

Welcome to San Diego Rhythms. School of Rhythmic Gymnastics

Our Mission

The San Diego Rhythms is an organization dedicated to promoting the sport of Rhythmic Gymnastics and providing an excellence in all aspects of Rhythmic Gymnastics and Dance arts in safe, fun, and healthy environment for all participants. The goal of our program is to help raise happy, healthy, confident, focused, thinking, creative individuals. We strongly believe that Rhythmic Gymnastics and Dance arts will bring enjoyment to children's lives, build their character, and will help them to become the best they can be.

Acknowledgment, Rules and Policies

San Diego Rhythms (SDR) is a developmental rhythmic gymnastics program. We have Preschool, Beginner, Xcel, Pre-team, and Team levels in our program. As the gymnast progress through the different skills and begins participating in meets, she moves upward through the levels. Moving to the next level is based on a skill level, participation in meets and meets' results, consistency in attending classes, and is at the discretion of a coach. All San Diego Rhythms students under age of 10 are advised to stay in rhythmic gymnastics Junior Olympic program for at least 2 years learning basic skills. These skills are a basis for the future success in rhythmic gymnastics and all other sports, ballet, and dance. After that the suggestion can be given on either to continue competing in JO program or to switch to Rhythmic Xcel program, or to other dance arts programs. We look at the long-range picture for your athlete and can help you to make this decision. SDR is a year around program. We observe major holidays during the season.

Annual Registration Fee: Each San Diego Rhythms student must pay a yearly non-refundable registration fee, which is subject to change, before the first class. All returning students pay this registration fee in January of each year. If your child enrolled into the SDR program after October 30 of a previous year, and you paid registration fee during enrollment, you will not pay it again in January. Initials

Tuition Security Deposit: Each San Diego Rhythms student must pay a tuition security deposit before the first class. This tuition deposit will be used as last month tuition payment if you decide to discontinue participation in SDR program. This tuition deposit is waived for students enrolled in classes running by 8 weeks sessions. Initials

Tuition: The tuition is based on 48 weeks per year or 4 weeks session during each month. Because some months have 5 weeks and other months have holidays or closures, your child will have extra classes during some months and less classes during others. Your tuition is your monthly payment and is not related to the number of classes you receive in any specific month. Some classes (ballet, developmental, etc.) are running by 8 weeks sessions. It is imperative that your child tuition is kept up to date so that we are able to pay our employees and our monthly bills, etc. You have to pay tuition before the 1st of each month or before the first class of each 8 weeks session. Only students with paid tuition will be allowed to participate in classes. Late fee of \$25 will be applied to your account on the 5th of the month. A bill will be sent to your home if you have an outstanding balance. This will include a late fee, so please pay your tuition on time.

There are 3 ways of paying your child tuition:

1. **You can set up an automatic bank payment to be received in our office by 25th of each month.**
2. **You can transfer money to San Diego Rhythms Account at Bank of America or use Pay Pal.**
3. **You can pay by Credit Card, but it will require additional credit card processing fee.**

If you decide to discontinue class, you have to submit a written notice to the SDR 30 days prior to the date you wish to stop. Your child tuition deposit will be used as a last month payment. No refunds are given to students enrolled in 8 weeks sessions. In order for your child to progress she must be consistent in attending classes. Excusable absences (due to illness or special circumstances) may not be applied to future tuition and should be made up within 30 days of a missed class while a child is still enrolled into the program. It is very important that you ask a coach when your child can come for a make-up class. Please don't send your child to a class without permission from a coach, as she will not be able to participate.

SDR have a right to cancel any classes during the time when the team is attending competitions and for any other reasons. There is no prorating of fees during any holidays or breaks, and there are no credits or refunds for missed classes or holidays. All this is included in monthly tuition calculations due to extra classes your child is attending during a calendar year. Classes schedule is subject to change. Initials

Family vacation: In order to save your child a spot in her/his class the tuition must be paid during your family vacation. If you chose not to do it, enrollment in our program will be based on space availability, and you child may be placed in a different class where space is available or put on a waiting list for the desired class when she comes back from vacation. Students who wish to take an extended leave of absence must pay in full if they wish to retain a spot in class. Space in class cannot be guaranteed. If tuition is not paid in full during extended absence (more than 30 days), your child will be disenrolled from the program, and reenrollment will require paying a registration fee.

