

BLUE ANGELS GYMNASTICS CLUB

2026-27 Competitive Team Handbook

Athlete First. Strong Fundamentals. Great Teammates.

MAGA Competitive Team Families

Blue Angels Gymnastics Club | 2026-27 Season

Purpose of this handbook

This handbook serves as the primary reference for competitive team expectations, communication, attendance, financial responsibilities, conduct, volunteering, and family responsibilities. Program-specific schedules and season details may be communicated separately through BAND.

Welcome to Team BAGC

Welcome to another season of Blue Angels competitive gymnastics. We are proud to provide an athlete-first program where children are challenged to pursue excellence while feeling safe, supported, valued, and excited to come to the gym.

Competitive gymnastics teaches far more than skills and routines. It develops perseverance, confidence, accountability, teamwork, courage, goal setting, and the ability to work through challenges. We believe those lessons matter just as much as medals and scores.

Our Athlete-First Philosophy

At BAGC, training and placement decisions begin with the long-term development and well-being of the athlete. Every gymnast develops differently. Some skills come quickly; others require months of repetition. Our goal is to challenge athletes without rushing them and to create an environment where progress is celebrated in all its forms.

What success looks like at BAGC

Success may be a personal-best score, a new skill, improved confidence, supporting a teammate, recovering after a mistake, or learning to keep working when something is difficult. We want our athletes to leave BAGC as stronger gymnasts and stronger people.

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1. Team Structure & Placement

Blue Angels offers competitive opportunities through MAGA. Each program provides an opportunity for athletes to develop gymnastics skills, experience competition, contribute to a team, and pursue goals appropriate to their individual development.

Team Placement

Competitive team participation, practice-group placement, and teams are determined by the BAGC coaching staff. Placement decisions consider demonstrated skills, strength, flexibility, technique, consistency, safety, confidence, emotional readiness, coachability, attendance, commitment, and long-term athlete development.

- Athletes are not automatically placed based on age or number of seasons competed.
- Practice groups may be adjusted when the coaching staff determines a different training environment would better support an athlete.
- If BAGC believes a practice-group or team change is needed, a member of the coaching staff will contact the family directly.
- Families do not need to request routine placement changes or advancement reviews. Coaches continually evaluate athletes throughout training.

Future Stars Pathway

Future Stars is an accelerated developmental program for athletes who have successfully completed Intermediate 1 and are ready for increased training. Future Stars athletes train twice per week for 90 minutes and are expected to demonstrate consistent attendance, coachability, focus, a positive attitude, and a willingness to work through repetition and challenge. Eligibility is based on skill completion, coach recommendation, athlete readiness, and program availability. Participation in Future Stars does not guarantee future placement on a competitive team.

2. Athlete Expectations

Being a member of Team BAGC means representing yourself, your teammates, your coaches, and Blue Angels with pride. Athletes are expected to contribute to a safe, respectful, and productive training environment.

- Arrive prepared and on time for practice.
- Listen when coaches are giving instruction and follow safety directions promptly.
- Work hard, remain coachable, and make an honest effort even when skills are challenging.
- Treat teammates, coaches, officials, competitors, volunteers, and families with respect.
- Encourage teammates and celebrate the success of others.
- Use equipment only with coach permission and remain with the assigned group.
- Communicate injuries, pain, illness, fear, or safety concerns to a coach.
- Represent BAGC positively at practices, competitions, events, and online.

Practice Attire & Jewelry

Athletes must wear safe, fitted gymnastics attire appropriate for training. Long hair must be secured away from the face. Jewelry, watches, smart watches, necklaces, bracelets, rings, and earrings are not permitted on the gym floor. An athlete who arrives with jewelry that cannot be removed may be restricted from activities where participation would create a safety risk.

3. Scheduling, Attendance & Alternate Practices

Consistent Attendance

The greatest success in gymnastics comes from consistent attendance at an athlete's regularly scheduled practices. Practice plans are intentionally designed for each team, and regular attendance allows athletes to progress safely, build confidence, prepare for competition, and contribute to their teammates' success.

Multi-Sport Athletes & Ongoing Conflicts

BAGC is proud to support multi-sport athletes and recognizes that school activities, family commitments, and other opportunities are an important part of growing up. There is no reduction in required training hours for scheduling conflicts; however, families with an ongoing conflict should contact the Director. On a case-by-case basis, BAGC will do its best to identify an appropriate ongoing alternate practice or solution that supports both the family's needs and the athlete's development.

