

BYRD'S COMPETITIVE GYMNASTICS TEAM 2022-2023

USAG LEVELS 3-5



Byrd's USAG Levels 3 and UP Competitive Gymnastics Team is a selected group of gymnasts that compete in various Junior Olympic level gymnastics meets within the region which are sanctioned by USA Gymnastics (USAG). The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics. To compete in USAG sanctioned events, gymnasts **must register** as an Athlete Member with USA Gymnastics.

Practice:

USAG competitive gymnasts Levels 3 and UP will be required to work-out for a minimum of 3-4 days per week ranging from 7.5-12 hours. In addition to stretching and conditioning, the competitive team work-out structure includes all gymnastics events: Floor, Balance Beam, Uneven Bars, and Vault.

Practice Schedule:

Level 3	Monday, Wednesday & Friday	5:30-8:00pm
Level 4	Monday, Wednesday & Friday	5:00-8:00pm
Level 5	Monday, Wednesday, Friday &	5:00-8:00pm
Level 5	Saturday	9:30am-12:30pm

Competition:

Gymnasts will participate in four local meets, one travel meet, and State Championship for those that qualify. Most competitions for the USAG team will be within the greater Kansas City area and are hosted by various local gymnastic clubs; however, some of the meets may be outside the Kansas City metro. Gymnasts compete in their own age group with all group participants executing similar routines. Gymnasts are judged by professional and qualified judges on different elements for each event and may be awarded ribbons, medals, or trophies for their placement.

Commitment:

Becoming a member of a competitive gymnastics team requires a year-round commitment from both the gymnast and the parent(s) to be successful. Competitive gymnastics is a highly rewarding sport that develops and enhances discipline, responsibility, goal setting, time-management skills, self-esteem, and physical fitness.

Expenses:

There is an annual coaching fee for all competitive gymnasts. This fee covers the costs associated with our competitive programs including safety certifications, professional memberships (for coaches), background checks, higher training and coach's travel expenses related to out of town meets.

The following ARE included in your monthly fee:

- Tuition
- Meet Entry Fees
- Coaching Fee

Monthly Fees:

Level 3 - \$293

Level 4 - \$339

Level 5 - \$385

The following REQUIRED items are NOT included in your monthly fee and are charged separately:

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|-------------------------|------------------------|
| • Team Leotard | approx. \$190 plus tax |
| • Team Warm-Up Jacket | approx. \$150 plus tax |
| • Team Warm-Up Leggings | approx. \$45 plus tax |
| • USAG Membership Fee | approx. \$63 |

Your account must be current for your child to be entered in competitions.

Those with past due accounts run the risk of their gymnast NOT being entered in a competition. Competition entries are sent off 90 to 120 days in advance of the event. We are not obligated to contact you about your past due account.

Team fees are non-refundable