

First State Gymnastics



Girls competitive program
Team Handbook

Dear Parents and Athletes,

This handbook is designed as an information tool that will help make your experience as a parent or team member at First State Gymnastics more enjoyable. Hopefully it will answer majority of your questions regarding team training and the requirements that go along with it. Please read all the information carefully and let us know if you have any questions or concerns.

The standards of the team training are quite high and quite demanding. Our coaches will always expect the most and best out of each gymnast, and always demand a relentless pursuit of perfection. This is not to say training won't be fun, but the main emphasis will be on maintaining a high level of discipline and achievement. We believe that every gymnast who is offered to train under our direction is talented and has a potential; however, not every gymnast will rise to the top. Only those gymnasts, who work hard, listen to and respect their coaches and peers, will find climb to be filled with success. Once parents and gymnasts understand this concept, the philosophy behind team training versus class or recreational instruction becomes clearer and is placed in a better perspective.

A preliminary schedule of competitions for the competitive year is in the works. During the season updated information for competitions can be found at www.firststategymnastics.com (Team Page).

If you need to speak to a coach, please call the gym:
FIRST STATE GYMNASTICS: 302-368-7107

Thank you for your support of the program and for the privilege of working with such wonderful athletes!

Sincerely,

Slava Glazounov
Owner
First State Gymnastics



Being a Team Parent

Understanding the Mission and Philosophies of First State Gymnastics Team

A key component to your child's success is you. USA Gymnastics coined the term "Athlete Triad"; Athlete, Parent & Coach working together to achieve the best possible experiences and outcomes.

First, last and always is the Athlete, the center of our attention and focus.

Coaches perform a delicate balancing act everyday. Our ability to walk this fine line comes from years of experience, education, planning, successes and learning from our mistakes. Some days, an emphasis will be placed on technical corrections while others will be focused on strength and speed, form and execution taking a lesser role. Overall, the training plan will be a complete picture. However, taken as a snapshot it will be incomplete and out of context of our grand plan.

Parents play a vital role as the supporter, both of the athlete and the coach. When your child needs a little encouragement, it is your job to give them a hug, tell them how wonderful they are and send them to train with a renewed confidence. It is your responsibility as a parent to know your child's goals, dreams, challenges, limitations and achievements. After all, you are in the child's corner for life. It is your challenge to effectively communicate to the coach and listen, seek to understand, and do what is best for your child.

We are a sum of all of our experiences. Our mission is to provide a fun, safe, nurturing, challenging and rewarding environment for athletes to have a healthy experience both overcoming challenges and learning from failure.

Just because you can doesn't always mean you should

Parents are driven to do what they perceive as the best thing for their child. This may not be realistic, healthy or focused on the long-term best interest of their child/athlete. In the end, the parent has the choice whether or not to support the coach's decision, compromise with the coach or find another coach with a more congruent philosophy.



*Below is an overview of the **Athlete/Coach/Parent Triad**. This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid, the purpose and motivation for the existence and necessity of the coach and parent.*

The Athlete

First and foremost, the athlete is essential or we would not exist. The athlete must have the desire to train the sport, the dedication to face and overcome obstacles and the perseverance to push on when the going gets tough. The athlete is on the team to learn from their coaches, from their teammates and from themselves. The athletes must make mistakes, make corrections and drive themselves to transcend beyond their perceived limitations. In our sport, athletes compete individually, against themselves. However, they are not alone...their coaches, their teammates and their parents are by their side lending support and cheering them on. In the end, the athlete will learn and remember the sum total of the entire experience in the sport.

The Coach

The coach is a mentor and a guide. The coach plans the training and competitive cycle for every athlete on the team. The coach leads by example and the team follows in their footsteps. The coach is constantly learning and striving to find new ways to teach, motivate, inspire and propel their athletes to the next level of performance. The coach is a communicator and mediator interrelated to the athlete, the team, the parent, the coaching staff and rival teams.

The Parent

The parent supports the athlete, the coach and the team. The parent is a spectator, allowing the athlete and the coach to perform their roles. The parent is a role model for the athlete, demonstrating disciplined behavior, showing respect and performing their duties to the highest level. The parent is strong enough to watch their athlete fail and tender enough to give a hug when they need one. The parent will occasionally cross the line with the athlete or coach and be humble enough to apologize and return to their territory. The parent is an advocate for their athlete, but does so in an appropriate manner. The parent provides balance, encouragement, and love.



