



# **Bayside's TOPS Team Handbook**





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## **Welcome to TOPs**

Dear Parents and Gymnasts,

Congratulations and Welcome to Bayside's TOPs Team. We are glad you have chosen to accept our invitation to join our TOPs Team! Your dedication and hard work has not gone unnoticed. It is an honor to be a part of such a prestigious program. We strive to find a balance for our athletes that will allow them to be challenged at their current ability level while experiencing both personal and team success. It is our goal that each child develops to the best gymnast that they can be while learning both valuable gymnastics and life lessons. This program will allow your child to develop her confidence, poise, individuality, mental and physical strength, determination, dedication, and self-respect.

Our Bayside Staff is very proud of how hard all of the athletes have been working in preparation for competitions. We are known for our positive approach to training and we strive to get a 100% effort out of our athletes on a daily basis. Please read over this Team Handbook carefully to learn more about our team regulations. We are on a path in guiding gymnasts in being confident, healthy and successful in achieving their goals whether it be having fun competing, reaching level 10, being awarded a full gymnastics scholarship to a Division I University, TOPS athlete or an ELITE gymnast.

If you should have any questions or concerns about anything in this booklet, do not hesitate to contact your Women's Team Director Kimmy Markovic at [kimmym@baysidesportsacademy.org](mailto:kimmym@baysidesportsacademy.org)

Thank you for supporting our Bayside Nation!





## TOPs Overview

### What is TOPs



TOPs (Talent Opportunity Program): This is the most ELITE level programming your child can be exposed to for ages 6-9. Our program at Bayside is designed to identify and develop young gymnasts while training them to achieve higher levels of flexibility, strength and technique. These fundamentals serve as stepping stones to learn ELITE level gymnastics skills in the future. Gymnasts will progress at a rapid pace and are expected to have Higher level skills by the age of 10. There are only a handful of athletes each year that are able to keep up with the demands of this program, but the honor and rewards that come from this level of training are profound.

In Bayside's TOPS program, gymnasts ages 6-9 years old train a minimum of 10 hours a week. Although the training in the TOPs program is much more demanding, we do consider how young the age group is and have cultivated our program at Bayside to be fun and positively motivating.

*From the USAG website:* "TOPS (Talent Opportunity Program), is a talent search and educational program for female gymnasts ages 7-10 and their coaches. During the months of June and July gymnasts ages 7-10 are evaluated on physical abilities at the state or regional level. These dates are set by your TOPS State Manager in conjunction with USA Gymnastics.

From there, athletes are invited to participate in the National TOPS test that is conducted in the month of October. Gymnasts will be evaluated on the same physical-abilities tests along with some basic gymnastics skills. Athletes are then invited to participate in the National TOPS Training Camp which takes place in December of each year".

*If you'd like to learn more about the TOPs program and the skills and physical abilities that are involved" Additional information can be found on the USAG website.*

## **Why we offer TOPs**



Our goal at Bayside is to create well-rounded gymnasts. The TOPs program helps us achieve that goal by developing both the physical and mental characteristics of a strong gymnast. There is a noticeable improvement in the overall performance of the gymnasts that participate. Gymnasts who participate in TOPs programs generally progress faster in gymnastics, and have a strong foundation to help them reach their goals in the sport: whether it be competing at an Elite level, a high junior Olympic level, or achieving a college scholarship.

TOPs is also an opportunity for our coaches to attend competitions and clinics that are incredibly educational not only for the athlete, but for the coaches as well.



## **Is TOPs for everyone?**

NO, TOPs is not for everyone. Since TOPs training accelerates a gymnast's progression, it can be very demanding. This is why coaches recommend a small percentage of athletes to train for TOPs. This is an invite only program based on evaluation by Kimmy, the Team Director. By doing this it allows her to choose gymnasts that are prepared for this type of training so that the gymnasts can experience increased confidence, motivation, and have a positive experience. TOPs trainings are in addition to regular team practices. TOPs practices are mandatory to attend to be a part of the TOPs program *(you will have different options of intensity levels you can choose from low-high)* Being a part of the TOPs program requires a larger time and financial commitment.



