grades, please speak to a coach and we will help how we can.

Please remember that you represent your team outside of the gym as well. The things you say, do, and the choices you make reflect both yourself and your gymnastics family.

BGC has a no tolerance policy for athlete misconduct and inappropriate behavior.

*More information about USA Gymnastics can be found at: [usagym.org](http://usagym.org).*

*More information about Balance Gymnastics Center can be found at [www.balancegymnasticscenter.com](http://www.balancegymnasticscenter.com)  
Questions? Email: [balancegymnasticscenter@gmail.com](mailto:balancegymnasticscenter@gmail.com)*