



# Gymnastics Team Parent Handbook

2025-2026

*Items highlighted in yellow are new additions/changes to the handbook. Items highlighted in green are areas of special emphasis heading into the 2025-2026 season.*

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## Welcome to Clarksville Elite's Competitive Gymnastics Program

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At Clarksville Elite Gymnastics Center (CEGC), our philosophy is rooted in creating a high-quality program built on respect, teamwork, and shared goals. We believe every child can achieve their dreams through the combined support of dedicated staff, engaged parents, and committed athletes. While we encourage the pursuit of excellence, we value growth, effort, and collaboration over perfection. Together, we are building something truly special - a positive, inspiring environment where dreams become reality for our athletes, our community, and one another.

### **Mission**

Our mission is to play an essential role in developing healthy, confident, disciplined, and responsible children. We accomplish this by:

- Setting clear goals and guiding each child on a positive path to success.
- Helping children recognize and appreciate their unique self-worth and abilities.
- Instilling a love for learning and encouraging them to pursue mastery with enthusiasm.
- Building lifelong skills, self-esteem, and pride through participation in one of Tennessee's top gymnastics programs.

## **Philosophy**

The lessons learned through our competitive gymnastics program are designed to last a lifetime. Hard work, perseverance, overcoming disappointment, conquering fear, and being a valuable team member are all essential qualities for success in both gymnastics and life. By embracing these values, we help our gymnasts become the best versions of themselves.

## **Goals**

- Provide the highest quality gymnastics training in the region and help every athlete reach their full potential.
- Create a culture where both parents and athletes are treated with the dignity and respect they deserve.
- Cultivate an environment where everyone involved retains a lifelong positive connection to the sport of gymnastics.

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## Key Staff

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At Clarksville Elite, we are dedicated to building one of the most professional and experienced coaching staff in the country. Every coach is a USAG Safety and Safe Sport - Certified Professional Member, and many also serve as USAG & AAU judges. Our staff brings years of expertise coaching gymnastics at the highest levels of the USAG Development, Xcel, and AAU programs.

### **Larry & Traci Corrigan - Owners**

Larry and his wife, Traci, have owned CEGC since May 2000. Originally from a small town in Illinois, they have proudly called Clarksville home since 1989, when Larry relocated to Ft Campbell, Ky with the 5th Special Forces Group from Ft. Bragg, NC. Larry retired after 23 years of service as a CW3 from the 5thSFG (A) in 2005.

Larry began coaching in 1992 and has consistently worked with USAG competitive levels, power tumbling, and recreational gymnastics. Larry is a Safe Sport Certified USAG Professional Member, National-level coach, level 10 judge, and certified TOPS evaluator. He has served as the USA Gymnastics Tennessee State Administrative Committee Chair and has represented Tennessee on the Region 8 Regional Administrative Committee since 2005 and has consulted with AAU Gymnastics since 2015. Larry has hosted NCAA and USAG National, Regional, and State Championships as well as some of the largest Invitational meets in the country as well as AAU National and Regional Championships.

Larry has coached and attended camps and clinics and congresses nationwide. In addition to CEGC, he owns and operates:

- **Meet Authority Productions** – One of the nation’s most respected gymnastics production, scoring, and equipment companies
- **Elite Graphics** – A full-service custom graphics shop
- **Elite Athletic Sports Equipment** – A sports equipment supplier specializing in gymnastics, cheer, volleyball, and basketball
- **Elite Sports Management** – A business and real estate development and management company
- **Black Pearl Coffee Company / The Balance Bean Café** – Ethiopian Coffee importer and coffee shop
- **ESM Holdings** – A real estate holding and development partnership

Larry and Traci are deeply committed to the growth of Clarksville, and their vision is for Clarksville Elite Gymnastics Center to be a source of pride for the entire community.

### **Shenette Binkley - Head Coach / Competitive Team Director**

Shenette has been an integral part of CEGC since 2001. Originally from New Mexico, she has proudly called Clarksville home since 1995. Her coaching career began at age 16, while she was still a competitive Level 9 gymnast.

After high school, Shenette earned a cheer scholarship at Austin Peay State University, where she later completed a master's degree in elementary education, giving her a strong foundation in child development and learning. She is a USAG safety-certified professional member, national-level coach, Level 10 judge, and serves as the Senior Middle Tennessee State Administrative Committee Representative for Tennessee USA Gymnastics.

### **Taylor Krans - Asst. Head Coach / Compulsory Team Coordinator**

Taylor started gymnastics at the age of 2 in Blue Springs, Missouri. She began competing at age 5 and continued as a Level 10 gymnast through her senior year of high school. Taylor began her coaching career while still in high school, is a USAG safety-certified professional member and has been part of the CEGC coaching family since May of 2018.

### **Kristin Spain - Xcel Team Coordinator**

Coach Spain began coaching gymnastics in 2014 at Countryside Gymnastics in Fayetteville, NC. She has a Bachelor's degree in Criminal Justice Administration, she is a USAG safety-certified professional member, a Level 10 judge and an active member of the National Association of Women's Gymnastics Judges.

### **Marrissa Johnson - AAU Team Coordinator**

Coach Marissa brings a wealth of experience and passion to the position. She grew up in the sport, competing through Level 8 before discovering her love for coaching in 2013. She holds a master's degree in health and human performance from Austin Peay State University, combining scientific knowledge with a deep commitment to helping young athletes thrive.

