



Team Handbook



"The mission of Pinnacle Academy is to encourage youth to reach their physical and mental potential through the sport of gymnastics! Self-motivation, perseverance, positive attitudes, hard work, and dedication are the lessons learned at Pinnacle that will carry our students beyond the walls of the gym."

Competitive Season

Congratulations and welcome to the Pinnacle Academy team program! Membership in the program should be considered a privilege and is only offered to a select group of athletes and families. All aspects of the program should be carefully considered before making a commitment. Therefore, please thoroughly review the information outlined in this handbook so that you may understand how our programs work, what you can expect, and the commitments your family should be ready to make.

Table of Contents

Pinnacle Academy's Team Program

Mission

Important Philosophies

Commitments of our staff

Program Policies

Attendance Policy

Progression from Level to Level

Skill Level Requirements

Team Athlete & Parent Commitments

Athlete Commitments

Competitions

Parent Commitments

Attendance

Communication

Financial Commitments & Information

Training Costs

Team Fees

Total Season Fee

USAG Athlete Registration Fee

Uniform Costs

Total Competition Fees

Payment Schedule

Schedule/Important Dates

Agreement

Pinnacle Academy Competitive Programs

Mission: To teach all Pinnacle team members to be their best version of themselves inside and outside of the gym.

Important Philosophies

- The coaches help athletes set smart goals in the gym with appropriate training progressions.
- The gym and its coaching staff are responsible for the athlete's training, thus decisions regarding your child's training belong to the coaches.
- Parents know and understand their child better than anyone, and their input as to the health of their child both mentally and physically is vitally important to the training process.



Commitments of our Staff

Training:

- We will provide quality training for every athlete.
- We will work to ensure and maintain the highest level of safety possible in our program.
- We will continually seek ways to increase our knowledge and skill.
- We will maintain organized training plans for our athletes.

Communication:

- We will make every effort to thoroughly communicate information to our families through our website, handouts, phone calls/texts, Spond and mandatory parent meetings.
- We will be available to meet with individual families as needed throughout the course of the year.

Program Policies

Pinnacle Academy reserves the right to:

- change practice schedules as needed.
- change coaching assignments as deemed necessary.
- cancel or add practice when necessary.
- revoke Team membership of any child or family whose actions are not in the best interest of the program.
- remove athletes from the team due to lack of attendance.
- remove athletes from the team due to attitude or disrespect.

Injuries: *(Each injury will be reviewed on an individual basis.)*

- Only injuries that limit workouts more than 30 days will merit fee adjustments.
- Tuition only will be prorated based on the adjusted workout time. No other fees are subject to adjustment due to injury.
- Athletes must report an injury immediately if occurred during the workout. Remember the difference between being tired/sore versus hurt/injured.
- Parents/athletes must report an injury before a workout if it occurred outside the gym with an appropriate doctor's note.
- Parents must communicate all medical diagnoses and treatments. Injured athletes may be asked to attend the practice for an adjusted workout unless otherwise advised by their doctor.
- A prolonged injury that has not been addressed previously will require a meeting with the parents. If it is a persistent injury, the coaches will ask for a doctor's note with the prognosis and direction as to what the athlete is able to do.

Attendance Policy

- Pinnacle Academy does not offer makeup classes for team members (open gym is NOT a make-up).
- Each athlete should be picked up from practice within a timely manner.
- All Xcel athletes must retain a 75% attendance commitment. If Xcel athletes miss more than 25% of practices, they may be removed from the team. Athletes MUST attend practices the week of a competition or they do not compete.
- DP attendance policy is a 90% commitment. Athletes MUST attend practices the week of a competition or they do not compete.

Progression from Level to Level

Each level requires several skills on multiple events, and thus it is NOT UNUSUAL for an athlete to repeat a level. **Completion of one level's skills does not mean a gymnast is ready to move to the next level.** A gymnast will be ready to move up to the next level when they can master and perform all the required skills of that level properly, in **every** event. It is not about just doing the skill. It is about performing the skill safely and correctly so that we can master each level. You can always exceed the requirements but never underperform.

Skill Requirements

When determining whether an athlete is ready to move up a level, we consider the previous season's scores AND placements, strength and flexibility level, technique, maturity, team qualities, attendance, and skill requirements. Team placements occur in August after the **mandatory team camp**. Once placed on a team, athletes will continue competing at that level all season. At practice, athletes will be "training up" which means they will be practicing harder level skills and competing at the level that they can master. At Pinnacle, we expect each athlete to be able to qualify to the states championships in the all-around.

