



Gymnastics Makes It FUN to be FIT!

Aloha and Welcome to **Kauai Gymnastics Academy!**

Gymnastics is a spectacular sport to watch and it's even *MORE FUN* to do! We all anticipate the beauty and grace in movements and the excitement of the powerful high flying tricks! With determination and perseverance, it is a sport anyone can learn.

Children have a natural love of climbing and swinging... of rolling and jumping... Gymnastics is an extension of that inborn ability. We enjoy building on that love of movement in a safe and fun-filled, positive atmosphere!

Gymnastics creates strong minds as well as strong bodies! By participating in our program your child will:

Increase:

Strength

Flexibility

Coordination

Agility

Spacial awareness

Develop:

Confidence

Self-esteem

Body awareness

Work ethic

Your child, in learning self-motivation through hard work, the joy of accomplishment and the satisfaction of a job well done, will create the discipline, perseverance and pride to be successful throughout the rest of their lives!

We at **Kauai Gymnastics Academy**, in our passion for the sport of gymnastics, consider it a great gift. It is a pleasure to share that gift with you!

Happy Handstands! We hope to see you in the gym!

Jack and Kay Leonard



Background

The Kauai Gymnastics Academy is committed to providing a sound fundamental gymnastics program in a fun-filled, positive atmosphere. Activities are conducted in a disciplined, "safety first" environment with the children's health and well-being our main priority.

Our goals are to:

- provide not only a solid athletic foundation, but a foundation for life*
- aid in the development of self-discipline, self-motivation, confidence and work ethic*
- help increase strength, flexibility, coordination, agility and spacial awareness.*

We provide a variety of programs to suit the needs and interests of all children: Recreational Gymnastics, non-competitive Teams, Tumbling/Backhandsprings for Cheerleading, Adult Gymnastics, Parent & Tots, and Private lessons.

Kauai Gymnastics Academy began in a small school classroom in Kilauea, March of '95, by the name "North Shore Gymnastics Academy" under the ownership and direction of Lisa Fairchild, formerly of Chicago, IL. As North Shore Gymnastics Academy grew, Lisa changed the name to **Kauai Gymnastics Academy (KGA)** and moved it to the Puhi Industrial Park, a 2,000 square foot facility. Ten years after founding **KGA**, Lisa moved back to Chicago. It is now owned and operated by Kay and Jack Leonard, a former national gymnastics champion with more than 30 years of experience teaching and coaching the sport and his wife. Currently the gym has the following "state-of-the-art" equipment: two sets of Uneven Parallel Bars, six Balance Beams, Spring Tumbling Strip, a Tramp Trak with bar, a pommel horse trainer/mushroom, three sizes of back handspring trainers, a handstand trainer for bars, and variety of additional equipment.

Jack Leonard, a nine-time national champion with medals in tumbling, vaulting and floor exercise, and his wife Kay assumed ownership and operation of the Kauai Gymnastics Academy July 1, 2005. The Leonards moved to Kauai from Montgomery County, Maryland, where Jack was a gymnastics teacher and coach since 1973.

Jack will direct the academy's gymnastics program and teach many of the classes, while Kay will manage the academy's business operations and help with the beginner classes. Before moving to Kauai in May, Kay was vice president and general manager of Beach Associates, a multimedia communications company based in the Washington, D.C. area. She is also a satellite videoconferencing consultant.

Jack began competing in gymnastics at the age of 11 and continued competing on the national level until he was 32. In addition to nine national championships, he was a Big 10 medal winner for his alma mater, The Ohio State University, from which he earned a bachelor's degree in physical education. Mr. Leonard also holds a master's degree in education from Bowie State University.

As a teacher and coach, Jack's accomplishments include being named National High School Coach of the Year in 1981 for men and 2001 for women, and All-Metropolitan in 2003.

Besides working as a physical education teacher and coach in the Montgomery County school system, Jack coached for many years at the University of Maryland and at Hill's Gymnastics Training Center, where he coached Olympic Medal winner Dominique Dawes, and where other Olympic champions Elise Ray and Courtney Koupetz trained. Jack owned and directed Jack Leonard Gymnastics since 1982. In this role, he led gymnastics classes for children, ages 5 - 10, and oversaw the instruction of as many as 250 students a week.

