

**XCEL**TEAM



2025

## Season Overview

Congratulations to all Momentum Gymnastics athletes entering the 2024-2025 season and the best of luck to you. We are looking forward to a fantastic season, representing a fantastic gym. The following packet contains the information needed for participation in the upcoming season. This information will help ensure an organized and successful competitive year. Please read ALL parts of this packet to avoid any confusion.

**Competition Schedule** – This page contains information about each meet the teams will be attending. As more information becomes available, you will be updated on dates, locations, session times, etc. The competition schedule is tentative as many organizations are still trying to set their meet schedules. All schedules are available on the website calendar when they are published.

**Season Payment Breakdown** – This page contains a financial breakdown of the competitive season. The breakdown for each uniform piece is due, July 14. The fees listed cover all uniforms, meet entries (except qualifying meets), Momentum summer camp, coaches' fees, coaches' travel, etc. up to the National Championships. Fee due dates will be set upon qualification. Region entry fees for all qualified athletes will be due at State Championships. All levels 6-10/XCEL Gold-Platinum athletes qualifying for Region Championships are expected to attend. Payments consist of 6 or 7 installments spreading the cost of the season from June to December. These fees are in addition to tuition. There will be an 8<sup>th</sup> payment due with volunteer hours. There will be Momentum hosted meets and in-house opportunities to work off these volunteer hours by the parents. ALL ATHLETES will be assigned to work at one meet during the season, not included in the volunteer hours.

**Uniforms** – All teams will be fitted by general manager, Emily Schoenwald or team coach. Apparel will include comp leotard, training leotard, warm-ups and team bag. The training leotard is optional for levels 3/XCEL Bronze/Xcel Silver.

**USAG Membership** – All athletes are required to have a USAG membership to compete. You may update your current membership or create a new one at [usagym.org](http://usagym.org). We will send out reminder emails from their site. Please have this completed by July 28th. We are unable to register for meets until it's completed.

**Momentum Team Summer Camp** – Our Team Summer Camp is a unique experience of being on the Momentum Gymnastics team. Held in our very own facility, our camp has high-level coaches with Olympic and College experience, new inspirations, hours of gymnastics, food truck lunches, and other fun camp activities. There are 2 sessions for camp, July 15-17 and 18-20. To secure their spot, athletes must select their camp session by May 30th. One session of camp is already included in fees for Levels 4-10 and Xcel Gold-Diamond. All athletes who competed level 9 or 10 in the 2023-2024 season may attend both sessions at no additional charge. Camp is optional for Level 3 and Xcel Bronze & Silver; these gymnasts can secure their spot at camp by registering and making the camp payment by June 14th.

**Team Handbook** – The team handbook is the philosophies and policies incorporated within the gym and sets the culture of the program. This must be thoroughly read, understood and signed. Please reach out to the athletes coach or Chris Waller with questions regarding this handbook.

**Agreement Form** – The agreement form must be completed and signed by May 30<sup>th</sup>. You may return to the office or general manager, Emily Schoenwald, to [emily@momentumwx.co](mailto:emily@momentumwx.co). To keep costs for the team as low as possible, all activities on the schedule are mandatory. If for some reason a gymnast must cancel a meet due to a conflict or injury, the athlete is STILL REQUIRED TO PAY ALL TEAM FEES so as to keep all cost consistent throughout the season. ALL TEAM FEES PAID ARE NON-REFUNDABLE.

## XCEL Women's Team Competition Schedule 2024-2025 (Tentative)

Month	Competition	Location	Levels
<b>July</b>			
15 <sup>th</sup> -17 <sup>th</sup>	Momentum Team Summer Camp	Momentum WX	ALL – Optional for Bro/Sil
18 <sup>th</sup> -20 <sup>th</sup>	Momentum Team Summer Camp	Momentum WX	ALL – Optional for Bro/Sil
<b>August</b>			
TBD	Level Assessment	Momentum	ALL
<b>September</b>			
TBD	Level Assessment	Momentum	ALL
<b>December</b>			
TBD	Judged Intra Squad	Momentum	ALL
<b>January</b>			
9 <sup>th</sup> -12 <sup>th</sup>	Wasatch Open	Layton, UT	ALL
<b>February</b>			
	Crystal Cup	Draper, UT	ALL
22 <sup>nd</sup> -25 <sup>th</sup>	Winter Classic	Park City, UT	ALL
<b>March</b>			
	Zion Invitational	St. George, UT	Gold/Plat/Dia
<b>April</b>			
	State Championships	TBA	ALL
<b>May</b>			
2 <sup>nd</sup> -4 <sup>th</sup>	Regional Championships	Roseville, CA	Gold/Plat/Dia

