



Parent Handbook

Girls' Competition Teams

Xcel: Bronze, Silver, Gold, Platinum, Diamond

JO Compulsory: Levels 3, 4, 5

JO Optionals: Levels 6, 7, 8, 9, 10

Elite / Hopes

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Welcome Parents!

Congratulations to your gymnast for qualifying for, and choosing to join, one of the competition teams at Midwest Gymnastics. We are excited to have you here!

This handbook is designed to be a one-stop resource for some of the introductory information and basics to help you navigate through the year with your gymnast. Especially for those of you who are new to the competition team, this will hopefully answer some of your initial questions. Things may change throughout the season (which is typically communicated via e-mail or during a booster club meeting), so everything in this handbook is subject to change.

Please be sure to check the booster club website for up-to-date information www.midwestgymnasticsboosterclub.org

The “Parent Portal” tab is password protected, and the password is: **BC@info**

Safe Sport

Midwest Gymnastics and the Midwest Gymnastics Booster Club (where applicable) follow all SafeSport rules and policies. Parents should be knowledgeable about the USA Gymnastics SafeSport policies, and some volunteers may be required to become certified through the SafeSport program depending on the level of interaction you have with gymnasts during the competitions we host (e.g., our volunteer medical trainers or photographers). <https://usagym.org/pages/education/safesport/>

We can't wait to work with you to help make the 2022-23 season the best yet!

What Is the Booster Club?

The Midwest Gymnastics Booster Club (MGBC) is a separate non-profit entity that is run entirely by parent volunteers. Our Fiscal Year runs from July to June.

MGBC strives to create an enthusiastic environment that promotes excellence and character development by providing strong communication, opportunities for fundraising, team building, and fostering positive relationships between gymnasts, Midwest coaches, and parents.

MGBC's primary function is fundraising, which helps us reduce financial barriers for youth in our community who wish to participate in gymnastics at a competitive level.

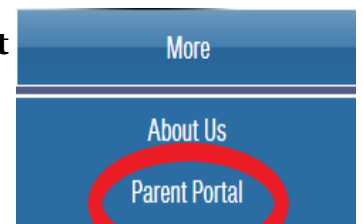
Becoming a member of the Booster Club is entirely voluntary. It is not a requirement for your gymnast to compete. There are three ways to engage with the Booster Club:

1. Opt-in: General Member
2. Opt-in: Eligible Member
3. Opt-out: Non-Member

It does not cost anything to become a member. By "opting in," you are essentially giving the Booster Club permission to e-mail you and keep you informed of fundraising and team building opportunities.



To opt IN or OUT of the Booster Club, visit the Parent Portal on the MGBC website and follow the link and instructions to "Opt-In to Booster Club." (Password: BC@info)



Click [HERE](#) to view a copy of our bylaws.

Xcel and JO

Midwest Gymnastics is proud to offer both USA Gymnastics competition team tracks (Xcel and JO) for its gymnasts. Both programs receive a competitive experience and ability to compete in front of a judge.

Xcel levels progress through Bronze, Silver, Gold, Platinum, and Diamond.
JO levels progress through numeric levels 3 through 10, followed by Elite.

The JO program has strict(er) requirements (skills, time commitment, etc. and fees can be higher, particularly for the advanced JO levels), whereas the Xcel program is intended to provide a more flexible environment for gymnasts to progress at their own pace with a less rigid commitment.

The JO program is further split between the (1) “Compulsory” levels; (2) the “Optionals” levels; and (3) Elite.

- **Compulsory** JO levels (Level 3-5) learn and compete the exact same routine as everyone in that same level across the country (i.e., every Level 4 JO gymnast learns the same floor routine – same music, etc.).
 - Midwest will occasionally bring on a “Petite Level 3” team who have a shortened competition season, typically for the much younger girls who are easing into the sport.
- **Optionals** JO levels (Level 6-10) have guidelines from USA Gymnastics for the skills needed at each level and custom routines are built and choreographed for each gymnast (by their coaches) to ensure they meet the required skills in each of their events.
- **Elite** gymnasts are those who are on, or are training to be on, the USA Nationals team (often with Olympics and/or top-tier college program aspirations).

Midwest Gymnastics’ Devo/Hopes Teams: Midwest has various programs for gymnasts who show an above-average skill level at a very young age. These gymnasts may be identified for USA Gymnastics’ TOPs and HOPEs programs, or our very own Elite/Olympic-level coaches will customize a training program for them internally with the goal to advance them to Elite and Jr./Sr. National teams. These gymnasts will compete as an Optionals gymnast (level 6-10), but may have different training schedules. These programs require extended training hours, and sometimes early release from school. Gymnasts are chosen for this training program by invitation only.