# Bayside Mission & Philosophy:

It is the mission of Bayside Girls Team to produce happy, healthy, and confident individuals and athletes.



## **WHAT WE BELIEVE**

- Every child can benefit from Sports. It improves his or her coordination, flexibility, and strength.
- Every child deserves the opportunity to achieve his or her goals, whatever those goals may be.
- Every child should feel like they are the most important child in our organization, regardless of physical ability.
- Every person who is touched by our organization should benefit from the relationship.
- Coordination is a very important component of self-esteem. Improving coordination improves self-esteem.
- Athletics can provide a solid foundation for other challenges, activities, and sports in the future.

## **WHY WE'RE DIFFERENT**

- At Bayside Sports Academy our primary goal is to provide children with life-skills through athletics.
- We believe that the child must always come before the athlete and that each child's self-esteem and self-image is worth far more than any trophy.
- We strive to provide a family-friendly, positive, fun, and safe environment where our students can learn to love to be active.
- We understand that coaches and teachers have the ability to make a huge impact on the life of a child, a responsibility we take very seriously.
- Our staff members value their positions as role models and their responsibility to do what they can to provide our students with confidence and skills that can be used to enhance their lives.



# **TOPs SCHEDULES**



## **TOPs Practice Schedule**

The school year practice schedules (from mid-August thru the beginning of June) for each level are sent home to parents at the end of July. The days and times may vary slightly from year to year, based on the number of girls we are projecting to have at each level for the coming season. For those who are on the TOPs team, you will find a selection of intensity training levels, hours and tuition options that are available to you, depending on which AAU/USAG group to which you were invited (starfish, waves, palm trees & pre-op).

The summer training schedules (early June thru mid-August) for each level, are sent out in June. Summer workout times for the the TOPs team normally shift to the morning and afternoon hours at this time of year and you will notice some days are double training depending on the intensity level you choose.

All groups have the weekends OFF. Bayside is closed during the following major holidays; Labor Day, Halloween, Thanksgiving, Christmas Eve & Day, New Years Eve & Day, Fourth of July and Memorial Day.

Parents will be notified of any changes several weeks in advance.

## **2022 Bayside TOP mini's Team SUMMER Options**

Rates effective July 5<sup>th</sup>, 2022

Schedule begins July 5<sup>th</sup>, 2022

*Highlighted in YELLOW are the **TOPs** training hours.*

<b>Groups</b>	<b>Intensity Level</b>	<b>Hrs/wk</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Tuition</b>
<b>Hot shots</b>	Low	2.5	OFF	4:00-5:00	OFF	OFF	3:00-4:30	\$180
	Medium	3.5	OFF	4:00-5:00	OFF	4:00-5:00	3:00-4:30	\$210
<b>Pre-team</b>	Low	3	OFF	OFF	4:00-5:30	OFF	3:00-4:30	\$193
	Medium	4.5	4:00-5:30	OFF	4:00-5:30	OFF	3:00-4:30	\$238

## 2022 Bayside TOPs Team SUMMER Options

Rates effective July 5<sup>th</sup>, 2022

Schedule begins July 5<sup>th</sup>, 2022

Highlighted in YELLOW are the TOPs training hours.