### **Alexia Tarvis – STAR Program Coordinator**

Coach Alexia was born in North Carolina and grew up in Italy where she was a competitive gymnast for 9 years. After graduation Coach Alexia moved back to the United States where she earned a bachelor's degree in psychology from The University of North Carolina, she has been coaching gymnastics since 2022

## **Taylor Kean - Safe Sport Coordinator**

Taylor started coaching pre team and compulsory gymnastics at CEGC in 2012 and assumed her current position as the Director of Operations for Elite Sports Management in 2024. As the competitive team's Safe Sport Coordinator, Taylor serves as a liaison between team parents, the gym, and USA Gymnastics for all Safe Sport related matters as well as a resource for our coaching staff to help make sure we are always up to date with current USA Gymnastics Safe Sport policy.

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## **Comprehensive Athlete Safety, SafeSport Policy**

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### **Commitment to Athlete Safety**

Clarksville Elite Gymnastics Center is committed to providing a safe, positive, and respectful environment for all athletes, families, coaches, and staff. The safety and well-being of every participant in our programs is our highest priority.

Clarksville Elite Gymnastics Center adheres to the policies and reporting requirements established by USA Gymnastics (USAG) Safety & Response and the U.S. Center for SafeSport.

USA Gymnastics Safety and Response Center and US. Center for Safe Sport Compliance

All coaches, staff members, and volunteers must:

- Maintain current USA Gymnastics membership when applicable
- Complete SafeSport training
- Pass required background screenings
- Follow the Minor Athlete Abuse Prevention Policies (MAAPP)

### **Minor Athlete Abuse Prevention Policies (MAAPP) Summary**

Key guidelines include:

- One-on-one interactions must be observable and interruptible
- Training environments must remain open and observable
- Electronic communication with minor athletes must include parents
- Private messaging between coaches and minor athletes is prohibited

## Mandatory Reporting

All Adults interacting with athletes are mandatory reporters.

Suspected abuse or misconduct must be reported immediately to:

- For emergencies or immediate danger, call **911**.
- Notify CEGC owner Larry Corrigan at [Larry@ClarksvilleElite.com](mailto:Larry@ClarksvilleElite.com) / (931) 206-6054 and designated Safety Champion, Taylor Kean at [Safety@ClarksvilleElite.com](mailto:Safety@ClarksvilleElite.com)
- Report to [Tennessee Department of Children's Services \(DCS\)](#) by calling the hotline at **1-877-237-0004** (available 24/7), or by filing a report online through the secure web portal.
- File a report with the USAG Safety & Response Center ( Non Sexual or Physical abuse) by emailing [response.resolution@usagym.org](mailto:response.resolution@usagym.org) or call 833-844-SAFE (7233).
- U.S. Center for SafeSport SafeSport (Sexual/Child Abuse): <https://uscenterforsafesport.org/report-a-concern/> or 833-5US-SAFE (587-7233).

## Athlete Supervision Policy

Athletes are supervised by coaching staff during scheduled practice times only.

Parents/guardians are responsible for ensuring athletes arrive on time and are picked up promptly after practice.

## Drop-Off and Pick-Up Policy

Parents must ensure athletes are safely dropped off and picked up from the facility.

Clarksville Elite Gymnastics Center staff are not responsible for supervision outside scheduled training times.

## Electronic Communication Policy

Communication between coaches and athletes must remain transparent.

Approved communication includes:

- Team apps
- Group messages including parents
- Emails copying parents

Private one-on-one electronic communication with minors is prohibited.

All messages must include parents and at least one additional coach / staff member

## **Social Media Policy**

Coaches and staff must maintain professional boundaries on social media.

Direct private messaging between coaches and minor athletes is prohibited.

## **Coach & Staff Code of Conduct**

Coaches and staff must:

- Maintain professional boundaries with parents and athletes
- Follow all CEGC and USA Gymnastics SafeSport policies
- Provide a safe training environment
- Immediately report suspected abuse or misconduct

## **Anti-Bullying Policy**

Clarksville Elite Gymnastics Center does not tolerate bullying, harassment, or intimidation.

Athletes must treat teammates and staff with respect at all times.

Bullying behaviors will result in disciplinary action up to and including dismissal from the team.

## **Concussion Protocol**

If an athlete experiences a head injury:

- The athlete will be removed from activity immediately
- Medical evaluation may be required
- The athlete may return to activity only with medical clearance when appropriate

## **Illness & Return to Practice Policy**

Athletes should not attend practice when experiencing contagious illness symptoms such as fever, vomiting, or severe illness.

Athletes may return to practice once symptoms have been resolved according to medical guidance.

## **Emergency Action Plan**

In the event of an emergency:

- Staff will call emergency services (911)
- First aid will be administered if appropriate
- Parents/guardians will be notified immediately
- Incident documentation will be completed

## **Coach Hiring & Background Screening Policy**

All coaching staff must complete required background screenings and SafeSport training prior to working with athletes.

Hiring practices include reference checks, background screening, and verification of coaching credentials when applicable.

Volunteers who interact with athletes may be required to complete background checks and follow all gym safety policies.

Volunteers must always operate under supervision of gym staff.

## **Incident Reporting and Documentation**

All incidents whether witnessed or reported of SafeSport violations will be reported to Gym management and documented.

## **SafeSport Awareness**

If you see something, say something.

Report concerns to:

U.S. Center for SafeSport

Phone: 833-5US-SAFE

[www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern)

Reports may also be made to gym management.

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# Competitive Team

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The competitive gymnastics team at Clarksville Elite is comprised of four programs, further divided into levels and subdivisions:

- **CEGC STAR Program**
- **USAG Development Program (DP)**
- **USAG Xcel Program**
- **AAU Program**

## **CEGC STAR Program**

- Future Stars – Invitation only, preschool age training class
- Rising Stars – Invitation only, school age potential team students evaluation class
- Shining Stars (Level 1 Training Team) – Invitation only pre competition training class

## **USAG Development Program (DP)**

### **Level 2 / 3 - Beginner Compulsory**

Gymnasts are introduced to basic acro and dance skills. Each athlete performs the same routine according to a nationally developed standard. Those who perform closest to this standard earn the highest scores.

