

GYMNASTICS TEAM

2024-2025



LIGHTHOUSE SPORTS CENTER LLC

Gymnastics Cheer Dance Tumbling Martial Arts

LIGHTHOUSE SPORTS CENTER LLC

13003 WHITTIER BLVD

WHITTIER CA 90602

& 9911 PARAMOUNT BLVD

DOWNEY CA 90240

(562) 991-4375

WWW.LSCKIDS.COM

LSC TEAM

WELCOME TO THE TEAM!

Thank you for entrusting us with your child's gymnastics experience. We do not take this responsibility lightly. We plan to make this a positive and fulfilling experience for you and your child. If at any time you have any needs, questions, or concerns to express, please don't hesitate to contact us. We are here for you in person, by phone, or via e-mail.

ABC'S OF GYMNASTICS

LSC believes that it is very important for our athletes to master the basic skills at each level with proper form and technique. Taking time with the basics (the ABCs) provides the best learning tool for more advanced skills. The coaches at LSC would like every athlete to be able to master all of the skills and move up as quickly as possible. However, we do not wish to sacrifice your child's safety or self-esteem to satisfy the expectations of others. We do not hold athletes back, but we do not believe in social promotion either.

We would like to congratulate you for choosing gymnastics for your child. Gymnastics is a great overall, body-conditioning sport. Some of the physical attributes your child will develop are strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, explosive power, agility, balance and grace. Some of the mental attributes we hope to develop are positive self-image, self-motivation, tenacity, patience, and willingness to sacrifice for personal development, goal-setting, courage, and enjoyment.

Our program is designed to provide the best possible training for every child on our team, in a healthy, safe, positive environment where each child will be encouraged to succeed. We will provide the mental and physical discipline needed for competition along with positive reinforcement and encouragement.

We also hope your child will acquire self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for others, grace and poise. When our athletes "retire" from our team, we hope they have established a base of skills that will assist them throughout their lives. Our success is measured by what the children take with them when they leave the sport.

LSC TEAM

PLACEMENT & PATHS

The Lighthouse Sports Center Team will be selected from the LSC class program based on their work ethic, ability to listen, attendance, and the ability to perform the necessary skills with proper technique. Athletes coming from another team program will be invited to train with us for a practice during which time we will evaluate their skills and place them in the appropriate team levels.

MOBILITY

LSC is dedicated to developing happy, healthy, and confident children. One way to meet this goal is to place the gymnast at the level where they can be safe and

confident. This means that the athlete must be able to perform the skills and routines (on all events) required at a given level, comfortably. The skills should not be on the edge or beyond her ability. We can never ask or expect our athletes to perform skills or routines in a competition, which they cannot perform consistently in practice. Since skill level generally determines the level of competition, this will be the deciding factor when deciding the level that each athlete will compete each season. All-Around scores from the previous season (although an important tool to determine level) will not be the most important or deciding factor for our team.

PROGRAMS

| XCEL PROGRAM | DEVELOPMENTAL PROGRAM |
|--------------|-------------------------|
| BRONZE | LEVEL 2 (COMPULSORY) |
| SILVER | LEVEL 3 (COMPULSORY) |
| GOLD | LEVEL 4 (COMPULSORY) |
| PLATINUM | LEVEL 5 (COMPULSORY) |
| DIAMOND | LEVEL 6+ (OPTIONAL) |

Questions about Level Placement can be addressed with your coach!