While a small group wishes to take gymnastics to the higher level, the majority of students enjoy gymnastics for the fun and excitement of learning to use their bodies in ways they never before dreamed possible! As they gain better coordination and find how many new things they can do, their confidence grows and smiles abound! Skills are taught through progressions (much like building blocks) that provide many small successes and make learning fun.

It is well-known and a recent (2006) study proves that ***children who participate in a regular gymnastic program consistently do better in school***... maintaining better concentration, greater work ethic and a higher grade point average. As if that weren't enough, gymnastics training goes a few steps further: helping to develop strength, flexibility, coordination, agility and spatial awareness. It will also help to create the self-motivation, self-discipline, confidence and work ethic to carry them successfully through all of their life's goals.

Kauai Gymnastics Academy provides a variety of programs to suit the needs and interests of all children- Recreational gymnastics, Parent & Tot classes, Tumbling/Back Handsprings for Cheerleading, Adult Gymnastics, non-competitive teams, and Private lessons. Our programs complement other activities such as Dance and Martial Arts, Soccer, Football and Cheerleading.

At ***Kauai Gymnastics Academy***, "it's *FUN* to be fit!"



Rules and Policies

Registration/Insurance Fee:	There is a \$40 registration fee per family for the year. This fee covers admin costs and liability insurance for your enrolled child/children. This fee is non-refundable and good from the date paid to one year following. This fee is mandatory for all families. No exceptions.
Payments:	Tuition is due prior to the 1st class of each session. Payment plans are available. There is a \$5 service charge for any returned checks.
Attire:	Girls must wear a one-piece leotard. Close-fitting shorts may be worn over the leotards. <u>Exception:</u> Tumbling for Cheerleading kids may wear a close-fitting shirts (so they don't fall in the face when upside-down) & shorts. No exposed midriiffs allowed. For safety reasons, NO jeans, shorts or pants with belt loops, zippers or buckles. <u>Long hair must be tied back.</u> No hats. No jewelry/watches allowed in class. Boys should be dressed in comfortable clothing that allows freedom of movement. Athletic shorts and a shirt that can tuck in or not fall in their face when upside down are fine. NO shorts with zippers or belt loops. We are not responsible for lost, damaged or stolen property. Valuable items should NOT be brought to the gym.
Make-up policy:	Students are expected to attend all classes except in cases of illness or off-island trips. We try to be very accommodating with make-ups, however, you MUST CALL to check availability of space for a make-up. We reserve the right to refuse a make-up into a full class. Since your child's place in class is being held for them even if they are absent, NO credit can be given for missed classes.
Inclement weather:	No refunds or make-ups will be given for inclement weather unless cancelled by the management or weather-related gov't shutdown.
Safety Policy:	By the very nature of the activity, gymnastics carries a risk of minor or serious injury. Skills and activities are taught slowly, carefully, and in a progressive manner. Instructors are safety-conscious yet accidents with minor or serious injuries can occur. Parents and children should be aware of the risks involved, read and review the Safety Guidelines, abide by the gym rules and policies, and accept full responsibility for their actions. All persons using the gym facility must carry their OWN accident and medical insurance and are responsible for any medical bills incurred resulting from illness or injury. Each participant must have a signed INFORMATION AND WAIVER AGREEMENT on file.
Student evaluation:	Students are evaluated at the end of each session and appropriate class recommendations are made at that time. Students may be moved during a session if their coach feels it is appropriate. Team invitations are given out twice yearly after each exhibition, provided space is available. Please let your coach know if you have an interest in our team program as class recommendations may change to give your child the best opportunity to be chosen.
Re-enrollment:	Re-registration is on a "priority" basis. Priority One = current students. Priority Two = past students or siblings of students. Priority One students have first chance to re-register; Priority Two have second chance before spaces are opened to everyone else. Each session has its own deadlines. See the forms for the specific session for current information.
Refunds:	Refunds will be given only if requested in writing before the 2nd class (the cost of the first class will be deducted)
Parent Observation:	KGA will allow parents and visitors to observe classes at any time. However, we reserve the right, at any time, to ask that you discontinue if we feel it is causing any kind of problem for the students.

