

Emeth Competitive Girls Team Info Packet

Emeth has competitive girls and boys gymnastics teams that are open to new students by invitation and tryout each year. The Emeth Girls Team began in 2003, and the Emeth Boys Team began in 2007. Over the years, our teams have included many athletes between ages 5-18 who have competed in all levels up through Level 10. Both our boys and girls teams have had athletes advance to Championship meets at the State, Regional, and National levels.

Experience the Emeth Team!

Emeth exists to help you build the character your child needs to succeed. Emeth Team will give your child even more opportunities to form those admirable qualities needed to push through the hardships of life and come out on top. We are here to partner with you in helping to build that strong foundation for their future. Coaches and team directors are looking for students who have the potential and desire to excel at the higher commitment level of our team program!

"I can't say enough about how good this has been for Jessica and how positive the influence of the coaches has been on her life." Jeff Coleman

What is Team?

Joining Emeth's competitive team means taking gymnastics and character training to a new level. Team athletes practice multiple times per week, train for levels and skills sanctioned by USA Gymnastics, and compete at meets with other clubs in our area, as well as further away and out of state at the upper levels.



Big Commitment - Big Benefits

Joining team at Emeth is a big commitment, but there are big benefits as well! Team coaches can focus more on developing an athlete's inner character because of the increased time that added practices and competitions provide. Our team families consistently tell us that their kids are learning lifelong character skills through their involvement. These include:

Motivation Confidence Focus Community Priorities Experience

Motivation

Gymnastics is fun! Athletes love flying through the air, moving their bodies in amazing ways, and the feelings of accomplishment when they reach clear set goals. We find that we have a special opportunity to help students' grow in perseverance, self discipline, focus, and commitment. Why? Because they are motivated by their love of gymnastics to struggle forward when it gets tough. These qualities give them success both inside and outside the gym.

Confidence

We believe your child will gain confidence by joining the Emeth Team. While all Emeth programs work to help students develop confidence by providing a safe and encouraging environment in which students reach for clear set standards and push through challenges, team takes this up a notch. Competing in front of judges and audiences with the support of teammates develops confidence in athletes. Coaches use opportunities to build athletes up both when they stick and when they fall.

Focus

One of the things we like most about gymnastics is that it focuses on the individual. Athletes compete first against themselves, straining to reach their potential. There are no 'bench warmers' or less important positions in the field. Coaches and judges focus on each athlete's skills and work to help them grow. In the words of respected coach John Wooden, we want to train athletes to view success as, *"peace of mind, attained only through self-satisfaction and knowing you made the effort to do the best that you are capable."* We believe this definition of success is one that every person can strive for and achieve, and is far more meaningful than simply winning the high award at a competition.



Community

Our goal is for Emeth to be a loving and supportive atmosphere for all our families. We accomplish this through careful leadership, focus, honesty, clear communication and more.

Joining Team gives your family an opportunity to get to know other Emeth families better. Emeth families work together to support their athletes and often form meaningful relationships.

Athletes become very close with their teammates as they encourage each other to pursue individual and team goals. The Emeth Team family is a great place to belong!

Priorities

"There is peace and power in a correctly prioritized life," says Chip Ingram, pastor and CEO of Living on the Edge Ministries. We coach athletes to think well and value not only gymnastics, but relationships, character, education, and positive life influences. Athletes learn disciplined time management skills to apply not only in the gym, but also in school, to homework, and life!

Experience

Being on the Emeth Team is an experience kids will enjoy and remember. Team members form bonds with their teammates and coaches, enjoying practices, competitions, friendships with girls from other gymnastics teams, travel time, staying overnight in hotels for away meets, and more. It is a great social experience. Many athletes think of Emeth as a second home.

Are you interested?

We're now recruiting new team members for our 2022-2023 season which begins in June! **Attend a Pre-Team Clinic** or **tell a Welcome Team member** of your interest in team so we can connect you with team leaders and see if team is a good fit for you this year!



Financial Investment

We have worked to provide you with a clear picture of the financial investment required to be a part of Emeth's Team.

- Tuition
- Athlete Emeth Team Membership
- Athlete USAG/AAU Memberships
- Uniforms
- Competition Fees
- Miscellaneous



Tuition

Tuition covers your athlete's involvement at Emeth Gymnastics. There are many costs involved in running an excellent team program: high level coaching, certifications, specialized equipment, detailed planning specific to your athlete and their goals - to name a few. Paying tuition makes you an active part of our Emeth Team. We think of it much like paying for any other type of education. Tuition for each level is different, based on the training each level receives. (See the specifics in the table below for our entry levels of girls team.)