Team/Group	# of Gymnasts (as of Spring 2022)
Xcel	40
JO Compulsory	46
JO Optionals	26
Elite	3

Your Coach will be able to provide you with specific information related to:

- Practice schedule and time commitment
- Attendance policies
- Lockers and snack policies

Meet the Coaches!

Midwest Gymnastics offers nationally-recognized coaches, and they often work as a team to help each other out across all the teams and levels. Your gymnast may work with any of these coaches, but the below list provides the coaches' primary team focus.

Midwest Gymnastics is owned and operated by **Ali Lim** and **Jess Graba**. They are coaches above all else, and they are involved with all levels and competition teams (either behind the scenes by working with the primary coaches for that level or by directly coaching other levels).

Coach / Gym Owners	Primary Team
Ali Lim*	JO Elite (and Elite Hopefuls)
Jess Graba*	JO Elite (and Elite Hopefuls)

Coach	Primary Team
Betsy Lim	Multiple
Eric Kangas	JO Compulsory (Levels 3-5)
Juan Corzo Carmargo*	JO Optionals (Levels 6-10)
Kali Tessier	Multiple
Katrina Evans	JO Optionals (Levels 6-10)
Kelly Pederson	JO Optionals (Levels 6-10)
Monique Speese	Xcel - all levels
Puner Koy	JO Compulsory (Levels 3-5)
Sean Westland	Xcel - all levels
Tammy Harbinson	Multiple
Tristyn Healey	Multiple

*Ali, Jess, and Juan have all coached gymnasts through Elite and National Team achievements. It is rare for a single gym to have 3 national team (or OLYMPIC) coaches! We are thankful for this opportunity at Midwest Gymnastics.

The Gymnastics!

The Gym, and your child's coach, are the best sources of information for all things gymnastics. This section answers a few commonly asked questions.

- **What to Expect at Meets:**

On the Parent Portal, you will find a document that describes the competition experience (from a parent's perspective!). [CLICK HERE!](#) It's a few years old, but still has some good stuff.

- During competition season, you can track your gymnast's scores live (and review past scores) on various sites/apps:
 - www.scoreyourmeet.com
 - Download the myusagym app (possibly iPhone only)

- **Advancing to the next level:**

This is a coaching decision. At a minimum, each level has a required "move up score" set by USA Gymnastics, and your gymnast must achieve that score at a sanctioned competition before being considered for advancement. This is not the only criteria, though. The skills required for the next level, your gymnast's readiness to move up as determined by the coaching staff, etc., are all factors that go into this decision.

- **Post-Season Championships (Non-Elite):**

- **State:** Each team/level has an opportunity to qualify and compete at the Minnesota State Championship. USA Gymnastics sets a qualifying all-around score, and your gymnast's goal is to achieve that qualifying score at one of the sanctioned meets scheduled throughout the regular season.
 - JO Compulsory and Xcel Bronze/Silver end their season at the State meet.
- **Regionals:** Some teams/levels can advance to Regionals by achieving a qualifying score at the State Meet, which is set by USA Gymnastics. Advancing to Regionals is at the coach and gym's discretion. Midwest, generally, will advance JO Optionals Levels 8-10 and Xcel Gold/Platinum/Diamond. Regionals are an EXTRA EXPENSE, and because Region 4 is comprised of Iowa, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, and Wisconsin, it may involve travel expenses for coaches, gymnasts, and families.

- Xcel Gold/Platinum/Diamond and JO Level 8 gymnasts end their season after Regionals.
 - **Westerns:** JO Level 9 gymnasts can qualify for the Western championships (Regions 1-4) by achieving a qualifying score (set by USA Gymnastics) at the Regionals meet (i.e., gymnasts have one chance to qualify for Westerns based on performance at Regionals). Level 9 gymnasts end their season after Westerns.
 - **USA Gymnastics National Championships:** JO Level 10 gymnasts can qualify for the Developmental Program National Championships with a qualifying score and minimum placement in their Regional meet.
- **Elite Gymnastics:**

JO Level 10 gymnasts aspiring to be Elite gymnasts will attend Elite Qualifier meets throughout the regular season. Achieving an Elite qualifying score at one of these meets opens the door for that gymnast to attend Developmental and/or National Team Training Camps, other invitationals like the US Classic, all of which lead up to the U.S. National Championship. Gymnasts may be selected for the Junior or Senior U.S. National Teams based on their performance at the National Championship meet. The National Teams represent the United States in world competitions (and in Olympic years, gymnasts may be selected for Olympic Trials based on their performance at the U.S. Championship meet).

