

**Powel Crosley, Jr. YMCA  
Monarchs Gymnastics  
Team**

**All Parent Meeting**

**June 2019**

# **Why the YMCA?**

**The mission of the YMCA of Greater Cincinnati is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

**The YMCA is a non profit organization**

# 2019/2020 Coaching Staff

## **Director of Gymnastics Programming**

- Kristin Gallo

## **Head Coach**

- Jasmine Mitchell

## **Assistant Coaches**

- Hannah Gallardo
- Sophie Buisson
- Andy Deutch
- Lana Moore
- Jackie Dauterman

# Operational Account®

## Operational Account

- Covers coaches' labor cost, travel expenses, banquet awards
- Team Participation Fees set based on calculated expenses; current fee structure established to reflect time in gym by level
- Net Zero Balance
- YTD – on track

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# Custodial Account <sup>®</sup>

## Team Account

- Covers equipment costs, training aids, coaches' training, gymnast incentives
- Gets money from signing fees, team fundraisers and team's portion of individual fundraisers
- Current amount \$50,854.49

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# 2018/2019 Equipment Purchases

- Mount trainer \$217
- 2 floor bars, T-trainer, Sweet spot, Vault collar, Free hip trainer \$4,169
- Beam and Vault cover \$649

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# Future Large Purchases

**Set of bars to replace white bars  
Beam recovering or new beam**

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# Custodial Account <sup>®</sup>

## **Family Accounts**

- Holding account for pass through payments – uniforms, meet fees, spirit wear, fundraising
- Money can be added at any time or through individual fundraisers

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# 2019/2020 Payment Policy

## Team Fees

- Amount varies depending on which level your gymnast practice with secondary to different hours of practice
- Are automatically withdrawn from an account you choose, monthly on the 1<sup>st</sup> or 16<sup>th</sup> from July 2019- June 2020 once you commit to the team or are paid in full on July 1<sup>st</sup>.
- When you commit to the team, you are committing payment for the entire year unless your family moves away or your gymnast has an injury that will no longer allow her to participate in gymnastics.
  - New athletes to the team will have a 1 month grace period to opt out of their contract
  - Level 2's only commit bi-yearly

# 2019/2020 Payment Policy

## Team Fees

- Each additional sibling receives a 20% discount off the lowest rate on their monthly fees.

	School year hours	Summer hours	Annual Fee	Monthly Fee
Level 3	6.75	8	\$960	\$80
Level 4	6.75	8	\$960	\$80
Level 5	9	10	\$1,200	\$100
Level 6-8	11	12	\$1,560	\$130
Xcel Silver	6.75	8	\$960	\$80
Xcel Gold	7.25	9	\$1,080	\$90
Xcel Platinum	8.25	9	\$1,200	\$100

# 2019/2020 Payment Policy

## **YMCA Membership**

- For Level 3 and higher, the gymnast must maintain an active YMCA membership

**IMPORTANT – Notify PCY of any changes to your credit card used for EFT payment for both YMCA Membership and Gymnastics Team Fees, including updating card when expiration date passes**

# 2019/2020 Payment Policy

## Signing Fee

- Pre-competitive level 3 and up - \$100 annual per family due July 1<sup>st</sup>
- Level 2 signing fee (every 6 months) - \$50
- Payment will be withdrawn from your family account.
  - If you do not have the money in your account on that date, you will be notified by the Treasurer or head coach and you have 1 week to put money into your family account.
  - If you have not paid your Signing Fee by 1 week past the due date, a \$15 late fee will be assessed

# 2019/2020 Payment Policy

## **Regular Season Meet Fees/Districts Meet Fee**

- \$15/meet for regular season; \$35 for District Meet (based on last year's fees)
- Split in two payments. Invoice 2 wks prior to invoice due date
  - Due Oct 9 – Oct through Jan. meets
  - Due Jan 8 – Feb through March meets (will include Districts)
- Late fee of \$15 per week charged after 1 week past due. Charged by PCY.
- Must scratch 2 weeks prior to meet using Sign Up Genius to have meet fee refunded to your family account

# 2019/2020 Payment Policy

## **Regional (L4-9 & Xcel Gold & Platinum) and National Meets (L4-9 & all Xcel Levels), as well as Invitationals.**

- These will have their own deadlines (tentatively March 4<sup>th</sup> for both)
- Most will have registration forms that must be turned in addition to payment
- Late payments will not be accepted and gymnast will not be able to participate.

