

Rhythmic Gymnastics Academy



2014 - 2015 Class Registration Package

Welcome to:



4314 Westenfeldt Road
Fresno, TX 77545

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WELCOME

Dear Current or Potential Rhythmic Attitudes of Houston gymnasts:

Welcome y'all! If you are entering our doors for the first time, welcome and make yourself at home. To those who are returning, welcome back.

Rhythmic Attitudes of Houston is very proud to start its first year here at our new location in our own permanent facility. Our mission is to teach life lessons through rhythmic gymnastics that will build the foundations of success. We believe that each child deserves the opportunity to reach their maximum capability. Gymnastics is the foundation for a healthier, happier, and more successful life. If children can learn self-respect, discipline, sportsmanship, goal setting, teamwork, gratitude, the ability to accept defeat and try hard, they can take these lessons outside the gym and apply them to their goals and dreams.

Recreational rhythmic gymnastics classes will develop attributes that are perfect stepping stones for other sports and activities. Some of these are:

Coordination: By learning basic rhythmic gymnastics skills, a child develops a keener sense of balance, body awareness, and coordinated movements.

Confidence: Rhythmic gymnastics is based on learning a progression of skills. As a child advances from easy movements to complex skills, she develops a sense of accomplishment and a natural confidence in her abilities.

Discipline: Rhythmic gymnastics is its own best reward. As a child progresses, she learns that things must be done in a certain way to achieve success. This requires discipline.

Creativity: Rhythmic gymnastics allows children to express themselves in a unique and individualized way. Much of gymnastics is exploration. Children are constantly challenged to learn new skills and to discover how much they can accomplish through hard work and creative thinking.



About Rhythmic Gymnastics

Rhythmic gymnastics made its Olympic debut in 1984, and immediately sparked the interest of the American public. Spectators and participants quickly recognized the sport's potential. Young girls can begin the sport at almost any age and participate on the fun and fitness level, or progress into competition.

Basic rhythmic gymnastics skills develop attributes that are perfect stepping stones for other sports and activities. Some of these are: flexibility, balance, strength, agility, and hand-eye coordination. The feminine beauty of the sport can be appreciated by any person who can enjoy technical precision combined with grace and artistic expression. On the competition level rhythmic gymnasts perform four routines choreographed with hand held apparatus with music.

Rope is made of synthetic material; proportionate to the size of the gymnast, knotted at each end. Look for swings, circles, mills, tosses and catches of the rope. Also common are skips, leaps and jumps with the open or folded rope.

Hoop is made of plastic interior diameter is 31.2-35 inches, minimum weight is 10.5 ounces. Common movements include swings, rolls, spins, passes through and over the hoop, rotations. Most impressive here are the high tosses and complex techniques for catching the hoop in a different fashion each time.

Ball is made of rubber or synthetic material, diameter is 7-7.8 inches, minimum weight is 14 ounces. Waves, circles, tosses and catches, movement with the ball balanced on the hand, bouncing and rolling the ball on the floor along parts of the body are all key movements.

Clubs are made of synthetic material, length is 15.6-19.5 inches. Weight is 5.25 ounces, maximum 1.2 for head of club. Swings, large circles, small circles, mills, tosses and catches, rolls along the body and rhythmical tapping are common tricks.

Ribbon is made of satin, minimum ribbon length is 6.54 yards. Ribbon routines are comprised of snakes, spirals, swings, circles, tosses, and catches, and figure-eight movements.

Group competition. In the group event four or five athletes work together as one cohesive group. Group is judged on the ability of the athletes to demonstrate mastery of body and apparatus skills in a synchronized, harmonious manner. The more interaction between the gymnasts, the better the exercise. Spectators are enthralled and amazed by the beauty, excitement and risk of a group routine.

Class Descriptions:



Lil Leapers:

This class is 45 minute long and designed for 3-4 years old. The class focuses on gross motor skills including locomotor movements, tumbling, and obstacle courses. Fine motor skills are developed through the use of small hand apparatus. The class involves a variety of movement activities developed for the attention span and ability of this age group. Activities using ribbon, rope, hoop, ball, and creative dance are included in this fun class of exploration and movement.