Athlete Commitments

Pinnacle Academy prides ourselves on our team qualities. Being on our team means being the best version of yourself. Team members must always show respect, leadership, positive attitudes, a good work ethic, supportiveness, and good sportsmanship. Team members have the most respect for their coaches and are always willing to learn. They will be role models in the gym and push outside their comfort zone. All athletes must abide by these qualities in order to maintain a team membership.

Along with team qualities, members must also show commitment. Athletes must attend summer practices as well as winter practices. EVERY practice is vital to success. Meets are also mandatory. Every athlete must attend the State Championships if they qualify. With extensive absences, athletes will not be at their best performance and safety is an issue.

Athlete and Parent Commitments

Membership in Pinnacle Academy's Programs requires a strong commitment from both the athlete and the athlete's family. It is this commitment, coupled with the dedication of our coaching staff, that is the foundation of our program. Please carefully consider all the commitments outlined below before making your decision to join the Team.

Athlete Commitments:

- members must be respectful toward every athlete, coach, and parent/spectator in the gym.
- members must be respectful of the gym by keeping it neat and treating it with care. Athletes must put their mats away and keep all belongings inside their locker prior to entering/exiting the gym each practice. No clothes left out on the floor! **No food in the gym area due to bugs, rodents, and other pests.** Your locker will be revoked if this policy is broken.
- members must demonstrate a good work ethic and a desire to learn and improve.
- members must display a positive attitude at all times, even on their “off” days.
- members must respect other athletes using the gym, especially before their practice starts.
- members must not play on the equipment before practice unless a coach is with them to supervise.
- members in noncompliance with attitude and respect policies can be withheld from participation.

Competitions:

- members must be on time and ready for warm-ups.
- members must have a “clean appearance” at the meets. All length of hair should be away from the face and no fly-aways. Long hair in a ponytail could result in a deduction from the judges at meets (we recommend a bun for meet hairstyle).
- members may not leave the competition area without a coach’s permission.
- No emotional outbursts or other unsportsmanlike behavior will be tolerated.
- Attitude and respect policies carry over and apply to judges and other athletes.
- members must stay with their group until the end of the awards ceremony.
- **members are required to wear their team attire for award ceremonies.**
- members in noncompliance with competition policies can be withheld from participation.

Parent Commitments:

Attendance:

- Parents must give the coaches notification in writing (texting is acceptable) if their child is going to be absent, late or if they need to leave practice early.
- Parents are requested to attend all team functions unless previously excused.

Communication:

- It is the parent’s responsibility to know what is going on in the program at all times. Please check important announcements on the Pinnacle Website <https://www.pinnaclegymnasticsevergreen.com> and Spond. E-mail and voicemails are to be used only to relay general information.
- Concerns about the gym, our policy, schedule, or a coach should be directed to Tabor

Financial Commitment

There are two areas of cost associated with being part of the team: training costs (monthly tuition) and team fees. Training costs are a year-round expense and are directly related to the training of each athlete. Team fees are the hard costs of competing. Below is an explanation of the costs as well as estimated and actual costs for this year. ALL the fees listed below are non-refundable unless otherwise noted.

This year team fees include a warm up jacket. Team fees also include 3 scheduled meets for the season. Whether you pay the team fees upfront or finance the team fees, you will be billed accordingly. Training costs are billed monthly and are dependent on the hours that are required for each level.

- We cannot prorate or credit tuition for any reason, including illness, vacations, holidays, or practice cancellations.
- Team members are financially committed for **all months** of the year.

Team Fees

Total Season Fee: \$1200 (excluding choreography, USAG registration, team camp, all costs for travel meets, states, regionals, and team banquet). The travel meet is optional and costs associated are based upon the amount of participants this will most likely bill at \$500/child.

Uniforms: All team athletes must have a team leotard, warmup jacket and black leggings (girls only). If an athlete is new to the team or needs a different size leotard or warm-up, we will bill accordingly.

Choreography (girls only): Each athlete at the gold, platinum & diamond, level will be required to schedule choreography through. The choreography consists of a 2+ hour private lesson and the making of the routine. Choreography costs \$200 (paid directly to the coach; NOT included in the billing of team fees) and the athlete may keep the routine for two-three years. The gold time limit is 1 minute-while platinum and diamond are 1 minute and 30 seconds. Athletes must email a copy to the coach and print a copy of their music receipt (**this is required by USAG**).

For bronze and silver, individuals will not select their own music. Coaches will decide on music and choreography to teach the routine during the fall.

USAG: Parents will log into their USAG portal to pay the annual membership fee required by USAG (usually around \$30; NOT included in the billing of team fees). **DO THIS NO LATER THAN SEPTEMBER 1ST!** We cannot register your child for meets until this is complete. **Late registration could result in the athlete missing the meet. If this is not completed by the deadline there will be a \$50 late registration fee charged to your account.**

Fill out and submit the Registration form no later than **SEPTEMBER 1ST**.