### **Level 4 - Intermediate Compulsory**

Gymnasts learn more advanced acro and dance skills and begin focusing more on presentation and form. Routines are standardized, and athletes are judged on how closely they meet national standards.

### **Level 5 - Advanced Compulsory**

Gymnasts focus on combining skills into more complex routines. All athletes perform the same routines, and success is based on execution, form, and adherence to compulsory standards.

### **Levels 6 / 7 - Beginner Optional**

These levels bridge the gap between compulsory (Levels 2–5) and higher optional levels (8–10). Gymnasts are introduced to:

- Forward and backward saltos on floor
- Combination flight and dance series on beam

- Clear circling skills on bars
- Back/side entry vaults

Athletes perform individualized routines that must include required elements. Scores are based on how well they execute these elements with emphasis on amplitude, form, and style.

### **Level 8 – Intermediate Optional**

At this level, gymnasts add:

- Twisting forward and backward saltos and combination tumbling series on floor
- Combination flight and turning dance series on beam
- Bar changes, pirouettes on Bars
- Salto vaults

Routines are fully optional, with composition requirements and a strong emphasis on form, amplitude, and artistry.

### **Levels 9 / 10 – Advanced Optional**

Gymnasts are introduced to:

- Double twisting / flipping saltos and advanced choreography on floor
- Multiple tumbling series and complex dance/acro combinations on beam
- Advanced releases, bar changes, pirouettes, forward circling skills, and double salto dismounts on bars
- Advanced twisting and salto vaults

Routines must meet strict composition and difficulty standards. Success is determined by execution, difficulty, composition and performance quality.

## **USAG Xcel**

The USA Gymnastics Xcel Program was developed as an alternative competitive track offering more flexibility in skills and routines. The goal is to provide gymnasts of varying abilities and commitment levels with a rewarding competitive experience.

- **Beginner:** Xcel Bronze (XB) & Xcel Silver (XS)
  - Gymnasts are introduced to basic acro and dance skills.
- **Intermediate:** Xcel Gold (XG) & Xcel Platinum (XP)
  - Gymnasts learn more advanced acro and dance skills and begin focusing more on presentation and form.

- **Advanced:** Xcel Diamond (XD) & Xcel Sapphire (XSa)
  - Athletes perform individualized routines that must include required elements. Scores are based on how well they execute these elements with emphasis on amplitude, form, and style.

## AAU

The AAU program offers an additional competitive pathway with lower costs, flexibility and broader participation options. Currently CEGC offers AAU Bronze, Silver, and Gold. As the program continues to grow and mature, additional levels will be added.

- **Beginner:** AAU Bronze / AAU Silver
  - Gymnasts are introduced to basic acro and dance skills.
- **Intermediate:** AAU Gold & AAU Platinum
  - Gymnasts learn more advanced acro and dance skills and begin focusing more on presentation and form.
- **Advanced:** AAU Diamond & AAU Open
  - Athletes perform individualized routines that must include required elements. Scores are based on how well they execute these elements with emphasis on amplitude, form, and style.

## Competitive Season

Competitive gymnasts participate in one season each year, generally beginning in late November and running through March - May, depending on level and division.

- Athletes compete in invitational meets to qualify for their respective State Championships.
- **USAG DP Levels 2-5** compete in 7 - 8 qualifying invitationals and finish their season at the TN State Championships held annually at APSU.
- **USAG DP Levels 6-8** compete in 7 - 8 qualifying invitationals and may qualify at the TN State Championships held annually at APSU to Regionals through their State Championships.
- **USAG Levels 9-10** compete in 7 - 8 qualifying Invitationals and may qualify at the TN State Championships, held annually at APSU to Regionals through their State Championships and may further qualify to USA Eastern Nationals (L9) or USA Nationals (L10) through Regionals.

- **USAG Xcel** compete in 7 - 8 qualifying invitationals and finish their season at the TN State Championships held annually at APSU and may qualify at the TN State Championships held annually at APSU to Regionals through their State Championships.
- **AAU Athletes** compete in 5 - 6 qualifying invitationals and finish their season at the TN State Championships, usually held in Chattanooga, postseason opportunities (Regional / National Championships) may be available depending on level, location and scheduling. If attended, AAU Post Season Meet Fees / coaching expenses are separate additional charges that will be disclosed and discussed prior to committing to attend.

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## Financial Information

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At CEGC, we value and appreciate the support of our team families. Over the years, we have built meaningful relationships with many of you and look forward to creating even more lasting connections in the future. While we appreciate the strong sense of community we've cultivated, we also want to remind everyone that at its core, CEGC is a business and like any successful organization, we have established specific policies regarding financial obligations. Our goal is to maintain a family friendly, team environment while upholding sound business practices that ensure the continued success and sustainability of our program.

### Monthly Tuition and Fees

- Competitive team membership is a 12-month commitment.
- Team tuition covers most costs associated with competitive gymnastics, to include practice, routine clinics, meet entries, coaches travel and session fees.
- Team tuition is not refundable.
- Tuition is due on the 1<sup>st</sup> and late after 15th of each month for the following month.
- All team members are required to be on auto draft or have a card on file for tuition payments.
- Family Discount
  - Families with children enrolled in our recreational program receive a discount on Rec tuition.
  - Families with two or more children in the competitive program for at least one full year are eligible for a discounted team tuition.
- Outstanding Tuition Policy
  - Athletes may not train if they have an outstanding balance as of the 1st of any given month until their account has been paid in full.
  - Accounts with unpaid balances may result in gymnasts being unable to attend competitions until accounts are brought up current.

