



# FARMINGTON GYMNASTICS CENTER, INC.

*FUN AND FITNESS FOR EVERYONE*

23966 FREEWAY PARK

FARMINGTON HILLS, MI 48335

[www.farmingtongymnastics.com](http://www.farmingtongymnastics.com) PHONE: (248) 478-6130

APRIL 17, 2017

DEAR TEAM PARENTS & GYMNASTS,

AT LAST **THE 2017 TEAM SUMMER SCHEDULE !** THE SUMMER SCHEDULE IS FROM JUNE 19, 2017 TO AUGUST 24, 2017. THE FGC STAFF IS LOOKING FORWARD TO A FUN AND SUCCESSFUL SUMMER TOGETHER. PLEASE KEEP IN MIND THE ENTIRE STAFF, AND MYSELF, FEEL GYMNASTICS IS A YEAR ROUND COMMITMENT AND HAVE DESIGNED OUR PROGRAM IN SUCH A MANNER. WE APPRECIATE CONFORMITY TO THE NEW ASSIGNED HOURS.

**SUPERMITE AND POWERMITE GYMNASTS** – YOUR LEVEL PLACEMENT FOR SUMMER 2017 AND 2017-18 COMPETITIVE SEASON WILL BE EMAILED THE WEEK OF MAY 8 TH.

**XCEL SILVER, GOLD, PLATINUM AND DIAMOND** – YOUR LEVEL PLACEMENT FOR SUMMER 2017 AND 2017-18 COMPETITIVE SEASON WILL BE EMAILED THE WEEK OF MAY 22 ND.

**LEVEL 3 - 10** – YOUR SUMMER 2017 PRACTICE SCHEDULE IS LISTED ON THE LAST PAGE. YOUR 2017-18 COMPETITIVE LEVEL WILL BE DETERMINED AND EMAILED THE WEEK OF JULY 31 ST.

PLEASE KEEP IN MIND IF YOUR DAUGHTER'S SUMMER HOURS HAVE INCREASED - YOUR FEE WILL INCREASE. AS ALWAYS, **AUGUST WILL REMAIN FREE (UNLESS YOU HAVE NOT BEEN ON TEAM FOR A FULL YEAR).** PLEASE NOTE: THERE WILL BE **NO TEAM TRAINING** THE WEEK OF JULY 3 - 6, 2017 AND AUGUST 28 – SEP 5, 2017. **LOOKING AHEAD**, THE FALL TEAM PROGRAM SCHEDULE WILL BE AVAILABLE ONLINE MONDAY, JULY 10, 2017 AND WILL START WEDNESDAY, SEPT 6, 2017. **PLEASE BE SURE TO REVIEW YOUR TEAM PARENTS AND GYMNAST INFORMATION HANDBOOK.** THIS IS A VERY IMPORTANT HANDBOOK!! **THIS IS WHAT IS EXPECTED OF EVERYONE – (GYMNASTS, PARENTS, & COACHES)** – PLEASE REVIEW OFTEN. IF YOU NEED A COPY OF THE HANDBOOK, THEY ARE AVAILABLE ONLINE.

## UPCOMING EVENTS FOR THE SUMMER OF 2017:

1. **DAY CHANGE!!** TUESDAY, JUNE 20 – **NO PRACTICE FOR ALL TEAMS ADVENTURE PARK – ROPES COURSE & MORE !**  
<https://westbloomfieldadventurepark.org/>
2. **WAVE POOL & TEAM PICNIC** - THURSDAY, AUGUST 10, 2017 –  
NO PRACTICE (ALL LEVELS INVITED – BRING THE FAMILY!! FGC SUPPLIES THE HOT DOGS, BRATWS, POP & TREATS) WATERFORD OAKS WATER PARK!

AS THE SUMMER OF 2017 NEARS, THERE ARE A FEW POLICY REMINDERS WE NEED ALL THE TEAM PARENTS & GYMNASTS TO PLEASE FOLLOW:

### POLICY REMINDERS / CHANGES:

**1. ALL GYMNASTS ARE REQUIRED TO WAIT INSIDE THE BUILDING FOR HER RIDE HOME, ALSO PARENTS PLEASE DRIVE VERY CAREFULLY AND SLOWLY IN OUR PARKING LOT !**

