

Welcome to: Rising Star Gymnastics

(Shawnee, Oklahoma)



RISING STAR GYMNASTICS, INC

eff dt: 01/2013

www.rsgymnasticsok.com

rsgymnasticsok@yahoo.com

405-273-1068

facebook: rising star gymnastics fax: 405-234-3983

Dear Parents,

Welcome to Rising Star Gymnastics. I am the owner and President of Rising Star Gymnastics. We very excited about meeting you and your family. I have been in gymnastics since 1970 as a competitive gymnast, recreational coach, competitive coach with National Champions, USAIGC State Chairman, birthday hostess and a variety of other hats as a gym owner. I have been a gym owner since 1995 and thoroughly enjoy my time with the children and parents. I started ballet, tap, and jazz dance training in 1964 and choreographed more routines than I care to admit! I have also worked with All-Star cheer squads competing on the east coast as well as various twirling squads. I came to Shawnee in 2009, excited about sharing this wonderful sport and my experience with you and the children.

Enclosed you will find all the necessary information you will need while participating in activities here at Rising Star Gymnastics. We have a variety of fun activities for all the children. Our staff is dedicated to making this a fun and safe learning environment for our students.

You will receive a packet with a Rising Star Release Form, a Medical Form, an Emergency Procedure Form, and Rules and Policies agreement which will need to be completed by the **student's parent/legal guardian**, and given to the receptionist. For insurance reasons, these forms need to be completed and signed prior to any students proceeding out to the gym floors. If you are a parent involved with Parent and Tot/Bright Stars, your name needs to be included on the Release Form as well. Also, there is a check off list to be signed to verify you have read and are aware of all the policies here at Rising Star Gymnastics.

At Rising Star Gymnastics, we have rules which are for the safety of students and guests that attend all our programs. Please be aware of and abide by these rules. We are very proud of our facility and want it to be a pleasant experience for everyone.

If you have any questions while at this facility, our receptionist and gym manager will be happy to assist you.

Thank you very much for the opportunity to work with you and your child. We look forward to making lasting memories for everyone.

Happy Flipping,
Coach Debbie
President, Rising Star Gymnastics

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Dear Student,

Thank you for wanting to try gymnastics! We know you are going to have a fun time and learn lots of good things here at Rising Star Gymnastics. Your parents/guardians have been given a book which has all the rules and information they need to get you started. Some of the things, like your uniform, should be your responsibility. When you come into class, you should be prepared to perform gymnastics to the best of your ability and be willing to learn.

Some of the things we will be doing might be scary at first. Some things you may not be able to do on the first try. That's OK. We know you won't know how to do these things, that's why you are here!

You will be learning about the equipment used in gymnastics and all the fun tricks we do. Some of them may even be the things you see on T.V. (or a variation of).

Your coach is very excited about having you in their class. You may see some friends you already know, and some new friends will be made. We want you to have a good time and remember always to be respectful of your fellow students and HAVE FUN!

See you in the gym!

Coach Debbie

RISING STAR GYMNASTICS, INC.

Mission Statement

Our mission at Rising Star Gymnastics, Inc. is to develop each individual's gymnastics potential in a safe and enjoyable atmosphere through positive reinforcement. We strive to help each child gain greater self-confidence and a more positive self-image.

Class Objectives

At Rising Star Gymnastics, our objectives are to provide a fun and safe learning experience for each of our students and parents. We strive to encourage learning, respect for oneself, and respect for others. Gymnastics provides reading readiness through perceptual motor skills for the preschool student - teaches children to be a member of a team/group, enhances motor development, coordination, poise, and agility. Gymnastics also increases self-confidence as a mover and allows the students to make new friends. It improves listening skills, and is FUN!

Parent Role

At Rising Star Gymnastics, the parents are encouraged to provide positive support for their child and any other children in the program. For Parent and Tot classes, parents are expected to actively participate with the students learning experience. Questions are encouraged to aid in the development of their child. Parents are also expected to satisfy tuition payments on a timely basis. Any siblings or minor guests not in class are the responsibility of the parent.

Student Role

Rules for the gym are provided and each student is expected to adhere to those rules for every student and guests' fun and safety while in the gym. Students are expected to come to the gym mentally and physically prepared for gymnastics class.