All team members must pay their full tuition during family vacation time (Please refer to Team Rules and Policies.)

Initials

Private Lessons: Private lessons are very important for your child progress.

When a gymnast advances to the competitive level private lessons are strongly recommended. All private lessons must be scheduled in advance and paid at the time of booking. You will be charged for the private lesson if it is canceled less than 24 hours prior to it. Initials [redacted]

The prices for private lessons are subject to change. SDR coaches can not give your child private lessons outside of any facility where SDR is operating its business unless these lessons are a part of the SDR program, and are scheduled through the club. The facility where SDR is operating its business cannot be used for any Rhythmic, Ballet or Dance private lessons with any other coaches not related to the San Diego Rhythms. These are the insurance issues and these rules will be strictly enforced. Your child will be asked to leave the club immediately without refund if these rules are broken. Initials [redacted]

Apparel: At practice girls should wear black leotard with no attached skirt and black ballet shorts or black tights. Boys should wear a black t-shirt tucked into black shorts or pants that are not buggy. All students must wear toe shoes. Short white socks are allowed during warm up. SDR shirts can be used as long as they securely cover gymnast’s body. All students must have their hair tied away from the face. Girls must have their hair pulled up in to a bun. Ballet attire must be worn during ballet classes. Jewelry of any type should not be worn. Initials [redacted]

Classes Observation: Parents and siblings can watch their gymnasts quietly from the designated area at the side of the Gym only during the time when the team is doing warm up. No parents or siblings are allowed at the gym near training area during team apparatus work and routines run time. This is for your own safety. No parents are allowed in the dance/ballet room without coach’s permission. There must be a parent with siblings at all times. Parents and siblings are not allowed on the Gym Floor. Please refrain from talking with your child during the classes, as it can be distracting to everyone. We have a right to ask any parent to leave the gym if his or her actions disrupt the class. All children must be picked up at the end of the class. SDR doesn’t assume any responsibility for the care, custody, health or well being of the child left after his/her class is over. If a parent/legal guardian can’t be reached, and a child is not picked up after practice, local police department will be contacted for assistance. Initials [redacted]

Concerns: Please contact us if you have problems or concerns. Your thoughts are important to us. Together, we will work to find solutions to your problem. Complaining to other parents CANNOT solve your problems, nor can we solve them if we don’t know about them. If you respect us enough to allow us to play a large role in your athlete’s life, please respect us enough to deal with communication problems appropriately. If there are times that a parent needs to contact a member of the coaching staff to ask some questions or voice some concerns, we would be happy to discuss these during a scheduled meeting time. Please call (858) 945-4114 or email Sofia at Sofia@sdrhythms.com to schedule an appointment. SDR coaches are not available during, before, or after classes without a prior arrangement. Initials [redacted]

In this packet you will receive the following information:

- * Enrollment and emergency form (to be turned in before the first class along with tuition, registration fee, and tuition security deposit)
- * Parent’s code of conduct (to be turned in before the second class)
- * Gymnast’s code of conduct (to be turned in before the second class)
- * Team Polices and Competition rules (to be turned in before the second class)
- * Release Information Authorization Form (to be turned in before the second class)
- * Concussion Awareness Information
- * Safe Sport Policy Information

<https://usagym.org/pages/education/safesport/>

I, _____ Parent/Guardian of _____ have read and received a copy of San Diego Rhythms Rules and Policies. I realize that my signature indicates understanding and agreement with these Rules and Policies.

Parent’s/Guardian’s Signature

Date

Gymnast/Dancer Code of Conduct

1. Do Gymnastics and Dance because you love it.
2. Work hard to improve your skills.
3. Be a team player - get along with your teammates and respect each other.
Learn teamwork, sportsmanship, and discipline. Older and more experienced Students must help and support younger students. Younger students must respect And listen to the older members of the club.
4. Do not miss practices.
5. Be on time for the practices and competitions.
6. Come to each practice and competition well prepared and dress properly, and with Your hair tied away from the face. Girls must have their hair pulled up in to a bun. Girls should wear a gymnastics leotard with no attached skirt, black ballet shorts or Black tights, boys should wear a black t-shirt tucked into black shorts or pants that Are not buggy. Students must wear toe shoes. Short white socks are allowed during Warm up. SDR shirts can be used as long as they securely cover gymnast's body. Ballet attire must be worn during ballet classes.
7. Respect your coaches, your teammates, parents, other gymnasts, and officials.
8. Never argue with an official's decision.

