Welcome to Sokol Detroit Gymnastics 2015/2016 Gymnastics Program

Dear Parents:

Thank you for enrolling your child/children in our gymnastics program for the 2015 – 2016 school year. Attached to this letter are the forms that need to be filled out on a yearly basis. Please look them over, fill them out, sign and date them, then return them to Sokol.

Class Time: Gymnasts enrolled one day per week are required to have a parent or another adult in the lobby at all times. If you do need to leave, please return before the class ends to pick up your child.

Payments: Your first payment is due the first day your child/children attend class. If you are making monthly payments, your remaining payments are due by the 15th of each month. All late payments are subject to a $20 late fee. See the attached payment contract for more information.

Attendance: Please note that we will start and end all classes on time. If your child is late they will miss the most important part of class, the warm up. Children that don’t go through a complete warm up are more apt to get injured.

Dress Code: No jewelry – long earrings that hang below the ear lobe, necklaces and bracelets are all prohibited! Hair must be pulled back and up off the face. Socks or bare feet, either is fine. Girls: leotard with t-shirt, shorts or yoga pants (no zippers, buttons or jeans). Leo’s without skirts. Boys: t-shirt tucked into shorts or sweat pants (no zippers, buttons or jeans).

Make Up Day’s: If your gymnast misses a class, that class can be made up in our regular Friday night open gym, 7 to 9pm.

Open Gym Dates: September 18 & 25, October 2 & 9, November 6, 13 & 20. December 11 & 18, January 8, 22 & 29, February 5,12,19 & 26, March 11 & 18, April 1, 8, 15, 22 & 29, May 6, 13 & 20, June 3.

30 Weeks of Class: Our gymnastics year and your payment is based on 30 weeks of class. We have 32 weeks scheduled in case something comes up, like a snow day. There are days that we have off, that do not affect our 30 weeks of class. Those days are: Sept 11, 12, 24. Oct 16, 17, 30, 31 Nov 2, 3, 26, 27, 28. Dec 4, 5, 21- Jan 2, 15, 16, 18. Feb 15, March 4, 5, 24 - 31. May 27, 28, 30. Check the calendar on our website for current class days.

Cancellation Policy: At Sokol we understand that every family unit is different and sometimes schedules change. If your gymnast is unable to attend the class they are enrolled in, please let me know ASAP and we will try to move your gymnast to another class that works for your schedule. If that doesn’t work, we will pro-rate the classes that have already taken place and let you know what your balance will be. Each 50min or 1 hour class is $12 per week x 30 weeks = $360. Each 2 hour class is $18 per week x 30 weeks = $540. Each 4 hour per week is $30 per week x 30 weeks = $900.

Name of Gymnast/s: ___________________________________________

Signature of Parent: ______________________________________ Date: ________________
**Acknowledgement of Risk and Waiver of Liability/Assumption of Risk/Hold Harmless Agreement**

I hereby consent to members of my family participating in the Sokol Detroit Gymnastics program and/or affiliate programs. I recognize that there is an assumption of risk when participating in sports, and understand that injuries including permanent paralysis or death can happen when participating in activities involving height and/or motion including but not limited to martial arts, dance, gymnastics and tumbling and trampoline activities. That said, I agree to make myself and my child/ren aware of the possibility of injury and encourage my child/ren to follow all safety rules and the coaches’ instructions as posted in the gym and as verbally instructed by staff members. I fully understand that Sokol Detroit Gymnastics staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby allow the Sokol Detroit Gymnastics staff to render first aid to me, or my children in the event of any injury or illness, and if deemed necessary by the staff to call our doctor and to seek medical help, including transportation by a Sokol Detroit Gymnastics staff member or its representatives, whether paid or volunteer, to a health care facility or hospital.

I understand that it is the express intent of Sokol Detroit Gymnastics to provide for the safety and protection of my child and, in consideration for allowing my child to use these facilities, I hereby release Sokol Detroit Gymnastics, its officers, employees, affiliates, teachers and coaches from all liability for any and all damages and injuries suffered by my child while under the instruction, supervision or control of Sokol Detroit Gymnastics. I also affirm that I now have and will continue to provide proper hospitalization, health, and accident insurance coverage which I consider adequate for my child’s and my own protection. I understand that it is the parents’ responsibility to warn the child about the dangers of gymnastics and potential injury as is clearly posted in the gym. I also understand that safe, professional instruction often includes hands-on spotting to my child. I permit Sokol Detroit Gymnastics to use pictures of my child for its advertising/direct marketing/web promotions, and understand they will NOT use my child’s full name in the aforementioned projects. This acknowledgement of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent. I understand that there are no cash refunds, and agree to follow the make-up policy, as stated by company policy. I have read and understand the general information in this packet of forms.

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**Payment Information – For office use only**

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23600 West Warren • Dearborn Heights, MI 48127 • 313-565-8671
Sokol Detroit Gymnastics 2015/2016 Gymnastics Program

Payment Contract:
Currently payments can be made with cash or checks made payable to: Sokol BOI

50 minute or 1 hour classes:
☐ $40 per month for 9 months (September to June)
☐ $300 due first day (September to June)
☐ $180 due first day (September to February)
☐ $180 due by February 15th (February to June)

2 hour classes:
☐ $60 per month for 9 months (September to June)
☐ $450 due first day (September to June)
☐ $270 due first day (September to February)
☐ $270 due by February 15th (February to June)

4 hour classes:
☐ $100 per month for 9 months (September to June)
☐ $800 due first day (September to June)
☐ $450 due first day (September to February)
☐ $450 due by February 15th (February to June)

Register any time:
You can join class anytime throughout the year if there's availability. Call (313) 585-8671 to check for class availability and pro-rated class fee's.