 - Midwest Gymnastics has many successes on the international stage. Visit the “Wall of Fame” in the Gym lobby to see posters celebrating the accomplishments of our gymnasts, such as Sunisa Lee (2021 Olympic gold medalist) and our many Elite and National Team gymnasts over the years!
- **Locker Room / Cleaning.**

JO gymnasts have a locker room and a locker. Gymnasts are expected to keep lockers and locker rooms clean. Please talk to your gymnast about this, make sure open food is not being stored in lockers overnight. Some gymnasts bring in bulk snacks for themselves throughout the week. Please remind your gymnast to be respectful of others and not take snacks that do not belong to them (Yes . . . this has been a thing . . . ha!).
- **Leotards / Team Apparel.**

Every two years, the gym has a new leotard design for competitions that they require gymnasts to purchase. In addition to the leotard, the gymnast will also be required to purchase a warm-up. This typically runs around \$500 for the leotard

and warm-ups. If your daughter outgrows their leotard or warm-ups after the first year, other families may be in the same situation, so be sure to check with teammates to see if anyone has one for sale. During the year, we will also have an online team apparel store with sweatshirts, t-shirts, jackets, sweats, etc. These additional apparel purchases are not required and are simply for your own use outside of the meets.

- **Grips.** Please check with your coach before you purchase grips, which are used for advanced level bars routines. Your coaches can help make the decision as to when your gymnast should begin using them and assist with the sizing to ensure proper fit.

- **Gymnast Responsibility:**
This comes from the gym, directly, but as parents, we should help remind our athletes of these expectations:
 - Show up on-time for practice and be ready to work
 - Wear a leotard during practice (shorts over the leotard, if desired)
 - Be respectful and supportive of ALL gymnasts, coaches, staff, and parents
 - Good sportsmanship
 - Set REALISTIC goals
 - Communicate short- and long-term goals, fears, questions, and concerns clearly to your coach
 - Communicate all injuries to your coaches right away
 - Bring a water bottle and healthy snack (carbs + protein) to every practice

- **Skills by level:**
Sometimes it's hard for parents to understand what upgrades their kids may be working on, and the requirements needed to move up to the next level. There also is not a one-size-fits-all answer to that question (e.g., sometimes you can meet a "series" requirement on beam in many different ways, and your coach may be requiring/encouraging a certain skill for various reasons). ***Stay tuned*** – we are working with the Coaches to put together a "cheat sheet" to show what some of the main skill differences are as your gymnast progresses through the levels.

- **Coach Responsibilities.** Midwest hires and places its coaches with the athletes they are best suited to coach. Coaches at Midwest Gymnastics aim to:
 - Provide level-appropriate drills and corrections
 - Provide age-appropriate drills and corrections
 - Provide age- and level-appropriate equipment time and stations
 - Place athletes in the levels where they will be the most successful
 - Balance both "challenge" and "success" opportunities during workouts and throughout the season
 - Help each athlete achieve their individual goals to the best of their abilities

For reference only (subject to change per USA Gymnastics, and subject to coach discretion as to moving up or attending post-season competitions).

Current Level	Mobility Score	To Qualify for State
Level 3	n/a	32
Level 4	34 to move to Level 5	32
Level 5	32 to move to Level 6	32
Level 6	32 to move to Level 7	32
Level 7	32 to move to Level 8	32
Level 8	34 to move to Level 9	32
Level 9	34 to move to Level 10	32
Level 10	-----	32

Bronze	n/a	34
Silver	n/a	34
Gold	31 to move to Platinum	34
Platinum	31 to move to Diamond	34
Diamond	-----	34

Meets (including Travel Meets)

Traveling to meets can be a fun and rewarding part of the team experience! Gymnasts find opportunities to get to know each other outside of the gym (and running around hotel lobbies together is obviously the fastest way to friendship, right?).

Not all of our teams will have traveling meets. It adds significantly to the expense for the year, and Midwest recognizes that some families choose to participate in certain programs and levels with a goal to minimize the expense and commitment that other levels require. Travel meets may be “driving” or “flying” (or both).

Post-season competitions may also require travel (Regionals, Westerns, Nationals).

Our Elite (and aspiring Elite) gymnasts will travel significantly throughout the season to attend Invitationals, camps, Elite qualifying events, and other USA Gymnastics qualifying opportunities.

Travel expenses: New in the 2022-23 season, the Booster Club has provided written guidelines to all coaches for booking travel and choosing options for accommodations that are reasonable and financially responsible. Coaching fees for travel meets (and reimbursements for coaches’ travel expenses) are divided equally among the gymnasts who travel.

