



EXCITE!

— GYM & CHEER —

GYMNASTICS HANDBOOK

2026-2027

WELCOME TO EXCITE! GYM TEAM SEASON 2026-2027

We are incredibly grateful for your choice to be part of Excite! Gym and Cheer! At Excite!, we truly believe there's a gym for everyone, and those who choose us know exactly why Excite! is the right fit.

If you're new to Excite!, a warm welcome to our Ohana! We're thrilled to have you with us.

Moving into our 2026-2027 season:

Our focus this season is HEALTH! In our bodies, minds, souls and relationships. We want athletes to achieve growth and success in this sport and in their lives. We want our athletes to feel safe here and to learn lessons that will enhance their lives for years to come.

H= Happiness

E= Excitement

A= Aware

L= Listen

T= Trust

H= Heal

To all our Families:

We are so excited to be starting our 26th season as a company! We are thankful for each and every athlete and family that comes through our doors and we hope to be the best part of your day!

Returning Members:

Anything that has changed from last year's handbook to this year's is in RED text.

All Members- New and Returning:

By participating in the tryout process, you agree to all terms in the handbook. If not attending the meeting, it's your responsibility to obtain a copy. A signature is not required to confirm your agreement to the 2026-2027 Gymnastics Handbook. The deadline to cancel tryouts and avoid financial obligations is **May 18th by 3pm**—no exceptions.

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CHEAT SHEET: QUICK EXPLANATION OF EXCITE! GYM TEAM

LEVEL CLASSIFICATIONS:

- **PRE-TEAM:** Pre-team is a non-competitive gym team group who will have one pre-team practice (1.5 hr) plus one Hot Shots 1 or Hot Shots 2 class (1 hr) per week. They will receive the team practice leotard, along with other gym team perks throughout the season. They will practice routines to show off at our Expo and our In House Meet, and will work on basic body control, conditioning, flexibility, and skills that will help them in their future years on gymnastics team!
- **TAAF:** TAAF athletes will compete only against athletes from Texas in meets which are local around the DFW area. We offer competitive teams in TAAF levels 1-6 and XCEL Bronze-Platinum. TAAF is a more affordable option in comparison to USAG and requires less time in the gym each week for training.
- **USAG:** USAG athletes will compete at larger invitationals throughout the season and will compete against athletes from gyms across the nation. We offer competitive USAG teams at levels 3-8 and XCEL Gold-Platinum and offer USAG training (Jr USAG) for athletes in levels 1, 2, Bronze, and Silver. USAG is an extra expense as it adds training time in the gym and additional meets.
- **Development Program (DP):** The Women's Development Program was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. (Levels 1-10)
 - **Developmental Levels:** The first segment of the Development Program includes Levels 1 through 3. These levels can serve as a non-competitive, achievement-based program within a gym's pre-team, or as an introductory recreational competitive program. At Excite!, we use these developmental levels to help athletes learn what it means to be a competitive gymnast. Athletes are introduced to foundational drills and skills they'll build on in the future, while also learning and competing routines. Our goal is to develop strong fundamentals and set them up for long-term success in the sport.
 - **Compulsory Levels:** The second segment of DP consists of Levels 4 and 5. Both of these levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including TAAF and USA Gymnastics State Championships.
 - **Optional Levels:** The third segment of DP is Levels 6-10. These levels are often referred to as "optional levels" because there is more freedom in the skills we can put into each athlete's routines. There are difficulty restrictions and guidelines we follow when creating each routine. This is where each athlete gets their own music and routine! Competitive opportunities are provided up to and including TAAF and USA Gymnastics State and Regional Championships.
- **XCEL Levels:** The Xcel Program is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. (Levels Bronze, Silver, Gold, Platinum, Diamond). In the XCEL program, we will teach the athletes their routines and look at each athlete individually and choose the skills that best fits each athlete to compose their routine skill set.

CHEAT SHEET (continued)

Team Size:

- o Small Teams have 3-6 athletes and the top 3 scores on each event will be used when determining team scores.
- o Large Teams have 7 or more athletes and the top 5 scores on each event will be used when determining team scores. (Top 7 at state).
- o Medium Teams have 7-10 athletes, and are only separated out at TAAF State meets. The top 5 scores on each event are used when determining team scores.
- o Platinum, Level 6 and higher do not determine team sizes. Any team with 3 or more athletes will take the top 3 scores per event to determine their team score.

Team Placement:

- o We typically place athletes at the top of their age range and skill level, while keeping age gaps as close as possible to help build strong relationships and team culture.
- o Although there are exceptions, athletes should expect to compete at a level for multiple seasons and must master all aspects before being considered to move up. Artistry, dance, tumbling, strength, performance, maturity, and technique are all considered in level placement.
- o Successful teams have athletes who have mastered their skills before the competition season begins and often have skills above their level. We aim to place athletes where they can compete confidently and successfully.
- o There are four events in gymnastics, so we consider each athlete's well-roundedness. Athletes are placed based on their most challenging event to ensure they can compete successfully across all four.
- o Attendance is of the utmost importance for a successful team. Missed practices put both the athlete and team at a disadvantage in placements.
- o Our priority is placing athletes where they can be confident, successful, grow at the right pace, and have longevity in the sport.
- o Athletes are expected to maintain all skills shown at tryouts; loss of skill may result in a change in level placement.
- o Regardless of level placement, we will train the skills each athlete is ready for. We believe in the importance of up-training, as well as building strong basics, and work hard as a coaching staff to maintain a healthy balance.

Competition Seasons:

- o **USAG Compulsory:** August – November
- o **USAG Optionals:** December – May
- o **TAAF (All):** December – May
- o ***Acro & Tumble:** November – March*

TRYOUTS & IMPORTANT DATES

MAY 11-15th – Sizing Days for returning team members

-Sizing will be done during regular practice time. Parents are required to be at sizing.

