

# KINETIC KIDS 1/2 DAY TEAM TRAINING

## TRAINING WEEKS

- WEEK 1 June 25 - June 28
- WEEK 2 \* July 09 - July 12
- WEEK 3 July 16 - July 19
- WEEK 4 July 23 - July 26
- WEEK 5 July 30 - August 02
- WEEK 6 August 06 - August 09
- WEEK 7 August 13 - August 16
- WEEK 8 August 20 - August 23

\*NUTMEG  
STATE GAMES  
JULY 13th

## DAILY SCHEDULE - TUESDAY THRU THURSDAY

- 8:30 AM Doors Open
- 9:00 AM 1/2 Day Training Begins
- 1:00 PM Training Day Ends
- 2:00 PM INTENSIVE TUMBLING & APPARATUS CLINICS — Schedule to follow!



**GET UP TO 8 WEEKS FOR THE PRICE OF 6 WEEKS!**

★ **\$125 DEPOSIT IS REQUIRED FOR EACH WEEK UP TO 6 WEEKS OF TRAINING AND MUST BE SENT WITH THE REGISTRATION FORM. REMAINING BALANCE MUST BE PAID BY JUNE 15th. PAY IN FULL BY JUNE 16th & TAKE 10% OFF FOR EACH WEEK ENROLLED!**

### DON'T FORGET!

**Bring...**

- 2 OR 3 HEALTHY SNACKS**
- SNACKS & DRINK MONEY**
- DRINKS IN A SPORT TYPE BOTTLE ONLY...***
- PLEASE!!!***
- \*Doors open at 8:30\***

### SPECIAL NOTICE!

*To maximize training efficiency, level groupings are pre-determined ahead of each week with the appropriate number of coaches!*

**NO WALK-INS WILL BE ALLOWED!**

*Please plan accordingly!*

### 1/2 DAY MORNING TRAINING FEES

# OF WEEKS	TOTAL COST	DEPOSIT	JUNE 23rd BALANCE
1	\$235	\$125	\$110
2	\$455	\$250	\$205
3	\$675	\$375	\$300
4	\$895	\$500	\$395
5	\$1115	\$625	\$490
6	\$1315	\$750	\$565
7	\$1315	\$750	\$565
8	\$1315	\$750	\$565

### TRAINING WEEK NOTES

There will be breaks for snacks, strength and flex training, and team building games. **The training week is Tuesday through Friday.** Students may attend 1 or more weekly sessions, with a discount for each additional week attended. **Team members must attend at least the required weeks for their level!**

## KINETIC KIDS TEAM PRICES ONLY!!!

### KINETIC KIDS TEAM 1/2 DAY TRAINING REGISTRATION FORM 2019

HOME PHONE # \_\_\_\_\_ CELL PHONE # \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_ FATHER'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

**CIRCLE WEEKS ATTENDING:**

Wk 1: 6/25-6/28    Wk 2: 7/09-7/12    Wk 3: 7/16-7/19    Wk 4: 7/23-7/26    Wk 5: 7/30-8/02    Wk 6: 8/06-8/09    Wk 7: 8/13-8/16    Wk 8: 8/20-8/23

I UNDERSTAND THAT GYMNASTICS ACTIVITIES INVOLVE MOTION AND HEIGHT AND THERE IS THE POSSIBILITY OF ACCIDENTAL OR CATASTROPHIC INJURY. I AND/OR MY CHILD(REN) ARE PARTICIPATING AT OUR OWN RISK AND HAVE BEEN WARNED OF THE RISK OF INJURY AND AGREE TO HOLD HARMLESS KINETIC KIDS, LLC, IT'S MANAGERS, AND STAFF.

SIGNED (PARENT OR GUARDIAN) \_\_\_\_\_ DATE \_\_\_\_\_ [ALL PAYMENTS ARE NON-REFUNDABLE]

TOTAL AMOUNT DUE: \$ \_\_\_\_\_ DEPOSIT= \_\_\_\_\_ TOTAL WEEKS: \_\_\_\_\_ X \$125.00 PER WK = \_\_\_\_\_ CHECK #: \_\_\_\_\_ CASH

FINAL REMAINING BALANCE= \$ \_\_\_\_\_ DATE : \_\_\_\_\_ CHECK #: \_\_\_\_\_ CASH

# KINETIC KIDS TEAM REQUIREMENTS

## Summer 2019

Requirement depends on expected competition level for 2019-20 competition year that begins in the fall.

**In the event the minimum requirements are not met for summer training attendance, the penalty will be the inability to advance to next level for and during the 2019-2020 competition year. (Regardless of previous team recommendations that are made in June)**

### Requirements for USA Gymnastics Junior Olympic are as follows...

#### Shooting Stars & Level 1

Minimum of 60 min class – Tuesday &/or Wednesday

#### Level 2

Minimum of 60 min class – Tuesday & Wednesday OR 3 Weeks of ½ Day Training

#### Levels 3

Minimum of 3 weeks of ½ Day Training

#### Levels 4 & 5

Minimum of 4 weeks of ½ Day Training

#### Levels 6 - 10

Minimum of 5 weeks of ½ Day Training

### Requirements for Xcel are as follows...

#### Bronze & Silver

Minimum of 3 weeks of ½ Day Training

#### Gold

Minimum of 4 weeks of ½ Day Training

#### Platinum & Diamond

Minimum of 5 weeks of ½ Day Training