

**OREGON STATE  
GYMNASTICS ACADEMY  
CORVALLIS, OREGON  
HANDBOOK  
2016-17**



**OREGON STATE™  
GYMNASTICS ACADEMY**

**OREGON STATE GYMNASTICS ACADEMY HANDBOOK**  
**TABLE OF CONTENTS**

**SECTION 1: Introduction to Oregon State Gymnastics Academy**

Safety First, Last and Always  
Mission Statement and Philosophy

**SECTION 2: Introduction to Competitive Gymnastics**

USA Gymnastics Memberships  
Selection for our Competitive Program  
Athlete Level Progression  
Participation Options

**SECTION 3: Program Policies, Procedures and Information**

Team and Preteam Communication  
Social Media Policy  
Practice Policies and Information  
Absences and Makeups  
Visiting Practice

**SECTION 4: Competition Policies, Procedures and Information**

Competitive Philosophy  
USA Gymnastics Oregon Competition Seasons  
Meet Etiquette, Information and Policies for Gymnasts  
Meet Etiquette, Information and Policies for Parents, Family and Friends

**SECTION 5: Tuition Policies, Procedures and Information**

General Information  
Monthly Tuition Prices  
Practice Closures  
Uniforms (not included in tuition)

**SECTION 6: Fundraising for a Balanced Budget**

Fundraising Goals

**SECTION 7: Preteam and Team Registration Forms**

## **SECTION 1: Introduction to Oregon State Gymnastics Academy**

### **Safety First, Last, and Always!**

Oregon State Gymnastics Academy makes the safety of all of our athletes our primary concern. Safety takes precedence over all other considerations. We take your child's safety very seriously. With this in mind, any coaching decision about skills, competitions and level based on safety is non-negotiable.

We acknowledge gymnastics is inherently a high risk sport. We want all parents and guardians to be fully aware of the risks involved in the sport of gymnastics.

Oregon State Gymnastics Academy will make every effort to achieve and maintain a safe environment for our athletes. We believe in proper and meticulous progressions as lead ups to more advanced skills, in order to keep our athletes as safe as possible. We believe in providing the safest equipment, pits, matting and total training environment in an attempt to minimize these risks, although there is no way to eliminate them totally.

### **Mission Statement and Philosophy**

Our stated mission at Oregon State Gymnastics Academy is to provide positive and healthy physical activity to girls through competitive gymnastics. Oregon State Gymnastics Academy provides a positive experience in the sport of competitive gymnastics to any child from the Preteam beginner through the USA Gymnastics Level 10 athlete.

In conjunction with our mission statement, our philosophy is that all children regardless of experience, fitness level, talent and age can benefit from physical activity through competitive gymnastics. Providing a positive physical activity through competitive gymnastics helps foster not only physical growth in children, but social, emotional and mental growth as well. We believe top gymnasts can be successful while having fun in a safe and supportive environment.

## **SECTION 2: Introduction to Competitive Gymnastics**

### **USA Gymnastics Memberships**

Oregon State Gymnastics Academy is a USA Gymnastics Member Club and adheres to all USA Gymnastics Member Club rules and policies. We compete in USA Gymnastics sanctioned events. USA Gymnastics is recognized by the IOC (International Olympic Committee) and by the FIG (Federation of International Gymnastics) as **the** governing body of gymnastics in the United States.

All Team members must be current registered athlete members of USA Gymnastics and have a current USA Gymnastics member number in order to compete.

Preteam members are not required to be athlete members since their competitions will not be sanctioned events.

All OSGA coaching staff will be USA Gymnastics Professional Members, CPR, First Aid and AED certified. All staff members will undergo background checks as required by Oregon State University and USA Gymnastics.

### **Selection for our competitive program**

Oregon State Gymnastics Academy is committed to providing every athlete with the means and opportunity to achieve her full potential in competitive girls gymnastics. Since we are a competitive gymnastics program only, we do not offer pre-school or recreational classes. Our program begins with Preteam Beginner classes for athletes who are interested in joining team in the future to compete.

