



TEAM CONTRACT, RULES & POLICIES

Dear Team Parents,

The coaches of Premier Gymnastics are very optimistic about the upcoming school year and a new competitive season! We will all be working together as one team to ensure each athlete is safe and successful while always respecting their individual talents and abilities.

This Packet is designed to educate families about our competitive program and to help prepare everyone for the upcoming season. Please read all the information carefully and let us know if you have any questions or concerns. To communicate efficiently and effectively, it is best to text or email Coach Terje directly.

PREMIER GYMNASTICS (PG) is a developmental rhythmic gymnastics program.

We are highly focused on our competitive program and our goal is to develop gymnasts that are well rounded in their mental and physical aspect.

Moving through the levels is based on skill level, participation in meets, meet results, consistency in attending classes, mental readiness, and is at the discretion of the coach.

Our Competitive Program runs from September 1st to May 31st.

We observe major holidays during the season. The months of June and July we offer a Summer Camp. All Team members are expected to attend a minimum of 4-5 weeks of summer camp to be able to maintain and be on track for training. Summer Camps are offered at additional cost.

TUITION

The tuition is paid monthly. It is imperative that your child's tuition is kept up to date so that we are able to pay our coaches.

Tuition needs to be paid within the first five days of the month to avoid a late fee.

A late fee of \$50 will be applied to your account if tuition is paid after the 5th of the month.

If tuition is not paid by the 10th of the month, the student will not be allowed to participate in class.

Tuition Notice: Each year, we have a tuition adjustment on August 1st. The word “adjustment” is used carefully since it is just that – an adjustment for inflation (and rising costs of operation) & the additional hours committed to the Team Program.

Team is Year-Round: The decision to join our team is a big one and reflects a significant year-round family commitment. Our competitive season runs from September 1st to May 31st. As a member of the team you are committing for a whole season.

Tuition is Due Regardless of Attendance: Team tuition is calculated on a yearly basis and then divided by 9 to arrive at the monthly amount, which is due the first day of each month, regardless of attendance. Athletes are not permitted to practice if tuition is past due 10 days. It is important that you understand that - team members do not move onto and off the team based on illness, injury, vacations, camps, schedule conflicts, or the like; you are either on the team or off the team.

Pro-rating Would Cause Tuition to be Higher: Your monthly tuition would be higher if we had to take into account pro-rating tuition for team members. Just as your rent or mortgage payments are still due when you are away from home, your payment of team tuition is also due when your athlete is absent.

Practice Additions/Cancellations: Inevitably, over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays, weather or unseen circumstances. We do our best to keep these at a minimum. Likewise, there will be occasions when additional practices may be conducted to prepare for a state, regional or national championship or qualifying meet. Tuition will remain constant regardless of additions or cancellations of practice.

Injured Gymnasts are expected to Participate: Injured athletes are expected to participate in their normal practice sessions. In most cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength, and specific skills not related to her injury. There is no reduction in tuition unless the injury takes you completely out of the gym for a month or more with an injury that prohibits her participation in any way. In that instance, tuition may be adjusted depending on the circumstances (on an individual case-by-case basis).

There is no doubt that joining the team is a significant commitment of time, effort and money. Is it worth it? Most parents will say that other than family life, team involvement becomes the most significant event in their child’s life. Besides the obvious physical benefits, those children who become involved in the team rarely accept negative influences into their lives. They learn self-discipline, how to work closely

as a member of a team and individually, how to handle themselves in a variety of situations and how to prioritize and manage their time. Team kids are almost always excellent students. For those reasons and more, team membership is a bargain.

COMPETITION FEES

For each meet, we charge the fee set by the host club plus a \$50 coaching fee. The coaching fee directly supports our staff for their time working weekends and extended hours during meets.

Competition Fees are non refundable. There is no refund or prorating of the Competitions Fee due to the illness or absence.

For the gymnast to be able to compete, the tuition and competition fee has to be up to date, she also must be registered with USA Gymnastics and pay the Annual Team Membership Fee to PG. No exceptions!

For out of town competitions, a Coaches Travel Expenses Fee will be billed within a week after the competition and will be due upon receipt.

PRACTICES

All competitors are required to attend all scheduled practices. Prior arrangements involving tardiness or an absence should be made with the coach in advance. If an absence is unexpected please text the coach or post it on the group chat.

APPAREL

At practice, all students must wear their Premier Gymnastics Practicewear, PG tank top or T-shirt and black shorts/tights, toe shoes, and short white socks.

Occasionally a plain black leotard, tank top or T-shirt is accepted that does not have a PG logo. No colored practice wear. NO EXCEPTIONS.

All gymnasts must have their hair up in a bun, no jewelry.

Premier Gymnastics tank tops, T-shirt and practice wear are available to purchase at the gym.

It looks unprofessional and messy when students are not wearing the proper practice wear and it affects our image as a club. (There are people stopping by who are interested in our Club and we regularly post videos in our social media account and we need to look professional).

Same applies for Competition. Team Warm ups must be worn at each competition.