# 2019/2020 Payment Policy

## Uniform Fees

- Invoices will be issued for 50% deposit once sizing and used uniform sale is completed
  - Review invoice for size and item accuracy (changes cannot be made once ordered)
  - If invoice is not paid by due date, you may be responsible for a separate order/shipping charge.
- A separate invoice will be issued for the balance due including shipping due with 1<sup>st</sup> half of the meet season fees on 10/9
  - You must be current on meet fees and uniform fees for your gymnast to pick up her uniform

7/29/2016

PCY Monarchs Uniform Invoice

Gymnast:

Family:

Below are the quantities of items we are ordering for your gymnast along with the sizes and estimated costs of those items. (Actual costs may vary slightly based on shipping.)  
 Note that there is no size for the warm-up pants because we have not been able to size those. We will do so as soon as possible and then order immediately.

If a quantity is 0, then our records state that you already own that item in the correct size, so you do not need to purchase a new one.

All gymnasts must wear nude, no-show undergarments with their competition leotards.

If you would like to order undergarments through the Monarchs, please specify the quantities you need (and sizes if different) below and turn this form in with your payment. If you have questions about the undergarments, please contact Mandy Elmer or Coach Kristin.

	Size	Quantity	Item Cost
Leotard:	CM	1	\$74.00
Warm-up Jacket:	YL	0	\$60.00
Warm-up Pants:	NEW	1	\$18.75
Undergarments			
	One-piece CM	1	\$16.25

NOTE: If you are ordering undergarments not specified above or a meet bag, you must turn this paper in to the folder above the payment box with the specified quantities/sizes. You must also pay for 50% of the undergarment and/or meet bag costs if that amount is not covered by your family account.

Meet Bag		1	\$25.00
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Name to be printed on meet bag:

Total cost of



# 2019/2020 Payment Policy

## Making Payments

- All fees and costs (other than team fees and membership) will be paid for through your family account
  - A positive balance in your Family Account can be used towards Signing fee, meet fees, uniform fees, spirit wear, etc.
- Payment can be made via cash, check, or credit card
  - To use credit card: Get credit card form from above lock box; pay at front desk; ask for 2 receipts. **Put 1 copy in lock box.**
- **All payments need to be labeled** and placed in lock box
- DO NOT hand payment to coaches
- If you are financially unable to make payments on time, please contact Kristin to make other arrangements

**Payment can be made to family account at any time prior to invoice due date.**

# Sample Invoice

03/17/16	Payments to family accounts	
04/05/16	Payments to family accounts	(100.00)
04/15/16	Charge for EAF due thru Apr 15	10.00
04/19/16	Payments to family accounts	
04/19/16	Nationals Tickets	85.00
05/13/16	Banquet/Awards charge	
05/15/16	Charge for EAF due thru May 15	10.00
05/17/16	Payments to family accounts	
06/01/16	Payments to family accounts	
06/01/16	Nationals Leo	43.50
06/02/16	Payments to family accounts	(75.00)
06/07/16	Payments to family accounts	
06/12/16	Kroger Rewards (80%)	(8.74)
06/15/16	Charge for EAF due thru June 15	10.00
06/17/16	Payments to family accounts	
06/20/16	Nationals Tshirts	10.50
06/24/16	Payments to family accounts	
07/14/16	Payments to family accounts	
07/15/16	Charge for EAF due thru July 15	10.00
		<small>Page 137</small>
07/15/16	<b>Total Family Account Balance</b>	<b>(40.36)</b>
	<b>Owe/(Credit)</b>	