Junior Jumpers:

This is an introduction to rhythmic gymnastics for the 5 and 6 year-old child. The class features low impact jumping, running, skipping and other basic locomotor movements incorporated into a warm up routine involving skills and stretches appropriate for the age and size of the children. Tumbling is part of the class, as well as an introduction to rhythmic equipment, rope, hoop, ball, clubs and ribbon.

Beginners: This is the first level of instruction in rhythmic gymnastics for girls 6 and up. The one-hour will consist of learning short routines with apparatus with the music. Routines will show ballet, dance, and equipment skills. This is an introductory level, familiarizing gymnasts with the basic body elements and rope, hoop, ball, clubs, ribbon handling in rhythmic gymnastics. Girls will move to the next level once the basic developmental skills are mastered. Classes are held once a week for one hour.

Intermediate:

This class will further develop the skills that are important to rhythmic gymnastics including more advanced flexibility, conditioning and equipment handling. More emphasis will be put on learning combinations and putting skills together with music into routines. Classes are held once a week for one hour.

Advanced:

This class is designed for advanced instruction in rhythmic gymnastic skills stressing the accumulation of higher level tricks. Girls showing advanced skills and performance who are not interested in fun competition are recommended for this class. Classes are twice a week for two hours.

Stretching and Conditioning:

This 1 hour class is for anyone who would like to gain more flexibility and strength. Perfect for dancers, ice-skaters, martial arts, tennis players, or any other sport.

Boys Tumbling (ages 3-6):

We strive to develop and enhance each child's self-discipline, self-confidence and self-esteem. Our rounded approach to complete physical and mental fitness has a proven track record of enhancing your child's overall development with life skills that will help them as they grow into successful young adults.

Beside tumbling skills boys learn basic hand eye coordination through exposure to basics of basketball, hockey, baseball, soccer, football, and bowling. Let your boy have a blast of non-stop gymnastics fun guaranteed to burn off that timeless energy that boys are so famous for!

2014-15 Rhythmic Attitudes Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Boys tumbling					9:00-10:00
Lil Leapers 3-4 years					9:00-9:45 Home School
Combination Class: girls: dance/gymnastics boys: tumbling/karate		4:00-5:00 4:00-5:00		4:00-5:00 4:00-5:00	
Junior Jumpers 5 - 7 years		6:00-7:00		6:00-7:00	10:00-11:00 Home School
Intermediate 8-11 years		6:00-7:00		6:00-7:00	10:00-11:00 Home School
Stretching and Conditioning	5:30-6:30 (by invitation only)				

This is a year around program with an end of the school year one hour Mini Olympics presentation.

Payments:

Credit/ debit card automated processing \$75/ month.

Credit/ debit card automated processing \$60/ month for home schoolers.

Family Discounts: 2nd child 10% discount, 3rd child 20% discount

Yearly registration (\$40/ gymnast or \$50/ family) form due on the first day of class

Mini Olympics

Each year in May/June, the girls are invited to perform in a show we call the Mini-Olympics. This fun event allows them to show off all the skills they have learned throughout the year. The girls and coaches walk through a typical class, showing how they learn all the new tricks. Then the girls are able to show off their hard work by performing their routine(s). This event is a perfect opportunity for parents and grandparents to observe their little one's progress!

For more information call: 281-431-4300 or go onto our website: www.RhythmicAttitudes.com

Frequently Asked Questions:

1. What to wear for classes?

A Leotard, tight shorts and shirt is great. No hanging jewelry. Toes shoes are only needed for the intermediate classes and can be purchased from Kriszti.

2. Do we need to buy our own equipment?

No, we will provide all the equipment for the classes. However if you are interested of purchasing your own, ask Kriszti.

3. When can we start classes?

Anytime. You do not have to wait for the new session. We will prorate classes when you start.

Refunds and Credits: Refunds and credits will not be given for the days that child(ren) are absent except in cases of extreme emergency. By signing this Registration Form you are reserving space for your child even when your child is absent. Parents must contact the class instructor to request exceptions for this policy based on emergency situations.