Groups	Intensity	Hrs/ wk	Monday	Tuesday	Wednesday	Thursday	Friday	Tuition
<b>Star Fish</b>	Low	9	9:00-12:00	OFF	9:00-12:00	OFF	9:00-12:00	\$328
	Medium	11	9:00-12:00	3:30-5:30	9:00-12:00	OFF	9:00-12:00	\$367
	High	13	9:00-12:00	3:30-5:30	9:00-12:00	3:30-5:30	9:00-12:00	\$390
<b>Waves</b>	Low	9	9:00-12:00	OFF	9:00-12:00	OFF	9:00-12:00	\$328
	Medium	11.5	9:00-12:00	3:30-6:00	9:00-12:00	OFF	9:00-12:00	\$375
	High	14	9:00-12:00	3:30-6:00	9:00-12:00	3:30-6:00	9:00-12:00	\$399
<b>Palm Trees</b>	Low	9	9:00-12:00	OFF	9:00-12:00	OFF	9:00-12:00	\$328
	Medium	15	9:00-12:00	3:45-6:45	9:00-12:00	OFF	9:00-12:00	\$424
	High	18	9:00-12:00 5:00-8:00	3:45-6:45	9:00am12:00 0	OFF	9:00-12:00 5:00-8:00	\$446
<b>Op-Prep</b>	Low	9	9:00-12:00	OFF	9:00-12:00	OFF	9:00-12:00	\$328
	Medium	15	9:00-12:00 4:15-7:45	OFF	9:00-12:00	4:15-7:45	9:00-12:00	\$424
	High	21	9:00-12:00 4:15-7:45	OFF	9:00-12:00 4:15-7:45	4:15-7:45	9:00-12:00 4:15-7:45	\$482

## **2022 Bayside TOP mini's Team FALL Options**

Rates effective July 5<sup>th</sup>, 2022

Schedule begins Aug 1<sup>st</sup>, 2022

*Highlighted in YELLOW are the **TOPs** training hours.*

Groups	Intensity Level	Hrs/wk	Monday	Tuesday	Wednesday	Thursday	Friday	Tuition
<b>Hot shots</b>	Low	2.5	OFF	4:00-5:00	3:30-5:00	OFF	OFF	\$180
	Medium	3.5	OFF	4:00-5:00	3:30-5:00	4:00-5:00	OFF	\$210
<b>Pre-team</b>	Low	3	4:00-5:30	OFF	3:30-5:00	OFF	OFF	\$193
	Medium	4.5	4:00-5:30	OFF	3:30-5:00	4:00-5:30	OFF	\$238

## 2022 Bayside TOPs Team FALL Options

Rates effective July 5<sup>th</sup>, 2022

Schedule begins Aug 1<sup>st</sup>, 2022

Highlighted in YELLOW are the **TOPs** training hours.

Groups	Intensity	Hrs/ wk	Monday	Tuesday	Wednesday	Thursday	Friday	Tuition
<b>Pre-Team (ages 6-8)</b>	Medium	7.5	OFF	6:00-8:00	4:00-5:30	6:00-8:00	4:30-6:30	\$304
	High	9	4:00-5:30	6:00-8:00	4:00-5:30	6:00-8:00	4:30-6:30	\$328
<b>Starfish</b>	Low	8	OFF	3:30-5:30	OFF	6:00-8:00	4:30-6:30	\$304
				6:00-8:00				
	Medium	10	OFF	3:30-5:30	OFF	3:30-5:30	4:30-6:30	\$363
				6:00-8:00		6:00-8:00		
	High	12	4:30-6:30	3:30-5:30	4:30-6:30	6:00-8:00	4:30-6:30	\$377
				6:00-8:00				
<b>Waves</b>	Low	8.5	5:15-7:45	6:00-8:00	OFF	6:00-8:00	4:30-6:30	\$321
	Medium	10.75	5:15-7:45	6:00-8:00	OFF	3:30-5:45	4:30-6:30	\$355
						6:00-8:00		
	High	13.25	5:15-7:45	6:00-8:00	5:15-7:45	3:30-5:45	4:30-6:30	\$388
						6:00-8:00		
<b>Palm Trees</b>	Low	9	5:00-8:00	6:00-8:00	OFF	6:00-8:00	4:30-6:30	\$328
	Medium	10.75	5:00-8:00	6:00-8:00	OFF	6:00-8:00	4:30-6:30	\$366
							6:45-8:00	
	High	13.75	5:00-8:00	6:00-8:00	5:00-8:00	6:00-8:00	4:30-6:30	\$396
							6:45-8:00	
<b>OPT-Prep</b>	Medium	11.75	4:15-7:45	4:15-6:00	OFF	6:00-8:00	4:30-6:30	\$376
				6:00-8:00			6:30-8:30	
	High	18.5	4:15-7:45	4:15-6:00	4:15-7:45	6:00-8:00	4:30-6:30	\$447
				6:00-8:00			6:30-8:30	



## **ATTENDANCE**

Attendance is expected at each practice. I will take attendance at the start of practice and attendance reports are sent home each month. It can be statistically proven that those girls who attend more frequently and are on time, will advance more rapidly.