# Coaches' Expectations<sup>®</sup>

## **Gymnasts, Parents and Coaches:**

- Practice ready
- Communication
- Respect for all
- Responsibility

**“Your child’s success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.”**

# Communicating with the Coaches

## **Notify gymnast's main coach via text if:**

- You're running late or leaving early
- Gymnast will have to miss practice

## **Talk to gymnast's main coach if:**

- Your gymnast has had an injury
- You have any concerns or questions

# Practice Information<sup>®</sup>

## **Schedule:**

- Summer season schedule goes from June 3- August 10
- Modified practice schedule June 19-22
- No practice on holidays including July 4. Coaches will notify gymnasts/parents when practice will be cancelled closer to the time of the holiday.
- Goal to have school season schedule out by mid-July

## **Location:**

- Most often at PCY
- May have some practices/open gyms offsite, e.g. at REL or West Side Gymnastics, to utilize specialty equipment we do not have

# Practice Information<sup>®</sup>

## **Attendance:**

- Gymnasts are expected to attend all practices and help with set-up and break-down
- Gymnasts may miss up to 1 of their scheduled practices the week of a meet.
  - Make-up practices are not offered
  - If they must miss more than 1 practice on a meet week, please talk to their coach to determine if the gymnast will be allowed to compete
- Gymnasts are expected to still come to practice if they have sustained an injury to keep up with strength and flexibility training as able

# Practice Information<sup>®</sup>

## Pick Up

- All gymnasts should have a plan for pick up with their parents
- Per YMCA policy, children 8 and younger are not permitted to be in the YMCA alone so a parent must come in and pick them up promptly after practice

# Practice Information<sup>®</sup>

## **Dress code:**

- Leotard
- Gym shoes
- Hair up and out of the face
- Spandex shorts/capris/pants only
- NO loose tops or bottoms for safety

## **What to bring:**

- Locker lock
- Water bottle
- Grips (optional, recommended level 5 and up)
- Braces/tape and pre-wrap (as needed for injuries)



# Practice Information®

## **Closed Practices**

- Practices are closed to parent/family observation due to space constraints and to allow the gymnasts and coaches to fully focus on their practice without distractions.

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# Practice Information®

## **Additional Training Opportunities**

- Private coaching sessions \$20/hr
  - Set up directly with coach providing instruction
- Open gyms/Clinics
  - Scheduled occasionally throughout the season and will be posted on website
  - Cost may vary
- Summer camps/Clinics
  - Level 2-5 and Xcel Silver: Summer Camps on Wednesdays dates sent out on flyer
  - Level 6-8, Xcel Gold and Platinum: Summer Clinics on Saturdays sent out on flyer

# Practice Information

## Learning Routines

- Gymnasts start to learn routines in September
- It's very important your gymnast practices and reviews the routines at home
- There are extra learning opportunities available that you can sign up for on SUG

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# Competition Information

## **Regular Meet Season**

- End of October thru early March
- Competitive level 3 and up participate
- Meet schedule issued mid September
  - Typically 6-8 meets/season
  - Meets are on Saturdays or Sundays

## **Districts**

- All levels
- Must compete in 2 regular season meets
- Usually mid-March

# Competition Information

## Regionals

- Level 4-9 and Xcel Gold and Platinum
- Must make qualifying score x2 meets
  - 27 AA Levels 4-9 and 28AA Xcels
- Usually in April

## Nationals

- Level 4-9 and Xcel Silver, Gold and Platinum
- Must make qualifying score at 1 meet
  - 32 AA L4, 31 AA L5-8, 33AA Xcel
- Usually end of June

# Competition Information

## 2019 Nationals in Wisconsin Dells

### •June 20

- Level 4 8am
- Level 6 11:30am
- Level 7 3:30pm

### •June 21

- Celebration of Champions 1:45pm-6pm
  - Arrive at 1:45p
  - March In and Speakers at 2:30p
  - Tommy Bartlett Show 4:30p

### •June 22

- Xcel Silver 8am
- Xcel Gold 12pm

### •June 23

- Xcel Platinum 8am

# Requirements for Level Mobility

## **Assessments**

- Coaches are always assessing the gymnasts at practices and meets
- Written skill and strength assessments will be provided at the beginning and end of summer

# Requirements for Level Mobility<sup>®</sup>

There are three areas that are taken into consideration when determining whether or not a gymnast is ready to move into the next competitive level. Requirements for all criteria will be given at the beginning of the summer so gymnasts know what to expect.