**2. YOUR PAYMENT WILL BE DUE ON OR BEFORE THE 1<sup>st</sup> OF EVERY MONTH, **AFTER** THE 1<sup>st</sup> – YOUR PAYMENT WILL BE CONSIDERED LATE (\$ 35 LATE WILL BE ASSESED TO YOUR ACCOUNT), AFTER THE 10<sup>th</sup> OF THE MONTH – YOUR DAUGHTER WILL NOT BE ALLOWED TO PARTICAPATE UNTIL YOUR ACCOUNT IS PAID IN FULL. WE REALIZE THINGS HAPPEN AND PEOPLE FORGET. HOWEVER, PLEASE DO NOT JUST ASSUME BEING LATE IS – “OK” – **BECAUSE IT IS NOT.** IF YOU ARE LATE FOR A GOOD REASON – PLEASE CALL US AND EXPLAIN YOUR SITUATION. PLEASE UNDERSTAND THAT TIMELY PAYMENTS ARE EXTREMELY IMPORTANT IN KEEPING OUR GYM RUNNING EFFICIENTLY!**

3. PLEASE REMEMBER THE **TEAM LATENESS POLICY** – IF YOUR CHILD IS PICKED UP MORE THAN 15 MINUTES LATE AFTER HER SCHEDULED PRACTICE TIME HAS ENDED – **YOU WILL BE CHARGED \$2.00 PER MINUTE UNTIL SHE IS PICKED UP.**

4. PLEASE CALL BEFORE YOU ARE ABSENT AND ADVISE YOUR COACHES OF YOUR FAMILY'S SUMMER VACATIONS. WE ARE KEEPING ATTENDANCE THIS SUMMER. IF YOU MISS A HIGH AMOUNT OF PRACTICES, YOUR GOALS WILL HAVE TO BE LOWERED TO ADJUST TO YOUR ATTENDANCE RECORD. AS A RESULT OF POOR ATTENDANCE, YOU MAY BE ASKED TO RETURN TO YOUR PREVIOUS LEVEL.

5. PLEASE **BE ON TIME FOR PRACTICE.** PLEASE ARRIVE ABOUT 5 MINUTES BEFORE PRACTICE STARTS TO PREPARE. WARM UP IS A VITAL TIME PERIOD IN A WORKOUT – **SO DON'T BE LATE!!**

6. SOME TEAMS WILL BE GIVEN AT **LEAST** ONE BREAK PERIOD DURING THE SUMMER TRAINING PERIOD. THIS TIME IS INTENDED FOR EVERY GYMNAST TO EAT A VERY HEALTHY SNACK AND TO DRINK EITHER WATER OR OTHER SPORTS DRINKS. ALSO, EATING A VERY HEALTHY SNACK **BEFORE** AND **AFTER** PRACTICE IS EQUALLY IMPORTANT. EATING PROPERLY IS EXTREMELY IMPORTANT. **EATING PROPERLY IS EXTREMELY IMPORTANT**, ESPECIALLY TO A GYMNAST. **REMEMBER WHAT YOU PUT IN – IS WHAT YOU GET OUT!!**

7. PLEASE UNDERSTAND THAT FOR YOUR SAFETY, AND THAT OF OUR GYMNASTS, **PARENTS ENTERING THE GYM IS SIMPLY NOT ALLOWED.** BY ENTERING THE GYM YOU ARE ENDANGERING YOURSELF AND **OUR GYMNASTS.** IF YOU NEED TO TALK TO YOUR CHILD, OR GET THEM EARLY PLEASE LET THE OFFICE STAFF HELP YOU. WE ARE HAPPY TO ASSIST YOU IN ANY WAY THAT WE CAN. **IF YOU NEED TO TALK TO A COACH, PLEASE CALL THE OFFICE, OR LEAVE A MESSAGE, AND THEY WILL CALL YOU AS SOON AS POSSIBLE.**

PLEASE SEE THE LEVEL REPRESENTATIVE PAGE FOR WHICH COACH TO CONTACT FOR YOUR DAUGHTER'S SPECIFIC LEVEL. WHEN THE COACHES ARE IN THE GYM, THEY ARE THERE TO COACH OUR GYMNASTS (INCLUDING YOUR DAUGHTER!). IT IS NOT FAIR TO THE KIDS TO PULL COACHES AWAY DURING PRACTICE TIMES TO ANSWER QUESTIONS.