FIRST STATE GYMNASTICS TEAM RULES AND POLICIES

Description of team levels

Developmental Team - program is designed for girls who exhibit an above average ability in strength, flexibility, coordination and attentiveness. The focus is directed more toward further developing the attributes necessary for success in competitive gymnastics and other sports.

Level 2 - Entry competitive compulsory level. USAG Invitational and local sanctioned meets are attended.

Level 3 - The first major compulsory competitive level. Local meets, USAG Invitational and Traveling meets are attended. Level 3 is the stepping stone to future higher levels.

Levels 4 & 5 - A continuation of the compulsory competitive level with training on more advanced optional skills.

Levels 6-10 - Advanced optional level routines are developed and choreographed individually by the coaches for each gymnast's strength, style, and difficulty level.

Fast Track and TOPS - Talent opportunity program for young athletes who exhibits potential for faster advancement in competitive program (by invitation only)

ELITE - The very top optional level with the ultimate goal to advance to a National Team and represent USA at international competition

Xcel - The Xcel Program is designed to offer a broad-based, competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes.

Athlete Expectations, Commitment and Priorities

At First State the coaching staff is committed to making a positive difference in the lives of all the children they teach. The team program is more disciplined than the recreational gymnastics programs by design; therefore, the expectations of the athlete are higher. These expectations are not unreasonable and include but are not limited to the following:

- ***A First State Team Member is expected to enter the gym with a positive attitude.***
- ***A First State Team Member is expected to have FUN while learning.***
- ***First State Team Member is expected to set reasonable goals.***
- ***First State Team Member is expected to respect her instructors, her teammates, and herself.***
- ***A First State Team Member is expected to maintain good academic standing.***

Communication and Parent Waiting Area

*Rumor, innuendo, and just plain backstabbing tend to occur when there is a vacuum created by a lack of information – this is detrimental to the successful operation of any gymnastic facility. Never use the waiting/lobby area as a sounding board for any gym problems you may experience. Any of the above could be cause for dismissal from the program (**without refund of fees and dues**). If you need or want to know any information please email us at info@firststategymnastics.com and we can answer or schedule a meeting.*

The parent waiting area is not intended for the long-term use by the parents of our Team members. Parents are kindly requested to allow their gymnast(s) to train without parental influence. Please allow them to grow, become responsible, and learn to interact with their coach on their own. Upstairs area is prohibited from Team viewing.

All questions regarding your child's progress, discipline etc., may be discussed by appointment only with the coaching staff.

Coaching technique and discipline are not subject to compromise with parents or gymnasts. The coaching staff has the final say in all competitive program matters, as they are ultimately responsible for each child's well being.

Attendance

- You are expected to arrive **on time** and ready to practice. Attendance at all practices **from start to end is a must!** When unable to make a scheduled training session, the parent is expected to phone the First State Gymnastics office to inform the Team Staff of their daughter's absence or tardiness.
- Failure to maintain a ninety (90%) percent attendance rate may result in the suspension from upcoming competition but not its financial obligations.
- Missed practices may not be made up – **except at the discretion of the Head Coach.**

Injured gymnasts are expected to participate

- Every athlete and/or her parent (s) are responsible for notifying Team coaches of any injury, illness, or medical condition. Athletes under a physician's care are required to have a doctor's note outlining the athlete's limitations.
- Injured athletes are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and turn a difficult situation into something positive by increased work on flexibility, strength or specific skills. ***There is no reduction in tuition unless the injury takes you completely out of the gym for over one month and then only if the gymnast cannot participate in workouts in any way.*** In that instance, tuition may be adjusted depending on the circumstances.
- Injured athletes will require a return-to-practice notification and a release form from their attending physician or specialist prior to rejoining complete work-outs.