LSC TEAM

CODE OF ETHICS

code of ethics

- Every athlete should wear a leotard to training every day. Hair should be pulled back and jewelry is not allowed.
- Attend all team practices, competitions, special events & fundraisers.
- Create a "Future Absence" on the app if you cannot attend a workout.
- Arrive on time and stay until practice is over.
- Come into the gym with a smile on your face, and crawl out with the same smile on your face. Gymnasts should work hard and try their hardest at each workout.
- Treat other gymnasts with respect: Be kind to all your teammates, and do not hold yourself out as better than other gymnasts. Everyone has strengths and weaknesses, and if you have not found your weakness yet, you will!
- Ask permission to leave your event or facility. This applies to leaving early, going to the restroom or to get water, etc. The coaches always need to know where you are.
- Always act in a way that shows your respect for yourself and the gym. We want the gym to be happy and motivating – there is no place for rude comments, displays of anger or talking back.
- There is no tolerance for gossip and negative talk.
- Be HONEST. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, teammates, parents and, most importantly, yourself. If you cannot or will not complete an assignment, be honest about it.
- Tell your coach when your body is telling you to stop or slow down. If you are sick or injured, we need to know. Provide your body with proper food and drink at all times.
- Maintain a healthy weight appropriate for you to do the skills you need in gymnastics.
- Always wait inside the gym for your ride. Be sure that your parent always knows what time workouts are over and pick you up in a timely manner.

****During season, athletes are expected to attend every practice. If an athlete misses any part of any workout within two weeks of competition, or cannot make her routines within two weeks of a competition, she WILL NOT be allowed to compete in that competition. The coaches & Leadership will have the final decision. There will be no refunds for scratched events or competitions.**

LSC TEAM

COMPETITION RULES

Being prepared mentally and physically for competition is imperative. Each athlete will follow these instructions before each competition.

Follow The Rules

- Arrive to the competition on time to the scheduled check in place.
- Hair should be neatly pulled back in a bun (or otherwise designated hair style), with the proper hair ribbons and scrunchies. No finger nail polish or jewelry is allowed on the competition floor. Sports bras and underwear may not show, including matching ones.
- Athletes will wear the LSC team leotard and warm ups to all competitions without alterations to apparel / accessories. No "non" team jackets or backpacks allowed.
- When an athlete arrives at the competition, she should report to the coaches immediately. The coaches will have sole responsibility for the athletes during the competition. Parents should not expect to be in contact with the athlete until the end of the competition.
- Athletes will not cry or complain during a competition. Athletes who persist with these behaviors will be scratched from the competition.
- Athletes will always cheer for their teammates and be courteous to gymnasts from other teams.
- Athletes will always show respect for the judges and other coaches at competition.

Questions about Competitions can be addressed with Nathan!

IMPORTANT POLICIES

- Athletes will exclusively train at LSC with their Competition Team Coaches. Aside from clinicians that LSC may hire, training with another gym or outside coaches will not be tolerated. Private lessons can be scheduled with LSC Competition Team Coaches only.
- If something is bothering you after 24 hours, be sure to report it within 48 hours.
- Group Chats/Messages will be respectful and for information only. Gossiping, negative talk, rumors etc do not need to be shared.
- Nothing with the LSC logo can be made and worn without Sheree's consent.

COMPETITION RULES *Parent Rules*

Parents are as much a part of our team as athletes and coaches! We encourage all parents to attend every competition and to be involved in our program. But, as parents, you should be aware that you, too, are representing Lighthouse Sports Center. With that in mind, here are a few guidelines for parents in the gym and during competitions.

- Cheer loud and often for all of the members of our team and for any good performance you see. Promote LSC gymnastics in every way you feel appropriate: T-shirts, banners and cheers, but never speak in a negative way about another club, coach, gymnast, or judge. We realize from time to time, you will hear other parents speak poorly of other teams. Ignore it and never stoop to that level. If you cannot say anything nice, don't say anything at all.
- Under no circumstance is a parent ever to approach a judge, meet host, coach, or any other official before, during, or after a competition to comment on, complain about or question a score.
- Under USAG rules, only USAG professional members, judges, and people assigned to assist with the competition are allowed in the competitive area. Parents should never come into the competition area unless requested to do so by one of our coaches (in the case of serious injury or major problem).
- Please do not contact or talk to your gymnast once they are in the competitive area. We want them to focus all of their energy on the competition with as few distractions as possible. After the meet is over, they will come to see you.
- In case of injury during the competition, please wait for your coach to give some indication that you should come onto the competition floor. In most cases the injury will be relatively minor and the coach and/or trainers will take care of it. Your daughter will continue competition and maintain focus. In cases of more serious injury, one of the coaches will get you.
- Arrive to the competitions/practices on time. Being late is not only disruptive to the coaches, but it creates unnecessary anxiety for your child.
- Do not coach your child. Let the coaches do their jobs in the gym and on the competition floor. In addition to causing confusion for the child as to whom they should listen, it also interferes with the development of the coach/athlete bond, which is critical to any long-term success in the sport. Finally, the coaches have already noticed what you have noticed and will make corrections as the athlete is ready.
- Think about what you say to your child before and after competitions. Your child only wants your love and praise (no matter how the performance went), and how we say things makes a big difference.