## Season Payments Breakdown 2024-2025

### XCEL - Bronze/Silver



**MOMENTUM**  
GYMNASTICS

#### Hours and Tuition

Bronze	5 hours	\$262.00
	7.5 hours (option)	\$335.00
Silver	7.5 hours	\$335.00

#### Uniform Fee

Admin Fee	\$50.00
Competition Leo	\$250.00
Warm Up Jacket	\$89.00
Warm Up Pants	\$58.00
Team Bag	\$40.00

**TOTAL** **\$487.00**

Training Leo (optional) \$80.00

#### Due Dates

July 15	Uniform Fee	\$487
August 15	Team Fee #1	\$190.00
September 15	Team Fee #2	\$190.00
October 15	Team Fee #3	\$190.00
November 15	Team Fee #4	\$190.00
December 15	Team Fee #5	\$190.00

**\$1,437**

March 8 Volunteer Payment \$250.00

#### Optional Due Dates

June 14	Team Camp	\$545.00
July 15	Practice leo	\$80.00

3 meets + State Championships

# Season Payments Breakdown 2024-2025

## XCEL Gold/Platinum/Diamond



**MOMENTUM**  
GYMNASTICS

<b>Hours and Tuition</b>		
<b>Gold</b>	10 hours	\$355.00
	12 hours (option)	\$395.00
<b>Plat/Diam</b>	14 hours	\$455.00
<b>Uniform Fee</b>		
	Admin Fee	\$50.00
	Competition Leo	\$505.00
	Training Leo	\$80.00
	Warm Up Jacket	\$89.00
	Warm Up Pants	\$58.00
	Team Bag	\$40.00
	<b>TOTAL</b>	<b>\$822.00</b>
<b>Due Dates</b>		
June 14	Team Fee #1	\$358.00
July 15	Uniform Fee	\$822.00
August 15	Team Fee #2	\$358.00
September 15	Team Fee #3	\$358.00
October 15	Team Fee #4	\$358.00
November 15	Team Fee #5	\$358.00
December 15	Team Fee #6	\$358.00
		<b>\$2,970.00 (camp included)</b>
March 8	volunteer payment	\$250.00
4 meets (St George) + state & regionals		

# XCEL Team Handbook/Policies

**“Great individuals come from great teams.”**

Our goal is to provide the best possible gymnastics training in an environment that supports and develops great character – something we call the heart of a champion. Being a part of the Team is a great accomplishment, a wonderful privilege, and a fulfilling responsibility. Accepting a position on the team is embracing a dedication to excellence in gymnastics and character. And, while gymnastics is commonly accepted as an individual sport, membership on the Momentum Team requires a dedication to the values of the Team and to each other. We feel that you and your child have demonstrated the character and ability to enjoy success on the Momentum Team. We hope that you see the value in the rules and policies of the Momentum Team and support them enthusiastically. When everyone supports the Team, the result is an incredibly successful, happy, and cohesive athletic family.

Once on the Team your relationship to the Gym becomes very different from what it otherwise is as a participant in our academy classes. Once your child is on the team you are much less a customer than you are a team member who helps support the program. While the Team is more expensive for you than the recreational programs, it is far more expensive for us to maintain. The team uses a majority of the gym, requires costly equipment, costly coaches, and pays less than 1/3 per hour than recreational classes; yet, the team provides the least total number of participants at Momentum. Therefore, running a top notch team is a passion, but unlike the recreational programs, it is not a profitable business venture. For this reason, we need your complete support for the Team to make it successful.

## **Philosophy – Building Hearts of Champions**

Momentum builds the character of children by providing challenges and nurturing success. We aim to challenge each child every day to attain her physical and mental potential by attacking daily, short range, and long-term goals. We challenge team members to do more than what they think they are capable but ready for. Striving to achieve something that is difficult fosters a feeling of fulfillment and purpose every day. Achieving something that is easy is fun but not character building. At the end of each day we assess and communicate to the team progress made and the effort given encouraging a growth mindset. Every day that hard work with a good attitude is demonstrated by your gymnast, regardless of progress, your child has been a champion. One of our goals is to help your child feel like a champion before the competition begins. Success is about the journey, not the destination.