First State Gymnastics Practice Rules

- Proper workout attire is a must. A properly fitting leotard is the only acceptable workout attire. Hair should be appropriately tied so as not to interfere in any way during the workout. No jewelry of any kind may be worn during the workout.
- Gymnasts may not leave the workout or competition floor without the expressed permission of the coaching staff.
- Listen to all instructions at all times, even if the instructor does not appear to be specifically speaking to you. Be able to repeat those instructions, if necessary. If you do not understand any corrections, instructions or requests ask before doing!
- Be alert at all times and use common sense. Horseplay will not be tolerated. Act responsibly- because **safety is our primary concern!**

Work Ethic

A poor work ethic, rudeness or any other exhibition of an inappropriate attitude will be dealt in one of the following ways, at the coach's discretion:

- *Be excused from the practice area for appropriate amount of time.*
- *Be sent home with a subsequent parent-coach-athlete conference.*
- *Suspended from upcoming competition or activity, regardless of importance.*
- *Loss of a team spot/dismissal from the Program, if conduct is not corrected in a timely manner or has a deteriorating trend (**without refund of fees and dues**)*

Termination of enrollment

The owners and coaching staff has the right to suspend or ask a gymnast and/or parent to terminate enrollment (**without refund of fees and dues**) at any time deemed appropriate to protect the interests of First State Gymnastics.

Gymnast selection criteria for meet invitations

All gymnasts do not go to every meet. Meets should be a positive experience and therefore gymnast selection is made very carefully. Coaches make the decision on meet invitations based on the following criteria:

Physical condition - All gymnasts are expected to maintain the best physical condition possible. Lack of flexibility and strength shall be the first priority before consideration for competition. From time to time strength and flexibility evaluations will be made. Each gymnast should demonstrate marked improvement from test to test.

Eligibility - Gymnast must have all necessary fees paid and be considered an active and eligible gymnast.

Performance level - Mastery of skills is based on performance in workouts. *A gymnast will not be sent to a meet unless she can perform **all required skills on every event** as per compulsory and/or optional guidelines published by USA Gymnastics at least 2 weeks prior to the meet.*

Attendance - Gymnasts missing an excessive number of practices may not be selected for competition. The same could be true for gymnasts that consistently arrive late or leave early from workouts. The concept of *“it’s not what you do, but how you do it”* is the overriding principle in making a determination whether a gymnast in this circumstance will compete. No coach would willingly send a gymnast into a competition knowing the gymnast is not prepared to do her best. The child would have an unsuccessful experience, which could shatter her self-confidence and ruin the competitive experience.

Attitude - A positive attitude and showing respect to coaches and teammates is important. Gymnasts must be emotionally ready for the competitive arena.

Participation in scheduled meets

All team gymnasts should compete in **ALL** meets to which they are invited unless they are sick or injured.

Meets have different meanings and the training for each will differ accordingly. Some meets, the focus may only be on obtaining a **qualifying score**, therefore a coach may tone down the power and focus on higher quality execution.

Another meet might be used to **develop confidence** and the coach may allow the gymnast to attempt new skills while removing the worry of scoring high from the gymnast’s mindset.

Skill requirements & moving from level to level

At the conclusion of the competitive season, team members will receive a letter indicating their training schedule for the next season. Each gymnast will be re-evaluated in the fall to ensure the appropriate competitive level. Gymnasts will assume this schedule starting in June each year. Some athletes may require a parent conference with the coaching staff. These conferences will take place prior to letters being sent. Occasionally gymnasts will move a level during the competitive season. These decisions will be discussed with parents on an individual basis.

Too frequently, gymnasts are advanced to higher levels at the bequest of their parents, but are not sufficiently prepared to be competitive with other gymnasts at the same level. The resulting frustration often leads to a general disenchantment with the sport and a premature end to an otherwise promising career. Throughout your gymnastics career you will notice that several clubs have varying philosophies with regard to this concept. First State Gymnastics demands higher requirements than most clubs, and these requirements are not subject to negotiation.

Again, the team coaches will determine the appropriate level for each gymnast.

COMPETITIVE PROGRAM - FINANCIAL POLICIES

- **Team is a year round commitment.**

There is no doubt that joining 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 team rarely accept negative influences into their lives. They learn self-discipline, how to work closely as a member of a team, how to handle themselves in a large variety of situations and how to prioritize and manage their time. Parents of our team members often comment that they wished they possessed their athlete's discipline and time management skills! Team kids are almost always excellent students. For those reasons and more, team membership is a bargain.

- **Tuition is due regardless of attendance**

Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount, which is due the **first day of each month, regardless of attendance**. It is important to make this next point clear - 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.***

Your monthly tuition would necessarily be higher if we had to take into account that some team members would be pro-rating tuition for one reason or another. Just as rents/mortgage payments are still due when you are away from home, so must you pay tuition even when your athlete is absent. Experience shows us that some families are unable to adapt to this line of reasoning and those folks are advised to seek a program which prices their tuition on a per use basis.