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RULES WHILE AT THE GYM

These rules have been established over many years of experience. Some are requirements for insurance purposes. We thank you ahead of time for abiding by these rules.

1. Only registered students or Bright Stars Parents are allowed on the gym floors. Only 1 parent for each Bright Star student.
2. Please keep restrooms clean and put trash in proper receptacles.
3. Parents are responsible for the actions of their children. Please keep awaiting siblings in the designated area. No child should be left without adult supervision, run through the building, or play in the bathrooms.
4. Flash photography is strictly forbidden unless otherwise noted. Videotaping is allowed and encouraged.
5. No running in the reception area. Waiting students should sit in the designated area while waiting for class.
6. Students should come into the gym ready to learn.
7. Any student that may be ill and possibly contagious in any way is encouraged to stay home and take a make up class.
8. Good manners are expected at all times with the coaches, staff, and guests of the gym.
9. Students more than 10 minutes late will not be allowed in class. Warm-ups are an essential part of their training and done in the beginning of class. They keep injury level at a minimum. A make up class can be done if class needs to be missed. If an emergency occurs and your child will be late, please call the gym and we will be happy to make arrangements for your child's class.
10. We expect the students to attend all classes in the session. The only way progress will be seen is when the children attend class.
11. The waiting area is for everyone and each guest is responsible for cleaning up after themselves.
12. Please keep the reception area in front of the desk area clear for guests needing assistance.
13. Students should be dressed for the sport of gymnastics: leotard and hair tied back for female students, shorts and tucked in shirt for male students. Bare feet for

- students. Parents in Parent and Tot classes should be dressed comfortably for the class, socks allowed.
14. Street shoes should be kept off the gym floor.
 15. Please remember to update the gym any time personal information changes, e.g. address, phone numbers, medical conditions of a student.
 16. Alcohol is prohibited outside, around, or in the facility.
 17. Absolutely no food or drink in the gym areas.
 18. Students should have an adult with them while in the pro-shop.

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Gym Attire

Female Students: Female students should be dressed in a leotard (any color and no skirts) which can be purchased at Rising Star Gymnastics or purchased at any local supplier. Leotards cover the trunk of the body and can be worn with or without undergarments. For the older female students, a sports bra is recommended. When wearing with undergarments, they should be tucked underneath the leotard. In gymnastics, we wear nothing on our legs or feet. At higher competitive levels, the students sometimes choose to wear beam shoes. The students do not need grips unless they are in a competitive program. Hair should be tied off the face. Longer hair can be pulled into a pony tail. If very long, hair sometimes gets caught and pulled during rolls. This length should be pulled up a second time as not to hurt the student. Braiding is fine. Hair that is put in buns, as dancers will do, can sometimes hurt the student's head when rolling on the floor or the beam. We try to avoid any hair styles that use excessive bulky rubber bands, clips, or bobby pins that can fly out of the hair. Flat clips can be purchased at the local Dollar Store that lay flat on the student's head. Jewelry and any other valuables should be left at home. Earrings are limited to posts only. Your child will be asked to remove any dangling or loose jewelry for their own safety. We can not be responsible for these items. The best thing is to leave them at home! Students with shorter hair should be able to use clips to keep bangs and side hairs off the face while on the beam and going upside down. If the student comes in without hair tied back, we will be happy to give them a rubber band during the class as a temporary fix.

Male Students: Male students traditionally wear the one piece trunk cover and stirrup pant however, for the beginner level gymnast, elastic waist shorts and a T shirt are just fine. If hair is longer, male students must also find a way to keep hair off the face. Jewelry should be left at home. This includes necklaces and earrings. Rising Star Gymnastics cannot be responsible for valuables left at the gym.

Students in gymnastics will be going all directions, including upside down. At no time do we want them to be blinded by hair or attire. Attire should be comfortable but not too loose as to fall off during any aspect of their training. If unsure of attire, please see your child's coach and we will be happy to give you pointers for the next class. Students not dressed appropriately for the sport of gymnastics, will not be allowed to enter class and will need to take a make up class.

Clothing and shoes should be stored in a locker or cubby of choice, and not be left on the floor of the gym or reception area.