Empower the athlete through a growth mindset. We value effort and hard work more than talent. With an emphasis on effort rather than talent, your child learns that success is in her control. When she is succeeding, she is doing so because of her effort. When she is not succeeding, she can identify what she needs to improve and feel confident in getting better. When an athlete values only talent, failure means that she is not talented enough – a situation that cannot be changed and one that is out of her control. In the end, the hardest working athletes feel more success than those who value talent alone.

Success is about the journey, not the destination. Our expectations are high with attention to detail. When athletes train like they are in competition, they will compete like they are in practice. So, we want every child to know that they are thoroughly prepared for their biggest competitions so that they walk into their competition having no regrets about their preparation, and feeling confident that they are competitive with the best. In other words, when an athlete feels like a champion every day because of her good habits, she is building her self-confidence on who she is every day, and on things that she can control, rather than the subjectivity of a judge, or the three minutes of performance that is a competition.

**“Champions are made in practice, not in competition.”**

## **Competing is Required**

Beyond character building, the primary goal of Momentum's competitive programs is to compete – and to compete extremely well both as an individual and as a team. Therefore, participating in all the competitions that are on our schedule is required. Only with advance notice, and upon the support of the coaches, may a team member miss a maximum of 1 competition per competitive season. Some competitions may not be allowed to be missed. It is imperative that any competition conflict be discussed with your child's coach as early as possible.

## **Team Members must earn the right to compete by:**

1. Your gymnast must have all financial obligations up to date to compete.
  - a. Team Fees
  - b. Tuition
2. Fulfilling all the obligations of this agreement
3. Attending practices at least 80% of the time – arriving on time and leaving when practice is over.
4. Demonstrating readiness by showing the potential to score at least a 35.00 in the all-around.
5. Completing required assignments and reaching goals of the coaches and program
6. Demonstrating the ability to safely complete all routines. Demonstrating a lack of safety prior to competition or during the warm-up of competition may require that your gymnast be scratched from the affected event/s with no refund in meet fees paid.
7. Gymnasts must be at practice during meet week and successfully complete skills/routines.

To maintain one's spot on Momentum's team, your daughter is required to consistently earn the right to compete.

## **Why every day of training is important.**

We want Momentum kids to strike as much of a balance as possible between family, school, gymnastics, and social life. Therefore, we plan effective, efficient workouts that will allow each athlete to reach his or her potential while not wasting time in the gym.

## **Supporting the Momentum Program and its Coaches is vital for your child's success.**

Much thought goes into every aspect of your child's training: the number of hours trained, event rotation, level trained, skill choice, warm-up, strength and flexibility program, injury prevention, competition selection, coaches' development, fundraising, equipment purchased, etc. When you are enthusiastic supporters of the program and coaches, your child will have her best experience.

## **Communication is vital to building trust.**

*It is vital that we foster open and honest communication between athlete, coach, and parent. We expect parents to communicate major concerns that they have to their child's personal coach within 24 to 48 hours. We also expect our coaches to respond within 24 to 48 hours. If a resolution to your concern is not achieved with the personal coach, then you are expected to communicate with Chris Waller. When major concerns are not addressed, they often lead to misunderstandings and greater problems. Because we support good communication, Lobby talk (negative conversation between parents regarding their child's gymnastics experience) is not tolerated. Negative discussion between parents or athletes destroys moral and is never helpful. Consider that however you feel about Momentum and your child's coach is likely the way that your child will feel about Momentum and her coach.*

## **Who to talk to?**

Tuition: Front Desk

Apparel: Emily Schoenwald or Personal Coach

Questions & Concerns regarding gymnastics/coaching: 1<sup>st</sup> - personal coaches, 2<sup>nd</sup> – Chris Waller

## **The Team – Great individuals come from great teams.**

Being a good team player is crucial for both your gymnast and parents. When athletes have a good attitude and train hard, it is contagious. When athletes are negative, and train poorly, that too is contagious. We expect each gymnast to not only consider themselves, but to also consider how their behavior and choices impact their teammates. As part of our team building, we focus on several things: the team's training habits, attitude, competitive results; working together to host great competitions, and social events. We expect that Momentum athletes, parents, and coaches alike embrace "the team" concept.

## **Athlete Expectations, Commitment and Priorities**

Membership on the Momentum Team requires greater dedication than our recreational program. To fully benefit from the Momentum Program and its Coaches, gymnasts must fully commit to our program and its policies. Team membership is a privilege that is earned and maintained through behavior not talent.