## 2025–2026 Team Tuition Rates

*(All hours per week are approximate.)*

- **Level 2** – \$373.00  
Tue/Thu 4:00–7:30 pm (7 hrs/wk)
- **Level 2 (Repeat)/3** – \$457.00  
Tue/Thu/Fri 4:00–7:30 pm (10.5 hrs/wk)
- **Level 4** – \$481.00  
Mon 4:00–8:00 pm; Tue/Thu 4:00–7:30 pm (11 hrs/wk)
- **Level 5** – \$546.00  
Mon 4:00–8:00 pm; Tue/Thu 4:00–7:30 pm; Sat 8:00 am–12:40 pm (15.5 hrs/wk)
- **Level 6** – \$557.00  
Mon 4:00–8:30 pm; Tue/Thu 4:00–7:30 pm; Sat 8:00 am–12:40 pm (15.5 hrs/wk)
- **Xcel Bronze** – \$373.00  
Tue/Thu 4:00–7:30 pm (7 hrs/wk)
- **Xcel Silver** – \$469.00  
Tue 4:00–7:30 pm; Wed 4:00–8:00 pm; Fri 4:00–7:30 pm (11 hrs/wk)
- **Xcel Gold One** – \$481.00  
Tue/Wed 4:00–8:00 pm; Fri 4:00–7:30 pm (11.5 hrs/wk)
- **Xcel Gold Two** – \$481.00  
Mon/Wed 4:00–8:00 pm; Fri 4:00–7:30 pm (11.5 hrs/wk)
- **Xcel Platinum/Diamond (3 Days)** – \$481.00  
Mon/Wed 4:00–8:00 pm; Fri 4:00–7:30 pm (11.5 hrs/wk)
- **Xcel Diamond (4 Days)** – \$557.00  
Mon/Wed 4:00–8:00 pm; Fri 4:00–7:30 pm; Sat 8:00 am–12:40 pm (16 hrs/wk)
- **Level 7-10** – \$579.00  
Mon/Wed 4:00 – 8:30 pm; Fri 4:00 – 7:30 pm; Sat 8:00 am – 12:40 pm (17 hrs/wk)
- **AAU Bronze/ Silver / Gold** \$243.00  
Mon 6:10 – 8:10 pm; Wed 6:30 - 8:30 pm (4 hrs/wk)
- **AAU 3<sup>rd</sup> day** \$301.00  
AAU Gymnasts have the option of adding Sat 12:00 – 2:00pm (6 hrs/wk)

**Tuition increases will be announced NLT January 15<sup>th</sup> of each year to take effect on March 15 (April Tuition) for the upcoming training year**

## Late Tuition

- All team members must be on auto draft / maintain a card on file.
- Athletes may not train if there is a **balance due as of the 1st of the month**. This may also result in missing competitions.
- If your auto draft fails, you are expected to come in and pay that month's tuition and complete a **new auto draft form**.

**If for any reason you anticipate not being able to make your tuition payment on time it is imperative that you notify Coach Shenette before a due date passes.**

## Additional Fees

- **Uniforms**  
Uniform costs typically range from **\$300–\$500**, depending on Program and level and which pieces are needed. Uniforms include:
  - Competition leotard
  - Team Bag
  - Warm-up Jacket / Pants
  - Bow
  - Replacement Schedule (approximate):
    - Competition Leotards / Bows: Every 2 years
    - Practice tank: Every 2 years (alternating with competition leo)
    - Warm-ups and bags: Every 3-5 years
    - Bows: Updated when a new leotard design is introduced
  - Uniform Sizing Notes:
    - New team members or athletes needing new sizes will be measured in late June or early July.
    - All new uniforms must be paid in full before ordering. Orders are typically placed in early August.
    - Competition leotards are designed for a snug, sleek fit - they are not sized to be loose.

- Purchasing of used competition leos must be coordinated with Coach Shenette to ensure proper fit and condition.
- **Extra Training**  
USAG Optional team members may attend camps or clinics during the off-season. These camps / clinics are not mandatory, opportunities and costs will be communicated in advance, and if attended, will be billed separately.
- **USAG DP & Xcel Membership**
  - Approximate cost: \$73 for returning athletes, \$25 for introductory athletes
  - Required annually for all athletes competing in USA Gymnastics - sanctioned events
  - Parents purchase memberships directly through USAG in July. Membership must be renewed by July 15th each year. Gymnasts without current memberships may not attend practice until renewed.
- **AAU Membership** (Purchased through the gym)
  - Approximate cost: \$24.00 for returning athletes.
  - Required annually for all athletes competing in AAU - sanctioned events
  - Parents purchase memberships through CEGC in September. Membership must be renewed by Sept 15th each year. Gymnasts without current memberships may not attend practice until renewed.
- **Personal Tape, Pre-Wrap, Hair Ties, etc.**  
Gymnasts are required to provide their own personal supplies. Borrowing from teammates is not allowed.
- **Grips / Tiger Paws**  
Coaches will size and order grips to ensure a proper fit and appropriate style for each gymnast.
  - Gymnasts who started in the CEGC program will use grips recommended by CEGC.
  - Gymnasts joining from another gym may request their preferred brand.
  - CEGC does not upcharge for grips. Accounts will be billed the exact cost of the grips ordered after notification.

- **Choreography**

USAG XG-Sa, Levels 6-10 and AAU Gold - Diamond will need new beam and floor routines approximately every two years.