KGA reserves the right to drop any student from class if behavior is disruptive or interferes with safety

Miscellaneous Rules to Remember...

- No students will be allowed on the equipment without direct supervision.
- KGA is not responsible items left in the gym. Please check the lost and found periodically for any lost items.
- No food, beverages or gum are allowed in the gym.
- If students wear glasses, be sure they are securely fastened. We highly recommend that guards be worn with glasses.
- Students must keep hands dry with chalk at all times when working on the bars.
- Students must be sure grip buckles are securely fastened before using any apparatus.
- Students will not be permitted to wear anything that will interfere with normal gymnastic performance or the efficiency of spotting.
- Feet must be clean prior to coming into the gym. No street shoes allowed in the gym.
- Shoes and belongings are to be placed neatly in the designated areas.
- Students are to arrive and depart quietly, and are to be respectful of classes in session.

BE ON TIME!!!- Punctuality is an essential part of safety, because the students will begin each workout with warm-up exercises. Proper warm-up exercises add to both the safety and the success of every gymnastic activity.



Safety Guidelines

Safety Guidelines for Participants

- Always dress appropriately for the activity.
- Clothing should fit snugly without restricting movement.
- Jewelry should not be worn by gymnasts or coaches.
- Grips should be worn only after careful consideration and consultation with a certified coach.
- Bracing and taping should be used only in consultation with a certified athletic trainer or physician.
- Use quality equipment and apparel when participating in gymnastics.
- Personal equipment should be continuously inspected and maintained.
- Always pay attention and follow safety instructions from your coach.
- Always inspect equipment before getting on the apparatus.
- Always check mats for a clear space for falling and landing, making sure the area is level with no spaces between matting and for the proper amount of padding for the skill being performed.
- Always do the necessary progressions before attempting a skill.
- Always have a good attitude and come to gymnastics ready to work hard.
- Always give 100% effort in all of your skills.
- Remember "It's not hard, it's practice"!
- Never give up and...
- Smile!

Practice Makes Perfect

A typical student may receive a one hour class with a teacher once per week and then be expected to spend 12-20 hours of individual practice time to develop and master the physical and mental goals of the lesson. The same holds true in most physical activities. Sports activities require periods of time in which the participants can practice goal movement sequences.

In skiing, a student typically has a lesson for an hour or two in the morning and then spends the rest of the day practicing independently. The next day, progress is reviewed and new training goals are established. Practice time in gymnastics permits the gymnast to rehearse and experiment with previously learned skills to develop higher proficiency and master the required movements. Skills and sequences are selected from movement elements that the athlete can safely perform without immediate supervision or spotting.

It is unrealistic to expect or require that 100% of the training time for gymnasts include "specific" supervision. In fact, in designing gymnastics training, consideration must be given to providing ample time for the gymnast to rehearse previously learned skills. For example, a level 5 gymnast might be required to "practice" 10 balance beam routines before her coach watches and provides additional training suggestions. This is not to say that the gymnasts' practice will not be "generally supervised or guided through the establishment of training goals and objectives."

Spotting

Definition: The strategic manipulation and observation of a gymnastics participant through a skill (or series of skills) to completion, in order to minimize the risk of injury and/or to facilitate learning.

The primary purposes of spotting include:

- Physically demonstrating proper body positions
- Physically identifying important changes of body position or transitions
- Reminders or cues to the athlete-use of a light touch and/or verbal cues.
- Physically assisting the performance of the whole skill or part of a skill or series.
- Motivation- to alleviate fear and build confidence.
- As a safety spot- ready to assist if necessary... to attempt to reduce the possibility of serious or catastrophic injury by a fall to the head, neck or back.

It is important that both the coach and the athlete fully understand exactly what is expected of each other during the spot.



KGA Registration & Waiver Form For New Students

Fill out both sides of this form. See back side (or pg 2) for registration method options. Make checks payable to **Kauai Gymnastics Academy or KGA-** Mahalo!