### **Expectations for team members:**

- Give best effort, and complete assignments given to them by their coaches, and work quickly. "Be quick, but don't hurry." - John Wooden
- Respect the Momentum staff, coaches, teammates, herself, the program, our facility, and equipment.
- Practice consistent, good communication with coaches.
- Set goals.
- Maintain a positive attitude the majority of the time.
- Support teammates.
- Maintain good academic standing.

### **Momentum Team Members risk their team membership if:**

- They participate in bullying/cyber-bullying or post negative comments about their teammates, team, coaches or the gym.
- They steal.
- They are consistently late to practice. **Tardiness:**
  - A gymnast coming late to practice will complete the entire warm-up and the regular pre-workout strength prior to joining the regular schedule.
  - A gymnast who is late is expected to communicate the reason.
  - A gymnast/parent needs to text personal coaches prior to the beginning of practice if she is going to be late.
- Every Momentum Team Member is expected to maintain excellent attendance.
  - Poor attendance jeopardizes one's place on the team.
  - Athletes must maintain at least a 80% attendance rate. Attendance of 70% or less during any 2 weeks prior to competition will jeopardize your child's opportunity to compete (without refund). Please do not plan a lengthy Spring break vacation with your competing child.
  - Attendance that is consistently below 80% jeopardizes one's place on the team.

### **Day to Day Workouts**

- **Parent Observation**
  - You may come and observe practice at any time.
  - The more your daughter finds motivation to be successful in gymnastics by herself, the more fulfilling it will be and the more likely she will stick with it. When parents are the primary motivation, children usually quit gymnastics early, don't reach their potential, and don't find gymnastics fun. As your daughter gets older she will need to become more and more self motivated to successfully continue with the sport.
- **Apparel and Gear:**
  - Team members may warm-up in warm-up attire (not pajamas)



- Girls may wear a leotard or biker/spandex shorts and a sports bra and preferably a fitted tank top. They may wear biker/spandex shorts with their leotards.
- There will be one leotard only day.
- For levels Platinum and above, gymnasts must have two broken-in pairs of grips.
- Wrist supports are required for use when training or competing Yurchenko entry vaults.
- For safety, keep hair neatly out of face/in pony tail.
- Team members are expected to have a gymnastics journal with them in their bag during practice. (Personal notes, progress, technique.)
- Come to practice with a healthy snack and hydration.
- Team members will have a locker in which to store practice equipment.
- **Emotional Preparedness:**
  - Gymnasts are expected to come to practice emotionally ready to focus and give their best effort.
  - Gymnasts who are emotionally ill prepared for training will be helped to get to a practice ready state: breathe, self talk, visualize. If they continue to be in an emotional state that's dangerous or distracting, they will either be asked to leave practice or do strength and then leave practice. This is not a punishment but for safety and the benefit your daughter and all team members. Being overly emotional is both dangerous for the gymnast and distracting to the other girls on the team.
  - If gymnasts come to practice struggling emotionally, we urge them to speak to their coaches so we can best help.
- **Physical preparedness:**
  - Team members are expected to come to practice rested, fueled, and focused. Again, please encourage your daughter to communicate if she is struggling in any of these areas.
  - Gymnasts who are contagious or running fever may not come to practice.
- **Summer Vacation:**
  - Taking off a week or 10 days from gymnastics is far more helpful for progress than taking 1 or 2 days off for weeks at a time. Summer is when new skills are learned and everyday is important.

## **FINANCIAL OBLIGATIONS**

### **Payment Policy**

- Tuition is like tuition for a private school: Whether the student is absent or not, the monthly tuition must still be paid.
- Tuition is due on the first of the month.
- Tuition must still be paid when an athlete is absent including, but not limited to the following reasons:
  - Illness, injury, vacation, school, punishment, suspension, etc.

## **GYMNASTICS PHILOSOPHY**

- We strive to help your child reach her potential in gymnastics. To do this, we focus on proper fundamentals. When SHE has great fundamentals, her potential is greatly increased. So, we emphasize the following fundamentals of gymnastics:
  - Strength, flexibility, posture, form, spatial awareness, gymnastics technique, physical training habits, and mental training habits.
- Your child's potential, and therefore success, is individual. One gymnast's potential may be Gold, while another may be Diamond, and a third's may be the elite level. It is important to constantly help your gymnast believe they can do more than they think, while not expecting more than is possible.