Here are some inappropriate comments:

- You beat Becky.
- I'll give you \$20 if you win today.
- That judge always scores you low.
- Why did you fall on beam?

Here are some more appropriate comments:

- You scored your highest yet!
- Do your best and have fun!
- Keep working hard and next time you'll score even better!

Your child is an individual. Your child will progress at her own pace based on individual talents and abilities. Please do not compare your child to others in the gym. Our athletes receive the same coaching on every event, but they will progress at different rates. Fear, work ethic, and attitude – as well as talent – will all play a role in your child's progression. Allow your child to progress at her own pace and realize that the most important thing is that your child is happy and safe.

LSC TEAM

ATTENDANCE & DISCIPLINE

Attendance

100% attendance is mandatory for team membership. If your child's average attendance is not above 80% they WILL be placed on probation. Any athlete on probation may not do private lessons until attendance is brought back up to 100%. Privates are not a replacement for team practices. Our attendance system allows us to see the percentage of your child's attendance so if you are unsure, please ask the office.

Athletes must attend ALL practices, in full from start to end, for the two weeks prior to each competition. If practice is missed, they will not be eligible for competition. It is your responsibility to arrive on time and finish each practice. No refunds will be issued for missed competitions due to poor attendance.

2024 Holiday & Event Closures

| January | | | | | | | February | | | | | | | March | | | | | | |
|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | 1 | 2 | 3 | | | | | | | | 1 | 2 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | | | | | | | | | | | | | | | |
| April | | | | | | | May | | | | | | | June | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | 1 | 2 | 3 | 4 | | | | | | | 1 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 28 | 29 | 30 | | | | | 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
| July | | | | | | | August | | | | | | | September | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | 1 | 2 | 3 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 29 | 30 | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
| October | | | | | | | November | | | | | | | December | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | | | | 1 | 2 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 29 | 30 | | | | | |
| | | | | | | | | | | | | | | | | | | | | |

Modified Schedule on: 6/7 & 12/6

Holiday Closures are calculated into your tuition rate. Competition Team Athletes will not be given a "Makeup Token" for missed Team Practices. Holiday Closures will not be "made-up" at another time.

Practice Leotards will be assigned to wear on certain days, determined by your coach. You are encouraged to wear them, as it does assist with team bonding!

Summer Schedule

During the Summer, some groups will be invited to train at an earlier time during what is usually during the school day. Summer training hours are vital as this is the time most of the next-level development is made.

Discipline

In most cases, discipline problems are minor and will be handled quickly and easily in the gym during the workout. In the event that the situation continues (either with a child or parent), we will set up a conference to discuss the problems we are having. In some cases, the athlete may be unable to compete until we have resolved the problem. If all else fails, we will ask the athlete and her family to leave the team. Although this is the absolute last resort, it is sometimes necessary.

LSC TEAM

IMPORTANT THINGS TO KNOW

Concerns or Complaints about other Athletes

Please communicate any issues or concerns to the coaches at the appropriate time. We will make every effort to work with you to address your concern. We will not tolerate disparaging remarks or comments about other gymnasts, coaches, or families in our program. We value all of our athletes and their families.

Gym Communication

We will make every effort to send out emails with notices and meet information to you in a timely matter. Please check the email account that we have on file FREQUENTLY.

Conferences with Coaches

Unless there is a major problem, we will not set up a conference between gymnasts, coaches, and/or parents. If there is a serious problem that needs private discussion, we will set up a meeting. Instances of disciplinary problems that occur at practice are usually handled at practice and will not be communicated unless it is deemed severe or repetitive.