The gym cannot be responsible for items left in lockers or cubbies. Please keep valuables at home.

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Class Description, Prices and Times:

Based on 1 class per week. Multiple classes/tuition discounts are available.

Beginner classes at Rising Star Gymnastics are divided by age then ability. Ages are divided in the following ways. Note: Student must already be the assigned age before entering a specific class. If a student turns the next age within a session, they will be moved at the end of that session. Classes need a minimum of 4 per group to keep the class on the schedule and a maximum of 10 per group (cheer classes exempt). Refunds are not given for classes. Makeup classes are scheduled to be sure each student gets the proper class time.

Rising Star Gymnastics reserves the right to cancel/change any classes that do not meet the minimum student requirement.

Bright Stars: These students are ages **2 and 3 years old**. One adult parent/guardian is involved with the students in the Pre-School gym. Classes are 45 minutes long and include a 10 minute warm up. Cost for this class is \$193.05 per 5 month session or \$42.90 per month. Class prices are based on 1 class per week.

Shooting Stars: These students are **4 years old** and participate in the Pre-School gym. This class is with a coach and divided by ability level. Class for these students is 45 minutes long and includes a 10 minute warm up. Cost for this class is \$193.05 per 5 month session or \$42.90 per month. Class price based on 1 class per week.

Twinkling Stars: These students are **5 years old** and participate in the Main gym. The class is established then the coaches split the students by ability and group them accordingly. Class prices are based on 1 class per week. Class time is 45 minutes. Cost for this class is \$193.05 per 5 month session or \$42.90 per month.

Rising Stars: These students are **ages 6 and older beginner** gymnastics students. Once the groups are established, the coaches will split the students by ability and group them accordingly. Class time is 60 minutes. Cost for this class is based on 1 class per week. Cost for this class is \$210.60 per 5 month session or \$46.80 per month.

Super Stars: These students are **intermediate** skill level gymnastics students **ages 6-18**. Coaches will evaluate these students prior to acceptance into this class. Once the group is established, the coaches will split the students by ability and group them accordingly. Class time is 90 minutes. Prices for this class are based on 1 class per week. Cost for this class is \$262.80 per 5 month session or \$58.50 per month.

Tumbling: These students primarily tumble and do not use the equipment. This class has been established to assist the cheerleading student with tumbling for competition. Students ages **6 years to 18 years**. Once the group is established, the coaches will split the students by ability and group them accordingly. Class time is 60 minutes. Price for class is based on 1 class per week. Cost for this class is \$210.60 per 5 month session or \$46.80 per month.

Cheer:

In Session I of 2012, Rising Star brought on a cheer coach to teach Cheer fundamentals. Jumps, cheers, tumbling, and stunting are all introduced to prepare the student for cheerleading. Students must be between the ages of 6-16 for this 1 hour class. Cost for this class is \$210.60 per 5 month session or \$46.80 per month. Sibling discounts for classes 1 time per week are 10%.

*Example: \$42.90 class 10% discounted to \$38.61
\$46.80 class 10% discounted to \$42.12
\$58.50 class 10% discounted to \$52.65*

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Summer Sessions

During the summer months, the gym will switch gears and go to a weekly schedule. This schedule will run June and July. The students need to sign up for the weekly camp sessions that run Monday through Friday from 9-Noon. Signups are available beginning in May. Summer classes are for students ages 4 to 16, all levels. Cost is determined by age. 4 and 5 year olds have an hour session at summer camp, all other students are 3 hours. Evening classes are also available for working parents beginning at 6 PM.

Gym Closings

The gym closes throughout the year for holidays and inclement weather. Each year, a calendar will be posted to remind parents of the dates. You can check out the:

- ⇒ Poster board as you enter the gym
- ⇒ Board of activities on the wall in the waiting area
- ⇒ Monthly Newsletters
- ⇒ Emails

If we need to close for weather, call the gym and a message will be on the gym phone. Inclement weather messages will be updated daily. Emails are sent as well. Please be sure we have yours on file.

***Note: For the competitive students, emails will be sent for days closed.

Fall Registration

Each year, we have a fall registration which is the beginning of August. New parents and students can visit the gym and get a tour of the facility. Times for registration will be posted on the internet and at the front door. We begin the fall session usually the 3rd week of August, in conjunction with the beginning of the school season.