Athletes enter our program through referrals from both local recreational programs and word of mouth.

When an athlete's family contacts us with interest in the program and the athlete has not competed, we offer one free trial Preteam class. If the athlete has competed on another local team or is moving to the area, we offer one free trial team practice. During the free trial, the coaching staff will assess the athlete's skill level, aptitude and attitude.

After the free trial the family will meet with the Coordinator or Head Coach to discuss the coaching staff's recommendation as to the placement of the athlete.

### **Athlete Level Progression**

OSGA competes in USA Gymnastics sanctioned competitions Levels 3-10.

Level placement and advancement is decided upon by the OSGA coaching staff. Our philosophy is to balance challenging the gymnasts to the highest level possible while ensuring a safe, competitive and successful experience in the appropriate level.

### **Participation Options**

#### **Preteam**

OSGA offers Preteam Beginner and Preteam Advanced classes for girls age 5 and older who are USA Gymnastics skill levels 1-3. Interested athletes are invited to do a free trial 90 minute class as a "tryout". OSGA staff will meet with the family after the class to discuss if the class is a good fit for the athlete's current skill level.

Preteam classes give athletes experience with OSGA coaches to improve their USA Gymnastics Level 1-3 skills.

Preteam gymnasts do not compete in USA Gymnastics sanctioned events but may participate in 1-2 "in-house" competitions during the year.

Preteam gymnasts may represent OSGA in exhibitions during the year.

#### **Team**

OSGA team members compete in USA Gymnastics sanctioned events in levels 3-10.

Levels 3-5 are considered "compulsory" levels. In compulsory levels, all the gymnasts compete *exactly* the same routines. These routines are developed by USA Gymnastics staff, are updated yearly and then are completely changed every eight years. The routines are designed to develop the necessary skills and technique necessary to progress in competitive gymnastics.

Levels 6-10 are considered "optional" levels. In optional levels, gymnasts perform the routines and skills they choose individually. These are the higher levels of competition and gymnasts perform more difficult skills.

## **SECTION 3: Program Policies, Procedures and Information**

### **Team and Preteam Communication**

1. Most preteam and team related communication is accomplished through email. Please check regularly.
2. Parent/Guardian meetings are typically held quarterly or as needed. Minutes from meetings will be sent to all program families via email.

3. Team member meetings are held occasionally as needed during practice. Often we will do goal setting before competitions and de-brief competitions at team meetings.
4. The Coordinator and Head Coach have an “open door” policy. We value and encourage open communication with parents, guardians and athletes. If a preteam or team member, parent or guardian has a concern about any aspect of the program we ask you to first communicate directly with either the Coordinator or Head Coach for resolution. This includes but is not limited to practice or meet schedules, coaching concerns, safety concerns, etc.

### **Social Media Policy**

In an effort to enhance professionalism and to ensure industry standard safe practices, OSGA staff members are not allowed to “friend” OSGA preteam or team members on any social media site. We also ask that preteam and team members not call, email or text OSGA staff. Staff are not allowed to call, email or text preteam or team members. Communication from preteam and team members to staff should be limited to the Coordinator or Head Coach unless approved by the Coordinator or Head Coach under special circumstances.

### **Practice Policies and Information**

OSGA practices are held year-round. We typically have no practice four weeks a year: at the beginning of the summer, at the end of the summer, winter holiday season and the week of OSU Women’s Gymnastics Summer Camp. Dates vary year to year. Additional time off may be suggested following championships as a natural and needed break. Additional no practice days follow the Oregon State University holiday calendar. If the University is closed, practice is closed. This also applies to inclement weather or other University-wide closures. A complete annual practice calendar is available to all team members and their families.

OSGA practices are held on the Oregon State University campus in Gladys Valley Gymnastics Center.