Many factors go into determining your gymnast’s meet schedule: amount of rest needed in between, whether it’s an early/late season team, quality of meet, travel goals, etc.

If you commit to participating in the scheduled travel meets (which is assumed once your gymnast is registered and you have not notified your coach in advance that your gymnast will not be attending), you will be responsible for your portion of the travel expenses for our coaches.



Important: You will receive information from the gym to register your child with USA Gymnastics. This is required before the gym can register your child for any competitions.

As an example only, here are the meets our JO and Xcel teams attended in 2021-22:

Early Season Teams (Appx. Oct.-Feb)

Meet/Date*	Xcel (Bronze/ Silver)	JO Levels 3-5
Flips Fall Hoe Down (Oct. 2-3)	X	X
Harvest Invite (Oct. 23-24)	X	X
Candy Apple (Nov. 6-7)	X	X
Glitz & Glam (Nov. 13-14)	X	X
STATE (Dec. 10-12) (Bronze/Silver; Levels 3-5)	X	X
Blizzard Invite (Jan. 14-16)		X
Legacy Luau (Jan. 27-30)		X
Gina Morri (Feb. 11-13)	X	X
Rising Stars (Feb. 26-27)		X (petites)

Late Season Teams (Appx. Dec.-Apr)

Meet/Date*	Xcel (Gold/ Platinum/ Diamond)	JO Levels 6-10
Candyland (Dec. 18-19)	X	
MWT Safari (Jan. 7-9) (Travel; Wisconsin Dells)	X	
Gopher Invite (Jan. 7-9)		X
Diamondback (Jan. 21-22) (Travel; Phoenix, AZ)		X
Legacy Luau (Jan. 27-30)	X	X
Gina Morri (Feb. 11-13)	X	X
Twisted Moose (Feb. 18-20)		X
Wolf Pack (Feb. 25-27) (Travel; St. Cloud, MN)	X	
Gopher Invite (Mar. 4-6)	X	
Tim Rand (Marc. 4-6) (Travel; Ft. Lauderdale, FL)		X
STATE (Mar. 18-20) (Gold/Platinum/Diamond; Levels 6-10)	X	X
Regionals–JO (Apr. 22-24)		X
Regionals–Xcel (Apr. 29-May 1) (Travel; Milwaukee, WI)	X	

*does not include Intrasquad (in-house) meets; does not include Westerns/Nationals or Elite schedules

Booster Club Leadership

The Booster Club has a board that is made up of elected parent volunteers. The Booster Club relies on the support and participation from all of our parents to not only ensure we have a fantastic season for our gymnasts (with successful fundraising), but also to help spread the “fun” of volunteering!

Meet our 2021-22 season Board Members:

Position	Parent Volunteer	Contact E-mail
President	Nicole Faulkner	president@midwestgymnasticsboosterclub.org
VP	Emily Sutherland (outgoing) Kim Wilson (interim)	ginamorri@midwestgymnasticsboosterclub.org
Treasurer	Eddie Faulkner	treasurer@midwestgymnasticsboosterclub.org
Secretary	Betsy Laliberte	secretary@midwestgymnasticsboosterclub.org
Dir. of Fundraising	Jane Rodkewich	fundraising@midwestgymnasticsboosterclub.org
Xcel Director	Open - TBD	
JO Director	Open - TBD	



Please save ALL of these e-mail addresses in your contact list now so you don't miss important communications (sometimes the mass emails will go to your spam folder if you don't have them saved as a contact).

The **President** is the principal officer, and is responsible for overseeing the Board, acting as a liaison between the Booster Club and the gym, running membership meetings, assisting the VP with our hosted meets (more on this below!), social media, and general operations including policies and procedures relating to athlete fees, membership requirements, etc.

The **Vice President** assists the President as needed, but is the primary individual responsible for running our hosted meets (our largest fundraising opportunities).

The **Treasurer** maintains accurate financial records for all aspects of the Booster Club, processes accounts receivable and payables, manages the financial aspects of our hosted meets, and prepares and files the Booster Club's taxes (with a third-party accountant).

The **Secretary** takes minutes at all membership and Board meetings and either posts those minutes (or ensures that a recording of the meeting and/or powerpoint with discussion topics are posted). The Secretary also takes on committee work at both of the hosted meets.

The **Director of Fundraising** leads our fundraising efforts that are outside of the hosted meets (e.g., soup sales). The Director of Fundraising also takes on committee work at both of the hosted meets to help with additional fundraising opportunities at the meets such as vendor sales and Good Luck Grams.

New to the 2022-23 Competition season, we are adding TWO new Board positions: **Xcel Director . . . and JO Director.**

These two new roles will evolve this year, but . . .