☐ 9 monthly payments: First payment is due the first day of class. The remaining 8 payments are due by the 15th of each month. $20 late fee will be added if paid after the 15th of the month. You are committing to the entire school year. Plus $25 yearly registration fee if not paid in the last year.

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$25 Yearly Registration Fee per gymnast with a cap of $50 per family. Next Due Date: ______________

By signing this form you are agreeing to commit to the payment terms you selected above.

Printed Name of Parent: _____________________________  Gymnast: ________________________

Signature of Parent: _____________________________________  Date: ________________________
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It’s better to miss one game than the whole season. For more information on concussions, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).
Sokol Gym Rules

- SAFETY FIRST! Rule #1 in the gym is that no one is allowed to get hurt. That means no one is allowed to do anything that might get themselves or anyone else hurt.
- All parents/guardians with a child in any gym program or child attending open gym must sign the parent forms.
- Gymnasts enrolled one day per week or in any 1 hour or less class are required to have a parent or another adult in the lobby at all times.
- Drivers in the parking lot need to stay alert for traffic, cars backing out, and departing and arriving gymnasts.
- Gymnasts are not allowed to leave the building for any reason except with a parent or approved guardian.
- Gymnasts need to wear appropriate gymnastics attire – e.g., leotards or shorts/yoga pants and T-shirt for girls and shorts and T-shirt for boys. Belt buckles and any other metal clothing accessories may not be worn on any apparatus.
- Jewelry is not allowed during class. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Exceptions: medical ID tags/bracelets, and rhinestones on leotards.
- Gymnasts should have their hair tied back and up away from their face.
- No student is allowed in the gym area or on any equipment without a gymnastics instructor present.
- Please be on time. The warm-ups are important to your child’s safety.
- No Horseplay.
- Children must be kept under control in the waiting area at all times. No standing or climbing on tables, chairs, benches or any other furniture.
- No chewing gum in the gymnastics area.
- Children must follow the instructions of the instructor for their own safety. Proper gym and social behavior is expected of all students. Failure to act in an appropriate and safe manner may result in your removal from class.
- Whenever moving through the gym, stay alert and look out for other gymnasts.
- Do not cross any dismount mat! Before crossing the floor exercise mat or any other apparatus mat, look all around for other gymnasts. Don’t cross until the way is clear. Always yield to gymnasts in the middle of doing skills.
- Students may not leave their class without permission from their instructor. This includes trips to the bathroom, water fountain or locker room.
- Advise the coach if you are ill or have any symptoms of illness.
- Never dive head first or land on your head or neck on crash pads or landing mats. No mat can totally prevent serious injury to your head or neck, so avoid landing on them.
- Report any injury, unusual pain or discomfort felt during participation to your coach or instructor immediately.
- No one other than currently registered and enrolled gymnasts are allowed in the gymnastics area or on the equipment for any reason.
- Spotting is to be done by coaches only. No student or parent spotting of gymnasts.
- Gymnasts are expected to stay with their class and instructor throughout the class period.
- Gymnasts are expected to be respectful, polite and show good manners at all times in the gym.
- No fighting of any kind. Keep your hands to your own body.
- No destruction or vandalism of equipment will be tolerated. Gymnasts and parents are liable for any damage caused.
- All trash goes immediately into trash cans.
- Shoes and clothing are to be left in the designated areas, not spread all over the gym. No valuable items should be brought to the gym. The gym can accept no responsibility for lost items.
- Parents should not coach from the sidelines. Your child will be safer and learn more from the instructor and get more out of class if you do not interfere. If you have questions, ask the coach after class, or schedule a meeting time. Should there be a problem with a particular instructor or a problem with anything to do with your child and the gym, please do not hesitate to discuss the same with management.
- Parents must make their children aware of the possibility of injury and the rules of the gym and insist that gymnasts follow the safety rules and coaches instruction.

Parent or Legal Guardian Printed                           Parent or Legal Guardian Signature                           Date

This form must be on file at the gym for all athletes and needs to be re-completed every year.
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If you have any questions regarding the attached forms please see, call, text or email Coach Sharon (313) 585-8671, sokoldetroitgymnastics@gmail.com
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WHAT IS A CONCUSSION?
A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

**Signs Observed by Parents or Guardians**
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

**Symptoms Reported by Athlete**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY.**
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. **TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.
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Keep this page for your records
Coach Sharon would like you to join Sokol Gymnastics!

This is how I will be communicating with parents in all classes.

To receive messages via text, text @sok to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe @sok'.

Trouble using 81010? Try texting @sok to (269) 932-0440 instead.

*Standard text message rates apply.

Or to receive messages via email, send an email to sok@mail.remind.com. To unsubscribe, reply with 'unsubscribe' in the subject line.

WHAT IS REMIND AND WHY IS IT SAFE?
Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students & parents. Subscribe by text, email or using the Remind app. All personal information is kept private. Teachers will never see your phone number, nor will you see theirs.

Visit remind.com to learn more.