Parking can be a challenge on the OSU campus. Please plan to arrive a little early if you plan to park. Review this parking services link for the most up to date parking information: <http://parking.oregonstate.edu/>

#### **Arrive at the gym prepared to workout effectively:**

1. For the safety of our athletes, the doors to Gladys Valley Gymnastics Center remain locked during practice. Please call or text the Coordinator or Head Coach for entry into the facility. Practices are open at all times to family and friends of our members.
2. Arrive on time. Be ready to begin the warm up on time. If you have needs such as changing, taping, etc. arrive a little bit early so you are ready to go when warm up begins.
3. Bring a gym bag or backpack that will fit all items including your grip bag, clothing, water bottle, snack, etc. There should be no loose items in the lobby area.
4. Bring a water bottle and a healthy, neat snack. There is a designated nutrition break every practice.
5. Uneven Bars grips are recommended for team. Talk with your level coach for style recommendation. Bare hands are recommended for preteam.
6. Practice Attire: Gymnastics leotards are preferred. Gymnastics shorts may be worn over leotards. Gymnastics shorts and a workout top that covers the entire torso, has wide straps, is tight fitting and stays in place is allowed but not preferred. Sports bras alone are not allowed. Camisole style or other tops and running shorts are not allowed due to safety considerations.
7. Practice Hair: Hair must be neatly tied up, out of the gymnast’s face
8. Practice Jewelry: One stud earring in each ear may be worn to practice. All other piercings and jewelry must be removed for safety considerations.
9. Athletic tape is not provided. Please have at least one extra roll in your bag at all times.

10. If you use an inhaler, please have one in your bag.
11. Be well rested and in the right frame of mind to practice well.

We also ask OSGA athletes to please:

1. Turn cell phones off and store them in your bag until practice is over. If you have an extenuating circumstance in which your parents need to reach you, either have them call your coach, the Coordinator or the Head Coach or inform them that you need your phone turned on for this circumstance. Otherwise, please leave your phone in your bag during practice and break.
2. Let the coach know at the beginning of practice if you must leave practice early for any reason
3. Ask permission to leave your workout group for any reason (restroom, water break, etc.) so that the coach knows your whereabouts at all times.
4. Report all injuries to your coach immediately, as soon as they happen. Communicate openly and clearly with your coach. This also applies to illness and medication that may affect your ability to participate in practice safely.
5. Take personal responsibility in helping keep the gym clean. Bring neat snacks and eat neatly, pitch in at the end of break and practice to pick up any wrappers, crumbs and any other trash. Use chalk appropriately. Help keep the bathrooms neat and clean. If there is a problem with the bathroom, tell your coach immediately. Work together at the end of practice to put all mats away as directed. Do not leave practice until everything is completed.
6. Wait inside for your ride unless you have a "self-checkout" permission form on file with the Coordinator.
7. Trust and respect the coaching staff as they make decisions regarding skill development, group and level placement. Decisions are made as a coaching staff with the safety and well being of the athlete and team in mind.

Absences

The OSGA program supports balance in every athlete's life. Therefore, we are understanding and supportive of other activities that may conflict occasionally with practices including homework, band or choir concerts, church activities, special family occasions and others. The coaching staff appreciates prior notice when an athlete must miss a practice. That being said, we all know that consistency at practice will increase consistency in performance. Gymnastics is not a sport that can be performed in a haphazard way. Commitment to training is of utmost importance to safety, success and enjoyment in the sport. Balance is the key and that is what we strive for at OSGA.

Makeups

There are no makeups for missed preteam and team practices. The workouts and workout groups are planned specifically and it is impossible to make up what you miss at another time without causing undue disruption to other team members and staff.

Visiting Practice

For the safety of our athletes, the doors to Gladys Valley Gymnastics Center remain locked during practice. Please call or text the Coordinator or Head Coach for entry into the facility. Practices are open at all times to family and friends of our members.

The Gladys Valley Gymnastics Center has stadium seating in its balcony for parents and other visitors to view practices at any time. Practices are always open. We ask that parents and visitors please not distract the gymnasts as they practice. This includes coaching in any form from the balcony.

**All equipment is for preteam and team member use only.** This includes bicycles, climbing rope, jump ropes, balls, all exercise equipment, mats and any other equipment in Gladys Valley Gymnastics Center, including the balcony. Thank you for your cooperation.