- **Xcel and JO Directors will:**
 - Select and manage the level managers and “fun fund”
 - Serve as first point of contact for level managers
 - Serve as first point of contact for families who join the team later in the season and need help catching up (to help improve the onboarding process)
 - Review accommodations options for travel meets and provide guidance to coaches on reasonable rates

- **Additional JO/Xcel Director duties:**
 - **Website:** Assist with the website (using our WIX program, keeping our website up-to-date, looking good, and functional)
 - **Tracking:** Keep roster up-to-date, assist President with tracking/reporting actual athlete fees throughout the season
 - **Hosted Meets:** Assist the President and VP with marketing ideas and efforts to increase athlete registrations at hosted meets

Who & How to Contact:

We have an open communication policy, so if any concerns or questions come up, please don't hesitate to reach out to your coaches or the booster club. We are always looking for ways to improve, and we welcome any feedback and ideas.



Take a minute (or 1, 440 minutes) to cool off!

Respectful communication is the key to finding solutions to concerns. For ALL non-urgent and non-Safe Sport related issues, we ask that you take a 24-hour cooling off period. After 24 hours, if you still feel frustration or have a concern to raise, please reach out to the appropriate point of contact to share your concerns and bring forward a proposed solution.

For GYM questions (e.g., coaching, gym policy, gymnast levels, scores, meet schedules and registrations/withdrawals, practice schedules):

1. **Pause** for 24 hours.
2. Communicate with your coach directly (this will often resolve the issue).
3. If unresolved, ask your **Level Manager** to help.
4. If still unresolved, ask your **JO or Xcel Director** to help.
5. If still unresolved, ask the **Vice President** or **President** to help.

The “cool off” period is required for all non-urgent and non-Safe-Sport questions/concerns, including inquiries to coaches about your gymnasts’ progression or competition results. It is important (but difficult!) for parents to understand their role in the parent-gymnast-coach relationship, and we ask parents at Midwest to trust that our coaches are making decisions that are best for your daughter.

For BOOSTER CLUB questions (after the 24-hour cooling off period):

Type	First Point of Contact	Escalate to
General, or not sure who to ask?	JO → to MGBC JO Director Xcel → to MGBC Xcel Director	President
Hosted Meet (Gina Morri or Candy Apple)	Vice President	President
Fundraising (non-hosted-meet)	Director of Fundraising	President
Eligible Membership requirements	JO → to MGBC JO Director Xcel → to MGBC Xcel Director	President
Invoicing & Payments	Treasurer	President

Level Managers

Meet our 2021-22 Season Level Managers

Each of our teams also has a designated level manager who helps to serve as a liaison between the Team/Level and the JO/Xcel Director , and who also helps serve as a liaison between the coaches and the parents for level-specific information (meet schedules, etc.). The level managers also help facilitate team building activities for the gymnasts in their level.

For teams who have traveling meets, the Level Manager will often scout the area and provide helpful information to the parents about hotels, restaurants, and other things to do (e.g., coordinating a “team dinner” at a restaurant close to the hotel the night before or after the travel meet).

Level	Parent Volunteer(s)	Contact Info
Xcel (Bronze/Silver)	Therese Collins Amy Parsons	tmcollins61187@gmail.com amy.ef.parsons@gmail.com
Xcel (Gold/Platinum/Diamond)	Melissa Wessman Kristen Morris	melwessman@gmail.com kristen_poole@hotmail.com
JO Level 3 (Petites)	Ali Lim	ali@midwestgymnastics.com
JO Level 3	Niki Hill Megan Barrie	ernstnj@gmail.com megan_barrie@yahoo.com
JO Level 4 and 5	Leah Zupancich	claro443@umn.edu
JO Level 6-10	Kelly Schmitz Kim Wilson	kjboop@hotmail.com kwilsonhockey@msn.com
JO Level 6-10 Hopes	Nicole Faulkner Ali Lim	president@midwestgymnasticsboosterclub.org (Nicole) ali@midwestgymnastics.com
Elite	Nicole Faulkner Ali Lim	president@midwestgymnasticsboosterclub.org (Nicole) ali@midwestgymnastics.com

Fun Fund

For the 2021-22 season, the Booster Club provides \$30 per gymnast as a “Fun Fund,” which can be used in any way the Level Manager chooses. In the past, Level Managers have facilitated the following types of activities:



- Team gathering (e.g., pumpkin carving, cookie decorating, bowling, swimming)
- Team holiday activity (e.g., Secret Sister gift exchange)
- Goodie bags to give to the girls before a meet (sometimes a Level Manager might use some of the “Fun Fund” for this, and sometimes they solicit the parents in the level to donate treats to include in these “Meet Treat” bags without having to dip into the Fun Fund)

Athlete Fees: General Overview

Gymnastics can be expensive. There is no sugar coating that reality! However, the Booster Club, including all of our parent volunteers, work hard throughout the year to help offset a portion of these expenses. In doing so, we are reducing financial barriers to this sport and providing access to private club gymnastics to a greater number of youth in our community.

