

TEAM POLICIES AND PROCEDURES

Mission Statement

Our mission is to provide a safe and disciplined environment where children are challenged and engaged while learning gymnastics and having fun at the same time!

Financial Policies

Your account will be drafted on the 5th of each month. If the draft date falls on a Saturday, your account will be drafted on the Friday prior to your draft date. If the draft date falls on a Sunday, your account will be drafted on the following Monday. Should your draft not go through on the first attempt, payment will be presented a second time within 24 to 48 hours. Please be advised that Apex Gymnastics will not be responsible for any bank fees that occur during these presentations. Should any draft be returned unpaid, I understand there will be a \$35.00 service charge payable to Apex Gymnastics.

Parent Responsibilities

1. Avoid imposing your ambitions on your child. Remember that gymnastics is your child's activity. He or she will progress at their own rate.
2. Arrive a few minutes early for class. Students have more fun and a more positive attitude and experience when they are not rushed into class late. Warm-ups and stretches are done at the beginning of each class. These are mandatory for each participant to safely be prepared for gymnastic activities.
3. Talk to your child about their experience at the gym, how they feel and what they are learning. This will make their gymnastics experience more memorable.
4. Before class, encourage your child to listen to and watch their coach. Ask them about what they may be doing in the class to initiate their mental preparation.
5. Encourage the child to show and practice their stretches and exercises. Only certain gymnastics skills should be practiced at home as directed by their coach!
6. Do not coach your child! You are taking your child to a professional coach . . . do not undermine that coach by trying to teach gymnastics yourself. Your role is to love, encourage, and support your child no matter what. The coach is responsible for the technical part of skill selection. Doing so would only serve to confuse your child and put them at risk of injury.
7. The bond between a coach and a gymnast is a special one that contributes to your child's success and enjoyment. Please do not criticize a coach in the presence of your child.
8. Make sure that your gymnast's hair is pulled back in a tight ponytail and sprayed and clipped into place. This should be done before they arrive so as not to interfere with class time. All of their hair should be pulled back into place without bangs falling into their face. Please use ponytail holders, not scrunchies.

GYM RULES

1. A 30-day written notice is required for termination of a class.
2. All students are required to wait inside the building for their rides after classes. We will NOT release a student to anyone they do not know or feel uncomfortable with.
3. Parents will refrain from coaching their child(ren) from the bleachers/sidelines.
4. Parents will monitor siblings in the waiting area. NO climbing on the wall, bleachers or playing in the water fountain.
5. Only staff and students currently taking classes are allowed on the gymnastics "floor."
6. Notify the office if your child is going to miss class for any reason. Missed classes will not be refunded and make-up classes will not be available for team gymnasts. We will hold occasional Sunday practices.
7. If your child suffers an injury and has to miss class, we only will waive tuition and save your child's slot in the class with a doctor's note explaining the injury and the length of the absence.
8. Sportsman like conduct is expected at all times in the gym. After 2 warnings, the individual will be dismissed from the gym.
9. In case of inclement weather, call 919-303-7976, visit our website at www.apexgymnastics.com or the local TV stations for closing information.
10. No alcohol or illegal substances allowed on premises.
11. Our facility is a smoke-free environment.