## **SECTION 4: Competition Policies, Procedures and Information**

### **Competitive Philosophy**

At Oregon State Gymnastics Academy, our commitment is to foster a successful competitive experience for each athlete. We are in agreement with the philosophy as expressed by legendary coach John Wooden. "Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."

### **USA Gymnastics Oregon Competition Seasons**

The state of Oregon has chosen to offer two Compulsory seasons; Fall Compulsory season (September-November) and Spring Compulsory season (January-April). At this time, OSGA has chosen to participate in both Compulsory seasons. Optional season is December-May.

### **Meet Etiquette, Information and Policies for Gymnasts**

1. Arrive at the competition site 15 minutes prior to the time open stretch is scheduled to begin. Once you arrive, check in with the meet officials.
2. After checking in, report to the coach and he/she will give you further instructions.
3. Arrive at the competition site ready to begin warm up. Hair and uniforms should be taken care of prior to arriving at the competition site. If you need to be taped, please allow extra time prior to the scheduled open stretch.
4. Meet Attire and Gear: Team leotard, capris, jacket, leotard appropriate undergarments, (bra straps cannot show/USA Gymnastics deduction) are required. Team slides and backpack are preferred but not required.
5. Meet Hair: We do not require a certain meet hair style. Fancy braids, buns, and simple neatly pulled up ponytails are all acceptable. Ribbons and/or scrunchies are a nice addition.
6. Meet Makeup: Light makeup is allowed. Learn to apply makeup tastefully. It should not be distracting.
7. Meet Nail polish: Although nail polish is allowed by USA Gymnastics, we would like OSGA gymnasts to remove all nail polish for competitions. We believe it is distracting to the performance.
8. Meet Jewelry: USA Gymnastics rules state that only one stud earring may be worn in each ear in competition. All other piercings and jewelry must be removed for safety considerations.
9. Gymnasts, you are responsible to bring all your necessary personal equipment to the meet, including but not limited to your grips, back up grips, music for optionals, tape, pre-wrap, wrist bands, and any other personal equipment needed.
10. Gymnasts, your cell phones should be left with your parents or TURNED OFF in your bag.
11. Gymnasts, you are to remain on the competitive floor until the entire meet and the entire awards ceremony are concluded and the coach has dismissed you.
12. Gymnasts, you must communicate with your coach at all times to leave the competitive floor for any reason, including using the bathroom.

13. Gymnasts, please keep all of your belongings in your bag on the competitive floor. Our bags will be lined up neatly. There will be no loose items on the competitive floor.
14. Please include a snack in your bag. (Snacks must be eaten just off the competitive floor. Ask your coach for permission) There should be no need to visit parents, family or friends in the stands during the competition.
15. Gymnasts, you are encouraged to accept your scores and/or your place in the line-up with dignity and without complaint or criticism. Part of learning to compete is learning to control emotions. Crying and other displays of uncontrolled emotions are discouraged and will be addressed by the coaching staff. This is part of the learning process.
16. Gymnasts, you must be ready emotionally, mentally and physically to compete. If for some reason you cannot safely and successfully warm up your skills during the meet, the coaching staff will decide whether to remove the skills or combination, modify the routine or scratch you from an event or the meet.
17. Gymnasts, you are expected to respect your fellow teammates, coaches, OSGA family members, judges, other team members, and their coaches and families.
18. Gymnasts, you are expected to encourage teammates by giving them positive feedback and support during practices and meets. Actions such as making negative comments (put downs), spreading rumors, or excluding teammates are not considered helpful in creating a positive team environment. OSGA staff will address such behaviors with the goal being to help every gymnast learn and practice positive relational skills.
19. Gymnasts, you are expected to show respect to any competition venue we visit as competitors.
20. Gymnasts, you are expected to be dressed in team attire for awards, stay for the entire awards ceremony and accept awards with courtesy, gratitude and a smile. Remember, you are representing yourself, your family and Oregon State Gymnastics Academy.