Being on time for practices is important so that the girls can fully participate in the entire warm-up. Girls who arrive late for warm-ups will be marked tardy. If your child must leave practice early, please have a Bayside staff member come onto the floor to retrieve her rather than calling or waving for her from the viewing area (this can be distracting to other athletes).

If a gymnast is ill or must miss practice, please e-mail the Team Director about this absence so they can plan appropriately. If a gymnast needs to miss some of practice possibly due to a lot of homework, it is better to come on time and leave early rather than coming to practice late.

It is important that the parent email the Team director of any injuries your daughter may be experiencing. Do NOT assume the coach staff already knows about it. This also goes for any challenges your daughter may be experiencing mentally. If a gymnast needs to be evaluated by a physician / therapist this report and information must be shared with the Team Director so that an appropriate/modified program can be established in conjunction with the medical personal involved.



## **Team Rules & Responsibilities**

Bayside's team is built on a culture of respect, positivity and hard work. By these means, the athlete is predisposed to being successful and creating strong character traits. In order for this culture to be established and maintained, by joining the team the athletes and parents to the expectations of the team, the coaches, and the gym by adhering to these rules and policies. Bayside's team may not be a good fit for athletes and parents that, by their words or actions, are not able to support the policies and values of our team program.

Communication within the Team Program: Email with the Team Director is the number one form of communication. Add the Team Director's email address (Kimmy Markovic [kimmym@baysidesportsacademy.org](mailto:kimmym@baysidesportsacademy.org)) to your contacts to ensure no communications are missed. Additional emails of parent/guardians or important persons can also be added to the team

distribution lists. Please try to avoid calling the front desk for a team related question. The majority of the time they will not be able to answer your question. Email is the preferred means of communication. If you would like to have us return a call to you, please leave your info with the front desk. – Please Do not text or call a team coach on their personal phones. You will have access to our cell phones to reach us in case of an emergency on meet days ONLY! Please contact your Team Director (Kimmy Markovic: kimmym@baysidesportsacademy.org) for any level specific, competition, or attire questions.



### **Gymnasts Rules & responsibilities**

- Improper type of behavior during practice and competition will result in disciplinary action. Example of such behavior are:
  1. Talking over or arguing with a coach
  2. Breaking gym rules
  3. Cheating
  4. Lying
  5. Unwillingness to complete assignments
  6. Stealing /going through another person's belongings/locker
  7. Disrespectful towards teammates (physically and/or emotionally)
  8. Poor sportsmanship
  9. Bullying
  
- Any of the above behaviors, depending on their severity and the gymnast's history, will be dealt with in the following ways:
  1. Time out
  2. Removal from practice
  3. Parent conference
  4. Dismissal from the TOPs team

### **Gymnast's Responsibilities**



1. Good attendance is essential to the success of the athlete. Attend all scheduled practices, competitions, and team events.
2. Arrive to each practice ready to participate with proper attire: leotard, hair tied back tightly, and no jewelry.
3. Our only expectation is that each athlete is respectful, works hard and tries their best.
4. Maintain good habits, including proper diet and rest.

5. In order to maximize our efficiency in our training, it is essential that the gymnast arrives to the gym floor on time. This includes at the beginning of workouts as well as rotating to events. The coaches will give a reasonable and fair amount of time between events and during breaks when warranted.
6. The gymnast should come prepared each day to workout with a positive and competitive attitude. We understand that all days will not be perfect and the gymnast will become frustrated. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated. In order to develop a successful working environment, the gymnast must be committed to excellence each and every day.
7. The gymnast is responsible for all assignments provided by the coaches. This includes skill based or conditioning based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and, most importantly, yourself.
8. Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly.
9. Attend each practice with intent. The gymnast must have goals and be mentally and physically ready each practice to work towards achieving these.