Discipline Policy: Rhythmic Attitudes of Houston Inc. promotes self-discipline and tries to establish rules which are sensible and help each child to feel safe and secure. When a participant breaks a rule, she/he is first given a warning. If the behavior continues, a staff member will contact the parents to discuss the problem. If a participant continually breaks a rule probation or suspension may become necessary. Rhythmic Attitudes of Houston Inc. believes foul language, hurting others, and being disrespectful, are not appropriate and these behaviors are not tolerated. By signing below, I agree to all rules stated above.

Did you Know?

1. Rhythmic Attitudes of Houston is a USAG member club.
2. Head coach Kriszti Mills was a member of the National Hungarian Rhythmic Gymnastics Team.
3. Check out our website for more helpful information.
4. Rhythmic Gymnastics is an Olympic sport. Mary Sanders placed 12th at the 2004 Olympics, earning the best American rhythmic gymnasts place ever. Our best gymnast is Shelby Kisiel who won National all around title in 2011 Senior Level 10 division. She is currently teaching our class and team girls.
5. We have a non profit status. If you would like to donate please call Kriszti, we will greatly appreciate it.



RELEASE AND WAIVER OF LIABILITY

PLEASE READ CAREFULLY! THIS DOCUMENT AFFECTS YOUR RIGHTS!



Disclosure by Rhythmic Gymnastics: Participation in gymnastics, ballet and dance, like all physical activity, may result in injuries. Rhythmic Attitudes of Houston Inc. takes the welfare of all its students, teammates and spectators as its first and highest priority. Nonetheless, the risk of injuries is a part of participation in both physical educational and competitive activities. Possible injuries include muscle or other soft tissue strains, sprains and tears, broken bones, as well as severe injuries leading to paralysis or even death. Various factors may contribute to cause these injuries, including the use and weight of the apparatus, contact of the body with others and with hard surfaces, rotation of the body, and movement of the body in unaccustomed ways.

Release and Waiver: I certify that I am the parent or legal guardian of the child identified below, and that I have read the disclosure statement. I am fully aware of the risks involved in the activities offered by Rhythmic Attitudes of Houston Inc. and request that my child be permitted to participate in all such activities. ("Activities") In consideration for allowing my child to participate in Activities offered by Rhythmic Attitudes of Houston Inc., I hereby release, forever discharge and hold harmless Rhythmic Attitudes of Houston Inc., its owners, agents, employees, representatives, participants and clients and those acting on their behalf, their successors and assigns ("Rhythmic Attitudes") from any and all liability, claims and demands of whatever kind or nature, either in law or in equity, which arise or may hereafter arise from participation in activities provided, sponsored or supported by those released.

I understand that this release discharges Rhythmic Attitudes from any liability or claim that the participant may have with respect to any bodily injury, personal injury, illness, death or property damage that may result from activities with Rhythmic Attitudes, whether caused by the negligence of Rhythmic Attitudes or its officers, directors, employees, or agents or otherwise. I also understand that Rhythmic Attitudes does not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance in the event of injury or illness.

Medical Treatment. I consent to treatment of any injury or illness that may arise in conjunction with the Activities, and release and discharge Rhythmic Attitudes from any claim arising from delivery of any first aid, treatment, or service rendered in connection with the Activities.

Photographic Release. I hereby grant to Rhythmic Attitudes all right, title and interest in any and all photographic images and video or audio recordings made by Rhythmic Attitudes during the Activities, including but not limited to any royalties, proceeds, or other benefits derived from such photographs or recordings.

Other. I expressly agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Texas, and that this release shall be governed by and interpreted in accordance with the laws of the State of Texas. I further agree that in the event that any clause or provision of this release shall be held to be invalid, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this release, which shall continue to be enforceable.

As a parent or legal guardian of _____

birth date _____, I hereby consent to his/her participation in all the

programs offered by Rhythmic Attitudes of Houston Inc.

Signed _____

Date: _____

Printed _____