



7984 S. Welby Park Dr. #102, West Jordan, UT 84088 * 801-282-1330 * www.awgym.com

Tots, Gymnastics & Tumbling

WELCOME TO ACADEMY WEST'S GYMNASTICS, TOTS AND TUMBLING PROGRAM

Gymnastics: Beginning is a Pre-level focusing on rules, skills and how gymnastics classes run. Beginning level will not do the "Show Off" meets, but skills sheets will be given out every month until they are moved up to Level 1. In Level 1 & 2 classes all of the basics of gymnastics will be taught. These are the fundamental steps that need to be mastered as the gymnast progresses through the levels. *Level 1 & 2 will be performing in the "Show off Meets"!*

Tumbling Level 1-6: In these levels you will learn the basics of tumbling all the way up to advanced skills. *All tumblers will perform at the "Show Off" Meets!*

Tots: In this program 3 & 4 year olds will be learning the basics of gymnastics and many other aspects of growing up. They will learn to share, wait in line, make friends, learn colors and much more. *All tots will be performing in the "Show Off" Meets!*

FREE "SHOW OFF" MEETS!

The athletes will perform at a "Show Off" meet every 4 months. A week or 2 before a "Show Off" meet, Skill Sheets will be given out to let you know which tricks and skills have been mastered and which ones are still being worked on. The student's level for the next four months will be determined at that time. All "Show Off" meets will be held at Academy West. "Show Off" meets are free, however you must **sign up in the office** so we can get a head count for awards. These meets are not mandatory to move up to the next level but strongly recommended. See Class Attire for what to wear.

CLASS ATTIRE

Class uniform: Girls: Any approved leotard may be worn to class. Shorts over the leotard are allowed as long as they are tight and follow the rules (no attached skirts.) Boys: Shorts and a T-shirts tucked in. No levis, zippers, snaps or buttons. Hair up and out of the face, **NO JEWELRY OR CELL PHONES.**

"Show Off" Meet uniform: Girls: Leotards are available in the office for purchase. Boys: Academy West T-shirts are available in the office for purchase. These outfits will be worn to the "Show Off" Meets and can also be worn to class.

PARENT INFORMATION

As with any children's organization, Academy West encourages positive parental support. As a parent, keeping a good positive attitude about the program is very important for your child to have a good experience. Reinforcing what is taught in class is highly recommended; such as: taking turns, working hard, listening to the coach and following directions, no excess talking, no disturbing other classmates, and not trying to talk to a parent or get the parent's attention. During class all focus should be on the coach and on what is being taught that day.

What you can do at home to help your athlete progress faster:

Strength: Push-ups, Sit-ups, Frog Jumps, and lots of playing outside.

Flexibility: Splits during TV commercials, back bends, butterfly and pike stretches.

Please do not practice any tricks at home. They should be practicing skills at the gym with professional coaches during class or during open gym only.

HOW YOU GET GYM INFORMATION

Your E-Mail: A monthly calendar is emailed out each month for you to know what is going on at the gym. Make sure the office has your email address and keep them updated on any changes.

Website: www.awgym.com. Look under the Calendar tab for the latest calendar and check out and the "What's Happening" rotator on the Home Page.

Director E-Mail: Feel Free to e-mail ANY questions or concerns to the director.

Gymnastics: Kristen.awgym@yahoo.com. Kristen Davis is the Developmental Gymnastics Director.

Tots: Amy.awgym@yahoo.com. Amy Davis is the Tots Director.

Tumbling: Joecool16mg@hotmail.com. Joe Gourley is the Tumbling Director.