



FARMINGTON GYMNASTICS CENTER, INC.

FUN AND FITNESS FOR EVERYONE

23966 FREEWAY PARK

FARMINGTON HILLS, MI 48335

www.farmingtongymnastics.com PHONE: (248) 478-6130

APRIL 16, 2018

DEAR TEAM PARENTS & GYMNASTS,

AT LAST **THE 2018 TEAM SUMMER SCHEDULE !** THE SUMMER SCHEDULE IS FROM JUNE 18, 2018 TO AUGUST 23, 2018. 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.

POWERMITE GYMNASTS – YOUR LEVEL PLACEMENT FOR SUMMER 2018 AND 2018-19 COMPETITIVE SEASON WILL BE EMAILED THE WEEK OF MAY 7.

XCEL SILVER, GOLD, PLATINUM AND LEVEL 3 - 10 – YOUR LEVEL PLACEMENT FOR SUMMER 2018 AND 2018-19 COMPETITIVE SEASON WILL BE EMAILED THE WEEK OF JULY 30.

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 2 - 5, 2018 AND AUGUST 27 – SEP 4, 2018. **LOOKING AHEAD**, THE FALL TEAM PROGRAM SCHEDULE WILL BE AVAILABLE ONLINE MONDAY, JULY 9, 2018 AND WILL START WEDNESDAY, SEPT 5, 2018. **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 2018:

1. THURSDAY, JUNE 21 – NO PRACTICE FOR ALL TEAMS
ADVENTURE PARK – ROPES COURSE !
<https://westbloomfieldadventurepark.org/>
2. **WAVE POOL & TEAM PICNIC** - THURSDAY, AUGUST 16, 2018 –
NO PRACTICE (ALL LEVELS INVITED – BRING THE FAMILY!! FGC SUPPLIES THE HOT
DOGS, BRATWS, POP & TREATS) **RED OAKS WATER PARK! (NEW SITE)**

AS THE SUMMER OF 2018 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 1st OF EVERY
MONTH, **AFTER** THE 1st – YOUR PAYMENT WILL BE CONSIDERED LATE
(\$ 30 LATE WILL BE ASSESSED TO YOUR ACCOUNT), AFTER THE 10th OF
THE MONTH – YOUR DAUGHTER WILL NOT BE ALLOWED TO PARTICIPATE
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 EMAIL (farmingtongymnastics@yahoo.com) 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 - 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:

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

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

OPTIONALS & XCEL - AMANDA LUMLEY (REP), DAVID MAHONEY (REP), ALONG WITH SUPPORT COACHES, EMILY CIOKAJLO, MR. D, NICOLE DAIHL, SHELBY GRIBECK, 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 BY OR ONE OF OUR STAFF **BY EMAIL AT (farmingtongymnastics@yahoo.com)**. AGAIN, **THANK YOU** - BE SAFE AND BEST OF LUCK FOR THE 2018 – 2019 SEASON.

SINCERELY,

DAVID

FGC TEAM DIRECTOR



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FGC 2018 TEAM SUMMER HOURS

<u>FEE</u>	<u>LEVEL</u>	<u>HOURS</u>	<u>DAYS</u>	<u>TIMES</u>
\$225	POWERMITE	6	M & W	4:30 - 7:30 pm
\$270	* POWERMITE	10	M & W * TH	4:30 - 7:30 pm 8:00 - 12:00 pm
* Only recommended for 2 nd year gymnasts - must commit / pay for entire Summer				
\$285	LEVEL 3	12	M, T & W	8:00 - 12:00 pm
\$320	* LEVEL 3	16	* M, T, W & TH	8:00 - 12:00 pm
* Current Level 3 gymnasts				
\$320	LEVEL 4	16	M, T, W & TH	8:00 - 12:00 pm
\$335	LEVELS 5 - 10	19	M & W T & TH	8:00 - 1:30 pm 8:00 - 12:00 pm
\$250	SILVER	8	T & TH	8:00 - 12:00 pm
\$285	* SILVER	12	* T, W & TH	8:00 - 12:00 pm
\$250	GOLD	8	T & W	8:00 - 12:00 pm
\$285	* GOLD	12	* T, W & TH	8:00 - 12:00 pm
\$250	DIA & PLAT	8	M & W	8:00 - 12:00 pm
\$285	* DIA & PLAT	12	M, W & TH	8:00 - 12:00 pm

* Recommended for 2nd year and up gymnasts - **must commit / pay for entire Summer**
ANY GYMNAST WANTING TO TRAIN MORE - ASK