Special Situations

If your child is having problems in school with low grades or there is a special event that she needs to attend or wants to attend, please let us know. Please let the staff know what is going on and why your child will be missing practices so we can try to make accommodations. Sometimes it's necessary to miss practice, but you must weigh that against the possibility that missing practice may slow your child's progress.

Injured Athletes

Gymnastics, as with most sports, has potential for injury. We are aware of this, and we will make every effort to maintain a safe environment for our athletes. We believe in proper progressions as lead ups for more advanced skills. We believe in providing the proper equipment and training devices to make learning as safe as possible.

Injured athletes are expected to participate in practice as much as possible. Athletes can work around injuries and turn a difficult time into something positive by increased work on flexibility, strength, specific events, or specific skills.

LSC TEAM FINANCIALS

New USAG Memberships purchased individually through USAG.org this Fall.

Returning Athletes will need to renew this Fall! Usually around \$65.

Competition parking and spectator entrance fees not included. Fees are not refundable.

New Athlete

XCEL BRONZE

- COMPETITION LEOTARD
- WARMUP LEGGINGS
- 2 MOCK MEETS
- 4 COMPETITIONS + TEAM FEE
- WHITTIER CHRISTMAS PARADE
- CHRISTMAS PARTY
- AWARDS BANQUET
- TEAM PHOTO 8X10
- SUMMER SHOW LEO + 2 SHOW SHIRTS
- COACHES FEES

\$1335 FULL OR \$167 OVER 8 MONTHS
+ MONTHLY TUITION

Returning Athlete

XCEL BRONZE

- COMPETITION LEOTARD
- 2 MOCK MEETS
- 4 COMPETITIONS + TEAM FEES
- WHITTIER CHRISTMAS PARADE
- CHRISTMAS PARTY
- AWARDS BANQUET
- TEAM PHOTO 8X10
- SUMMER SHOW LEO + 2 SHOW SHIRTS
- COACHES FEES

\$1300 FULL OR \$163 OVER 8 MONTHS
+ MONTHLY TUITION

SILVER, GOLD, LEVEL 3 +

- COMPETITION LEOTARD
- WARMUP LEGGINGS
- 2 MOCK MEETS
- 4 COMPETITIONS + TEAM FEES
- WHITTIER CHRISTMAS PARADE
- CHRISTMAS PARTY
- AWARDS BANQUET
- TEAM PHOTO 8X10
- SUMMER SHOW LEO + 2 SHOW SHIRTS
- COACHES FEES

\$1425 FULL OR \$179 OVER 8 MONTHS
+ MONTHLY TUITION

SILVER, GOLD, LEVEL 3 +

- 2 MOCK MEETS
- 4 COMPETITIONS + TEAM FEES
- WHITTIER CHRISTMAS PARADE
- CHRISTMAS PARTY
- AWARDS BANQUET
- TEAM PHOTO 8X10
- SUMMER SHOW LEO + 2 SHOW SHIRTS
- COACHES FEES

\$1150 FULL OR \$145 OVER 8 MONTHS
+ MONTHLY TUITION

OPTIONAL ADD-ONS

- PERSONALIZED BACKPACK \$60
- WARMUP JACKET \$150
- PARENT SHIRT \$25
- PARENT PARADE PARTICIPATION \$25
- OUT OF STATE MEET EST. \$150
- STATE MEET EST. \$150

PAYING IN FULL WILL BE SLIGHTLY CHEAPER THAN THE MONTHLY INSTALLMENTS. THERE IS A SMALL "INTEREST" FEE FOR THE MONTHLY INSTALLMENT OPTION.

LSC TEAM FINANCIALS

Non-Competing Athletes

New Athlete

ANY XCEL LEVEL

- PERFORMANCE LEOTARD
- WARMUP LEGGINGS
- WHITTIER CHRISTMAS PARADE
- CHRISTMAS PARTY
- EVALUATION CLINIC
- IN-HOUSE MOCK MEET
- TEAM PHOTO 8X10
- SUMMER SHOW LEO + 2 SHOW SHIRTS

\$400 FULL OR \$100 OVER 4 MONTHS
+\$50 FOR SILVER AND UP
+ MONTHLY TUITION

Returning Athlete

ANY XCEL LEVEL

- PERFORMANCE LEOTARD
- WHITTIER CHRISTMAS PARADE
- CHRISTMAS PARTY
- EVALUATION CLINIC
- IN-HOUSE MOCK MEET
- TEAM PHOTO 8X10
- SUMMER SHOW LEO + 2 SHOW SHIRTS

\$365 FULL OR \$192 OVER 3 MONTH
+\$50 FOR SILVER AND UP
+ MONTHLY TUITION

Pay in full option will be due by July 10th 2024.