(PLEASE PRINT)

Gymnast's Name _____ Age _____ Sex _____ Cell Ph _____

Address _____ City/State/Zip _____

Parent's Name _____ Work ph _____ Home Ph _____

Email address _____ @ _____

(We use email to send out updates, closed-gym info and to send next-session information. We do NOT sell/share them)

Gymnast's Birth date _____ Check if applicable: Sibling of a current student

How did you hear about us? Friend: _____ Radio Ad Yellow Pages

Flyer Web search Newspaper Other: _____

Please _____

Read Safety Guidelines

Enclose

- KGA Registration & Waiver Form (this double-sided form)
- Tuition less any discount(s)
 - FAMILY- 10% off tuition of 2nd/more children
 - MULTIPLE CLASS – 10% off 2ND class (Discount taken on lowest class tuition)

CONSENT AND WAIVER AGREEMENT:

I give my permission for my child to participate in gymnastics classes at *Kauai Gymnastics Academy*. I understand that gymnastics is in itself inherently dangerous. I accept that any activity involving motion or height can cause serious, permanent or fatal injury. I will support and abide by the gym rules and policies posted in the gym. The above named student has had a medical examination with the last 12 months and is physically, mentally and emotionally capable of participating in the sport of gymnastics.

I understand that students are expected to carry their own accident and medical insurance. I agree to be responsible for any medical bills incurred resulting from illness or injury while my child is at KGA. In the event of injury or illness, every effort will be made to contact the parents or guardian. If necessary, I authorize KGA staff to administer first aid and/or authorize medical treatment from any licensed hospital, physician and/or medical personnel for my or my minor child's immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I agree to waive and relinquish all claims I or my minor child may have as a result of participating in the program against Kauai Gymnastics Academy, against their agents, servants, or employees.

I do hereby fully release and discharge the Kauai Gymnastics Academy, Inc., their officers, agents, servants, and employees from any and all claims from injuries, (including death), damages and losses sustained by me or my minor child arising out of or in any way associated with the activities of the program.

I will register carefully, because I understand there is a limited refund policy. I know that there is a \$15 charge for returned checks. I will support and abide by the gym rules and policies posted in the gym.

I also acknowledge that photos may be taken during classes & I give permission for KGA to use photos that include my child on the KGA website for promotional purposes only. **(Cross this out if permission is NOT given.)**

Parent or Guardian Signature

Date

Alternate contact if parent/guardian can't be reached: Name _____ Ph _____

Health Information

Gymnast's Name _____ Age _____ Cell Phone _____

Health History:

Any previous injuries, surgeries or medical problems? No Yes, explain:

Any current injuries or medical problems? No Yes, explain:

Current Medications and dosage and any allergies to medicines? No Yes, explain:

Any physical or mental limitations? No Yes, explain:

Please list any other information pertinent to your child's health and well being.

CLASS SELECTION

Students should register for the current age/level group, unless advised otherwise by a Coach. If there is any question, just ask!

For class/team dates and fees, please refer to the Current Schedule.

SESSION / CLASS / LEVEL	DAY	TIME	FEE DUE

HOW TO PAY

- > Check (to KGA)
- > MC/VISA/Discover
- > Cash

WAYS TO REGISTER

- > Mail (check)
- > Fax – 822-7937 (card must be swiped at the gym)
- > In-Person (during gym hours)
- > Drop Box (above the mailbox at the gym)

For Office Use Only

Amount Due: _____

Amount Paid: _____

Check #: _____DT_____

Balance Due/Credit: _____

Deposit Date: _____

PLUS - REGISTRATION FEE @ \$40/family (Mandatory per family – non-refundable)	+	\$40
SUB-TOTAL	=	
MINUS 10% off fee FOR FAMILY MEMBER	--	
MINUS 10% OFF 2 ND CLASS (Team not eligible)	--	
SUB-TOTAL	=	
PLUS TAX @ fee times .04166	+	
TOTAL ENCLOSED	=	

We accept VISA/MASTERCARD/DISCOVER. You may fax this form & then follow-up by bringing your card to the gym.

Mahalo!

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 gym@kauaigymnastics.com