



# Parent Handbook

# Introduction

Welcome to All Stars Unlimited! We are so excited to be given the opportunity to build a relationship, through gymnastics and cheerleading, with you and your child! You and your child are extremely important to our program and to us.

## About All Stars Unlimited

Our recreational program came to Round Rock in February 2002 as a predominantly pre-school program. In 2009 All Stars moved to their current location and have become more of an all around program encompassing children from toddlers to high school students. All Stars Unlimited provides a predominantly non-competitive, quality program in a fun-filled, healthy, and educational environment. We build and improve upon each All Star's self-esteem and individuality while making gymnastics and cheerleading a recreational sport where every child feels special and unique. We strive to help each child have a positive experience regardless of skill level/ability.

Nicole Ramirez, the owner of All Stars Unlimited, brings 20+ years of experience to the program. She started out coaching with All Stars under the co-founders and then coaches. At this point she operated an in-home daycare to be able to care for her own children at home. Nicole began directing the Preschool and Cheerleading classes in the fall of 2006 and then went on to become the new owner in 2007. Nicole has many years of gymnastics, dance, and cheerleading, both as an athlete and as a coach. She also holds a degree in Sport Management from the University of Texas at Austin. Nicole, and her staff strongly believe in teaching developmentally appropriate gymnastics and cheerleading that builds self-esteem in each and every All Star!

### All Stars Unlimited Contact Information

Phone Number: 512-310-5822

Email Address: [info@allstars-unlimited.com](mailto:info@allstars-unlimited.com)

Website: [www.allstars-unlimited.com](http://www.allstars-unlimited.com)

### Parent's role v. Coach's role

At All Stars Unlimited we fully believe that, in order for your child to get the most out of his/her gymnastics experience, a partnership must be formed between parents and coaches. This can be done simply through clarity and communication. Along with the fun your child will have throughout his/her experience with All Stars, he/she will also work hard, as well as receive plenty of instruction to ensure that he/she is reaching his/her full potential. Because of this, your child will need unconditional love and support from you, as a parent. Please trust that your child's coach has the gymnast's best interest at heart, and therefore will be responsible for the decisions of which group your child will best fit into, as well as which progressions and skills your child will learn.

At All Stars Unlimited we value your comments, concerns and opinions greatly! Because we feel communication is so important, we have several avenues through which you may contact us. You may call us at any time at 310-5822 or email us. In addition, you are always welcome to speak with our office manager, at anytime during your child's class, or set up an appointment to speak directly with their specific coach. Please understand that sometimes it is not always possible for coaches to speak with you about your child during or directly after class.

### Gym Etiquette

We welcome you to celebrate in your child's accomplishments, as well as the progression your child makes throughout his All Star experience. There is a designated "parent" area for you to sit and watch your child during their class. We ask that you do not enter the "gym" area at any point unless directed by a coach. This includes keeping all siblings in the appropriate area as well. In addition to staying in the parent area, we ask that you do not try to hold conversations or interrupt classes to tell your child something. This is very distracting and often is counter productive to our coaching and your child's focus.

Please understand that we have these policies as a way to ensure the safety of your child. Distractions from parents, siblings and friends are not conducive to learning. Focusing on activity is necessary for a safe environment and safety is top priority.

### Proper Gymnastics Attire

All Stars should wear non-baggy, comfortable shorts and shirt (the All Star shirt may be worn, but is not required), or a leotard for girls. We also ask for them to not wear socks as it can be a safety hazard for them by slipping on the equipment. For your child's safety, please have your All Star's hair pulled back off his or her shoulders and no gum or jewelry please. Any child enrolled in one of our cheer classes must wear tennis shoes and socks to class each week.

### Class Times

While you can enroll at ANY time, All Stars operates their classes year round. While we cannot force you to stay for a particular amount of time, it is highly recommended that you give your child the appropriate amount of time to progress in their skills. Taking breaks from gymnastics allows the gymnast to fall out of shape or digress on skills and many times they have to be re-learned. In May your child will receive a certificate of completion of a certain level or a recommendation for their progression.

If you should choose to withdraw from classes, you will be required to give a 30 day notice and will be charged accordingly.

### Class Size

Your child's class size shall never go above a 1 Coach to 6 student ratio. We will do our very best to ensure there are no trial classes or make ups done in a full class, or we will bring in a second instructor. We strongly believe in safety and keeping the group sizes down.

### Make Up Classes

While we cannot refund you for missed classes, we do encourage you to find a day/time that you could do a make up class. This may or may not always be possible due to time constraints or abilities, so please see the front desk for more information and to schedule your make up class.