8. WE REALIZE THIS IS LOOKING AHEAD – EVERY GYMNAST **MUST** BE AT ALL SCHEDULED PRACTICES **THE ENTIRE TIME FOR THE 1 WEEK PRIOR TO ALL MEETS. ALSO, DUE TO COMPETITIVE / STATE PACKET REASONS,** WE WOULD **LIKE** ALL GYMNASTS TO TRAIN ALL SCHEDULED PRACTICES THE ENTIRE TIME FOR THE 2 WEEKS PRIOR TO THEIR STATE, REGIONAL & NATIONALS MEETS. OUR COACHES WORK VERY HARD, AS DO THE GYMNASTS - TO PULL A GYMNAST OUT PRIOR TO HER BIGGEST MEET OF THE YEAR - IS SIMPLY **VERY DISAPPOINTING.** IT TAKES MOST KIDS AT LEAST A WEEK TO GET BACK HER TIMING AND SKILLS - BREAKING THIS RULE - IS NOT GIVING YOUR DAUGHTER THE BEST OPPORTUNITY TO EXCEL. IF THIS HAPPENS IN THE FUTURE - IF A GYMNAST HAS ANY BORDER LINE SKILLS SHE WAS TRAINING - TO ENHANCE HER ROUTINE - THESE SKILLS WILL DEFINITELY BE PULLED AND HER ROUTINE WILL BE READJUSTED TO FIT HER TIMING AND TO KEEP HER SAFE. **ULTIMATELY, YOUR DAUGHTER AND OUR TEAM WILL SUFFER - PLEASE KEEP THIS IN MIND.**

# **FGC TEAM LEVEL REPRESENTATIVES AND COACHES:**

**SUPERMITE** - DORENE PULGINI.

**POWERMITE** - EMILY CIOKAJLO (REP), NICOLE DAHL (REP), ALONG WITH SUPPORT COACHES, MR. D, SHELBY GRIBECK, MATT STRICKFADEN, & DAVID MAHONEY.

**LEVEL 3 & 4** - EMILY CIOKAJLO (REP), NICOLE DAHL (REP) KENZIE SKAGGS, SHELBY GRIBECK, ALONG WITH SUPPORT COACHES, MATT STRICKFADEN, DEBBIE CAMPBELL (NATIONAL JUDGE), KERI MONSTROLA (LEVEL 3 – 10 JUDGE), DAVID MAHONEY & MR. D.

**OPTIONALS & XCEL** - KENZIE SKAGGS (REP), SHELBY GRIBECK (REP), DAVID MAHONEY (REP), ALONG WITH SUPPORT COACHES, MR. D, JEFF DWYER, DEBBIE CAMPBELL (NATIONAL JUDGE), KERI MONSTROLA (LEVEL 3 – 10 JUDGE) & MATT STRICKFADEN.

THANK YOU FOR THE HONOR OF TRAINING YOUR DAUGHTER, IF YOU HAVE A QUESTION, SUGGESTION, OR WANT TO TALK ABOUT YOUR CHILD'S FUTURE IN GYMNASTICS, PLEASE CONTACT MYSELF OR ONE OF OUR STAFF. AGAIN, **THANK YOU** - BE SAFE AND BEST OF LUCK FOR THE 2017 – 2018 SEASON.

SINCERELY,

DAVID

FGC TEAM DIRECTOR



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## FGC 2017 TEAM SUMMER HOURS

<u>FEE</u>	<u>LEVEL</u>	<u>HOURS</u>	<u>DAYS</u>	<u>TIMES</u>
\$190	SUPERMITE	4.5	M & W	4:30 - 6:45 pm
\$220	POWERMITE	6.5	M & W	4:30 - 7:45 pm
\$265	* POWERMITE	10.5	M & W * TH	4:30 - 7:45 pm 8:00 - 12:00 pm
* Only recommended for 2 <sup>nd</sup> year gymnasts - <b>must commit / pay for entire Summer</b>				
\$275	LEVEL 3	12	M, T & W	8:00 - 12:00 pm
\$315	* LEVEL 3	16	* M, T, W & TH	8:00 - 12:00 pm
* Current Level 3 gymnasts				
\$315	LEVEL 4	16	M, T, W & TH	8:00 - 12:00 pm
\$330	LEVELS 5 - 10	19	M & W T & TH	8:00 - 1:30 pm 8:00 - 12:00 pm
\$240	SILVER	8	T & TH	8:00 - 12:00 pm
\$275	* SILVER	12	T & TH * W	8:00 - 12:00 pm 8:00 - 12:00 pm
\$240	GOLD	8	T & W	8:00 - 12:00 pm
\$275	* GOLD	12	* T, W & TH	8:00 - 12:00 pm
\$240	DIA & PLAT	8	M & W	8:00 - 12:00 pm
\$275	* DIA & PLAT	12	M & W TH	8:00 - 12:00 pm 8:00 - 12:00 pm

\* Recommended for 2<sup>nd</sup> year and up gymnasts - **must commit / pay for entire Summer**

**ANY GYMNAST WANTING TO TRAIN MORE - ASK**