### **Parents' Expectations**

- Be your child's biggest supporter mentally. Show your child unconditional love and encouragement. Physically, make sure your child is well nourished, hydrated, and well rested for each practice.
- Please contact your child's coach with any concerns. We are here to serve your child and your questions and concerns are important to us. We will try to find a solution to anything that may be bothering you. Complaining to other parents cannot solve your problem, and we cannot either if we are unaware of them.
- Please do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. Please set up such meetings via email. If a matter needs immediate attention, please talk with the office staff at the front desk so they can relay the message.

- The athlete is a student first. There will be times that the athlete must miss practice due to a large school workload or school event. Please communicate with us if any such conflict arises via email.
- The parent can have the most difficult role in the gymnast's career. While everyone involved (Parent, Gymnast, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents' part. Due to this, parents have been known to lose sight of the important role that they have to play, which is to provide support to their child in all situations. 
- Please do not coach your child while at the gym or at home. All gymnasts will progress at their own rate and it is our job as coaches to monitor and further help this progression in the gym. If we feel there is anything additional the gymnast should be doing outside of the gym, we will communicate that with you. If you are interested in how to help your athlete at home, ask your coaches and we will give you non-skill related tasks for outside of the gym- conditioning, flexibility, etc.
- If you feel your child is not progressing, please do not hesitate to set up a meeting with your child's coach. Hopefully we can help you better understand our position and intentions for your child.
- If, in the circumstance you feel that Bayside TOPs may not be a good fit for your team experience, please be honest with us, so that we can help find a program for.

**Note:** The development of the coach/gymnast relationship is vital to the success of the athlete. It is not conducive to building that relationship if we run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes based on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs may include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you.



## **Commitment to the Bayside TOPs Team**

Bayside TOPs membership is a year-round commitment. We believe that the parents and child should seriously discuss all aspects of gymnastics training and commitment each August before making a one-year competitive team commitment. Children must learn the importance of honoring a commitment. It is a principle to be carried over into the adult world.

All parents of Bayside TOPs members must be responsible for supporting their gymnast in meeting their financial, practice and competitive meet commitments. Gymnastics is a unique sport. It is one of the few sports that requires such a high time commitment at a relatively young age. Becoming a part of Bayside's TOPs comes with this high time commitment. We ask that you understand this obligation before accepting a spot on our TOPs Team.

TOPs is a year-round commitment. It is critical to the success of your athlete that they are committed to this sport during both the school year and summer. If for any reason, your family needs to take an extended time off, please make this known to the Team Director, **your athlete will be re-evaluated upon their return.**

Please make sure your athlete attends all practices and arrives to each practice on time and is available for the whole practice. We understand that many of you are juggling multiple schedules. All we ask is that you communicate any conflicts with your Team Director as in advance as possible. There are no make-ups for any TOPs practices missed.

**NOTE:** Being on our TOPs team does not guarantee you will compete as a TOPs athlete. TOPs is as much for the gym as it is for the athlete and is an educational experience for the Bayside team. When going to camps, gymnasts and coaches will learn many new drills that can be shared and taught to the rest of the Bayside organization. When the TOPs testing schedule and camp schedule is sent out, parent must inform the Team Director if there are any events in which your gymnast will not participate.

You are required to purchase a Bayside TOPs / TOPs mini's leotard which will cost anywhere between \$35-\$55.

**For your Regular group competitions:** Gymnasts and families may choose which competitions they plan to attend. When the competition schedule is sent out, parent must inform the Team Director if there are any competitions in which your gymnast will not participate. Competitions are generally within a 2-hour drive (with 5 of 6 being in the greater Tampa Bay

area in the 2022-2023 season) and cost between \$65-\$135. More information concerning competitions is available in the Competition Packet.

For safety reasons, Bayside has a 10-day rule for participation in competitions. Gymnasts may not compete in a competition, if they should miss any normally scheduled practices 10 days prior to a competition. If they miss because of illness, injury, etc. this becomes a safety concern. Your Team Director will go over this rule in each years pre-season parent meeting.