*Pay in just 2 installments: First payment by July 10th, second payment November 10th. No extra interest.

8 month installment option starts July 10th and will run consecutively through April, skipping December.

All options are non refundable. You are making a commitment to the full season and full bill. If you need additional assistance, please speak with Sheree.

Athletes that have decided not to compete will still participate in all LSC Team activities and fundraisers. Although you will not be at competitions, you are part of this team!

Tuition

- XCEL BRONZE \$223
- XCEL SILVER \$262
- XCEL GOLD \$298
- LEVEL 3 \$262
- LEVEL 4+ \$ 298

LSC TEAM

TUITION & FEES

Tuition

Tuition is due on the 25th every month, paying in advance for the following month. An active card must be saved on file and can be managed and changed through your Parent Portal account. LSC does not accept cash.

Late Fees may be applied for past due accounts. Athletes cannot compete if their accounts are not up to date.

Installments

Installments will cover all extra Fees for the Apparel, Activities, Competitions and Coaches' Fees that come along with competing. Your total will be split over monthly installments and will run on the 10th of each month.

Fundraisers

We will have MANY fundraising options throughout the season, about 1 per month. Please utilize these fundraisers and reach out for support from family and friends!

We will have 1 mandatory fundraiser for the gym that will have a buy out if you cannot participate. The buy-out or minimum profit is \$150. It's expected that the Team Members participate in ALL gym activities and fundraisers.

Coaches Fees

Competition Level Coaches have several certifications, memberships, and trainings that are necessary to have access to the floor at a competition with your athlete. These certifications are not required to coach the sport, only to be a coach at a meet. These Fees are split across the number of athletes in the program. In addition, coaches are paid to work at the meets, along with some necessary mileage and hotels.

Individuals can organize extra activities or gifts for the girls, however it MUST be cleared with Sheree before anyone can ask for money from another team member. It is important to us that you are not being asked for more than you committed to.

We may have extra clinics throughout the season. We will give you as much notice as possible. There may be a small fee.

LSC TEAM EXTRAS

Individual Practice Equipment

- 1" Mueller White Sports Tape
 - Wrist Bands (Diamond/Level 4+)
 - Bar Straps (Diamond/Level 4+)
 - Ankle weights
- Must have name on each!*

Level/Weight for Ankle Weights

- Bronze/Silver/Level 3: 3lbs pair (1.5lb each)
- Gold/Level 4: 4lbs pair (2lb each)
- Diamond+/Level 5+: 5lbs pair (2.5lb each)

CONTACT *Office & Coaches*

All communication should go through our office, not our coaches personal phones. The only exception is for private lessons, should the coach provide you with their number and permission. Phone numbers should not be passed around without consent. On competition days, should you need to get ahold of a coach, please text the office first and we can best direct you.

It is not acceptable for a minor to have a coach's phone number or to communicate through social media.

Main Office: (562) 991-4375 Call & Text

Team Coaches: Gymnastics@LighthouseSportsCenter.com

Nathan's Email: Nathan@LighthouseSportsCenter.com

Sheree's Email: Sheree@LighthouseSportsCenter.com

It is critical to communicate with your coaches and Leadership about anything that may be affecting you or your athlete. Please talk to us as soon as something comes up. We can usually find solutions to anything, so long as you bring it to our attention right away.

LSC TEAM

ACTIVITIES & DATES

- Summer Show: June 8th
- First Payment Due: July 10th
- Fittings: In class July 15th week
- Holiday Showcase 2024: December 7th
- Whittier Christmas Parade: December 14th
- Team Christmas Party: December 20th
- Team Picture Day: Feb 2025
- Summer Show: June 7th 2025
- Awards Banquet: June 2025

Quarterly Parent Meetings

- October 2024
- January 2025
- April 2025

Quarterly Parent 1-on-1's

Within 2 weeks of the Quarterly Meetings, individually with the parents and a coach.