Each gymnast is assigned a choreographer by Coach Shenette with consultation by parents, that best fits her music, style, personality, and level. Once final assignments are made, you will receive your gymnast's scheduled choreography dates as well as a summary of all costs.

- Important Notes:

- Prices vary by choreographer.
- Some choreographers include travel in their fee; others bill it separately.
- Routine fees are paid directly to the choreographer.
- When travel is required, those costs are divided evenly among the gymnasts using that choreographer and billed through the gym.

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## Facility Upkeep

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Keeping our facility looking its best is a continuous process. While CEGC secures professional cleaning services, the size and use of the space make daily help from staff and team members necessary.

- Each gymnast is assigned a locker for personal items during practice.
- Gymnasts are expected to take responsibility for their own belongings and clean-up.
- At the end of each practice, team coaches will lead a brief “power clean” that includes:
  - Use trash cans for bottles, wrappers, socks, etc.
  - Straightening mats and stacking spotting blocks
  - Putting away weights and equipment
  - Put away weights, grips, and personal equipment.
  - Help reset mats at the end of practice.

No food, sports drinks, or any liquid other than water is allowed on the floor or in lockers at any time.

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## Team Practice – Safety, Closures and Structure

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### Practice Safety – The Most Important Priority

Gymnastics is an inherently **high-risk sport** involving speed, height, flipping, and twisting. These factors increase the potential for serious—even catastrophic—injuries.

While CEGC staff is committed to providing a **safe, supervised training environment**, injuries can still occur. Parents and gymnasts must understand and respect the inherent risks of the sport.

- **Shared Responsibility**

Safety is a shared responsibility among **staff, management, parents, and gymnasts**.

- **Staff & Management**
  - Monitor equipment regularly for safety and proper function.
  - Enforce safety protocols and maintain a secure environment.
- **Parents**
  - Stay informed about safety guidelines and gym policies.
  - Never push a gymnast to try skills they are not ready to perform.
  - Do not allow gymnasts to practice gymnastics outside of the gym.
  - Ensure your gymnast attends required practices and communicates any safety concerns.
- **Gymnasts**
  - Follow coaches' instructions at all times.
  - Practice proper technique and speak up if you feel unsure or unsafe.
- **General Safety Expectations**
  - Proper matting must always be used. Gymnasts should never use equipment without correct matting.
  - Headfirst landings are strictly prohibited in the pit or on any apparatus. Skills with even minimal risk of headfirst landing must be spotted or avoided.
  - When using the pit, only feet-first landings are allowed.

- Gymnasts must read and follow posted safety rules.
- No horseplay at any time.

By respecting these guidelines and working together, we can prioritize safety while still pursuing growth and excellence.

## **Injury, Pain, Medication & Return to Training**

These procedures protect gymnast safety while supporting continued participation where appropriate.

- **Safety First**  
Any injury that might require medical attention requires a doctor's note with clearance or restrictions.
- **Injury During Practice**  
If your child is injured and cannot continue, a parent will be contacted immediately.
- **Complaints and Icing**  
Gymnasts who sit out to ice or rest must sign an injury log with their name, date, event, and reason.
- **Recurring Pain**  
Pain lasting more than 14 days and affecting training requires a medical evaluation.
- **Attending Practice with Injury**  
Injured gymnasts are expected to attend practice, where modified workouts will be provided.
- **Doctor's Note and Release**  
A doctor's note is required for return after injury. A full medical release is necessary before resuming all skills.
- **Disclosure of Conditions**  
Please inform us of any medical, behavioral, or emotional conditions-and prior injuries-that could affect training.
- **Taping and Bracing**  
Regular taping or bracing without evaluation is discouraged. Persistent pain or injury not improving in two weeks should be assessed by a physical therapist or physician.

**Medications** – No medication of any kind will be administered to any athlete without express written consent from a parent.

## Practice Closures

- We may close the gym from time to time due to inclement weather. If the gym closes due to weather, we will notify all team members via phone recording, email, text message, and/or Facebook message. If you do not receive a notification, assume the gym is open. We realize that each family situation is different, and we encourage you to make weather decisions with the safety of your family first and foremost. No practice is worth an accident / injury.
- Recovery and Performance – “Rest is a weapon” - There several scheduled training breaks programed into the training schedule throughout the year. These breaks help our gymnasts recover from both intense training as well as academic stress and help to improve overall fitness, focus while reducing injuries and burnout.
- These Breaks include, but are not limited to:
  - Reduced practice times 1<sup>st</sup> week of school
  - One full week off for the 4<sup>th</sup> of July
  - The day before and after Thanksgiving
  - One full week for Christmas
  - One full week at the end of the competition season
- Occasionally Team practices may be missed due to meets, camps, clinics, etc. We will make every effort to minimize these disruptions. There will be no mandatory “make-up” practices provided for these missed team sessions.
- You can find a complete list of planned closings on the Team calendar on the CEGC website.

## Practice Structure

**Practice** - Practice sessions are broken into 3 equally important parts.

- Warm-up and stretching
- Event rotations
- Conditioning

## Workout Groups

- Gymnasts are generally grouped by level, but groups may be combined or split depending on:
  - Number of gymnasts

- New skills being introduced
- Vault settings and tumbling needs
- Staffing and space
- Being placed in a particular workout group does not guarantee competition at that level. Level placement is based on skill mastery, readiness, and safety—not just training group.

### **Attendance and Punctuality**

Attending practice regularly is important. Missing practice, arriving late and / or departing early will negatively impact training, progression, performance and mobility as well as increase the risk of injury. Warm-ups and stretching are critical for safety and focus. Arriving on time, especially during school breaks and summer, shows respect for the team and its goals

- Even small periods of missed time (e.g., 15 minutes) add up over the course of a season.
- Frequent or repeated absences disrupt and delay progress.
- Please notify coaches by text in advance of late arrival / early departure from /to practice or of known absences, especially in the case of new drivers.