Parents will be responsible for two different types of fees.

- ***Monthly Gym Tuition:*** A monthly tuition payable to Midwest Gymnastics. This fee covers your practices, coaching, and other general expenses through the gym. You may also be invoiced directly for other team-related expenses like the purchase of your competition leotard and warm-ups. These fees are generated, invoiced and collected by the gym (not the Booster Club).
- ***Athlete Fees:*** Athlete fees cover the costs associated with the meets (the competition season) and other team building initiatives through the Booster Club. These “Athlete Fees” are generated, invoiced and collected by the Booster Club.

Athlete Fees include, e.g.:

- Individual entry fee for the competitions/meets
- Team entry fee for the competitions/meets
- For in-house or hosted meets, USA Gymnastics sanction fees and judging fees
- Coaching expenses (the athlete fees cover the coaches’ fees for attending the meets)
- Coaching travel (for travel meets, this includes transportation, lodging, food for the coaches attending the meets)
- Booster Club overhead (e.g., fees for professional services like accounting, annual USA Gymnastics head taxes, annual USA Gymnastics coach registration/competition fees, postage, website hosting fees).

The Booster Club will invoice families at the beginning of the competition season to cover the gymnast’s ***estimated*** athlete fees for that upcoming season. During the season, you will have various fundraising opportunities to help earn back a portion of these fees at the end of the season.

Athlete Fee Timeline:

- **Summer:** The coaches begin the meet scheduling process by estimating the number of meets each team will attend. These include both the local and the travel meets.
- **Mid-Summer Invoicing (July. to Sept/Oct.):** Using historical data, the Booster Club prepares a “best estimate” of what each gymnast’s Athlete Fees may be for that year. The Best estimate fee is then divided into more manageable monthly payments, and the families are invoiced beginning in July/August and through September/October.
 - **Timely Payments:** If payments are not received by the due date, a late fee will be added to your invoice. If you have extenuating circumstances, please reach out to the TREASURER *before* the due date to discuss.
 - **State Meet Fees:** We include an estimated fee to attend the State meet in the original estimated amount.
 - **Regional and Beyond Meet Fees:** We do not include Regionals (and beyond) meets in the initial pre-season estimates. If your athlete qualifies for Regionals (or beyond), this is an ADDITIONAL fee that the booster club will invoice and collect—with little notice and a small payable window.
- **Early Fall:** The coaches will finalize the meet schedule and register your gymnast for each meet. The invoice for each meet is then sent to the Booster Club to pay. **If your invoices are not paid in full at the time meet registrations begin, your gymnast will not be registered to compete.**
 - Actual meet fees can vary widely depending on the meet, the number of coaches needed at each meet, travel expenses for coaches (such as airfare, hotel, per diem charges, etc.). The Booster Club estimates as accurately as possible, based on the tentative schedule and historical data, the anticipated costs for the season. Your initial invoices reflect our best estimate of costs.
 - **Supplemental Invoice:** Once the meet schedules are finalized, it may be necessary for the Booster Club to issue a supplemental invoice(s) if the early estimate appears low.

- **Competition Season Tracking:** Throughout the competition season (October through April and sometimes later for post-season championships or Elite competitions), the Booster Club takes each individual meet registration and tracks actual fees associated with each meet.
 - ***NOTE:*** The Booster Club does not register your child for a meet, nor does the Booster Club handle requesting refunds for a meet that your child may not be able to attend (for various reasons). More often than not, competition fees are non-refundable once registrations are in. In some cases, the host meet may issue a refund for an injury-related absence (with advance notice/withdrawal), etc. **Parents are responsible for notifying their coach of their intention to withdraw and coordinate a possible refund BEFORE the meet.**

- **End-of-Season Reconciliation:** At the end of the season, once all the expenses are submitted and paid for each meet, the Booster Club reconciles each gymnast’s actual fees with the estimated fees that were invoiced and paid. This reconciliation process will result in one of two things:
 - *Overage refund:* If you paid more, you will get a refund for the difference; or
 - *Catch-Up invoice for the difference:* If your actual meet fees exceeded the estimated invoiced fees, you will be issued an additional invoice. We try to avoid this scenario! If we anticipate higher-than-expected expenses, we will issue a supplemental invoice mid-season.