- **Notice of intent to cancel enrollment**

Notice of intent to cancel enrollment must be made in person, and reduced to writing at least one month previous to the gymnast's final workout. If you choose not to notify the office you will be charged for the month following your gymnasts' last workout.

- **Practice Cancellations**

Inevitably, over the course of a year, there will be practice cancellations due to conflicts, most often meets or other team functions. We do our best to keep these at a minimum, but please expect them. Also, please note that team practice is sometimes curtailed or reduced a couple of weeks a year for various reasons. We will keep you informed.

ANNUAL MEMBERSHIP FEE

Annual membership fee is due at time of registration. This fee (\$35.00 - per person, \$55.00 - for a family) is not included in the tuition fee.

PAYMENTS

- The fees paid for team tuition are **DUE THE 1ST OF EACH MONTH.**
- We offer a variety of payment options including MASTER CARD, VISA, check, or cash.
- A service charge of **\$30.00** will be assessed for each **RETURNED CHECK!**
- A monthly **FINANCE CHARGE of \$25** will be added to the balance owed **if payment is not received 7 (seven) days after balance is due.**

DISCOUNTS

- You may prepay your yearly tuition **with 5% discount of the total yearly fee**
- We offer a **15%** discount for additional family members, **with no charge for the fourth child.**

Parent Commitment

- Make sure gymnast attends all regularly scheduled workouts, meets, and special functions. Communicate with the coaches regarding any problems.
- Check your email regularly to stay current with team activities.
- Membership in the FSGAA (First State Gymnastics Athletic Association) is required. Please attend all scheduled FSGAA meetings. Notice will be posted in the gym and emailed to the parents.

The FSGAA

The primary function of the FSGAA is to help support the team financially. This includes, but is not limited to: coaches' travel expenses, equipment specific to the team, hosting social activities for the gymnasts and their families, awards at the end of the season, and hosting meets at First State Gymnastics.

The FSGAA conducts various fundraising activities throughout the year.

Why should I get involved with the FSGAA?

Whether your daughter is at a competitive level or not, you benefit from the fundraising activities of the First State Gymnastics Athletic Association (FSGAA).

The recreational gymnastics class program with higher student to instructor ratios and higher per hour fees make recreation classes a viable program. In order to have the quality of coaching necessary to produce successful team gymnasts, the competitive program gymnast to coach ratio is lower and the cost per hour is also lower. In effect, teams get the higher paid professionals for less than the cost of recreational training.

In addition, several pieces of equipment in the gym are specialized and are only necessary for competitive programs. Another expense that benefits primarily the team programs.

The FSGAA through its efforts has created the potential for this club to have a successful gymnastics team by offsetting those costs. Whether your child is entry level or accomplished gymnast, the FSGAA already has and will continue to create the conditions for every gymnast to have the best possible instruction and training equipment.

Competitive season information

USAG Fees: The First State Gymnastics Team competes in the USAG competitive system. USAG dues are **\$59.00** per year (August 1 - July 31). These dues are subject to change. Competition begins at Level 2. USAG fees must be paid by July of the year in which your gymnast plans to compete.

Athlete Registration Form: To be registered for competition each gymnast must complete and sign a USAG Athlete Registration Form.

Meet scheduling

At the beginning of each season (September/October), a preliminary schedule of meet locations and dates will be handed out to the gymnasts. Meets may be added, changed, or canceled.

Home Meets

Home meets will be held at First State Gymnastics. Each participating gymnast pays a meet fee. All members of FSG and their immediate families receive free admission to home meets.

Meet information sheet

1-2 weeks before a competition, participating gymnasts will receive a meet information sheet that includes times, gymnasts & coaches attending, host hotel (if needed), phone numbers, and a map.

It is not uncommon for host clubs to send out meet information late or make last minute changes. Information in many instances is not received until the week before a competition. It is a good idea to clear the whole weekend of a meet on the chance there will be last minute changes that could conflict with your previous plans.

Meet etiquette for gymnasts

The following guidelines will help each gymnast make competition a fun and successful experience.

1. Be friendly and use sportsmanlike like conduct at all times.

Everybody has a unique way of experiencing gymnastics competition. Some people look for the fun in the experience; others are simply hoping to cope with their fears, while others are focused to the point of excluding everything else around them – including you!