### **Breaks and Hydration**

- Bathroom and water breaks are always available.
- All gymnasts should bring a water bottle labeled with their name and avoid sharing bottles.
- Filtered water is available from the bottle fillers in the team area.

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## **Team Practice: Expectations and Guidelines**

*Parents, guardians and Family are always welcome to attend any practice, clinic, meet, or event. There are no “closed” events held at CEGC.*

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### **Parents**

#### **Front Desk**

- The front desk is for payments and basic administrative questions only. Please do not linger in the desk area. For training or team-related questions, please email your team coordinator or coach Shenette. Front desk staff are not responsible for coaching decisions or team policies.
- If you need to speak with your child, please ask for her to be paged from the front desk.
- Parents are not allowed on the practice floor unless specifically requested by a coach.
- Please sit in the front portion of the lobby within the designated viewing area. Do not sit along the East wall by the ninja area.
- Front row seats should be prioritized for recreational class parents, who are only there for a short time each week to watch their children.
- Remember: Anytime you attend any practice, clinic, meet, or event, you represent CEGC. Please consider your words about the gym, coaches, and athletes carefully and always maintain the highest standard of sportsmanship.
- As a general rule, do not use another child’s name in conversation unless you are saying something positive.

#### **Sportsmanship**

- Unsportsmanlike behavior, in the gym or at events, will not be tolerated.
- If you have concerns, please bring them to your Coordinator or to Coach Shenette so they can be addressed appropriately.

**Parent “Coaching”** - Parent coaching is not allowed. This includes:

- Shouting instructions from the stands
- Using signals or gestures

- Correcting skills from the viewing area

This behavior distracts gymnasts and coaches, undermines training, and is disrespectful to the program.

**Siblings** - Siblings attending practice with parents:

- Must remain seated either in a chair or designated seating area near their parent/guardian.
- May not run or play in the lobby, viewing area, or hallways or play in the pre school / Ninja areas.
  - Video Policy - Do not record other gymnasts without permission from their parents.

**Support and Encouragement** - Be your child's biggest fan. Effort is what matters most.

**Advocate for CEGC** - Represent the gym in a positive way. Avoid gossip and comparisons.

**Community Spirit** - Gymnastics is both an individual and a team sport. Encourage all athletes and support other gyms with respect.

**Relations with Coaches** - Respect each coach's style and expertise. Address concerns through proper channels and never in front of your child or other parents.

**Tuition and Fees** - Pay on time to avoid late fees, interruptions in training, and unnecessary administrative work.

**Staying Informed** - Check email, Facebook, Messenger, text messages, the website and the Team calendar regularly. Read updates and ask your coordinator if you have questions.

**Punctuality** - Ensure your child arrives on time for practice and meets.

**Support and Motivation** - Encourage effort, not just results. Help your gymnast manage nerves, disappointments, and successes.

**Avoid Comparisons** - Every child progresses differently. If you have concerns about progress, schedule a meeting with your level coach, coordinator or Coach Shenette.

**Positive Environment** - Do not speak negatively about other gymnasts, coaches, or parents. Help create a supportive community.

**Social Gatherings** - If hosting parties with teammates:

- Please do not hand out invitations at the gym unless every gymnast at that level is invited.

**Snacks and Celebrations** - All snacks brought into the gym for celebrations must be individually wrapped and sealed.

### **Gymnastics Outside of CEGC**

- **Trampoline Parks** - We do not encourage gymnasts to visit trampoline parks at all. Trampoline parks are one of the most dangerous places you can take your child. If you choose to visit a trampoline park, we urge you to be vigilant and use caution.
- **Other Gyms / Cheer / Tumbling Programs** - Although we have many established relationships with gyms across the country, training methods, techniques and philosophies vary greatly from gym to gym. Please discuss with Shenette if your gymnast is considering training elsewhere while traveling.
- **Home Gymnastics** - We strongly discourage working on new or advanced skills at home. Home equipment should be used for light drills only.
- **Restrictions for Competitive Gymnasts** - CEGC competitive athletes may not:
  - Take lessons at non-approved facilities
  - Attend non-certified gymnastics camps
  - Participate in open gyms at other facilities

Please speak with Coach Shenette before enrolling your gymnast in any outside gymnastics' activity.

**Best Home Training** - Safe at-home work should be limited to stretching

## **Gymnasts**

### **Dress Code and Appearance**

- **Leotards**  
One-piece leotards only. Other clothing types are unsafe for spotting and do not meet team standards.
- **Practice Uniform Day**  
Once a week, gymnasts will wear a designated practice uniform. No shorts are allowed on uniform days.
- **Hair**  
Hair must be fully secured away from the face. For bars, long hair should be in a braid or bun for safety.
- **Nails**  
Nails must be kept short and safe for spotting and equipment use.

## **Wall Lockers**

- The locker area is for team members only.
- No food is allowed on the floor or to be stored in lockers.
- Only water is permitted as a drink on the gym floor.
- No locks are allowed on wall locker
- Wall lockers are the property of CEGC, they do not belong to the gymnasts. Wall locker use is a privilege granted to competitive team gymnasts. Abuse of lockers / failing to follow locker guidelines may result in loss of locker privileges.
- Wall lockers will be inspected from time to time by program coordinators. If inspections are conducted during practice, gymnast will be present when wall lockers are opened. No coach will ever go through a gymnast's personal belongings. If unauthorized items are found in lockers, Gymnasts will be required to remove items and dispose / store items in the appropriate area.