### **Tentative Competition Schedule (AAU)**

<b>Competition Date</b>	<b>Competition &amp; Location</b>	<b>Competition Fee</b>	<b>Fee Due Date</b>
TBA	<b><i>Bayside Mock Meet</i></b> Bayside Sports Academy	\$TBA	
Feb. 4 <sup>th</sup> -5 <sup>th</sup>	<b><i>AAU 1<sup>st</sup> Qualifier*</i></b> Location: TBA	\$TBA	TBA
Feb. 24 <sup>th</sup> -26 <sup>th</sup>	<b><i>Gasparilla Classic Invitational</i></b> Tropicana Field, St. Petersburg	\$TBA	TBA
March 4 <sup>th</sup> -5 <sup>th</sup>	<b><i>AAU 2<sup>nd</sup> Qualifier*</i></b> Location: TBA	\$TBA	TBA
Mar. 17 <sup>th</sup> -19 <sup>th</sup>	<b><i>All Handstands On Deck Invitational</i></b> Bayside Sports Academy	\$TBA Leotard included	TBA
April 15 <sup>th</sup> & 16 <sup>th</sup>	<b><i>AAU 3<sup>rd</sup> Qualifier *</i></b> Location: TBA	\$TBA	TBA
May 6 <sup>th</sup> & 7 <sup>th</sup> OR May 13 <sup>th</sup> & 14 <sup>th</sup>	<b><i>AAU State Championships*</i></b> Ocean Center, Daytona Beach	\$TBA	TBA

The Team Director will make the decisions concerning what competitions each USAG optional level will participate in throughout the competitive season. These "competition schedules," with projected meet costs, are finalized in early September for the USAG optional levels.

Gymnastics was built on the idea of being perfect. Judges are in place to break down everything the gymnast is doing wrong. They take away points and never add them back. Essentially it is the coaches' job to do the same. Although coaches mix in encouragement and fun, the gymnast must learn to take criticism from the coaches and apply it.

*\*ALL TOPs testing are usually during the months of May-August. Camp are usually help later on in the year. In the past, TOPs testing/ camps have been held in Florida, Indianapolis or Texas. Schedule is TBD. Girls that turn 8 or 9 years old in 2023 can test if ready.*



## **Financial Obligations:**

Your child's involvement will cost you money, time, and effort. The children train in a large and well-equipped gym under the direction of a professional staff. The coaches spend a great deal of time planning, training, traveling, and supporting the gymnasts in addition to the time they spend actively coaching. Further, the coaches meet with parents and gymnasts, return emails and phone calls, set up competitions, work to maintain and improve the facility, and organize and administer the program. Our competitive team athletes will pay less per hour than any other single athlete that attends Bayside at a recreational level. There are three types of Financial Obligations required by Bayside Girls Team members: 1) Tuition 2) Apparel & Equipment 3) Meet entry fees, association fees & coaches' fees.

### **Tuition:**

Tuition is paid monthly and is due by the 1st of each month. Tuition is based on a 12-month schedule. Workouts are offered year-round. Some months have 5 weeks and other have 4 weeks, but the same tuition is charged regardless of the number of weeks in the month. This allows for camps, clinics, gym closures, holidays, and sick/vacation days. There are NO make-ups for any team/ TOPs program. We apologize for any inconveniences this may cause, but we have numerous athletes to cycle through each day of the week. We will work to accommodate any extreme cases. *\*\*We will not pro-rate any tuition due to missed classes.* We have a set number of athletes at each level and therefore must staff these levels properly. If you commit to a

given intensity level, you are responsible for that monthly tuition regardless of any other conflicts.

**Injury and Tuition Adjustment:** In the case that an athlete is injured and is restricted by a doctor or a physical therapist, the gym and coaches will adjust tuition based on their restrictions. In most cases, injured athletes can work-out in certain areas and will be required to continue to come into the gym on a restricted basis as seen fit by the coaching staff. We REQUIRE a written note of release from a medical professional for an athlete to return to workouts without any restrictions. In the case of an extended, non-injury-related leave that spans one consecutive month or longer, Bayside will work to prorate or freeze tuition for this time. This must be communicated at least one month prior to leave with the Team Director.



