



**MISSISSIPPI**

**GYM OF**

**DREAMS**

**COMPETITIVE GYMNASTICS PROGRAM**

**INFORMATION/PROGRAM HANDBOOK**

Welcome to Mississippi Gym of Dreams!

We look forward to the opportunity to work with you and your child. Our mission is to teach each child in a positive and Christian atmosphere. Our athletes have the opportunity to meet new friends, form lasting relationships, and develop a strong sense of self-worth and pride.

We are a family-oriented business, and every member is important to us!

While having fun and learning to be the best you can be are our objectives, there are some guidelines you must follow as a member of MS Gym of Dreams. Please read thoroughly so you will know what is expected throughout the season.

Thank you for joining our Competitive Gymnastics Team. Gym Team is invitation only!  
Our gymnasts are a select group of outstanding athletes. We look forward to this  
upcoming season. Feel free to call or text us if you have questions.

## **TEAM GUIDELINES**

We are excited to announce the new Gymnastics Director for Gym of Dreams,  
Kathryn Meilstrup! She is the main person to contact about all things gymnastics!

### **CONTACT INFORMATION**

OWNER: Duane Meilstrup / 601-754-6451

GYMNASTICS DIRECTOR: Kathryn Meilstrup / 601-757-5793

EMAIL: [gymmasters95@gmail.com](mailto:gymmasters95@gmail.com)

### **GENERAL INFORMATION**

\*We are taking extra precautions to keep our gym clean and sanitized. We ask that you  
do your part in helping as well. If your child is sick, please inform us prior to class.  
Donations of Lysol and Germ X are always welcome!

\*No food, drinks, or gum allowed in the gym except for bottled water which **MUST** be  
thrown away! This will be strictly adhered to!

\*Absolutely **NO** cell phones in the gym! Phones must be turned on silent upon entering  
the gym. There will be a "Cell Jail" for safekeeping if this becomes a problem. Please do  
not leave phones in cubby holes! Leaving them in cubby holes will be at your own risk  
and the gym will not be responsible.

\*Personal items are to be placed in designated areas. Please do not bring jewelry or  
other items of value. Gym of Dreams is not responsible for lost, stolen, or misplaced  
items.

\***NO PARENTS** are allowed in the gym during class time. This can distract all athletes  
and it also interrupts valuable coaching time. Should you need to speak to Duane or  
Kathryn, please wait until after practice is over or call during non-coaching hours. We do  
not wish to keep parents uninvolved or limit viewing but our goal is to make each  
practice free from distractions and promote a productive and disciplined environment.

## **LEVEL PLACEMENTS**

At the end of summer, we will do evaluations to determine what routines the athlete will learn and compete for this season. We are looking for what skills each athlete has mastered throughout the summer. The skills mastered will determine the level at which they are placed. Please note the coaching staff has the right to change the athletes' level before or during the season depending on progress made. If we see that an athlete has made substantial progress and would fit better by being moved the parent/guardian will be notified. Again, please trust the staff. Should you have any concerns, please contact Duane or Kathryn and we will be happy to talk to you.

## **ATTENDANCE**

The 2022-23 MSGD Competitive Gymnastics term is June 2022 through April 2023. With the sport of gymnastics, time and effort will greatly determine progress. That being said, practice is EXTRAORDINARILY important to the growth of the athlete. We understand the importance of family vacations, VBS, summer camps, etc. during the summer. If you miss practice for any reason, please let us know as soon as possible. If you are in town, athletes are expected to be at practice. All athletes are expected to arrive on time and are expected to stay until practice ends. Arriving late will conflict with lesson plans and interfere with the athlete's progress.

If an athlete does not attend 2 out of 3 practices the week before a competition, she will not be allowed to attend the meet that weekend. For pre-team, they will have to attend 1 out of 2 practices during competition week. Of course, we would prefer all gymnasts to attend all of them but that is the minimum requirement.

## **PRACTICE SCHEDULE**

### SUMMER

<b>PRE-TEAM</b>	<b>LEVEL 2 &amp; UP</b>
Tuesday 10:30 AM-12:00 PM	Monday 9:00 AM-12:00 PM
Thursday 10:30 AM-12:00 PM	Wednesday 9:00 AM-12:00 PM
	Friday 9:00 AM-12:00 PM

### FALL

<b>PRE-TEAM</b>	<b>LEVEL 2 &amp; UP</b>
Tuesday 3:30 PM-5:00 PM	Monday 5:00 PM-8:00 PM
Thursday 3:30 PM-5:00 PM	Thursday 5:00 PM-8:00 PM
	Friday 4:00 PM-7:00 PM

## **PRACTICE ATTIRE**

Practice leotards are a mandatory purchase that will be included on the apparel sheet. Pre-team practice leotards will also be the competition leotards they'll wear at their meets during the spring semester. Once practice leotards arrive, they will be mandatory apparel for the first practice of every week as well as the entire week during meet weeks. Athletes are of course welcome to wear them at all practices! You will have the option to purchase more than one if so desired.