If you are a returning student, we will review your prior registration forms for any updates you may have. For Session 2 beginning in January, all Session I students will get priority to classes.

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Birthday Parties

Birthday Parties at Rising Star Gymnastics are scheduled on Saturdays from:

12:00-1:30, 2:00-3:30, 4:00-5:30, 6:00-7:30

Parties consist of one (1) hour on the gym floor and a ½ hour for cake and presents. Rising Star Gymnastics does not provide any food or drink, however will provide paper products for the birthday child and their guests. Parents may use the refrigerator and freezer to store any food and drinks they bring to the gym. Please remember to take all your leftover food and drink home. Rising Star Gymnastics is not responsible for left over items that may be eaten by hungry staff!

The students will participate in a fun gymnastics time with the birthday host including gymnastics games and obstacle courses with open time to play at their leisure. These parties are for the children only. Parents with children ages 2 and 3 are allowed on the

floor for supervision only and should have their name on the release form along with their child's.

Participants of Birthday Parties should come dressed accordingly. Dresses are not attire for a gymnastics birthday party. Each participant will be given a release form to be completed and turned in on the day of the party.

When you schedule your child's party, you will be asked various questions about the party. Our goal is to make this party, one your child will always remember.

Video taping of the party is always recommended, however flash photography is not allowed for the safety of the students participating. Students ages 2, 3, and 4 will have their party in the pre-school gym. Ages 5 and older will be in the main gym.

We hope this time is a memorable time for you and your child and look forward to seeing them each year for their birthday.

BIRTHDAY COSTS
\$150.00/15 guests (birthday child free)
\$10/ each additional guest
Ages: 2-16
50% deposit required at time of scheduling

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Tuition Procedures and Makeup Classes

TUITION/PAYMENTS

Tuition is due at the beginning of each month. Tuition and any other activities can be paid by check or credit card. Payments made after seven (7) days late will receive a \$10 late fee. Returned checks are subject to a \$25 returned check fee and must be replaced within seven (7) days by credit card. Payments are to be given to the receptionist or dropped in the tuition box. More than two (2) NSF's will suspend student participation in our programs for 2 months or until the checks are made good.

Credit cards taken for tuition payments are: VISA, MasterCard, and Discover. If you would like to set up automatic debit with your bank, see the receptionist for the gym's routing number for our bank. We do not initiate automatic debits or bill monthly to allow us to keep costs down.

We do not give refunds on classes however we will be happy to credit the payment to the following session only or toward another activity at Rising Star Gymnastics. Once a student has signed up for a class, their spot in that class is assured. We will be happy to change a class day and time to better suit schedules if an opening is available. Please do not ask us to put your child in a class time and day that is already full. It is not fair to those students already in that class. We keep the student teacher ratio to 1:10 to create an environment for the fastest learning is possible.

MAKE UP CLASSES

Make up class date and times are done between sessions and are posted throughout the gym. Students should not have more than two (2) make ups per session. If more than two (2) are needed, we will review your class day and time to find a more suitable one that fits your busy schedule and is available. Summer vacation schedules need to be given to the receptionist so that students are not penalized for these days.

TUITION DISCOUNTS

Tuition discounts are 10%. They are given for a sibling(s) of an active student. If your child wants additional classes above what is normally scheduled, see the 2 day a week tuition discount.

REGISTRATION FEES

Registration fees are \$40 per student and paid **annually** on the anniversary of each student's enrollment. There is no discount on the registration fee.

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Private Lessons

Private lessons are scheduled through a staff member. Some students may request privates for more time on a specific event or just for additional 'one on one' time in the gym. Privates are done during regular gym hours. They are for any student that wants to learn more gymnastics. For students not involved in our regular program, privates are \$50 per hour. As with all lessons, we take checks or credit cards for privates. For those students that are actively involved in one of our programs, or for a sibling of an active student, cost for privates is \$40 per hour.

To schedule a private, you will need to contact the staff member you would like (it doesn't have to be your child's coach) to do the private. They will check the gym calendar and their schedule to coordinate a date and time with you. At that time, you will need to discuss what your goals for that hour might be, e.g. more bar or balance beam work, more practice of a back hand spring, etc.