Occasional Absences & Make-Ups

We understand that athletes occasionally miss practice due to illness, family events, school activities, or unexpected circumstances. If an athlete will be absent, please notify the coaching staff as soon as possible. Make-up practices are not guaranteed. When space, staffing, athlete team, and practice plans allow, an alternate practice may be approved by the coaching staff.

- Make-up practices are intended for occasional absences, not recurring schedule conflicts.
- All alternate practices must be approved in advance by the coaching staff.
- Athletes may not attend a different practice without prior approval.
- If your athlete is sick, please keep them home. Rest and recovery are more important than one practice.

4. Parent & Family Expectations

Parents are an essential part of an athlete's support system. The most successful team environments are created when athletes, families, and coaches understand and respect their roles.

- Encourage effort, courage, progress, and good sportsmanship rather than perfection.
- Allow coaches to coach. Please do not call corrections, instructions, or skill cues from the viewing area.
- Avoid comparing athletes, scores, teams, bodies, or rates of progress.
- Treat coaches, athletes, officials, volunteers, and other families respectfully.
- Support BAGC policies, schedules, team expectations, and volunteer commitments.
- Bring questions about your own athlete directly to the appropriate coach or Director rather than discussing concerns publicly.

A helpful meet-day reminder

One of the most powerful things a parent can say after competition is: "I loved watching you compete." Your athlete needs encouragement, perspective, and unconditional support more than a post-meet technical review.

5. Team Communication: BAND

BAND is the primary communication platform for competitive team families. Families are responsible for reviewing announcements, calendars, files, and updates posted in BAND. Information shared in BAND may

not be duplicated through email or text except when BAGC determines additional communication is necessary.

Use Group Posts For

- General team questions that may help other families.
- Team reminders, approved carpool coordination, and shared team information.
- Positive team celebrations and appropriate meet photos.

Use Private Messages For

- Questions or concerns about your individual athlete.
- Attendance, injuries, illness, or schedule conflicts.
- Billing or payment questions.
- Concerns involving another athlete, family, or coach.
- Any conversation that does not apply to the group as a whole.

Calendar & Files

The BAND calendar may be used for practices, meets, camps, clinics, team events, closures, and deadlines. Important documents may be stored in the Files section, including handbooks, meet information, packing lists, volunteer information, schedules, and team resources. Families should check these areas before requesting information that may already be posted.

6. Tuition & Financial Policies

Competitive team tuition reserves an athlete's place in the program and supports coaching, staffing, facility operations, equipment, and year-round programming. Families may select the published pay-in-full or monthly payment option for the season.

Pay in Full

Families choosing to pay team tuition in full must submit payment by the published due date to receive the 5% discount.

Monthly Payments

- Monthly payments are processed according to the published team payment schedule.
- Families are responsible for keeping an active and accurate payment method on file.
- Late or declined payments may be subject to BAGC's current billing and late-payment policies.

Additional Team Expenses

Competitive gymnastics includes expenses beyond regular tuition. Depending on program and season, these may include meet entry fees, association memberships, apparel, choreography, travel, camps, or other team-related expenses. Specific costs and due dates will be communicated separately.

Refunds

Team tuition, registration fees, meet fees, memberships, uniforms, and other committed or previously paid team expenses are generally non-refundable once BAGC has incurred or committed those costs, except when otherwise required by law or approved by BAGC administration due to extraordinary circumstances.

7. Withdrawal from Team

Competitive team participation requires long-term planning for coaches, staffing, practice groups, meet registrations, and athlete development. Advance notice allows BAGC to make thoughtful decisions that support both the departing athlete and the remaining team.

30-Day Written Notice Required

Families choosing to withdraw from the competitive team program must provide a minimum of 30 days' written notice to the Director at bagcdirector@gmail.com. The 30-day notice period begins on the date the written notification is received.

- Tuition remains the responsibility of the family throughout the 30-day notice period, regardless of attendance.
- Verbal notification to a coach, office staff member, or other BAGC representative does not constitute official notice of withdrawal.
- Previously committed meet fees, memberships, apparel, choreography, or other non-recoverable team expenses remain the responsibility of the family when applicable.

8. Competition Expectations

Competition is an opportunity for athletes to demonstrate their training, represent BAGC, support teammates, and practice confidence under pressure. Athletes and families are expected to contribute to a positive competitive environment.

Athletes

- Attend scheduled meets unless excused in advance by the coaching staff.
- Arrive at the required report time in the required uniform and with needed equipment.
- Remain with the team and coaches throughout the competitive session unless released.
- Demonstrate respectful sportsmanship toward teammates, competitors, coaches, judges, and host clubs.
- Follow coach direction regarding warm-up, competition order, equipment, and meet-day procedures.