Registration Form: <https://forms.gle/UPRoHHXbryoAMQwa8>

Meets: All local meets, including State, are mandatory for all athletes. Parents are responsible for the transportation of their athlete(s). Meet entry fees vary based on the event location. *Pinnacle Academy is not responsible for booking travel or covering any travel costs associated with the athletes and their families.*

States, Regionals, and travel meets: These are additional fees and are determined on the size of the group that qualifies. This cost is also dependent upon the location of the event and number of coaches needed for that event (NOT included in the billing of team fees).

Team Banquet: At the end of the season, we will hold a Pinnacle Academy Team Banquet. Banquet costs will be determined based on number of attendees and venue costs. Other family members and friends are welcome and encouraged to join. This will be a formal event celebrating your athlete's success of the season! In previous years, it cost \$60/person.

2025-2026 Training Schedule-Girls

Pre team training is Tuesday and Thursday from 4:30-6:30 pm. Coaches Anya & Taylor

Bronze: Monday & Wednesday 4:00 pm - 6:30 pm. Coach, Monroe

Silver: Monday, Wednesday, & Thursday 4:30 pm - 7:00 pm Coach, Josephine

Gold: Monday, Wednesday, Thursday 4:30 pm-7:30 pm, Coach Jen

Platinum: Monday, Tuesday, & Thursday 4:30 pm-7:30 pm Saturday 9:00am - 12:00pm
Cathy assisted by Ryan & Tabor

Diamond/DP: Monday, Tuesday, Wednesday & Thursday 4:30 pm-8:00 pm, Saturday
9:00 - 12:00pm Cathy assisted by Ryan & Tabor

2025-2026 Training Schedule-Boys

Level 4/5/6/7/8: Tuesday & Thursday 5:15 - 7:15pm Coach, Willem

Level 6 and Above: Tuesday 7:15-9:30pm, Wednesday 7-9:30pm, Thursday 7:15-9:15pm.
Saturday 9-12pm. -Coach Tabor, Oliver, Ryan

2025 - 2026 Payment Schedule

The two payment options are listed below for team fees.

- "One-Payment" -\$1,200 due September 15th
- "Six-Payment" -\$220 due September 15th-February 15th

Below are the Tuition cost associated for girls & boys at each level:

- Pre team: is 4 hours per week
 - \$275/month (\$15.87/hour)
- Bronze Team: 5 hours per week
 - \$325 (\$15.01/hour)
- Silver Team: 7.5 hours per week
 - \$375/month (\$11.55/hour)
- Gold Team: 9 hours per week
 - \$425/month (\$10.91/hour)
- Platinum/Diamond Team: 12.5 hours per week
 - \$475/month (\$8.78/hour)
- Boys 4/5 Team: is 4 hours per week
 - \$275/month (\$15.87/hour)
- Girls DP: 15 hours per week
 - \$600/month (\$9.24/hour) includes full membership to the EAC, including ThermaChill and Recovery Room access.
- Boys 6 & Up: hours per week 12+
 - \$600/month (\$11.55/hour) includes full membership to the EAC, including ThermaChill and Recover Room access.

Non DP athletes can add an EAC membership for \$100/month which includes the Recovery Room and ThermaChill. **Due to the age of athletes using ThermaChill has to come at the recommendation of Kirk with the Recovery Room. Athletes are not permitted to come before or stay after practice without Kirk's permission.

Saturday training is mandatory for DP and Platinum athletes, all other athletes can come to Saturday training for a \$20 drop in fee.

States and Regionals

Bronze athletes must compete in the all around in at least one USAG sanctioned meet in order to compete at the State Meet. Silver athletes must score at least a 33.00 all around during their meet season to qualify to the **State Meet**. Gold, Platinum, and Diamond athletes must score a 34.00 all around during their meet season to qualify for the **State Meet**.

Bronze and Silver athletes do not have a Regional Meet. Gold, Platinum, and Diamond athletes must score a 34.00 all-around at the State Meet to qualify for the **Regional Meet**.

Schedule/Dates

Important Dates:

- We follow the Jeffco school schedule for basic holidays and winter related gym closures, but our team does practice over school breaks. If there is a meet during a holiday there will be practice.
- August 18th, 2024 - fall session begins
- October 6th- Hiwan golf fundraiser (no practice)
- Choreography Completion Deadline: November 1st, 2023
- Thanksgiving break schedule: No practice Thursday, November 27th and Friday, November 28th. Normal schedule Monday through Wednesday.
- Christmas break schedule: No practice on Wednesday, December 24th or Thursday, December 25th, and Thursday, January 1st. Normal practice times on the other days during Christmas break.