## **Cell Phones**

- ALL phones / text devices that are brought to practice are to be stored on the team music counter in the assigned phone storage bins during practice.
- If a gymnast needs to stop practicing and contact a parent / guardian for any reason, she must notify a coach first.
- No gymnast will ever be denied communicating with a parent or guardian for any reason

## **Preparedness**

- Gymnasts should arrive at the gym ready to practice with:
  - Grips (If not left in wall locker)
  - Tape and pre-wrap as needed
  - Water bottle
- The gym does not provide tape, pre-wrap, or KT tape, but these items may be available for purchase if needed. Borrowing from teammates is not allowed.

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## **Advancement / Mobility**

Mobility Requirements for each level are detailed within individual Program Handbooks

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We aim never to place a gymnast in a level where she is not physically and mentally prepared to be **competitive** (defined as having the ability to place in approximately the top 50% at each meet).

### **Gymnasts Must:**

- Meet all published mobility requirements, with strong emphasis on form and amplitude
- Be able to successfully perform all required skills within the routine, not just as isolated elements
- Demonstrate a willingness to give full effort at the next level

### **Advancement decisions:**

- Are made with the gymnast's best interest in mind
- Are not made lightly and often involve multiple coaches' input

If you have concerns about your child's progress, please schedule a conference with your Program Coordinator and / or Coach Shenette.

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# Competition Expectations and Guidelines

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## Parents

Parents represent CEGC at every meet. Please:

- Use positive body language—thumbs up, smiles, and applause.
- Remain encouraging even if your gymnast has a difficult meet.
- Remember you are seated near families from other gyms; be respectful in all conversations.

Gymnasts should respond to challenges with grace: take a breath, smile, and move on.

- Parents are not allowed on the competition floor at all meets.
- Parents are never allowed in the awards area. If there is an issue with awards notify your Coach as soon as possible and let them resolve the issue.
- Gymnasts must remain on the floor for the entire meet unless excused by a coach.

**Respect for the Host Gym** - Hosting a meet is a major undertaking. The host gym:

- Collects rosters from all guest gyms
- Builds competition schedules
- Coordinates judges, equipment, and awards

Please respect their efforts and follow all posted rules and cooperate with competition staff / volunteers.

**Obtaining Meet Information** – The coaching staff will distribute competition information as soon as it is received. All meet details (sessions, times, entry, etc.) will be communicated by your coach. Do not contact the hosting gym asking for information.

## General Meet Rules

These rules apply at all meets:

- NO flash photography
- NO parents or siblings in the competition area
- NO questioning / Booming / Heckling judges

- NO spectators on equipment
- NO profanity or unsportsmanlike conduct of any kind

### **Arrival**

- Arrive 30 minutes before general stretch – Sessions may start early.
- If you are going to arrive late, contact Coach Shenette or your level coach immediately.

## **Gymnasts**

### **Gymnasts Must:**

- Leave coats and unnecessary items with parents before entering the competition area.
- Remove nail polish; only one stud earring is allowed.
- Hair must be secured in a tight bun or high ponytail, with no loose pieces.
- No colored hair, pigtails, or low braids.
- Makeup and hair glitter are allowed in limited amounts.
- Once on the floor, gymnasts may not communicate with parents until after awards.
- No mouthing words, waving, or signaling during warm-up or competition.
- Once gymnasts are with their coaches, they are under coach supervision.
- Parents may not enter the floor for any reason.
- If a gymnast is sick, injured, or in need, coaches will contact you or escort her to you.
- Only accompany restrooms if absolutely necessary.

### **Warm-Ups**

- Gymnasts may not go onto the floor until the coach gives permission.
- Gym bags must be placed neatly in a line with warm-ups folded inside.
- Once warm-ups begin, gymnasts should limit talking and follow all instructions.

### **At Events**

- Walk quietly in competition order.
- Line up where the coach indicates.
- Focus, remember corrections, and

### **March-In**

- Line up shortest to tallest and walk in a straight line as a team.
- Stand still and attentive during announcements and National anthem.
- During the National Anthem:
  - Right hand over heart
  - Left hand behind back

### **During Competition**

- Sit together as a team between rotations.
- Mentally rehearse routines during warm-up.
- Cheer appropriately for teammates.
- Cell phones remain in gym bags and may **not** be used to check scores or message parents.

### **End of Competition**

- Wear warm-up jacket (zipped, collar down), pants, and tennis shoes for awards.
- Gather all belongings before returning to the floor.

### **Awards**

- Hand gym bags to parents before joining the team.
- Sit with your team and remain for the entire award ceremony unless pre-approved to leave.
- Clap for all competitors.
- No horseplay.
- Do not approach podium until your name is called.
- Wear medals around your neck throughout the ceremony.
- Coaches assign one gymnast to take the team award home.
- No cell phones during the awards.

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## Competition Policy

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- Gymnasts may occasionally develop mental blocks or struggle with previously mastered skills.
- If a gymnast cannot successfully complete every skill in her routine during practice before a meet:
  - She will scratch that event for the competition.
  - She may compete it again once skills are back consistently.
- All competitions are mandatory, unless otherwise communicated by coaches.
- Attendance at practices the week of a meet is especially important. Coaches may scratch a gymnast from a meet if practice attendance has not been sufficient to ensure safety and readiness.

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## Miscellaneous Team Policies

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### Respect

All Athletes, Coaches and Parents deserve to be treated with courtesy and respect at all times. Disrespect will not be tolerated.

### Illness Policy for Gymnasts

To protect the health and well-being of all children in our facility - as well as your own family - we ask that you keep sick children at home. This applies to gymnasts and siblings.