I, _____ have read and agree with the Gymnast Code of Conduct
Gymnast's name

Gymnast's Signature

Date

Parent Code of Conduct

To competitive team parents:

“Your child’s success or lack of success in sport does not indicate what kind of parents you are. But having an athlete that is coachable, respectful, a great team mate, mentally tough, resilient, and tries her/his best is a direct reflection of your parenting”

- * Do not force your child to do gymnastics. It should be fun FOR THE CHILD and you.
- * Emphasize enjoyment and fun, praise effort as well as improvement.
- * Never compare your child achievements with her teammates achievements. Accept the fact That not everybody can be an Olympian, but everybody is capable of achieving her/his Personal best.
- * Bring your child on time for practices. Warm up time is essential in preventing your Gymnast from the injuries. When your child is 15 minutes late she still has to do warm up Which is a distraction for other children and coaches. Gymnast will not be allowed to Practice if she/he is 15 minutes late unless prior arrangement with a coach was made.
- * Always notify your child’s coach if she can’t attend the class.
- * Recognize the value and importance of coaches.
They give their time and efforts to teach your child.
Never argue with coaches in front of children. Do not verbally or emotionally Abuse coaches, officials, gymnasts or other parents. Do not make inappropriate Remarks, comments or gestures directed toward coaches, officials, gymnasts or Other parents. This behavior will not be tolerated.
- a. First offense: verbal warning will be issued.
- b. Second offence: your gymnast will be asked to leave the club with no refund.
- * Do not publicly question any official’s decisions, and never doubt his or her honesty.
- * Pay your child tuition on time – before the first of each month.
- * Pick up your child on time after each class.

For the safety reasons a gymnast must be picked up inside the gym/dance room by parent/guardian.
A gymnast will not be allowed to leave a gym/dance room without parent/guardian and to meet Her/his parent/guardian outside of the gym/dance room where a coach can’t see them.
A gymnast must notify a coach when she is leaving before the end of the class. A parent must Notify a coach in advance if a child is leaving a gym with other designated adult.
If the gymnast is not picked up on time after the end of her class and her/his parents or legal Guardians can’t be reached, the local police office will be contacted to arrange a child’s pick up.

I _____ parent/guardian of _____
 _____ Gymnast’s name
 have read, received a copy, and agree with the Parents code of conduct.

Parent’s/guardian’s signature

Date

Authorization for Information Release

I _____, Parent of _____
Parent/Guardian Name (if under 18) Student Name

Give my permission to the San Diego Rhythms, Inc.

To release my contact information (First and Last Name, Telephone Number, and E-Mail Address) to any San Diego Rhythms (SDR) volunteer involved in preparation and holding the San Diego Rhythms, Inc. events Such as, but not limited to Competitions, Performances, SDR Fundraising, and any other event San Diego Rhythms, Inc. is hosting or participating in for the purpose of providing me with information about above mentioned events.

Signature

Date

Rhythmic Team Policies and Competition Rules

We have 3 levels of competitors in our club. Team –Levels 5 and up, Pre-Team Levels 3-4, and Rhythmic Xcel. Xcel, levels 4 and up gymnasts compete in Local, Invitational, State, Regional, and National meets, Level 3 gymnasts compete at Invitational and Local meets. This is subject to change depending on Gymnastics Governing Body rules.

Competition is not a right! It is a reward for hard work. When your child is advanced to the competitive level, it is a one year commitment, and all other activities and family vacations should be planned around SDR schedule which can change during the season. During the competitive season competitor is required to attend all scheduled practices and work hard to earn the privilege to participate in competitions. Coaches will decide if the gymnast is ready to compete. If a gymnast missed 2 practices 1 week before competitions, she will not compete at that particular event.