Remember, privates are for additional time. They are not meant to replace your child's regular class participation. If you need to cancel a private, call the gym to let the staff member know. Continual scheduling and canceling of privates, will forfeit your privilege of having privates.

If you would like to schedule a private with your child and a friend (semi-private), the fee for the private will be evenly split between the two students. Each parent will be responsible for their portion of the private fee.

Proper gym attire is still required for a private lesson.

For students not actively in a program, a Rising Star Gymnastics release form must be completed and signed by a legal parent/guardian, prior to the student entering the gym area. Only one release needs to be on file, unless information on those forms has changed. **Only the legal parent/guardian can sign the forms.** Grandparents, Aunts, Uncles, or family friends, cannot sign unless they have been given legal guardianship by the courts. Please do not ask us to make exceptions to this rule, it will void our insurance.

RISING STAR GYMNASTICS, INC.

Frequently Asked Questions

For some parents, this may be the first time they have been involved in gymnastics. Most people have seen gymnastics on television and know the basics of the sport. It's not just a female sport, and the boys love it once they get to play! We have equipment for the girls: vault, bars, beam, and floor and equipment for the boys, vault, pommel, high bar, parallel bars, rings, and floor. That's not to say the girls and boys can't

use and learn fun things on all the equipment. We use trampolines for fun and training as well.

Throughout the years of coaching, I have been asked the same questions repeatedly of new moms and dads:

Why can't my child do a cartwheel? A cartwheel is made up of 2 moves, a handstand and a side twist. To perform this move, the student must be flexible in their hamstrings and shoulders as well as strong enough to hold their body in a handstand. Some students are naturally strong, while others are naturally flexible. We do lots of strength and flexibility moves in our warm-ups to help when practicing a cartwheel. By the way, don't always assume the hand your child writes with will be the side they perform their gymnastics. Some students can perform tricks on both sides!

Why can those younger kids do a 'back flip' and my teenager can't? A back hand spring is a strength move which requires lots of pushups, bridges, and handstands. The body ratio of a 6 year old is a lot different than a 16 year old. Weight and distribution of that weight can make a difference. Also as the students get older, they get more fearful and hesitate more. That's why it's easier (from a coaches standpoint) to teach it to a younger student. Boys learn it faster as well because they don't seem to be as fearful (speaking from 30+ years of coaching!)

Why isn't my son or daughter progressing as fast as the rest of the students in the class? For fear of sounding like your pediatrician, all students progress at their own rate. I know it's hard to not compare, but try! As long as they keep trying, they'll get it.

Why do the students do so many rolls? This move is a basic safety move that the students need for the higher level skills. Like all skills in gymnastics, this skill has a skill set family of many other skills. This skill needs to be an automatic response skill where the student does it without thought. If over rotating on a piece of equipment, the student uses a roll process to land safely. Some other skills in this family are: hand stand forward roll, dive forward roll, back extension roll (back roll to handstand), front salto (flip) with no hands, etc.

Why is my son/daughter scared? A student will sometimes get scared when they are asked to do things outside their comfort zone. That's why we are instructed to teach the students skill in succession or the part/whole method. By the time a student is asked to do a new skill, they have learned various parts of the skill and now need to put what they have learned, together. If they are still scared, we go back to basics until they are ready. Just remember, that high beam looks a lot higher when you are standing up on, it v.s. being in the stands!

My son or daughter needs to lose weight, will gymnastics help? Anything getting children moving is good for them. Good for you to recognize they need to exercise. The only unfortunate part of beginner gymnastics, is that the students don't get a lot of cardio exercise as they would playing field hockey or soccer. We concentrate on flexibility, coordination, and strength to perform the skills they need, safely. Watching their diet along with exercise is always a positive. If you need additional information, talk to your child's pediatrician.

Why can't I (the parent) go out and play too? Well, I would love for you to play too, however the insurance industry has our hands tied. After many years of research, they found that things 'break' easier as we get into our 20's, therefore we would void our insurance if we let adults on the equipment, sorry dad, no rings for you!