### **Meet Etiquette, Information and Policies for Parents, Family and Friends**

1. Meet information such as session times, etc. is sent to us typically the week or two before the meet by the host club. We will communicate this information to you as soon as we can.
2. Meets vary greatly in length depending on the format, level and number of participants. They can range from 2-6 hours in length including the warm ups and awards.
3. It is appropriate to cheer for your gymnast, her teammates and for gymnasts from other teams whose performances you especially enjoyed!
4. Please show respect for all the competitors. Refrain from any negative talk concerning OSGA or any other program. You never know whose mother, grandmother or uncle is sitting next to you!
5. Please be committed to getting your child to the meet site early. Arriving late adds unnecessary anxiety for your child.
6. USA Gymnastics rules allow only USA Gymnastics professional and athlete members participating in the competition and those running the meet to be on the competitive floor. Please respect this rule as it helps those running the meet to keep it working efficiently. The only time it is appropriate to approach the meet director or parent volunteers running the meet is to thank them for a job well done and inviting us to their meet. If you have a complaint or problem, bring it to an OSGA coach at the appropriate time and they will try to help find a solution.



7. Under no circumstance is a parent or gymnast ever to approach a judge or meet official before, during or after the competition to comment on, complain about or even ask about a score.
8. Please do not distract, contact or talk to your gymnast once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over they will come to see you.
9. In the case of an injury to the gymnast during warm up or competition, please wait for your coach to give some indication that you should come onto the floor before you do so. In most cases you will not be invited onto the floor, because the injury is relatively minor and the coach and/or trainers will take care of it. If your gymnast will continue her competition she needs to maintain her focus. In case of serious injury a coach will bring you onto the floor to your gymnast.
10. Please enjoy your gymnast and her performance. Leave the coaching to the coaches.
11. Per USA Gymnastics rule, no flash photography is allowed during warm ups or the competition. Please be sure to check your camera prior to the start of warm ups.

## **SECTION 5: Tuition Policies, Procedures and Information**

### **General Information**

1. Tuition payments are due the 1st of each month. Gymnasts who have an outstanding balance of more than one week will not be allowed to participate in practice until payment is made.
2. Preteam is a monthly commitment. We hope preteam members will stay committed the entire year as they work toward gaining the skills to make them eligible to join team. Consistent participation will help preteam gymnasts reach that goal.
3. New preteam members can join at any time. Tuition will be prorated.
4. Team tuition is based on a year commitment starting July 1. The budget is planned with this in mind. Gymnasts do not move on and off the team based on illness, injury or conflicts with schedule or other interests.
5. New team members can join during the year. See below for payment policy.
6. Injured athletes are encouraged and expected to workout to whatever extent possible. It is often possible to work around injuries and give the gymnast additional time to focus on other areas that require attention. There is no reduction in tuition for injured athletes unless the injury prevents them from participating in gymnastics at all for an extended period of time. Athletes who are out for a month or more must present a doctor's note to return to workout. Please communicate with the Coordinator or Head Coach in such cases.

### **Monthly Tuition Prices**

#### **Preteam Beginner and Preteam Advanced**

Preteam monthly tuition prices do not include meet fees. We will host 1-2 "in-house" meets per year for Preteam

1 hour per week: \$45

2 hours per week: \$80

3 hours per week: \$115

6 hours per week: \$180

## **Team**

Team monthly tuition will cover practices for 9, 12, 16 or 20 hours per week, meet fees and coaching fees for all meets for members who join July 1.

Compulsory meets: Fall: 1 home, 3 away, State

Winter/Spring: 1 home, 4 away, State

Optional meets: Winter/Spring: 1 home, 5 away, State, Regionals

9 hours per week: \$290

12 hours per week: \$325

16 hours per week: \$345

20 hours per week: \$370

## **Team Members who join after August 1**

1. Pay monthly tuition plus \$60 for each month since July for meet fees

For example: A gymnast joins October 1. She pays 3 months of "meet fees" for a total of \$180 plus her October tuition.