## Fee Information

- There will be a \$40.00 Annual Registration Fee per participant or \$50.00 per family to be paid on the anniversary of the enrollment date each year.
- For a 2<sup>nd</sup> sibling, a 10% discount will be taken from your 2<sup>nd</sup> child's tuition.
- Any child enrolling in 2 classes at the same time will receive a 10% discount for the 2<sup>nd</sup> class.
- Tuition is due upon registration, and then monthly during the first week of the month. A late fee of \$10 will be charged if you do not pay by the 8<sup>th</sup> of each month.
- Make up classes are only allowed if class enrollment is low in another class of the same nature.
- A 30 day notice is required for withdraw of a student. We do this as to make sure we know when spots open up for new children to come into class. You will be required to pay your last months tuition (30 days worth) at time of notice.
- Home School Classes are listed on the schedule and are discounted. Sibling discounts and 2<sup>nd</sup> class discounts still apply.
- ASU operates holidays on the same school-year calendar as the Round Rock ISD. Therefore, we are closed for the Thanksgiving holidays, winter holidays, and spring break. Please check with the gym in regards to Monday holidays. Often, we will still have classes even though students may be out of school on these days. We will also offer camps and clinics during off times. Remember, monthly tuition is based on the full year, therefore, tuition is never prorated due to holidays nor absences.

### Class Fees:

50 min/wk: \$55/month  
1 hour/wk: \$65/month  
1 ½ hrs/wk: \$85/month (TEAM KIDS)  
4 hrs/wk: \$145/month (TEAM KIDS)

### Extras

- \* Open Gym: \$5/child
- \* Clinics: TBA
- \* Birthday Parties: Please see birthday party flier

- \* Parents Night Out: Prices and Details to be given at time of event.

## Rules and Limitations of Apparatus

- \* New skills on all apparatus will only be introduced and attempted after the complete mastery of the lead-up skill. The lead-up skill mastery will be documented to ensure proper readiness to move on to new skills.
- \* FLOOR: During practice time, the first participant must wait until the person in front of them has completed a skill 1 time before they start. During open area activities, all participants must maintain a space slightly larger than arms' width apart.
- \* BEAM: Only one gymnast at a time is allowed on any of the beams. Safety falls/rolls must be mastered before new beam skills are introduced. All dismounts will be feet first. Skills will be mastered first on a floor beam before moving to a higher beam.
- \* BARS: Only one gymnast at a time is allowed on any bar. Safety rolls/falls must be mastered before attempting all skills. Only a coach can adjust the bars. Chalk will be provided to help reduce friction and minimize blisters. Chalk is NOT for play.
- \* VAULT: Only one gymnast allowed at a time on the vault (or like apparatus). Safety falls/rolls must be mastered before any skill is attempted. Skills will start with very low trapezoid shaped mats before moving on to higher and taller shapes. Demonstrated mastery of the use of a springboard is required before attempting full on vault skills.

· TRAINING AIDS: Training aids such as the octagon, hula hoops, wedges, steps, blocks, trapezoids, etc, will be used as intended and as explained by the instructor. No airborne objects may be aimed above the shoulders or anyone in the facility. Proper use and handling must be followed or the activity will be discontinued.

## All Star Medical & Privacy Information

First and Last Name of Child: \_\_\_\_\_

First and Last Name of Parent or Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Child's Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number: Home \_\_\_\_\_ Work \_\_\_\_\_ Mobile \_\_\_\_\_

E-mail Address \_\_\_\_\_

Emergency Name and Contact Information: \_\_\_\_\_

Doctor and Contact Phone Number: \_\_\_\_\_

Please list all of your child's allergies or medical Conditions: \_\_\_\_\_

\_\_\_\_\_

I DO/DO NOT (CIRCLE ONE) authorize photographs depicting my child or my likeness during participation in All Stars Unlimited Gymnastics activities which may appear in announcements, advertisements, and the All Stars Unlimited web site.

I hereby give my consent to All Stars Unlimited to provide, through medical services of its choice, customary medical/athletic training attention, transportation, and emergency medical services as warranted in the course of my child's participation.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I hereby verify that I have correctly filled out all of the information and agree to the terms and conditions listed in the All Stars Unlimited Parent Handbook. All information is correct and complete to the best of my knowledge.

Parent or Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

## All Star Waiver/Release Form

In consideration of participating in any activity at All Stars Unlimited II, I represent that my child is in proper physical condition to participate. I acknowledge that if I feel that any 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 possibly death, of which may be caused by my own actions, or inactions, those of others participating in the activity, the conditions in which the event takes place, or the negligence of the “releasees” named below. There may also be other risks either not known to me or readily foreseeable at this time and I accept and assume all such risks and responsibility for losses, cost, and damages I incur as a result of participating in these activities.

I hereby release, discharge, and covenant not to sue All Stars Unlimited II, 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 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 any may incur as a result of such claim.

I have read the WAIVER/RELEASE, and 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.

We, at All Stars Unlimited, recognize that there is a risk of injury when participating in the sports of gymnastics, dance, and cheerleading. While we do our very best to insure that these things do not happen, there is always a risk. We always take safety precautions as well as teach (and remind) the children of what those safety rules are. Parents are asked to remind their children of the risk of injury, and therefore, the importance of following the rules in class at all times.

With the above in mind, I fully understand the policies set in place at All Stars Unlimited, and release all rights and claims to the greatest extent allowed by the law for damages that my child may have against All Stars Unlimited.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_