- If your child has missed school or has been prescribed antibiotics, Tamiflu, or other medication for illness, a doctor's may note is required before returning to practice.

### Private Lessons

- Private lessons are scheduled directly with coaches.
- The gym does not manage availability, rates, or availability-these subjects must be discussed with individual coaches. Private lesson fees are determined by individual coaches.
- Lessons should have a specific purpose (e.g., beam series, bar skill, routine polish).

Parents should choose coaches:

- Who already works with their gymnast regularly, or
- Who specializes in the event/skill being addressed.

### Parent Presence

- If the lesson occurs during regular gym hours, we strongly recommend that parents remain in the building during private lessons.
- Under no circumstances will any lesson be conducted "one on one" without third party supervision.
- Parents are not allowed on the floor during private lessons.
- If the private is outside normal hours and is the only activity in the gym, parents must remain in the building.

## **Payment Options**

- There are two options available for payments
  - Payment to “Clarksville Elite Private Lessons” account through VENMO. QR codes with links are posted throughout the gym.
  - Cash (in labeled envelope and drop box at front desk)
  - Funds are collected by the gym and proceeds are paid out to coaches as 1099 employees minus gym use and administrative fees.
  - Bartering lessons runs afoul of tax law and puts the coach as well as the Gym in jeopardy. Bartering is not allowed.

## **Open Coach / Parent Policy & Addressing Issues**

Misunderstandings, concerns, disagreements will arise between parents and coaches - this is a normal part of any parent-coach relationship. It is important that concerns are identified and discussed as early as possible.

If you have concerns about training or any other aspect of CEGC:

- Email your coordinator as soon as an issue arises.
- Avoid discussing issues in front of gymnasts (other than your own, when appropriate) or with other parents.
- Schedule a private meeting with your gymnast’s coach and Shenette, before or after gym hours.
- We are always open to feedback and committed to resolving issues in a constructive, respectful manner.
- Venting publicly, even when understandable, can create lasting negative impressions and harm team culture.

All concerns will be listened to and addressed. This is not to say that all issues will be resolved to all parents’ satisfaction. If a parent is consistently unhappy despite attempts at resolution - and their dissatisfaction begins to create negativity - it may become necessary to part ways with the program to protect the broader team environment.

No coach will ever “retaliate” against any gymnasts or parent because an issue is brought to our attention.

We encourage all parents to communicate any questions or concerns first to their program coordinator, then to Coach Shenette and finally to Larry as soon as any issue arises. Email is always the best way to communicate / document initial conversations. Parents can always request to meet with the coaching staff at any time.

## **Contracts / Leaving the Team**

CEGC does not require families to sign contracts like many programs do. If your family decides to leave the program - whether due to relocation, moving to a different program, or choosing to discontinue gymnastics altogether – all we request is that you give a **30 day notice**.

### **Why This Matters:**

- Allows us to plan for group and staffing adjustments
- Gives your child time for a positive, supported transition
- Helps maintain team consistency

### **During the Notice Period**

- **Continued Training** - We encourage gymnasts to continue attending practices. This often helps address concerns and maintain progress.
- **Resolution & Closure**  
This time can help clarify misunderstandings and provide emotional closure for both gymnast and coaches.

### **Process**

- **Communication**  
Please notify Shenette as soon as possible if your gymnast is moving on.
- **Relocation Support**  
If your family is moving, we are happy to help you locate a reputable new gym and support your gymnast's transition in any way we can
- **Drop Sheet**  
A **completed drop sheet** is required to finalize account close out
- We truly value the time your child has spent with us and are committed to making their departure as positive and respectful as possible.

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## **The Coaches' / Gym's Responsibilities**

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This last section is by no means the least important - CEGC places tremendous emphasis on the role of its owners, coaches, and staff in shaping the current and future success of our athletes and programs.

**At CEGC, you can expect:**

- The highest quality gymnastics training
- A safe, clean, and supportive environment
- Thoughtful, athlete-centered decisions focused on your child's long-term development and success
- Clear concise communication

**Our coaching staff is committed to:**

- Structuring each practice with progress and safety first and foremost
- Maintaining appropriate staffing and supervision
- Applying clear mobility standards to support successful, confidence-building seasons

BEING POSITIVE AND MOTIVATING

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## Important Contact Information

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### **Gym -**

- CEGC / Elite Sports Complex  
2625 Madison Street  
Clarksville, TN 37043
- Phone: (931) 906-1663
- ClarksvilleElite.com

### **Safe Sport Coordinator – Taylor Kean**

- Email: [SafeSport@clarksvilleElite.com](mailto:SafeSport@clarksvilleElite.com)

### **STARs Program Coordinator – Alexia Tarvis**

- Email: [Alexia@ClarksvilleElite.com](mailto:Alexia@ClarksvilleElite.com)

### **AAU Coordinator - Marissa Johnson**

- Email: [Marissa@ClarksvilleElite.com](mailto:Marissa@ClarksvilleElite.com)

### **Xcel Coordinator - Kristin Spain**

- Email: [Kristin@clarksvilleElite.com](mailto:Kristin@clarksvilleElite.com)

### **Assistant Head Coach / Compulsory Coordinator - Taylor Krans**

- Email: [Taylor@ClarksvilleElite.com](mailto:Taylor@ClarksvilleElite.com)

### **Head Coach / Team Director - Shenette Gavi**

- Cell: (931) 801-7518
- Email: [Shenette@ClarksvilleElite.com](mailto:Shenette@ClarksvilleElite.com)

### **Owner - Larry Corrigan**

- Cell: (931) 206-6054
- Email: [Larry@ClarksvilleElite.com](mailto:Larry@ClarksvilleElite.com)