The ultimate goal of this system is to place each gymnast at the appropriate level where she will be happy, healthy, and successful.

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# Requirements for Level Mobility<sup>®</sup>

## Scores

In consideration with the other two factors, we look into the scores received at meets throughout the season. This allows us to see that they can consistently perform the skills in their routines which is a good indicator of readiness to start working skills for the next level.

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# Requirements for Level Mobility<sup>®</sup>

## **Strength/Flexibility**

Gymnasts will begin working skills for the next level as their coach deems appropriate. We will take into consideration their rate of progression and number of skills for the next level that are acquired throughout the season and summer.

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# Requirements for Level Mobility<sup>®</sup>

## Skills

This is a very important component to the process because it is crucial that gymnasts are strong enough to safely work skills for the next level. Strength assessments are given periodically throughout the year.

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# Xcel Program

The J.O. system (levels 3-9) is a very structured program with very rigid requirements. While this is a good fit for some gymnasts, other gymnasts struggle to acquire the skills necessary to meet the requirements as the difficulty increases. This can be do to other commitments and lack of gym time, injuries, strength, and mental blocks as well as various other reasons.

Xcel gives all gymnasts the chance to choreography unique routines on each event that highlight their strengths as a gymnast that they will otherwise not get to experience as routines in levels 3-5 are all the same.

# Xcel Program

## **Silver**

- Represents a mix of level 3 and 4 skills
- Fall – 6.75 , Summer - 8

## **Gold**

- Represents a mix of level 4 and 5 skills
- Fall – 7.25, Summer - 9

## **Platinum**

- Represents a mix of level 5-7 skills
- Fall – 8.25, Summer - 9

# Xcel Program

## Transition into Xcel

### **Silver**

- Invitation only
- No assessment requirements
- Must compete at least one season of level 3

### **Gold**

- Must compete at least one season of level 4

### **Platinum**

- Typically gymnasts who have competed level 6, 7 or 8

# Xcel Program

## Transition within Xcel

- Must meet mobility requirements for next Xcel level (strength, flexibility, scores, and skills)

## Transition out of Xcel into J.O. (Number levels)

- Can move into the level they came out of or the level the level above
  - Example: Level 4 who goes gold could go back to level 4 or level 5 based on their assessment
- Must meet mobility requirements for next J.O. level (strength, flexibility, scores, and skills)

# 2019/2020 Parent Board

- **President: Mandy Elmer**
- **Vice President: Kathy Auger**
- **Treasurer: Annemarie Fischer**
- **Secretary: Zach VanderVeen**
- **Fundraising Coordinator: Lori Cooper**
- **Events Coordinator: Cristie Bray**
- **Parent Level Representatives**
  - **Kathy Johannesmeyer, Margaret Allen, Michael Tegge, Kelly Trush, Missi Kershner**
  - **Open Position for new Level 3 Parent Representative**

**Board meetings are held monthly. (TBD)**

**All are welcome to attend!**



# Parent Involvement<sup>®</sup>

## Mandatory Requirements

- Working the home meet (details under Home Meet section)
- Moving the spring floor either in the fall or spring
  - At least 1 adult must work at least move
- Every family is expected to participate in these 2 events
  - If your family is unable to participate, you must let Kristin or Jasmine know so you can assist with an alternative task
  - If your family does not participate in the 2 mandatory requirements, your family account will be charged \$100

# Parent Involvement<sup>®</sup>

## Optional Ways to Get Involved

- Join the Parent Board
- Chair a Fundraiser or Event
- Chair an area for the Home Meet
- Share a special talent
- We will be asking for volunteers for different activities throughout the year through email and SUG. Please step up and help out!