Parents & Spectators

- Cheer positively for BAGC athletes and competitors.
- Do not coach, signal, or give technical corrections from the stands.
- Do not approach judges, officials, or meet staff regarding scores or competitive decisions.
- Address athlete-specific concerns privately with BAGC staff at an appropriate time, not during active competition.
- Represent BAGC respectfully in person, online, and while traveling with the team.

9. Uniforms & Team Apparel

Athletes are responsible for maintaining required competition and practice apparel in clean, competition-ready condition. Required items vary by program and may include competition leotards, warm-ups, practice leotards, bags, or other designated team apparel.

- Required team apparel must be purchased by published deadlines.
- Athletes must wear designated competition apparel as directed by the coaching staff.

- Families are responsible for replacement costs for lost, damaged, outgrown, or missing required items.

10. Volunteering & Fundraising

Team families play an important role in supporting BAGC events and the financial health of the competitive program. Volunteer and fundraising expectations will be communicated for each season.

BAGC Home Invitational

Each competitive team family is required to participate in equipment setup and equipment tear-down for the BAGC Home Invitational. Families must provide at least one adult volunteer for assigned setup and tear-down responsibilities unless an alternate arrangement is approved in advance.

- Arrive on time and remain until assigned work is complete.
- Follow instructions from BAGC staff, meet leadership, or equipment coordinators.
- Wear appropriate clothing and closed-toe shoes for equipment work.
- If an emergency prevents attendance, notify BAGC promptly and arrange an approved replacement volunteer when required.
- Families with physical or accessibility limitations should contact BAGC in advance so an appropriate alternate responsibility can be considered.

Additional volunteer-hour and fundraising requirements, if applicable for the season, will be communicated separately and are considered part of team participation expectations.

11. Athlete Safety & Wellness

The physical and emotional well-being of athletes comes first. BAGC coaches use progressive instruction and safe skill development while encouraging athletes to communicate openly about their bodies, fears, and concerns.

- Athletes should immediately tell a coach if they are injured, in pain, dizzy, ill, frightened, or do not feel safe attempting a skill.
- Athletes should not be pressured to train through an injury or contagious illness.
- Coaches may modify or restrict training when participation would create an unreasonable safety risk.
- Families should notify BAGC of injuries, medical restrictions, or other information necessary for safe participation.
- Athletes deserve respectful coaching and may ask questions, request clarification, or communicate when they are uncomfortable.

Illness

Please keep athletes home when they have a fever, vomiting, diarrhea, a contagious illness, or are otherwise unable to participate safely. BAGC may ask an ill athlete to discontinue practice and be picked up.

12. Discipline & Conduct

BAGC's goal is to teach accountability while protecting the safety and experience of the entire team. Coaches may use progressive discipline when athlete behavior repeatedly interferes with safety, learning, or the rights of others.

Progressive Athlete Discipline

- 1 Coach reminder and redirection.
- 2 Private conversation with the athlete and clear expectations for improvement.
- 3 Temporary removal from an activity or portion of practice when needed for safety or reset.
- 4 Parent/guardian communication and a behavior plan when concerns continue.
- 5 Suspension, modified participation, or removal from the program when behavior remains unsafe or significantly disruptive.

Serious Conduct

BAGC may skip progressive steps when conduct involves serious safety risks, violence, bullying, harassment, threats, intentional equipment misuse, theft, significant disrespect, or other behavior requiring immediate action.

Parent/Spectator Conduct

Parent or spectator behavior that disrupts training, undermines coaching, creates an unsafe or hostile environment, or violates BAGC expectations may result in a private conversation, or other appropriate action. Repeated or serious parent conduct may jeopardize an athlete's continued participation when BAGC determines the team environment cannot otherwise be protected.

13. Questions, Concerns & Conflict Resolution

Open communication matters, and BAGC wants families to raise concerns appropriately. Athlete-specific questions should be discussed privately rather than in the viewing area, at competitions, or in group BAND posts.

- For routine athlete questions, contact the athlete's coach privately.
- For ongoing scheduling conflicts, placement concerns, financial matters, policy questions, or unresolved concerns, contact the Director.
- Avoid approaching coaches for lengthy discussions while they are actively supervising athletes.
- When emotions are high after a meet or difficult practice, allow time for everyone to reset before beginning a detailed discussion.

Director Contact

Krystal, Director | bagcdirector@gmail.com

14. Family Acknowledgment

Competitive team participation is a partnership among athletes, families, coaches, and BAGC. By signing below, the family confirms that it has reviewed this handbook and agrees to support the expectations and policies contained within it.