BALLET

Ballet is part of our Team practice one, two or three times a week, depending on a level. 2-3 hours a week of Ballet classes are strongly recommended for all team members.

HOMEWORK

If a coach assigns homework to the gymnast this homework should be practiced at home. This is essential for the gymnast's success.

PRIVATE LESSONS

Private lessons are very important to your child's progress. When the gymnast advances to the competitive level weekly private lessons are strongly recommended. All private lessons must be scheduled in advance and paid prior to the lesson. You will be charged for the private lesson if it is canceled less than 24 hours prior to it. Private lessons are first come, first serve basis, the fee is \$100 an hour or \$50 for 30 minutes. The prices for private lessons are subject to change. Private lessons need to be scheduled through the club.

PRACTICE OBSERVATION

No parents are allowed in the gym during practice without the coach's permission. Parents must wait outside the gym until the practice is over.

Gymnasts must be dropped off and picked up inside the gym.

If you enter the gym prior to the class please leave promptly before the class begins.

If your child's class ended and there are other classes still going on please wait for your child by the door.

If you need to talk to any of the coaches please do not walk up to them while they're coaching. NO EXCEPTIONS.

Let the coach know via text or email that you need to talk to them and we will schedule a time for a phone call or a meeting. We have the right to ask any parent to leave the gym if his or her actions distract the class.

All children must be picked up at the end of the class. If you are running late, you must notify us.

PG doesn't assume any responsibility for the care, custody health or the well-being of the child left after her/his class is over.

CONCERNS

Please contact our Head coach Terje if you have questions or concerns. We are in business to serve you and your child. Your thoughts are important to us. Together, we will work to find solutions to your problems. Complaining to other parents CANNOT solve your problems, nor can we solve them if we don't know about them. If you respect us enough to allow us to play a large role in your athlete's life, please respect us to deal with communication problems appropriately. If there is a concern, we will be happy to discuss it during the scheduled meeting.

Please text or call Terje Kulu directly at 561-866-3876 or email at premierymnasticsboca@gmail.com to schedule a meeting. PG coaches are not available during, before, or after classes without a prior arrangement.

PREMIER GYMNASTICS TEAM PARENT AND ATHLETE CONTRACT

Contract Date _____

I/we have read and accepted the Premier Gymnastics Team information and policies included in the attached Packet. I/we agree to support team activities as outlined, and fulfill all obligations thereof.

_____ has my/our consent, permission and commitment to participate in the Premier Gymnastics Team program for the 2025-2026 competitive season. As stated on the registration form, I/we release Premier Gymnastics coaches, staff and directors from any and all responsibility and/or liability in case of accident or injury to the above named child.

As the coaching and administrative staff has made a professional commitment to the gymnast, **the gymnast and her family also commit themselves to the completion of the entire season from September 1st 2025 through May 31, 2026.** Upon signing, the gymnast and family are also financially responsible for monthly tuition, team leotards and warm-ups, as well as all competitive meet fees and other monetary obligations a competitive team athlete accrues. It is further understood that Premier Gymnastics will receive 30 days written notice prior to withdrawing from the Premier Gymnastics Competitive Team.

Parent Signature _____

Parent Signature (on behalf of the gymnast) _____

MEDICAL TREATMENT RELEASE FORM

Every year each team member must have an updated "Medical Treatment Release Form" filled out. These forms allow coaches, instructors, and staff members to authorize ANY medical emergency treatment.

I, _____, do hereby grant permission for my child, _____, to travel and participate in competitions, exhibitions, practices, tours, and/or activities with Premier Gymnastics, coaches, their staff, and assistants. I not only grant permission for, but also encourage ANY necessary emergency medical treatment that may be required due to injury during these activities.

Gymnast's Name: _____

Gymnast's Signature: _____ Date: _____

If the athlete is under the age of 18:

As the legal parent and/or guardian for _____, I do hereby verify that I fully understand and accept each of the above conditions for permitting my child to participate in gymnastics.

Parent's Name: _____

Parent's Signature: _____ Date: _____ Parent's

Home Phone #: _____ Work Phone #: _____

PHOTO RELEASE FORM

I, _____, grant Premier Gymnastics, in behalf of _____ my permission to use the photographs taken during this season, for any legal use, including but not limited to: publicity, copyright purposes, illustration, advertising, and web content.

Furthermore, I understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Parent's Name: _____

Parent's Signature: _____ Date: _____



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT
("AGREEMENT")

In consideration of participating in gymnastics, tumbling and/or dance, I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "RELEASEES" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in this Activity.

I hereby release, discharge, and covenant not to sue Premiere Gymnastics, Inc., its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "RELEASEES" or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save and hold harmless each of the Releasees from any loss, liability, damage, or cost which may incur as the result of such claim.

I further acknowledge, understand, appreciate and agree that my participation may result in possible exposure to and illness from infectious diseases, including, but not limited to, MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my participation and exposure.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant

Date

Signature of Participant

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, know the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Release may incur as the result of any such claim.

Printed Name of Parent and/or Legal Guardian

Date

Signature of Parent and/or Legal Guardian