How can I help my child at home? Spotting gymnastics at home can be very dangerous. The staff goes through extensive training so they don't get kicked or punched with flying hands and feet. At home, remind your child to stretch and stay limber. Whenever possible, work with them on their sit ups and push ups. I like to see mom or dad do twice as many as the kids. Make it a challenge for them! During the holidays, the gymnastics equipment manufacturers have sales on equipment to use at home. See your child's coach for the best piece of equipment for the level your child is working. Any home equipment ordered for Christmas can be kept at the gym until December 21.

Working with students all these years, my staff and I are still learning and enjoying each student's strengths and weakness. Don't worry mom and dad, they'll get it!

Coach Debbie

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Skill Evaluations

Throughout the year, we will complete a skill evaluation/report card for your child. In this process, we have your child attempt the skill called. The students are evaluated on a 3 point basis. A “1” means the child is unfamiliar with the skill/skill name. A “2” means the child is familiar with the skill name and will attempt it on their own. They may fall on occasion or need correction in their form (arms, legs, feet, etc). A “3” means they have the skill internalized and can do it correctly on each attempt. The goal of the student is to get 3’s at the level they are working. Once ‘3’s are achieved, they student will then move up to the next class. When movement to the next class is needed, your child’s coach will put a note on the top of the evaluation to discuss their new class/time with you. We try to move the students at the beginning of each month. Additional comments may be made throughout the evaluation to help parents in understanding what is required to fulfill the necessities of that skill.

Once students have achieved all the skills in columns 1 and 2, they are ready for the intermediate level and will begin a 90 minute training class. From the intermediate class, students are chosen for the competitive program. At this time, students must be at least 6 years old to enter into the competitive program (USAG rules).

After you have received your child’s evaluation to review, we ask that you return it to the reception area to be filed as a record on your child’s progress here at Rising Star.

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GYMNASTICS LINGO

- **Forward Roll** – a forward motion where the students go into a ball position from their feet in a squat position. The skill is worked starting and ending on the feet. This skill is learned as a fall drill as well for the equipment.
- **Backward Roll** - same body position as a forward roll, but done backwards.
- **Bridge** – the arch position where the student lays on their back with hinged arms and lifts their belly to the point of straight arms and head off the ground.
- **Table/Crabstand** – like a bridge, however the arms are placed at the sides of the body and not hinged.
- **Cartwheel** – a side motion skill passing through a handstand, starting and ending in a lunge.
- **Round off** – this skill begins like a cartwheel and ends on 2 feet facing the direction of the start of the skill. This skill is done running and the first skill with ‘flipping’ speed.
- **Back hand spring** – this skill is sometimes referred to as a ‘flip’. The student starts on their feet, jumps backward into an arch, landing on the hands in a momentary handstand, then the feet quickly rotate over their head back to a stand position. Also known as a flic flac or flip flop. This is an intermediate level skill for recreational students.
- **Hurdle** – this is a hoping or skipping motion done right before a skill done from a run.
- **Front hand spring** – a running skill where the student hurdles to a handstand to bridge and back up to stand. This skill is done very quickly. Kind of the reverse of a back hand spring, but started with a run.
- **Coupe** – A position of the feet where one foot is pointed and against the opposite ankle.
- **Cast** – done on the bar where the student supports themselves on their hips and swings the legs backward, causing the hips to rise off the bar.
- **Vault** – process of running and going over the vault ‘table’. Usually done with a flip of some kind to get from one side of the table to the other.
- **Board approach** – long hurdle done before jumping on the spring board and going over the vault table to complete the vault.
- **Candlestick** – In this position the gymnast lays on their back with feet up. The gymnast attempts to lift the hips to where they balance on their shoulders.
- **Arabesque** – A balance on one leg with the other stretched backward/upward and straight.

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SKILL REINFORCEMENT SESSIONS, PARENTS NIGHT OUT, ETC.

Rising Star Gymnastics will be scheduling Skill Reinforcement Sessions (SRS) and various activities throughout the year. You will be notified when these activities are for members only, or friends are allowed to attend. When friends are participating in activities, a Parental Release form must be on file prior to that participant going out on the floor. During Skill Reinforcement Sessions, the students are allowed to practice in the gym at their pace. Staff is available to assist on skills. This is not a time to learn new things, but to practice already taught skills. Students must be dressed for gymnastics when out on the gym floor for all activities. Any costs that are involved with SRS, Parents Night Out, etc. will be posted at the gym.