Please consider these activities as mandatory. It is expected that Team Members participate in all gym and team activities. We understand that conflict may arise, but please tell us as soon as possible if you do have a conflict. Bonding Activities will be announced throughout the season.

Competitions

Competitions will be held in the Spring of 2025. Please plan on weekend Meets from January to April.

Individual Meet schedules will not be released until the week before or the week of the Meet. Please block out the weekend until we have official call times.

It is mandatory to stay through the Meet until after awards are finished for your level.

Extra

Opportunities for extra activities may come up throughout the season. These will be announced as they come. We would hope for all Team Members to participate, however they would not be mandatory.

State/Regionals

State & Regionals are not included in your fees. As soon as you qualify, we will ask you if you would like to go and add that fee.

HERE'S TO THE 2024 SEASON!

POLICIES & INFORMATION

AUTOPAY WILL RUN ON THE 10TH EACH MONTH FOR INSTALLMENTS AND ON THE 25TH EACH MONTH FOR TUITION. THERE IS A \$25 LATE FEE FOR ANY PAYMENT NOT MADE WITHIN 5 DAYS OF THE DUE DATE. A VALID CARD WILL REMAIN ON FILE AND WILL BE RECORDED ON THE DOCUSIGN AGREEMENT.

I AM FINANCIALLY RESPONSIBLE FOR THE SEASON. FEES ARE NOT REFUNDABLE. ANY BANK CHARGEBACK OR RETURNED PAYMENT WILL ACQUIRE A FEE.

IF I FALL BEHIND ON MY BILL, I WILL RECEIVE UP TO 2 NOTICES BEFORE ACTION WILL BE TAKEN TO REMOVE MY ATHLETE FROM A COMPETITION, EVENT OR PRACTICES. I UNDERSTAND THAT I WILL NOT BE ABLE TO PERFORM IN A COMPETITION OR EVENT IF MY BILL IS BEHIND.

I UNDERSTAND THAT ONE FUNDRAISER WILL BE FOR LSC AND NOT FOR MY INDIVIDUAL ACCOUNT. I MUST REACH THE MINIMUM PROFIT AMOUNT OF \$150 OR I WILL "BUY-OUT" THAT AMOUNT OR DIFFERENCE.

I UNDERSTAND THAT I WILL NOT GET MAKEUP CLASSES FOR MISSING OR FOR HOLIDAY CLOSURES.

I AM RESPONSIBLE TO READ THE PARENT PORTAL POLICIES AND ABIDE BY THEM. I AM REQUIRED TO SIGN THE DOCUSIGN AGREEMENT TO BE ON THE TEAM.

I WILL BE KIND AND RESPECTFUL TO ALL ATHLETES, TEAM MEMBERS, PARENTS, LSC STAFF AND OTHER LSC FAMILIES. I AM REPRESENTING LSC AND WILL BE CAUTIOUS WITH MY WORDS AND ACTIONS. THERE IS NO TOLERANCE FOR GOSSIPING, NEGATIVE TALK OR LOUD/INAPPROPRIATE LANGUAGE IN THE GYM, AT COMPETITIONS AND IN GROUP CHATS.

I WILL VOLUNTEER 5 HOURS OF MY TIME THIS SEASON FOR LSC NEEDS. I ALSO UNDERSTAND THAT I MAY NOT VOLUNTEER MORE TIME OR RESOURCES TO TRY TO BARGAIN FOR SPECIAL TREATMENT OR DISCOUNTS.

I UNDERSTAND THAT I MUST SUBMIT AN ABSENCE REQUEST ONLINE IF I AM GOING TO MISS PRACTICE.

I WILL INFORM SHEREE, NATHAN OR LSC STAFF AS SOON AS THERE IS A CONCERN OR ISSUE SO THAT IT IS EASIER TO COME TO A SOLUTION OR AGREEMENT.