2. The retroactive meet fees can be paid in one payment or divided into smaller monthly payments. For example, we could add \$20 to tuition each month to reach the \$180 due over the remainder of the year.

3. OSGA active Preteam members who are invited to join Team mid-year pay the meet fees retroactively for the competitive season they compete only. For example, if a Preteam member is invited to join Team to compete before the Spring compulsory season, they pay meet fees starting in January. Typically, Preteam members are assessed for readiness for Team twice yearly; in May and in December.

## **Practice Closures**

OSGA practices are held year-round. We typically have no practice four weeks a year: at the beginning of the summer, at the end of the summer, winter holiday season and the week of OSU Women's Gymnastics Summer Camp. Dates vary year to year. Additional time off may be suggested following championships as a natural and needed break. Additional no practice days follow the Oregon State University holiday calendar. If the University is closed, practice is closed. This also applies to inclement weather or other University-wide closures. A complete annual practice calendar is available to all team members and their families. Additionally, practices may be cancelled for weather, special events or other reasons.

There is no discount, refund or makeups for these closures.

There are no makeups for missed preteam and team practices. The workouts and workout groups are planned specifically and it is impossible to make up what you miss at another time without causing undue disruption to other team members and staff.

There are no refunds for preteam or team members who do not complete practices during any given month.

## **Uniforms**

Each Preteam family will purchase a leotard and undergarments for the gymnast for performances during the year such as OSU pre-meet exhibitions. Approximate cost: \$50

Each Team family will purchase the uniform for the gymnast. Approximate cost is \$250 which includes:

leotard

undergarments

GK capri pants

jacket

## **SECTION 6: Fundraising for a Balanced Budget**

### **Fundraising Goals**

Total annual fundraising goal: \$35,2000

Fundraising will be an important part of achieving OSGA budgeting goals. OSGA families are expected to contribute volunteer hours in the following ways:

1. Obtaining sponsorships and grants \$10,000
2. Hosting "Flipping Into Fall" Levels 3-5 \$12,000
3. Hosting "OSGA Spring Invitational" Levels 3-10 and Xcel \$12,000
4. Retail sales \$600 (backpacks, slides, workout leos, grips, grip bags, t-shirts, water bottles)
5. Leo exchanges \$600

# Oregon State Gymnastics Academy (OSGA) Waiver & Release of Liability Agreement

Oregon State Gymnastics Academy – 103 Gill Coliseum, Corvallis OR 97331

Phone: 541-737-1969

**DISCLAIMER:** Oregon State Gymnastics Academy (OSGA) is not responsible for any injury (or loss of property) to any person while practicing, training, taking class, competing, participating in open gym, special events, demonstrations or shows, or in any other way involved in gymnastics, cheerleading, or teams (the “activity”) at Oregon State Gymnastics Academy for any reason whatsoever, including ordinary negligence on the part of Oregon State Gymnastics Academy, its members, managers, agents, or employees.

**CONSENT:** I consent to my/minor’s participation in the activity and acknowledge that I fully understand my/minor’s participation may involve risk of serious injury, illness, or death, including losses which may result not only from my/minor’s own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the activity is being conducted, and/or the rules of play of this type of activity. I understand that if I have any risk concerns, I shall discuss them completely with the staff before I sign this agreement and before my/minor’s participation in the activity begins.

Knowing and understanding the risks involved with participation in the activity, I hereby voluntarily and willingly assume full and complete responsibility for all losses and damages, including injury, illness, and death, resulting from my/minor’s participation in the activity, including transportation to and from the activity. I agree I am financially responsible for any losses and damages resulting from my/minor’s participation in the activity.

**WAIVER:** In consideration for my/minor’s participation in the activity, I hereby waive all claims or causes of action, including ordinary negligence, against Oregon State Gymnastics Academy, its managers and members, and any of their employees, teachers, coaches, or agents, arising out of my/minor’s participation in the activity wherever, whenever or however the same may occur.

I understand that this waiver is intended to be as broad and as inclusive as permitted by the laws of the State of Oregon and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be within the State of Oregon.