# Fundraising



## **Team Fundraisers (100% profit to team)**

- MANDATORY Home Meet(s)
- Leotard sales
- Restaurant flyers
- Open to other suggestions

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# Fundraising- Home Meet

## General Information

- Typically takes place in November
- Held at Cincinnati Country Day School
- Set up the afternoon/evening before
- Meet takes the entire next day with breakdown happening that evening
- Tara Limoco is our Meet Director

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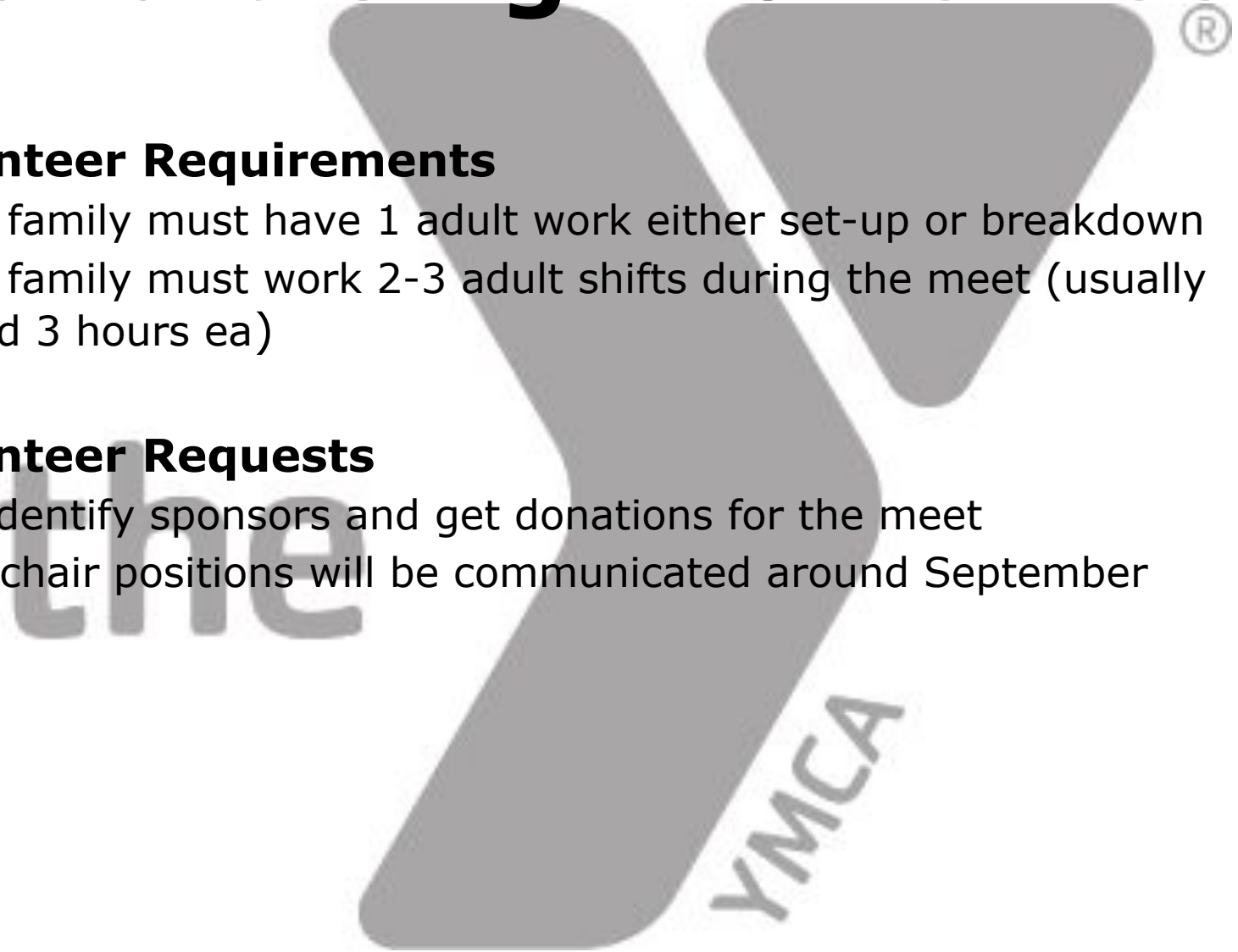
# Fundraising- Home Meet <sup>®</sup>

## **Volunteer Requirements**

- Every family must have 1 adult work either set-up or breakdown
- Every family must work 2-3 adult shifts during the meet (usually around 3 hours ea)

## **Volunteer Requests**

- Help identify sponsors and get donations for the meet
- Open chair positions will be communicated around September



# Fundraising <sup>®</sup>

## **Individual Fundraisers (80% Individual, 20% Team)**

- Kroger Rewards
- Cartwheel a thon
- Buddy Cards

We are always open to new ideas that are easy to run and have high profit percentages!