This process is followed for ALL competitive gymnasts. Even if you “opt out” of the Booster Club, you will still pay invoices for Athlete Fees through the Booster Club.

Here is an example of how this process worked for the 2020-21 competition season. ***Note: last year was still somewhat of a different year due to covid, so may not accurately reflect what future seasons will be.***

Team 2020-21 season	<u>Original Estimate</u> <i>What was invoiced/paid at beginning of season</i>	<u>Actual Fees</u> <i>What the actual fees were after tracking throughout season</i>	<u>Reconciliation</u> <i>What these levels earned back or owed at end of season</i>
Xcel (all levels)	\$750	\$794.05	Owed \$44.05
JO Levels 3-5	\$1,000	\$788.05	Refund \$211.95
JO Levels 6-7	\$1,250	\$1,027.14	Refund \$222.86
JO Level 8	\$1,250	\$1,664.22	Owed \$414.22
JO Level 9-10	\$3,112.70	\$2,443.94	Refund \$668.76

Eligible Member Requirements

You might be wondering, “This sounds incredibly expensive—how can the Booster Club help me afford this?” This is where our fundraising efforts can help!

While anyone 18+ with a gymnast on one of Midwest’s competition teams can become a **general** member of the Booster Club, only the **Eligible** Members will stand to receive a fundraising refund at the end of the season.

To become an Eligible Member, you must earn a minimum amount of CREDITS throughout the season. The CREDIT requirements vary depending on your gymnast’s level. For the 2021-22 season, the credit requirements are:

- Tier 1 (Xcel, JO Compulsory Levels 3-5) 6 credits
- Tier 2 (JO Compulsory Levels 6-8) 8 credits
- Tier 3 (JO Compulsory Levels 9-10 & Elite) 10 credits

Eligible member requirements will change year-to-year. This is a guide only.

Serving on the Board will automatically fulfill your eligibility requirements for that year.

Please make sure to check the Parent Portal and your e-mails for updates as to the current season’s credit/eligibility requirements and information on participating in fundraisers for that season. This handbook gives a general overview of the process, but may not be updated mid-season with specific fundraising details.

Fundraising: Hosted Meets

We recognize that the meet fees you pay are significant. The Booster Club fundraising efforts are aimed at lessening that burden; therefore, we encourage ALL XCEL AND JO FAMILIES to take advantage of the benefits associated with becoming an Eligible Member.

We do a variety of fundraising throughout the year, but the two primary sources are our “hosted meets” (e.g., the Candy Apple meet in October/November and the Gina Morri Invitational in February). A “hosted meet” means that we, the Booster Club, are putting on the competition. We are inviting other gyms and gymnasts to come to our meet. It is a fundraising event because the Booster Club will collect gym/gymnast registration fees, admissions, and profits from Good Luck Grams, concessions, etc.

For some history, Gina Morri was a level 10 gymnast at Midwest Gymnastics who was a wonderful teammate, leader, and friend to all who knew her. She possessed a smile and attitude that was infectious in the gym, which somehow kept even the toughest days of workouts on track. Gina was taken away from us one tragic afternoon in 2011 at the end of practice when she was struck by a commercial vehicle in a crosswalk. At the age of 16, she had passed from this world and left her Midwest Gymnastics family sorely missing her. This is an invitational in memory of Gina Morri to celebrate her spirit and also her dedication to the sport of gymnastics.

All Members who wish to become Eligible Members are required to work and achieve minimum credits at our hosted meets. Some of the volunteer opportunities at a hosted meet might include:

- Setting up/tearing down the gymnastics equipment.
- Working on the competition floor (timing warm-ups, timing routines, entering the judges’ scores into the iPads).
- Working the tables (admissions, selling Good Luck Grams, monitoring the hospitality room where we feed judges/coaches, etc.).
- Serving on or leading a committee (food, decorations, etc.).
- Obtaining sponsorships (1 credit for every \$300; 2 credits for \$500).

Fundraising: Additional Opportunities

In addition to our main fundraisers, the hosted meets, we offer a variety of additional opportunities throughout the year. These additional opportunities are evolving and will change each year.