Team Level	Annual Tuition	Monthly Payment
Girls Xcel Bronze (2 days/week)	\$3,228	\$269
Girls Xcel Silver (2 days/week)	\$3,780	\$315



Athlete Emeth Team Membership

\$255 per athlete per year

Team Athlete Membership covers various expenses Emeth incurs so that your athlete can take part in competitions. Things like team meet entry fees, coaches' travel costs, special certifications, etc. *Emeth Family Membership (\$50 value) is given for free to any family with one or more athletes on team.*

Competition Uniforms

Approximate Total:

- **Xcel Bronze Girls: \$310**
- **Xcel Silver Girls: \$500**

Specific Emeth prescribed competition uniforms are sized and purchased in July.

- Leotard, warm up jacket and pants, and mandatory practice leotard worn at specific pre-meet practices.
- Team Bag

Athlete USAG Memberships

Xcel Bronze & Silver Girls: \$65 USAG Membership

Every athlete must have USAG Memberships to compete at professionally sanctioned meets, due as of August 1st. All levels of girls team compete in off site USAG Sanctioned meets.

Individual Competition Entry Fees

Entry fees for each athlete as charged by host clubs are due at various deadlines between August and February. Emeth collects and submits all of our athlete entries together.

A schedule of girls team entry fee deadlines for each competition will be published in August.

Estimated Individual Competition Fees are listed below:

- **Xcel Bronze & Silver, Option A: \$420**
- **Xcel Bronze & Silver, Option B: \$650**

These are estimated total costs for all meets throughout the competition season. Xcel Bronze and Silver may choose between Option A (approximately 6 competitions, including both in house and local off-site USAG sanctioned meets) and Option B (8 competitions, including additional off-site USAG sanctioned meets).

Competition entry fees are divided up into the individual entry fees for each competition and billed between September and January in payments corresponding to each event, prior to deadlines that we must comply with.

For advanced levels including Silver and beyond, athletes qualifying to Regional Championships at their State meet will pay an additional entry fee.

Miscellaneous

There are other unlisted costs based on your family's decisions, such as your athlete's travel/lodging expenses for away meets, family travel costs, etc. We recommend talking with other more experienced team families to understand these costs.

Your Financial Investment

Calculate your total financial investment (per athlete).

Adjacent sample for Bronze
2 days per week

Your Investment	Bronze example	Your Cost
Input Yearly Tuition	\$3,228	
Emeth Team Membership	\$255	
Uniforms and Memberships	\$375	
Input Level Competition Fees	\$420	
Sum of above lines	\$4,278	
Divided by 12 months	$\$4,278/12 = \357	
Equals the <i>average</i> monthly cost for the 2022-2023 season	\$357	

Time Investment



Training Seasons

Practice Schedules

Competitions

Training Seasons

Our upcoming Emeth Team year begins on June 1st, 2022, and continues through May 2023

Each training season (summer, fall, winter, and spring) may have some adjustments to practice schedules for some levels. Team directors work carefully to provide your athletes the best training at all times.

Practices

Practices are the baseline of all growth. While we are in full support of family vacations, religious commitments, and school responsibilities, it is important that practices are a priority in your schedule if you are going to be successful on the Emeth Team. Please notify your head coach prior to absences!

(Time con't)

Below are the approximate schedules for our new team groups beginning in June!

2022-2023 Schedule:

Bronze Jr	Mon 5:00-7:30 pm	Thu 5:00-7:30pm
Bronze Sr	Mon 5:00-7:30 pm	Wed 5:00-7:30pm
Silver	Mon 4:10-7:50 pm	Wed 4:10-7:50pm

Additional training is regularly offered (but not required) throughout the year for athletes who wish to accelerate their progress!

Competitions

Meets are selected by your Team Department Leader to provide the best experience, challenge, and growth. We publish our meet schedule in August. Meets will begin in November/December and continue through March/April. They can be on Friday, Saturday, or Sunday. Your athlete's specific time (one session, ranging from 3-5 hours in length) is usually published at least two weeks prior.

Build confidence into your child's future!

Are you interested in team for your child? Contact us to receive more team information!

Sarah Heavner (2022-2023 Bronze Sr Head Coach) Sarah@emethgym.com

Taylor Arnold (2022-2023 Bronze Jr Head Coach) Taylor@emethgym.com

Audrey Ciferno (2022-2023 Silver Head Coach) Audrey@emethgym.com

Heather Leshovsky (Girls Team Department Leader) Heather@emethgym.com