Until practice wear arrives all athletes MUST come dressed in an appropriate leotard to each practice. All athletes MUST be prepared for practice with their hair up and leo on!

## **FUNDRAISERS**

We will have fundraisers to help cover any fees! Each year we have athletes who cover all their fees through fundraising so please take advantage of these opportunities. Information will be sent out as they occur!

## **YEARLY COSTS/GYMNASTICS MEETS**

The competitive team will attend 6-7 gymnastic meets throughout the season. Athletes who attend every meet will receive a perfect attendance leotard at the end of the season. As soon as the tentative meet schedule we will get it to you. We will send notifications for each deadline to sign up for the meet.

Pre-Team will be offered 2 meets to attend during the spring semester. We are trying to schedule a non-sanctioned in-house meet where the competitive team will also have the opportunity to attend and travel to another gym to compete with fellow non-sanctioned gymnasts. This will give the athletes an idea of how a sanctioned meet works and feels so they are better equipped when they join the competitive team.

### **FEES: (Competitive Team Members ONLY)**

Registration fee of \$35 will be due when you sign up and must be paid no later than the first week of June.

You will register your own athlete with USA Gymnastics. According to the website, the registration fee is \$63 & \$25 for first-time athletes. Here is the link to the Parent How-To-Guide [https://usagym.org/PDFs/Member%20Services/howto\\_parent.pdf](https://usagym.org/PDFs/Member%20Services/howto_parent.pdf)

### Monthly Tuition:

- Competitive Team: 9 hrs./\$175
- Pre-Team: 3 hrs./\$120
- Due the 1st of the month; payable by cash, check, credit card, or through your customer portal with iClassPro. Checks need to be made out to “Gym of Dreams.”
- Families with more than one participant at Gym of Dreams will receive a family discount. Please make sure to ask Duane about that at registration.

### Competition/Meet Fees:

- Every athlete is responsible for paying meet fees prior to the deadline. If you miss the due date, your child will not be registered. There is no late registration for gym meets. If you miss the deadline, you will not be able to attend.
- The approximate cost of gym meets is \$75-\$100. The exact costs and sign-up deadlines for each meet will be included on the meet schedule that will be sent out separately.
  - Please make sure to keep in mind that there is also a spectator admission fee at all gymnastic meets. Approximate admission is \$5-\$10/person.
- There will be an assessment fee of \$250 that will cover the coaches' fee, coaches traveling expenses, club membership, professional memberships, coach certifications, background checks, and the MS State athlete registration fee. We will be dividing this into two installments of \$125 to make it easier for the parents/guardians.
  - The 1<sup>st</sup> installment of \$125 will be due on August 1st, 2022.
  - The 2<sup>nd</sup> installment of \$125 will be due on January 9th, 2023.

### **COMMUNICATION**

This year we will be using the TeamReach app as our way of communicating about important updates and reminders. All family members are welcome to sign up to receive updates. To join please download TeamReach and type in our group code: MSGDGYM

Gym of Dreams will also be using iClassPro for all classes and competitive teams. Once you're registered, we will enroll you in our program. A welcome email will get sent to you for you to follow and set up your own account.

We also have a couple of Facebook groups that all are welcome to join. Information about those will be sent out in TeamReach.

## **ATHLETE CONDUCT**

#1 RULE... ALL MEMBERS MUST DISPLAY A POSITIVE AND RESPECTFUL ATTITUDE AT ALL TIMES!!! We expect positive support for all teammates and all others. Negative attitudes and disrespect are not acceptable. We cheer for our own teammates as well as our competitors at every meet. We do not talk negatively about each other, another team, or another gym at any time! Also, negative comments towards our gym, a teammate, or another gym on any social media platform are not permitted! Bad sportsmanship will not be tolerated and is grounds for dismissal.

Always be on your best behavior! Talking excessively during practice is unacceptable. "Lobby or Gym Bashing" is not acceptable! Talking negatively about the gym, coaches, or other children in the lobby or outside the gym is very disrespectful and we will address it when we are told. If there is something you would rather us not know, please don't say it. If you have any problems or concerns, please see Duane.

**Behavioral problems** have not been an issue in the past.

We do not expect that this year!

Should a problem arise:

1. The student will get a warning
2. We will schedule a parent meeting
3. The child will be dismissed from the team

All members of the Competitive Team & Pre-Team will receive an etiquette sheet. This will explain the expectations that we have for all those representing Gym of Dreams at all functions the program attends. One parent/guardian will have to sign a copy before they attend their first competition.

## **EXTRA ACTIVITIES**

\*Each year we try to participate in local events and service activities as time/schedule permits. We feel it is important to give back when and where we can. In the past, we have participated in local parades, Animal Rescue League events, and Relay for Life. Although extra events are not mandatory, we encourage everyone to participate!

**If you can dream it, you can achieve it!**