Some of the additional opportunities will include an ability to earn credits toward becoming an Eligible Member. For example:

- **Simpls Soup sales:** in November 2021, we had a wildly successful fundraiser selling Simpls soups (earn 1 credit for every \$400 sold).
- **Spring Flowers sales:** In April 2022, we sold spring flowers (hanging baskets, seedlings, etc.) (earn 1 credit for every \$400 sold).
- **SCRIP:** The Scrip program is fundraising for the Booster Club while you shop! The program has over 750 retail brands and the Booster Club earns a rebate for every gift card you purchase at face value. The rebate goes right back to the Booster Club (earn 1 credit for every \$100 in rebates back to the gym).
 - Create an account at www.shopwithscrip.com and click “join a program.”
 - MGBC’s enrollment code is: 1B2CC11664562

Some of the additional fundraising does not provide individual “credits,” but helps contribute to an overall increase in fundraising. For example:

- **Apparel sales** (the online team apparel store that is “live” several times throughout the year) returns a portion of the proceeds back to the Booster Club.
- **AmazonSmile:** Go to www.smile.amazon.com and add “Midwest Gymnastics Booster Club” as your organization. Then shop on Amazon as you normally would. It’s that easy. A portion of your spend goes directly back to the Booster Club.
- **Dinner Out Nights:** We will occasionally partner with a local restaurant for a fundraising night. The partner restaurant shares a portion of all proceeds from a certain time window when our organization is mentioned.

Fee Refunds for Eligible Members

We've worked hard to fundraise all season – now what? The process for calculating fundraising distributions to our Eligible Members is this:

Step 1: Determine fundraising distribution percentage

- Data Point 1: Combined total of the actual athlete fees for all gymnasts.
- Data Point 2: Total fundraising dollars earned throughout the season.

After the Booster Club pays all the expenses during the season, such as meet fees, coaches fees, accountant, fun fund money for next season we determine the PERCENTAGE of fees that we can cover (after subtracting next year's "fun fund" from the top). For example, if our gymnasts had \$100,000 in actual athlete fees, and we earned \$50,000 through fundraising, then the percentage of fundraising distribution is 50% (i.e., we earned enough to cover half of the athlete fees).

Step 2: Determine individual distribution amount

Eligible Members will earn back the percentage of fundraising distribution based on their gymnast's actual athlete fees. For example, if your gymnast's actual athlete fees for that season were \$1,200, and the fundraising distribution percentage comes out to be 50%, eligible members would receive a distribution amount of \$600 at the end of the season.

ELITE gymnasts (for eligible members) will be eligible to receive fundraising dollars equivalent to the Level 10 gymnast amounts. For example, if the Level 10 gymnast actual fees are \$3,000, and we earn a 50% fundraising distribution of \$1,500 back to Level 10 families . . . Elite gymnasts (eligible members) will earn back \$1,500 regardless of the actual Elite fees incurred. The Elite season does not start/end at the same time as non-Elite competition season for purposes of tracking actual fees during the Booster Club fiscal year, and Elite fees are unpredictable (and may require extensive travel to seek qualifying scores). Defining the limits for Elite fundraising allows the booster club to "close the books" each year and ensure fairness across the membership.

If you do not become an Eligible Member by fulfilling the **minimum** requirements (posted at the beginning of each season in the Fall), then you **will not** be eligible to receive this fundraising distribution at the end of the season.

Thank you for helping to make this a great season!



Parent Commitment to the Booster Club

Season: 2022-23

I have read and understand the Parent Handbook.

For parents new to Midwest this season: I have attended live, or watched the recorded version, of the New Parent Welcome Meeting (June 2022).

I make a commitment to support the Booster Club and coaching staff with my words and actions. If I have a concern, **I will wait the required 24 hours** and then I will contact the appropriate person as described in the Handbook in a respectful manner in an effort to resolve the issue maturely. I understand that if my words or actions are not supportive of the Booster Club efforts, I may be removed from the Booster Club, which will lead to a forfeiture of eligible member benefits. I understand this does not affect my athlete's ability to remain on the team and compete, and that I will still be obligated to pay my athlete fees/invoices to the Booster Club.

I understand that it is my responsibility to read emails from the Booster Club, find answers on the parent portal, and to keep track of my own fundraising eligibility status. If I don't understand something, I will refer to the handbook, prior emails, and then contact the appropriate person. Waiting until the end of the season is not the time to ask.

I understand the financial obligations associated with participating on the Midwest Gymnastics competitive team. I commit to paying the Athlete Fees, timely and as invoiced by the Booster Club. I understand that if I leave the program before I have paid all of my invoices, or if my athlete fees require a supplemental invoice at the end of season reconciliation process, that I will promptly pay the Booster Club for such fees.

Please hold this commitment form and sign AFTER the 2022-23 New Parent Welcome meetings have been completed. Please return to the Secretary: secretary@midwestgymnasticsboosterclub.org

Parent Name (print): _____

Parent Signature: _____

Gymnast's Name / Level: _____

Date: _____