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# Communications®

## Main Mode of Communication

- **TEAM Website** – [www.pcymonarchs.com](http://www.pcymonarchs.com)
  - Login: Monarchs – Password: Monarchs
  - Use website for the following information:
    - Calendar- All information needed about each event including links for payment or SUG if applicable
    - Parent Board Tab- Includes information about fundraisers and other important activities
    - Reference Tab- Forms to fill out, Team Directory, Practice Schedule, Meet Schedule
    - Family Folder Tab- Information from coaches about your gymnast including assessments and family account information
    - Coaches Blog- Information about what is going on in the gym, pictures/videos from practice as girls work on new skills and more

# Communications <sup>®</sup>

## Other forms of Communication

- **Email-** We need your current email address
  - Please check it frequently
- **Sign Up Genius (SUG)-** Used to sign up to volunteer for activities and/or to attend activities and to scratch from meets
- **Remind Me App-** Used for time sensitive reminders and unexpected practice changes/cancellations
  - To sign up: Text @6d43ge to 81010 or send an email to [6d43ge@mail.remind.com](mailto:6d43ge@mail.remind.com) (subject and text can be blank)
  - Our group name is Cincinnati YMCA Gymnastics
- **Family Folders-** Please check frequently. Located in the hallway where you turn from the lobby toward the gym next to the new pre-school room. This is where invoices are placed. ?Will we still need this
- **Pictures and Fun:**
  - Facebook- PCY Monarchs Gymnastics Team
  - Instagram- pcymonarchs



# Communication <sup>®</sup>

## Contact List for Questions:

- Gymnast specific – coach (schedule meeting outside of practice)
- Fees, Payments, Family Account Balance – Annemarie Fischer, [ameemark@gmail.com](mailto:ameemark@gmail.com)
- Fundraising- Lori Cooper, [bryanlorilogansarah@gmail.com](mailto:bryanlorilogansarah@gmail.com)
- Events – Cristie Bray, [Jackson\\_sports@yahoo.com](mailto:Jackson_sports@yahoo.com)
- Information to be communicated to the team- Kristin Gallo
- Changes to contact information- Kristin Gallo
- All other questions – Kristin Gallo, [kgallo@cincinnatiymca.org](mailto:kgallo@cincinnatiymca.org)All other questions – Kristin Gallo, [kgallo@cincinnatiymca.org](mailto:kgallo@cincinnatiymca.org) or Mandy Elmer, [melmer@fuse.net](mailto:melmer@fuse.net)

# Team Building Events®

(Dates are tentative)

Pool Party- August 10<sup>th</sup>

Mock Meet and S'mores- October 18<sup>th</sup> or 25<sup>th</sup>

Holiday Party- December 20<sup>th</sup>

Team activity- February or March

Recognition Ceremony- May 5<sup>th</sup>

Team Sleepover- May 15<sup>th</sup>

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# Modified Practice Schedule

## Tuesday, June 18th

- ALL National girls will practice from **10am-12pm. Good luck grill out from 12pm-1:15pm for National girls only.**
- any girls not going to Nationals in Hannah's group (9:30-12) or Jasmine's group (11-1pm) will practice from **9-11:30am.**

## Thursday, June 20th

- 8-11:30am, 11-2pm, 10:45-1:45pm group is cancelled
- Any gymnast who practices in the cancelled groups and are not going to Nationals can practice from **9-12pm OR 4-6:30pm**
- All evening practices are the same

## Friday, June 20th

- 8-11am & 11-1pm practice groups are cancelled
- All evening practices are the same. Any gymnasts in the above cancelled groups may come from **4-7pm on Friday.**

# Thank You



## Don't forget....

- Review roster for correct information
  - See website for Google doc. Put a checkmark when updated
- Volunteer to serve as a coordinator or committee member for an event
- Look over dates on the Calendar at Glance and pencil in on home calendar and frequently check website for information updates
- Introduce yourself to others

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