

Parent's meeting: SEPTEMBER 2017

**Welcome** to all new parents. We're glad you're part of the family! Please let us know if you've had anything but a welcoming experience. Gymcats has worked hard to build a culture here so our kids develop into not just better athletes, but better people as well.

We teach our 3 P's to all our students and our staff also follows these values as well. Personal Responsibility, Perseverance, & Positivity – great values for a successful adult.

**Communication** any issues – please communicate. Don't wait until the problem grows, just drop us an email or call during the day so things don't get worse. Injuries or any other issues. We've raised thousands of athletes throughout the years and most likely have ways to help almost every problem you or your child encounters.

Team programs are not what keep this gym running, and the strain of team programs gets bigger and bigger the more team members we have. We need you to be considerate of the rec parents and follow the following rules

- If you have an involved question at the front desk, please try to handle it through email, through a phone call during the day time, or when the desk is clear. Also please be considerate of the last staff of the day and complete transactions before closing & pick your kids up on time!
- If you have a points question, please submit it via email. No questions regarding points will be handled or addressed unless put in writing. Email Jon/Pej or Jill to ask or send any questions.
- Viewing hours are before 4:00 and after 7:30 for all team parents, this includes boys, cheer, girls teams. (Not level 2 team or Xcel ) The viewing room is crowded and team parents should not be watching practice except on special occasions. Team parents whose kids are old enough can go out the back of the gym, please consider picking up back there. It's easier to get in and out and alleviates the congestion up front and it's quicker 😊

**Competitions** As seasons start – remember these rules!

- Cheer for all Gymcats competitors loud and often – it can affect our scores
- Never criticize what you see, judging, performances, appearance or meet running. Video cameras are everywhere, never say anything you wouldn't want repeated.
- DON'T JUDGE YOUR CHILD. After the meet – refrain from saying anything that judges your child's performance. Inquire as to their feelings about the meet, let THEM lead the conversation and be there for support and empower them so they feel in control of changing the results they don't like.
- Please put each competition into perspective – it seems important right now – but in the scheme of things it has very little importance. We are in this for the long term, and every mistake, every negative situation, everything period is a learning experience. Think Growth mindset – and help your child look at everything as an empowering thing, not allowing them to think like a victim – which is the fixed mindset. Great book called "Mindset" by Carol Dweck is good to read 😊
- If you have an issue, please handle it discreetly, and quietly preferably with the coach.
- Remember never compare your child to another child. This is unfair – There are a host of reasons that they are different than someone else, not the least of which is the DNA you gave them. Everyone has different strengths, weaknesses, fears and abilities. Personality and drive is different in every child and you should only talk to them about their own progress not that of others.

#### **Policies**

- All accounts must be current for your child to compete. Please make sure of this so we don't have to pull your child from the floor of the competition Travel meet policy – must have your account current to be enrolled or travel to a travel meet.
- Please teach your child courtesy & accountability, by making them call the gym when they will be missing. In addition if you are running late for a competition, please call the coach directly and not another parent. We will try to put cell phone #'s out for each level before away competitions.
- Point opportunities begin now and go through March. If you haven't gotten your points by March you will pay the balance and if you work after that you can get those payments credited back to your account.

#### **Other notes**

- Program ads – Ads will be given 4 points for the first \$50 of ads & 1 point for every \$25 after that. These are due Sept. 14<sup>th</sup>. Donation letters are available if you'd like one... Business card ad is \$50 (4 points) , ¼ page \$75 (5 points), ½ page \$100 (6 points) and full page is \$150 (8 points)
- Educate yourself on parenting and what HELPS your child. Empowering them not solving problems for them is the way to build a strong athlete who is in full control of their sport and grows to be a healthy adult. [Parenting comedy video](#)
- Are you a part of our social media world? FB, Twitter, Instagram & Snapchat – If you have an idea, let us know. it's a great way to talk to others at Gymcats for apparel trades, carpools, posting your videos/pictures of the meet or just finding out what's coming up, or just keep up on what kids are doing in the gym.
- Get used to going to the website, I'm trying to get all my staff to update the website consistently, if you must call the gym for an answer that is not on the website relating to team- girls or boys, please email me so I can help correct this and make sure it doesn't happen in the future. The desk is swamped with calls and this can help alleviate this. (FEAT class coming up Sept. 17<sup>th</sup>) Kids ages 10 & up should absolutely consider volunteering! Great for their resume.

- Parenting tips – please read this tips -- [Parent your athlete better](#)