High School Meet Schedule Adjustments

To support our athletes participating in high school gymnastics, Pinnacle Gymnastics will adjust our team practice schedule to accommodate high school meets.

Policy:

If a high school gymnastics meet falls on a regular Pinnacle team practice day, that day's team practice will be canceled. A make-up practice will be held on the following Saturday from 9:00am-12:00pm to ensure all athletes receive adequate training time.

High School Meet Conflicts & Make-Up Practice Schedule:

HS Meet Date (Practice Canceled)	Make-Up Practice (Saturday)
Aug. 28, 2025	Aug. 23, 2025 (Saturday before the meet due to holiday weekend)
Sept. 4, 2025	Sept. 6, 2025
Sept. 10, 2025	Sept. 13, 2025
Sept. 17, 2025	Sept. 20, 2025
Sept. 25, 2025	Sept. 27, 2025
Sept. 30, 2025	Oct. 4, 2025
Oct. 8, 2025	Oct. 11, 2025

Make-up practices will be treated as part of the regular training schedule and attendance is mandatory unless prior approval has been given by the coaching staff.

GIRLS 2026 IN-SEASON MEET SCHEDULE

<u>Levels</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
Gold, Platinum, Diamond, Levels 6-8	January 16th-18th	Colorado Classic	Douglas County Fairgrounds Event Center 500 Fairgrounds Way Castle Rock, CO 80134
Gold, Platinum, Diamond, Level 6-8	February 13th-15th	DU Winter Fest	Denver University Ritchie Center 2201 Ashbury St. Denver, CO 80202
<u>Optional Travel</u> <u>Meet:</u> Boys 6 & up Gold, Platinum, Diamond, Levels 6-8	February 19th-22nd	Sundevil Classic	Rawhide Event Center 5244 S. 48th Street, Chandler, Arizona 85226
<u>ALL:</u> Bronze, Silver, Gold, Platinum, Diamond, Levels 6-8	March 13th-15th	Colorado Sky Invitational	Bear Creek High School 9800 W Dartmouth Pl, Lakewood, CO 80227
Levels 6-8 **Can't miss practice Spring Break**	March 27th-29th	State	The Ranch Sports Complex Premier Gymnastics
Bronze & Silver	April 3rd-5th	Hippity-Hoppity Spring Challenge	Active Athletics 8175 S Grant Way, Littleton, CO 80122
Platinum & Diamond	April 10th-12th	State	Arapaho County Fair Grounds
Gold	April 17th-19th	State	Xtreme Altitude Gymnastics, 1405 South Public Rd, Lafayette, CO 80026
Level 6 Allstars, Levels 7-8	April 17th-19th	Regionals	Oklahoma, OK
Platinum & Diamond	April 24-26th	Regionals	The Ranch Complex Loveland, CO

Gold	May 1st-3rd	Regionals	Galveston, TX
Bronze & Silver	May 8th-10th	Xcel Extravaganza	Xtreme Altitude Gymnastics, 1405 South Public Rd, Lafayette, CO 80026
Bronze & Silver	May 29th-30th	State	Xtreme Altitude Gymnastics, 1405 South Public Rd, Lafayette, CO 80026

Boys 2026 IN-SEASON MEET SCHEDULE

<u>Levels</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
Boys level 4-10	January 16th-18th	Jr. Rocky Mountain Open	Air Force 2169 Field House Drive USAFA, CO 80840
Boys level 4-10	February 6th	Xtreme Altitude March Madness	Xtreme Altitude Gymnastics, 1405 South Public Rd, Lafayette, CO 80026
<u>Optional Travel</u> <u>Meet:</u> Boys 6 & up Gold, Platinum, Diamond, Levels 6-8	February 19th-22nd	Sundevil Classic	Rawhide Event Center 5244 S. 48th Street, Chandler, Arizona 85226
Boys level 4-10	March 7th-8th	States	Xtreme Altitude Gymnastics, 1405 South Public Rd, Lafayette, CO 80026
Boys level 6-10	March 27th-29th	Regionals	Portland, OR
Boys level 6-10	April 25th	Western Nationals	Galveston, TX
Boys level 6-10	May 6th	Nationals	Oklahoma City

Parent & Athlete Agreement

Please sign and return this page only. Keep the Team Handbook for your records.

Athlete's Name (Printed)

Athlete's Name (Signature)

Parent's Name (Printed)

Parent's Name (Signature)

Date/Level you are competing/USAG number