Initials [redacted]

Team Tuition: It is very important for you to understand that when your child advances to the team, your payment pays for the benefits of a program, and not a specific number of hours that your child is practicing. There is a team fee that each team member pays each month, not monthly tuition. This team fee already includes all gym closures and family vacations. This team fee divided into 12 installments for payment convenience. There are no any pro-rations of your monthly payments due to vacations, sickness, injuries, etc. MONTHLY TEAM FEE MUST BE PAID IN FULL EVEN WHEN A GYMNAST IS NOT ATTENDING PRACTICES due to vacation, injury, sickness or any other reason. This team fee doesn't cover competitions. Competitions fee is separate to pay. Please make sure that you are able to adopt this kind of thinking before you get involved in our competitive program because any "per hour" or "per week" mentality will ultimately lead to misunderstandings and your dissatisfaction.

Initials [redacted]

Competitions Fee: Each competitor will pay Competitions Fee, which includes Competitions Entree Fees, and a part of the Coaches' Fees (including transportation, accommodation, food, and salary.) There is no refund or prorating of the Competitions Fee due to the illness or absents. For the gymnast to be able to compete, the tuition and competitions fee has to be up to date, and she must be registered with Gymnastics Governing Body.

Initials [redacted]

Private Lessons: Minimum 1 private lesson a week is strongly recommended. All private lessons should be scheduled in advance and paid at the time of booking. The prices for the private lessons are subject to change. Cancellation Policy - 24 hours prior to the lesson.

Initials [redacted]

Choreography: All gymnasts need to pay for their routines choreography. This fee is separate from tuition. Depending on the Rules that are constantly changing, Beginning Levels will have compulsory routines that are the same for all gymnasts in the club in the same level. All students in the same compulsory level will share the cost of choreography. A gymnasts competing in optional levels must have their own choreography (4 routines each competitive season). The cost per routine is subject to change, and is at the discretion of the coach. All individual routines must be learned outside of the regular classes. Choreography fee must be paid in full when the choreography time is booked.

Initials [redacted]

Ballet: 2-3 hours a week of Ballet classes are strongly recommended for all team members.

Initials [redacted]

Homework: If a coach assigns homework to the gymnast this homework should be practiced at home. This is essential for the gymnast's success.

Initials [redacted]

Practices: All competitors are required to attend all scheduled practices. Prior arrangements involving tardiness or an absence should be made with a coach in advance. If the absence is unexpected please call to your coach.

Initials [redacted]

Apparel: At practice girls should wear black leotard with no attached skirt and black ballet shorts or black tights. Boys should wear a black t-shirt tucked into black shorts or pants that are not buggy. All students must wear toe shoes. Short white socks are allowed during warm up. SDR shirts can be used as long as they securely cover gymnast's body. All students must have their hair tied away from the face. Girls must have their hair pulled up in to a bun. Ballet attire must be worn during ballet classes. Jewelry of any type should not be worn. All gymnasts must have SDR warm-up costume and competition attire.

Initials [redacted]

Volunteer Hours: Team parents are expected to volunteer during events that San Diego Rhythms is hosting

Initials [redacted]

Competition Rules:

1. All competitors should arrive at least fifteen minutes before warm-up time properly dressed and with their hair done. Competition attire, SDR t-shirt, and SDR warm-up must be worn during the competitions at all the time including awards *Initials*

2. Once the gymnasts have joined their teammates for warm-up they will not have any contacts with their parents until after the competition. Parents and siblings are not allowed in the competition/warm-up area at any time. Parents are not allowed to approach a judge or any other official at any time. *Initials*

3. All gymnasts must cheer and support their teammates. Poor sportsmanship will not be tolerated. All gymnasts should congratulate their teammates and other gymnasts when they are on the awards stand. *Initials*

4. If a gymnast gets injured at a competition parents should stay at their seats until asked by a coach to come over. *Initials*

5. At no time should any parent make negative comments toward the coaches, officials, gymnasts or other parents and clubs. That parent will be asked to leave the competition and will not be allowed to attend future competitions. *Initials*

6. All competitors are encouraged to travel together for the away competitions. These are team - bonding experiences, and we want the children to become friends outside of the gym as well as inside the gym.

Initials

I _____ parent/guardian of _____
Gymnast's name

Have read, received a copy, and agree with the Team Policies and Competition Rules

Parent's/guardian's signature

Date