We have 2 sessions throughout the gymnastics season from August to May. During the season, we put on a 'presentation' for the parents in Session 1. Parents are invited into the gym where the students each perform a routine by themselves on the gymnastics equipment during their regular class time. The students are introduced to meet procedure, saluting the audience, and performing on their own. Videotaping is encouraged during this performance. You will not be asked to purchase any additional attire for this performance. Students are given participation awards for their hard work. In the summer, additional performances are scheduled with the competitive team participants. All gym members are invited to attend. Letters are distributed, signs put up in the gym, and emails are sent out to inform members of these various activities. Session 2 is our show presentation. It is a fund raiser for equipment in the gym.

PRO SHOP

Rising Star Gymnastics Inc. has a Pro-Shop to the left of the entry desk in the building. Gymnastics apparel, clothing, and novelties are available. The pro-shop is open during regular gym hours Monday through Thursday. If you would like to look for items outside these times, see one of the staff members. Great gift ideas are available for special occasions, e.g. Christmas, birthdays, etc.

RISING STAR GYMNASTICS, INC.

GYM SCHEDULE

Our Address: 1301 N. Kennedy, Shawnee, OK 74801

Check out our website at: www.rsgymnasticsok.com for the most updated schedule.

Classes are strictly dependant on enrollment and can be added or deleted at any time.

We can be reached through our email: rsgymnasticsok@yahoo.com or through phone at: 405-273-1068.

Check us out on facebook: rising star gymnastics

GYM EMERGENCY PROCEDURES

RISING STAR GYMNASTICS has adopted the following procedures in caring for your child when he/she becomes sick or injured at the gym:

In case of emergency and need of medical or hospital care:

1. The gym will call the cell phone. If there is no answer, the gym will call any additional phone numbers provided, and the physician.
2. If none of the above answer, the gym will call an ambulance to transport the child to a local medical facility.
3. Based upon the medical judgment of the attending physician, the child may be admitted to a local medical facility.
4. The gym will continue to call the parents, guardians, or physician until one is reached.

If I cannot be reached and the gym employees have followed the procedures described above, I agree to assume all expenses for moving and medically treating this gymnast. I also consent to any treatment, surgery, diagnostic procedures or the administration of anesthesia which may be carried out based on the medical judgment of the attending physician.

Parent Signature: _____ Date: _____

I have read and understand the rules and policies for Rising Star Gymnastics, Inc. I am aware that some of the rules include:

1. Refunds for any activities at Rising Star are not given, but credited to the next session or another Rising Star activity.
2. Returned checks are subject to a fee and must be replaced within seven (7) days.
3. Parents are responsible for the actions of their children while in the facility. Children are not allowed to run through the building or play in the restrooms.
4. Videotaping is allowed, however flash photography is not.
5. Students should be dressed appropriately and be on time for gymnastics.
6. Students should be ready and eager to attend class and respectful of all guests and staff of Rising Star Gymnastics.

Parent/Custodian Signature

Date

Rising Star Representative Signature

Date

**RISING STAR GYMNASTICS, INC. 1301 N. KENNEDY AVE, SHAWNEE, OK 74801 405-273-1068
ASSUMPTION OF RISK, RELEASE, INDEMNIFICATION, AND COVENANT NOT TO SUE**

THIS AGREEMENT is entered into this _____ day of _____, 20____ by and between
RISING STAR GYMNASTICS INC., an Oklahoma Corporation (Gymnastics), and
_____ of _____
(Parents/Guardian) (City/State)

IN CONSIDERATION OF GYMNASTICS ALLOWING THE HEREINAFTER-NAMED MINORS TO PARTICIPATE AND /OR ENROLL IN A PROGRAM AND/OR TO USE THE EQUIPMENT AND FACILITIES OF GYMNASTICS AND FOR THE OTHER GOOD AND VALUABLE CONSIDERATION, THE UNDERSIGNED, INTENDING TO BE LAWFULLY BOUND, HEREBY COVENANT AND AGREE AS FOLLOWS:

1. CERTIFICATION OF AUTHORITY I/We, the undersigned, hereby warrant that **I/we are the custodial parent(s) and/or lawful guardian(s)** of the hereinafter-named minor child(ren) and have lawful authority to make and execute this agreement for myself/ourselves for and in behalf of the hereinafter-named minor child(ren) (PLEASE PRINT):

| Student's Name | Birth-date | Address | Phone |
|----------------|------------|---------|-------|
|----------------|------------|---------|-------|

| Student's Name | Birth-date | Address | Phone |
|----------------|------------|---------|-------|
|----------------|------------|---------|-------|

| Parent's Name (Parent/Tot classes only) | Address | Phone |
|---|---------|-------|
|---|---------|-------|

2. ACKNOWLEDGMENT AND ASSUMPTION OF RISK I/We hereby acknowledge that I/We are aware that the above-named minor(s) will be engaging in physical exercise and activities involving various gymnastics and acrobatic equipment and facilities, coordination events, fitness training, and sports which inherently and in their very nature could cause serious injury to such minor(s). Fully recognizing the potential risks, I/We hereby assume all risks that such injury(s) might result.

3. WAIVER AND RELEASE - I/We hereby waive any and all claims, past, present, or future, known or unknown or any kind or nature, for personal injury (including death) arising out of or connected with the hereinabove-named minor (s) participation at Gymnastics' facilities (or elsewhere un Gymnastics' control or supervision), and I/We hereby release Gymnastics' it's officers, directors, agents, and employees from any and all such claims.

4. COVENANT NOT TO SUE - I/We hereby covenant and agree not to sue, nor to assist any other person or legal entity, in suing Gymnastics, its officer, directors, agents, and employees or on account of any such claim described in paragraph N. 3 above.

5. INDEMNIFICATION - I/We hereby covenant and agree to hold harmless and indemnify Gymnastics, it's officers, directors, agents, and employees described in Paragraph N. 3 hereof made by or on behalf of any person or legal entity, including court costs, expert witness fees, and reasonable fees.

6. ACKNOWLEDGMENT OF NO PHYSICAL EVALUATION BY GYMNASTICS - I/We hereby acknowledge that Gymnastics will make no evaluation or recommendation as to whether or not the hereinabove-named minor(s) is/ are physically fit of any exercise activity, and that if such minor (s) have any physical condition that may impact upon his/her/their ability to engage in these activities, and/or which condition may be aggravated or exacerbated by these activities, it is my/our responsibility to obtain a physician's statement describing any limitation to participate in the programs, activities, and/or to make use of the equipment and facilities. I/We further acknowledge that it is always advisable to consult with a physician prior to allowing said minor (s) to undertake any physical exercise program.

7. SEPARABILITY - If any section, paragraph, sentence, or clause of the Agreement is determined or declared to be invalid or unenforceable by any court of competent jurisdiction, the remainder hereof shall remain in full force and effect.

8. BINDNG EFFECT - This agreement shall be binding upon the parties hereto, their administrators, successors, and assigns.

9. GOVERNING LAW - This Agreement shall be governed by the laws of the State of Oklahoma notwithstanding the fact that one or more parties may now or later become a resident of another state.

Date

Authorized Agent for **Rising Star Gymnastics, Inc.**

Date

Parent/Guardian

Class: _____
Class Day: _____
Class Time: _____

Rising Star Gymnastics Inc. Student Record

Effective Date: _____

Name: _____ Birth Date: _____

Address: _____ City: _____

State: _____ Zip: _____ Home Phone: _____

Cell Phone (s): _____

Email: _____

Students Physician: _____ Phone: _____

Students Dentist: _____ Phone _____

Mother: _____ Father: _____

Work Phone _____ Work Phone: _____

Emergency Contact 1: _____ Phone: _____

Emergency Contact 2: _____ Phone: _____

Please list any medical situations we may need to know about: _____

=====

General Information

Other sports the student is or has been involved in: _____

How many years experience in gymnastics: _____

Other gym name(s): _____

How did you hear about Rising Star? ___ Newspaper ___ TV ___ Handout ___ Radio

___ Word of Mouth ___ Other (Explain)

Reviewed by RSG (Initials) _____

Payment Amount: _____ Pmt Type _____ Ck Number _____

Payment Date _____ Pro rate _____