



2021-2022 RISING STARZ TEAM EVALUATION INFO PACKET

Dear Families,

Thank you so much for your interest in the Rising Starz team program!
Please take time to review all the information in this packet and feel free to reach out to us with any questions.

If after reviewing the information you would like to register for team evaluations, please login to your parent portal and find **Team Evaluations** under the camps tab. Any gymnast age 5 years old and up can sign up for evals, we just ask that they have the following skill pre-requisites: Bridge off head, Handstand & Cartwheel.

Thank you,

Sarah Gross

Rising Starz Gymnastics & Fitness

616-202-7953

RISING STARZ GYMNASTICS TEAM PHILOSOPHY

Rising Starz Gymnastics Team is a unique program that is designed to give every gymnast an opportunity to excel not only in gymnastics but in life. When properly taught, gymnastics teaches self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for danger, respect for others, poise and grace. We are building and creating life skills that will go way beyond the competition floor.

Competition is something that is a part of our daily lives. We strive for our personal best in whatever we do. This, however, must be learned, nurtured and developed. We are committed to fostering the spirit of competition among our young gymnasts. Gymnasts must always remember to be respectful of teammates as well as coaches and portray sportsmanship in competition by playing fair, learning how to deal with failure, and winning graciously. We will continuously remind our athletes that gymnastics excellence means becoming the best you can be individually, not about the medals they receive or the trophies or banners on the gym wall.

FUN TEAM VS. XCEL COMPETITIVE PROGRAMS

We have 2 different programs for competition at Rising Starz. Depending on your daughter's experience and skills our coaches will evaluate and place them on either our Fun Team or one of our Xcel Teams. Most gymnasts, with no competitive experience will begin in our fun team or lower-level Xcel Programs.

Fun Team: The fun team is a great entry level program for gymnasts as they begin in competitive gymnastics. Gymnasts in this program will learn routines and compete in both in-house and out of house fun meets. Their routines will be judged, but the gymnasts will receive ribbons based on their performance vs. scores and individual team placements. This experience gives kids a great entry into learning how to compete and reach for goals without the pressure of looking for scores.

XCEL: There are 5 divisions in the Xcel Program. Bronze, Silver, Gold, Platinum & Diamond. This program was designed as an alternative program by USA Gymnastics for those wanting a limited time commitment, those preparing for high school gymnastics, those who love gymnastics and want a bit more and those who desire a challenge of optional routines and competition. This program provides a means and purpose for continued gymnastics participation. Xcel team gymnasts will compete in USAG sanctioned Xcel team events where they will be able to experience team building relationships as well as individual growth and performance. Our Xcel athletes compete in 5-6 competitions a year in Michigan and possibly states in our region (Ohio, Illinois, Indiana, Kentucky).

WHAT IS THE COMMITMENT OF THE TEAM PROGRAM?

The 2021-22 competitive season:

Fun Team & Competitive Bronze: June 14th-April 30th

Xcel Silver, Gold, Platinum & Diamond: June 14th-May 31st

**Our Fun Team Athletes will have optional practice during May.*

Fun Team: 2.5-6 hours/week: split into 1 or 2 days depending on level placement.

Xcel Team: 6-12 hours/week: split into 2-3 days. Hours are based on level.

**entry level team programs would be lower hours and no more than 2 days.*

WHAT IS THE COST?

2021-22 (ESTIMATED) SEASON COSTS

\$50.00 annual team registration fee due with your contract after placement

Monthly Tuition Costs:

Fun Team: (Hours based on level placement)

- 2.5 hours/week: \$135.00 per month
- 6 hours/week: \$190.00 per month

Xcel Team: (Hours are based on level placement)

- 6 hours/week: \$190.00 per month
- 7 hours/week: \$210.00 per month

Team Booster Fees (Uniform, Meet fees/Expenses for competitions)

***estimated costs* based on 2020-21 season**

Fun Team: (paid in installments) \$900.00

Xcel Team: (paid in installments) \$1300.00

We do our best to provide families with all expected expenses for team before committing so there are no surprises, but please remember these are estimates based on previous years. We try to estimate on the higher end to leave a little room for any increases in cost. The boosters will provide a fee schedule for these fees mid-summer.

Please Note: If your daughter is placed in Xcel Silver or above, they will need to have beam and floor choreography done. These are individualized routines made specifically for them. This is an additional \$150.00 fee that is paid to the choreographer. The girls will typically keep these routines for two years.

*Booster Payments will be broken into monthly payments. July-December (6 months). Our booster club offers fundraisers to help you raise money to support your gymnast.

ARE THERE FUNDRAISING OPPORTUNITIES?

Our booster club has multiple different opportunities for fundraising to help pay your booster fees. Fundraising money cannot be applied to tuition as Rising Starz is a for-profit business, but you can apply money raised to your booster fees. We participate in Script, a pop can drive, and various other sales that benefit the girls and our team.

HOW MUCH TRAVEL IS INVOLVED?

We begin our meet season in December and attend 1-2 competitions a month from December-April with our Fun Team and Competitive Bronze and May with our Xcel Silver and above totaling 5-6 competitions. All but one competition will take place in Michigan (former places: Lansing, Kalamazoo, Detroit, Ann Arbor). Our out of state meet will be within 4 hour driving distance and will be for Xcel only. Fun Team will not travel out of state.

WHEN DOES TEAM START?

Our team practices will start the week of June 14th and go through April for Fun Team and Competitive Bronze and then the end of May for Xcel Silver and above.

***Please note:** Team Commitments are for a full season. Once you have committed to the program, you are agreeing to our financial agreement for the entire year. Dropping from team after our season start date will result in a \$500.00 drop fee and tuition up to the date of withdrawal. This information will be included in the team contract.

REGISTER FOR TEAM EVALUATIONS ON MAY 8TH!

Thank you again for your interest in our team program. If you are interested in an evaluation, please login to your parent portal and register for Team Evaluations on Saturday, May 8th.

- 5-7 years old: 10-11:30am
- 8 years and up: 12:00-1:30pm

If you have any questions, please reach out to Sarah or Hannah:

Sarah: risingstarzteam@gmail.com

Hannah: hannah@risingstarzfitness.com