### **Moving up Levels**

We want every gymnast to go into competition feeling like they are prepared for success. This means that they need to have a very high level of skill mastery before competing the next level. The pace at which your child will move up is in large part determined by her talent, effort, emotional maturity, strength, and attendance. We will consider a variety of factors when considering when your gymnast will move to the next level. It is important that every child be challenged at her own ability. After discussion between our coaches, we may feel that it is in the best interest of your gymnast to move more quickly ahead in levels or skill development, while other times we may feel that it is more important to continue focusing on current skills. The emotional impact of success is very powerful – it usually motivates further success. Therefore, competing at the same level twice is sometimes the best bet for further success. Also, it is important to master the fundamental challenges of each level before moving to the next. Each level has the building blocks on which the next level will be built. If a gymnast moves up without mastering the lower levels' fundamentals, it will dramatically limit her ability to progress to the higher levels. Scoring one 36.00 is crucial to moving up successfully.

Some of the things we will consider when moving up kids to the next level include: attendance, focus, desire, technique, strength, flexibility, execution/form, courage, spatial awareness, balance, coordination, physical and mental endurance, emotional maturity and control, and the ability to compete successfully.

In other words, sometimes it may be in the best interest of your daughter to repeat a level in order to achieve greater mastery and success – With that comes self-confidence. We have had many conversations with parents who feel like their child should have moved up, when we did not. Every time the parents support our decision, the child ends up having confidence-building next season. The confidence-building season catapults the gymnast to further success. Chris has had numerous success stories with this approach and even he stayed the same level for a full four year! Parents benefit in trusting the guidance of the coaches.

- ❖ Note: I, an Olympian, stayed in the same level for 4 years (7th grade thru 10th grade). I kept Courtney Walker, UCLA full scholarship recipient and national champion, in the same level for 4 years as well.
- ❖ Note: USAG does not preclude one from competing multiple levels in one year.
- ❖ *Consistently underachieving rarely inspires self confidence or excellence. Success earned through hard work inspires self confidence and excellence.*

## **Readiness to compete**

As a rule, we expect your daughter to demonstrate the ability to score at least 36 before competing in her first meet. After a gymnast has proven ready to compete, she can lose the privilege to compete by not continuing to properly prepare for competition. Our first job is to keep your children safe, and sometimes that means preventing them from competing.

## **Meet Etiquette:**

- Arrive at competitions at least 20 to 30 minutes prior to warm up.
  - After check-in, your gymnast goes to the competition floor to find her coaches, while you go to the stands to cheer for everyone.
- Have a healthy snack and beverage (apple sauce, nutrition bar, & water)
- No flash photography for the safety of competitors.
- Cheer your children on with enthusiasm, but please do not coach them.
- No talking to judges.
- Athletes should not leave the competition floor until dismissed by coaches.
- Demonstrate good sportsmanship.
  - Support/Cheer for all Momentum Team Members.
  - When possible, watch and cheer on teammates in other competitive sessions.
  - Attend awards ceremony after competition.

## **Traveling to competitions:**

- Please communicate with coaches before making travel plans to and from competition.
- Travel meets (drives of 4 hours or more and flights)
  - Arrive the day before competition unless otherwise advised.
  - Extending a trip for vacation purposes should be coordinated with the coach.
    - Extend trips after competition is over, rather than arriving 2 or 3 days early. Arriving too early will negatively impact meet readiness.
- Team meals
  - As part of team bonding (and fun), help coordinate/cooperate with others to plan at least one team meal.

## **Injuries**

Injuries are an unfortunate risk to participating in gymnastics (and all sports).

- Your daughter will generally be expected to continue coming to practice when she is injured. A workout plan will be developed through discussion with Dr's, physical therapists, and your child's personal coach.
- An injury is also an opportunity to spend more time on things (strength, flexibility, bars, dance, etc.) than would otherwise be possible. For example, a wrist injury would allow your child to dramatically improve core and leg strength and flexibility. We expect that your child will dramatically improve in some areas during the course of recovering from an injury.

Additional information to help you understand the roles and relationships between athletes, coaches, and parents:

## **The Athlete's Role, the Parent's Role, and the Coaches Role:**

### **Athlete Triad: Athlete-Coach-Parent**

Another key component to your child's success is you. USA Gymnastics coined the term "Athlete Triad"; Athlete, Parent & Coach working together to achieve the best possible experiences and outcomes.