I have read this form and fully understand that by signing this form, I am giving up legal rights and or remedies which may be available to me/minor for the ordinary negligence of Oregon State Gymnastics Academy or any person listed above.

**PHOTO & VIDEO RELEASE:** I grant consent for my/minor’s picture to be taken or to be filmed while participating in activities at Oregon State Gymnastics Academy. I authorize Oregon State Gymnastics Academy to use and publish images, photographs, pictures, portraits, and audio, video and/or film footage of me/minor in all forms of media and in all manner for publication including, but not limited to, advertising and marketing campaigns, press releases, periodicals, and website use. I hereby waive any right I may have to review, inspect, edit or approve such publication and I release Oregon State Gymnastics Academy from any claims I may have against it for use of such images, photographs, pictures, portraits, and audio, video and/or film footage of me.

I affirm that I am of legal age and am freely signing this agreement.

Parent/Guardian Signature:

(Participant Signature if over 18) \_\_\_\_\_ Date: \_\_\_\_\_

Participant Name (first and last): \_\_\_\_\_

Participant DOB: \_\_\_\_\_ Class: \_\_\_\_\_

Parent/Guardian Name (first and last): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# Oregon State Gymnastics Academy

103 Gill Coliseum, Corvallis OR 97331

Tel: 541-737-1969 Fax: 541-737-0976

## MEDICAL INFORMATION FORM

Have you had any operations during the past two years? \_\_\_\_\_

If yes, indicate the anatomical site and type of operation and date:

Are you currently on any prescribed medications or drugs, on a permanent or semi-permanent basis? \_\_\_\_\_

If yes, indicate the name of the drug and how it is prescribed:

Are you allergic to any general medication? \_\_\_\_\_

If yes, what medications?

If I need to, I can take: \_\_\_\_\_ Aspirin \_\_\_\_\_ Tylenol \_\_\_\_\_

Date of most recent tetanus immunization: \_\_\_\_\_

Have you had a fracture during the past two years? \_\_\_\_\_

If yes, indicate site of fracture and date:

Have you ever had an injury to your back? \_\_\_\_\_

Have you ever experienced a strain to either knee during the past two years with severe swelling accompanying the injury? \_\_\_\_\_

Do you have weak ankles and/or have you ever previously sprained your ankle(s)? \_\_\_\_\_

Do you have any other allergies and/or medical problem we should be aware of? \_\_\_\_\_

If yes, please list in detail:

I will both physically and mentally prepare myself for workouts, exhibitions and meets. Prior to participation I will practice the exercises that I plan to perform, and will perform those exercises only if I have done so on more than one occasion without suffering injury. I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses, associated with participation in gymnastics. I further agree that Oregon State Gymnastics Academy along with its employees, agents, officers and directors shall not be liable for any losses or damages occurring as a result of my participation.

Is there any reason you feel your daughter should not participate in gymnastics? No \_\_\_\_\_ Yes \_\_\_\_\_

Explain: \_\_\_\_\_

All of the above questions have been answered completely and truthfully to the best of our knowledge.

Participant Signature: \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date \_\_\_\_\_

# Oregon State Gymnastics Academy

103 Gill Coliseum, Corvallis OR 97331

Tel: 541-737-1969 Fax: 541-737-0976

## PRETEAM AND TEAM REGISTRATION FORM

Gymnast Name: \_\_\_\_\_ Level: \_\_\_\_\_

DOB: \_\_\_\_\_ USA Gymnastics member # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School: \_\_\_\_\_ Dismissal Time: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Additional Email for Team Communication: Name/Relation \_\_\_\_\_

\_\_\_\_\_

Additional Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical insurance provider: \_\_\_\_\_

Policy number: \_\_\_\_\_ Group number: \_\_\_\_\_

I understand that I need to carry my own medical insurance. Furthermore, I agree not to hold liable Oregon State Gymnastics Academy or its staff for any injury that occurs during or after training in and around the facility.

Signature of Parent or Legal Guardian:

\_\_\_\_\_ Date: \_\_\_\_\_