**Auto Payment:** We strongly encourage each family to set-up an automatic payment for monthly tuition. This can be set up through a credit card through your online account, or through the front office staff.

## **General & Miscellaneous**

### **Apparel, Equipment, and other Fees and Obligations:**

Every gymnast on the TOPs team still has the same obligations as the regular competitive team in addition to the TOPs obligations. You must purchase a Bayside TOPs/ TOPs mini's Leotard, Bayside's bag of Essentials, competition leotard. The warm up jacket and capris are optional for purchase, but are encouraged. All of Bayside's competition leotards and warm ups will be manufactured by GK, who is the global leader in gymnastics apparel. We wear the same style competition leotard for 2 seasons. We have a new style for the 2022-2023 and 2023-2024 seasons. The warm-up jacket and capris are re-design every ten years or so. There will be no changes to the warm-ups for the 2022-2023 or 2023-2024 seasons. Our 2022-2023 leotards are still in the design process. More information will be available soon in the Competition Leotard Packet. Competition Leotard cost range from \$85-\$400 depending on the style.

We typically offer three different styles at three price points. In the 2021-2022 season the price for the tank style leotard with sequins was \$85 which was primarily worn by gymnast in the Starfish, Waves and Palm Tree workout groups, the mesh long sleeve sequin option was \$145 primarily worn by Pam Trees and Optional Prep workout groups and \$320 for the mesh long sleeve crystal option worn by the Optional level gymnasts (AAU Levels 6-9 and USAG athletes). The prices will NOT be the same as above

due to design and style choices plus the rising cost of materials, manufacturing and shipping. Exact prices will be available in the Competition Leotard Packet. The cost for Bayside's bag of Essentials is \$30. In the bag you will receive the following: 1 jump rope, 2 sliders, 1 Thera-Band and 1 pair of ankle weights. You can choose to leave the bag in a bin at the gym or you can take it home after every practice (you must bring this bag to every practice & we strongly suggest writing your name on it). *Bayside TOPs / TOPs mini's leotard will cost anywhere between \$25-\$50. As a TOPs athlete you will have TOPs testing/clinics & camps that are an additional cost for those that are picked to go. TOPs testing/clinics & camps are NOT open to all.* 

### **Meet entry fees, association fees & coaches' fees:**

Competition entry fees are used to pay the expenses associated with the competition (awards, judges, etc.). Entry fees are paid by the family of the athlete to Bayside Sports Academy. These fees are in addition to team tuition paid to Bayside Sports Academy and are paid out to the hosting gym at the time we register for your gymnast's meet, multiple months prior to each competition. The entry fee for each competition ranges from \$50-\$125 depending on the level, location, and the type of competition (i.e., qualifier, invitational, state, and regional & national competition). Once a competition fee's due date has passed, there are no refunds on competition entry fees. A complete list of competitions, locations, dates and fees will be available in August.

The AAU association fee covers the cost of AAU athlete memberships, professional membership fees, team award fees and coaches' registration/dues/ education. The cost is \$70 per gymnast. The fee is paid to Bayside Sports Academy. Once a gymnast has graduated out of the AAU competition league additional membership in USA Gymnastics is required. This process is explained in detail to those invited to the USAG program.

All Bayside Team Members contribute to the competition season budget. The Coaches' fee covers travel expenses for coaches to attend the competitions within our regular competition schedule. Coaches' Fees are a onetime fee. The coaches' fee is not prorated or refunded for missed competitions. Contact the Team Director to set up a payment plan. Your gymnast will not be permitted to compete in any competitions until the Coaches' Fees are paid full. If you elect to participate in additional meets outside of our regular competition schedule, such as AAU Regionals or AAU Nationals, additional Coaches' Fees will be assessed based on the destination, travel expenses,

number of coaches required and number of athletes attending. ***Our Bayside Booster Club is available to you to raise money and waive these fees. More information on Bayside's Booster Club can be found at the front desk or reach out to them via email baysidebooster@yahoo.com. I highly recommend you reaching out. More people involved=lower costs!***