This may at times make it seem difficult to be friendly with some gymnasts at a meet. Just remember, everyone is doing the best they are capable of at that moment.

2. Stay focused on the competition. Talking with parents, relatives, or friends is inappropriate during the meet.

Even with the best of intentions, relatives and friends may give advice that conflicts with what your coach says. What will you do when you receive advice from Mom that differs from what Dad told you, then the coach says something different? The answer is you will become more nervous and uptight because you do not know where to place your focus. During workouts and competition **pay attention to the coach.**

3. Before leaving the competition, notify the coach.
4. If you are staying to watch another teammate compete, or you have arrived early for warm ups, stay seated in the bleachers. Do not wander out onto the competition floor.
5. Competing gymnasts must stay in their rotation group, sitting quietly, until the last competitor has finished.
6. Warm ups should be worn when accepting awards.

The meet is not complete until **ALL** the awards have been handed out. The other gymnasts have waited patiently to receive their awards and have applauded your efforts. You owe them the same consideration.

Win, Lose, or Wipeout

It is important to remember that a score for any routine is an evaluation of one single performance in your career as a gymnast, not a label you must live up to (*i.e. **winning the all around this time means you must win it every time***), or hang around your neck for the rest of your life (*a 95th place ribbon for falling off the beam 20 times*). Each meet teaches you more about your abilities as a gymnast, competitor, and human being, and are necessary ingredients for success at higher levels of competition.

Regardless of the outcome of a routine or overall competition, you must learn that crying and feeling sorry for yourself is not an appropriate response to this situation or to most learning situations in the gym or normal life.

Meet etiquette for parents

1. Team Spirit is a big help.... Wear the team colors, or better yet one of our club T-shirts.
2. Remember, your gymnast is part of the First State Gymnastics team. She competes not only for herself but also her teammates, parents, coaches and First State Gymnastics.
3. Please show proper respect to all Officials and Coaches at every competition. They are all there for one reason, to support your child's interest in gymnastics. Under no circumstance should you attempt to contact any official on the competition floor during or after the meet (*judges, score keepers, etc.*) If you have any questions regarding the meet or your child's scores you must contact your coach. Even the coach is not allowed to approach the judges regarding routines or scores during the meet, but must submit an inquiry through the Meet Director. Points could be deducted not only from your gymnast but the team score as well for failure to follow these rules.
4. Please show proper respect to all competitors. You NEVER KNOW who is sitting near you (*I.E. parents of the gymnast you just made a remark about*).
5. Once a gymnast has walked into the competition area for warm-up, they **DO NOT NEED** to talk or have contact with their parents until the competition is over. This has less to do with control than it does with FOCUS. Any distraction could disturb the focus necessary to have a successful routine. The emotional dynamic is fluid in a competition. An excellent vault score may cause a gymnast to be over-confident. A terrible bar routine may actually provide an educational moment. At these times the gymnast needs to focus on her coach's advice, not distractions from off the competitive floor.

As coaches, we know that you mean well with your comments, but they may not be appropriate for the long-term training of your gymnast. If you have any questions about what happens at a meet, talk to the coach after you have returned to your gym and you have first had time to reflect.
6. In any competition, parents, friends, and relatives of the gymnast **ARE NOT ALLOWED** onto the competitive floor. **YOU MUST** remain in the spectator's area.
7. In case of injury during warm-up or competition, **YOU MUST** stay in the spectator area until your coach flags you onto the floor.
8. **DO NOT** coach your child. Coaches should coach, everyone else should encourage. Injury may result from changing the gymnast's focus away from the coach's technique. Even the most helpful comment from you could have disastrous consequences.
9. On the day of competition your child should eat a well-balanced meal about two hours prior to the actual competition. This energy will carry them through the entire competition. If necessary, a gymnast may carry water and pieces of fruit in their gym bag to curb hunger pangs.
10. All gymnasts are expected to stay until the end of the awards ceremony whether they are receiving an award or not. They need to cheer all award recipients - especially their teammates.

Expectations

Problems occur when a parent expects too much from an athlete who is new to the competitive arena. (New is defined as having only competed for two or three years.) It takes a number of years of quality competition for a gymnast to develop the poise and grace to continuously take top honors in a gymnastics competition.