First, last and always is the Athlete, the center of our attention and focus. Often this reality is lost (or misplaced) due to negative outside factors such as ego (of the coach or parent), an unhealthy emphasis on winning, too much focus on the outcome rather than the entire process and/or a parent living vicariously through their child.

Coaches and Parents have choices to make for their athlete/child. When deciding we must ask;" What overall, long-term benefits will the athlete receive? Will the process be both fun and rewarding? What are the possible dangers or harmful side effects of this decision? Are the goals set too high, too low, too fast, too demanding, or for a benefit of someone other than the athlete?"

Coaches perform a delicate balancing act every day. Our ability to walk this fine line comes from years of experience, education, planning, successes and learning from our mistakes. Some days, an emphasis will be placed on technical corrections while others will be focused on strength and speed, with form and execution taking a lesser role. Overall, the training plan will be a complete picture. However, taken as a snapshot it will be incomplete and out of context of our grand plan.

Parents play a vital role as the supporter, both of the athlete and the coach. When your child needs a little encouragement, it is your job to give them a hug, tell them how wonderful they are and send them to train with a renewed confidence. It is your responsibility as a parent to know your child's goals, dreams, challenges, limitations and achievements. After all, you are in the child's corner for life. It is your challenge to effectively communicate to the coach and listen, seek to understand, and do what is best for your child. With coaches, athletes, and parents believing in the GymJam program, success is not only likely but harmonious.

Just because you can, doesn't always mean you should?

Parents are driven to do what they perceive as the best thing for their child. This may not be realistic, healthy or focused on the long-term best interest of their child/athlete. In the end, the parent has the choice whether or not to support the coach's decision, compromise with the coach or find another gymnastics school with a more congruent philosophy.

Below is an overview of the Athlete/Coach/Parent Triad; to the Triad, GymJam adds the importance of Team. This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid.

## **The Athlete**

The athlete loves her sport. The athlete must have the desire to train the sport, the dedication to face and overcome obstacles and the perseverance to push on when the going gets tough. The athlete is on the team to learn from their coaches, from their teammates and from themselves. The athletes must make mistakes, make corrections and drive themselves to push beyond their perceived limitations. In our sport, athletes compete both individually and as a team. Athletes should find motivation to compete both for themselves and the team. A good team player is often a successful athlete.

## **The Coach**

The coach is a mentor and a guide. The coach plans the training and competitive cycle for every athlete on the team. The coach leads by example and the team follows in their footsteps. The coach is not always right and sometimes makes mistakes. The coach is constantly learning and striving to find new ways to teach, motivate, inspire and propel their athletes to the next level of performance. The coach is a communicator and mediator interrelated to the athlete, the team, the parent, the coaching staff and rival teams.

## **The Parent**

The parent supports the athlete, the coach and the team. The parent is a spectator, allowing the athlete and the coach to perform their roles. The parent is a role model for the athlete, demonstrating disciplined behavior, showing respect and performing their duties to the highest level. The parent is strong enough to watch their athlete fail and tender enough to give a hug when they need one. The parent will occasionally cross the line with the athlete or coach and be humble enough to apologize and return to their territory. The parent is an advocate for their athlete, but does so in an appropriate manner. The parent provides balance, encouragement, and love.



**MOMENTUM**  
GYMNAS TICS

## Agreement Form

Athlete Name \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

I understand that by signing below, I agree to pay each of the team fee installment payments on time. My final payment will be paid via volunteer time or money due the date assigned. I understand that if my account becomes one month or more delinquent, my athlete as a result may not be registered to compete in the upcoming 2024-2025 competition season. All balances must be paid in full prior to State Championships.

X \_\_\_\_\_ Date \_\_\_\_\_

I understand that any and all team fee money paid to Momentum Gymnastics is NON-REFUNDABLE. This includes withdrawal from the program for any injury or sickness sustained or acquired during the training or competitive season.

X \_\_\_\_\_ Date \_\_\_\_\_

I have read the Team Handbook provide in this packet. I understand and agree to all sections in order to participate as part of the Momentum Gymnastics team.

X \_\_\_\_\_ Date \_\_\_\_\_

Please return this signed form to Emily Schoenwald via email to [emily@momentumwx.co](mailto:emily@momentumwx.co) or in the office.



**MOMENTUM**  
GYMNASTICS