PARENT AND ATHLETE CONTRACT

This is a binding contract between the parties, conditions and agreements are enforceable in the proper courts and all monetary terms collectable when due. I also fully understand that if any of the above stated rules are violated by any of my family members, the result could lead to my gymnast(s) immediate removal from the First State Gymnastics competitive team.

Contract Date _____

I/we have read and accept the First State Gymnastics team information, rules, policies and financial commitment included in the attached manual. I/we agree to support team activities as outlined, and fulfill all obligations thereof.

_____ has my/our consent and permission to participate in the First State Gymnastics Team program at Level _____ for the _____ season. As stated on the waiver form, I/we release First State Gymnastics, its 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 through the State Competition or May 31, _____ - whichever is applicable to the level of the gymnast. Upon signing, the gymnast and family are also financially responsible for team leotards and warm-ups, as well as all monetary obligations the athlete accrues.

Parent Signature

Date

Gymnast Signature

Date

Please return the signed contract to our office, where it will be added to the gymnast's file. A copy will be furnished to the Parent upon request.

First State Gymnastics Social Media Policy

This policy is applicable to all gymnasts (and their parents) currently enrolled at First State Gymnastics. All gymnasts (and their parents) currently enrolled at First State Gymnastics must abide by the First State Gymnastics' Social Media Policy.

Policy Statement:

1. You are responsible for exercising good judgement regarding appropriate use of Social Media (Facebook, Twitter, Instagram, etc) towards First State Gymnastics
2. Prohibited Social Media Activities include, but are not limited to:
 - a. Posting or sharing jokes or language regarding First State Gymnastics or its gymnasts, which may be considered discriminatory, harassing, unlawful, defamatory, obscene, offensive, insensitive or otherwise inappropriate.
 - b. Posting or sharing messages that disparage First State Gymnastics or its gymnasts.
3. Each gymnast (and their parents) are required to read and understand this policy and sign the appropriate acknowledgement statement.

Acknowledgement Statement:

This is to certify that I have read and agree to abide by the guidelines set forth within the First State Gymnastics Social Media Policy. As a member of First State Gymnastics, I fully intend to comply with this policy realizing that I am personally liable for intentional violation of the First State Gymnastics Social Media Policy. Failure to comply with this Social Media Policy may result in my dismissal **(without refund of fees and dues)** from the First State Gymnastics program . Parent failure to comply with this Social Media Policy may result in their child/children being dismissed from the First State Gymnastics program.

Gymnast Name: _____
Signature: _____

Parent Name: _____
Signature: _____

Photography/Video Consent

First State Gymnastics Photo/Video Policy states that “without a parent’s (or legal guardian’s) consent in the case of a Minor or gymnast, or a gymnast’s consent in the case of an adult gymnast (a) gymnasts may not be photographed or filmed; and (b) no images of gymnasts may be posted publicly or privately. If consent is given, it may be revoked at any time.”

To be filled out by gymnasts 18 years or older, or the parent/legal guardian of a minor gymnast

I, _____ (please print), on behalf of myself the gymnast identified below (select one), herein grant First State Gymnastics and First State Gymnastics agents, authorized personnel and employees, the right to take and use photograph(s) and/or video images of me (or the aforementioned gymnast) for the purposes of publication, promotion, education/training and other similar purposes intended to support or otherwise promote the mission and goals of First State Gymnastics. Such uses may include but are not limited to the right to use such images or visual depictions in printed and online media, including social media. Acknowledging the above, I hereby release and will hold harmless First State Gymnastics, First State Gymnastics agents, authorized personnel, and employees from all claims associated with, any claimed liability related to said images or video, and specifically agree that in no case shall First State Gymnastics be held liable for any claims based upon the use or misuse of such images or video.

This release does not grant First State Gymnastics, or their authorized agents permission to sell photo or video rights to a third-party or make such images available for any commercial use or purpose.

OPTIONAL Third-Party Consent By checking this box, I agree that this release shall be applicable to third parties, even those having no connection to First State Gymnastics, or their authorized agents. By selecting this option, I acknowledge that First State Gymnastics, and/or their respective agents have no control over non-agents or their actions and shall be held harmless from any related claims involving such third-parties.

Signature

Date

I acknowledge that I am over 18 years old.
if applicable- the parent/legal guardian of the following gymnast(s)

If parent/legal guardian is signing, please list gymnast/gymnasts names here:

Gymnast(s) name(s): _____