May 15th – Last day for new members to request tryout refund and opt out of the tryout process

-Email office@excitegym.com by 2pm – must receive a response

MAY 16th – NEW ATHLETE TRYOUTS & PARENT MEETING

-Tryouts 9:00 am – 10:30 am / Parent Meeting 9:15-10:00 am

-Gym Team tryouts for new athletes

MAY 17th – Summer workout groups will be emailed out to new team members.

MAY 18th – COMMITMENT DAY

-Last day to decline team—email gymnastics@excitegym.com by 12 pm

-Payment Plan Request –email office@excitegym.com by 12 pm

MAY 19th – Summer workout groups will be emailed out to returning team members.

-Upfront fees will be billed for all team members

MAY 23rd – 29th – EXCITE! CLOSED FOR SUMMER BREAK

MAY 29th – June Tuition will be billed

JUNE 1st – First day of Summer Workouts - See final page for practice schedule (times subject to minor changes based on gym space and coaching needs).

JUNE 5th - Team meet and greet (5:15-6:15) – Mandatory for one parent + athlete

**Practice will be in the evening for the first Friday practice!*

Green Group 4:00-6:00 / Blue Group 4:00-6:30 / Red & Black Group 5:00-8:30

**Times subject to change – see hotline for most up to date information*

JUNE 12th – 15th – TRAVEL CAMP AT CAMP OAK RIDGE

-Required for: Blue, Red, and Black Groups

-Bus transportation will be provided

-If you are willing and able to volunteer for camp, please see page 11 for more info

JUNE 16th – USAG compulsory placements emailed

JUNE 29th – JULY 5th – EXCITE! CLOSED

JULY 30th – AUGUST 1st –In House Camp – YELLOW & GREEN Groups

-Location: Excite! / Times TBA; will be posted on the hotline

JULY 18th – Tryouts for level placements / JULY 19th –Emails sent with level placements

JULY 31st – Drafting will change to School year tuition

AUGUST – Parent/Coach conferences available – more information will be posted on hotline

AUGUST 3rd – Fall practice schedule begins

SEPT 4-7th – Excite! Closed for Labor Day

SEPTEMBER 12th, 13th, 19th – Mandatory Choreography Practices

-(9/12 & 9/19) Levels 1 & 2: 9:30-12:00 / 3 & 4: 12:30-3:00

-(9/13) Bronze: 9:30-10:30 / Silver 11:00-1:00

OCTOBER 24th – Excite! Expo – Mandatory

**Please see the hotline for the most updated team dates.*

**Meet schedule will be posted on the hotline between July-August.*

COMMUNICATION

iClass Parent Portal

iClass Parent Portal: Your account must be updated and current at all times. We require **two** emergency contacts with contact numbers and emails for each gymnast. We will send emails via the parent portal—check your junk/spam folders. **Team members cannot opt out of emails.** It's your responsibility to keep this information current; the office does not update it.

iClass Account & Parent Portal How To:

- How to access parent portal: Go to excitegym.com, select 'Parent Portal' from the home page.
- How to add and edit profile information: log into your parent portal, select 'Account Information', edit any information necessary. Here, you can add guardians, edit address, edit or add phone numbers, edit or add card information, etc.
- How to view ledger and transaction history: log into your parent portal, select 'Transaction History'. Here you can see charges, payments and refunds.
- Other items you can do on iClass: enroll in classes, clinics, camps and make-up classes, add students, and change password.
- Other items for you to know: We can see who has viewed or opened emails or email blast and who has unsubscribed from emails.

Hotline

The hotline is our main communication source for all team related information, including meet information, practice changes, clothing assignments, and more. Parents must read the hotline weekly between Thursday evening and Friday at noon. It's posted on the website and it is your responsibility to check the site. By accepting team placement, you commit to reading it each week. The new password will be emailed after summer workout groups are formed; the password is currently "ALLABOARD" (all uppercase; no spaces).

BAND App

We use the BAND app for communication and sharing pictures/videos. It should not be used for reporting absences, addressing issues, sharing negative content, or stirring up conflict. For these matters, email gymnastics@ for proper handling. Improper use of the Band app will result in a parent meeting to discuss standards and concerns. Coaches will create groups within the first two weeks of practice, and links will be posted on the hotline for parents to join. **At least 2 contacts must be in the parent BAND.**

Athlete review

During the season the coaches will do a written evaluation on your gymnast to share with athletes and parents. These review sheets are not like a school report card where an expectation of all A's & B's but a continued development plan for your athlete. We will give these out in late November/early December. **Additionally, Parent/Coach conferences will be available for sign up in August & March.**

E-Blast

Our monthly E-blast that shares new offers, updates to gym closings, and brags on our kids! The closing dates may vary for teams; the hotline is the final word on team scheduling.

Excite! APP & Website

Download our app (Excite! Gym & Cheer) for quick reference to the hotline or our website. E-Blast can be found on our website.

COMMUNICATION (continued)

Communication

- General Team Questions, Uniform Replacement Requests & Injuries: Email **Gymnastics@excitegym.com**. Do not contact coaches directly.
- Private Matters: Email **CaitlinC@excitegym.com** (Director) and **JulieH@excitegym.com** (Owner).
- Billing and Class Questions: Email **Office@excitegym.com**
- Coach Responses: Expect replies within 24–48 business hours; Mon–Thu 10am–3pm.

Email Guidelines for Concerns

- Keep emails respectful and brief—3 lines max—including the following information:
 1. Summary of concern
 2. Days/times you and your gymnast are available to meet
- Meetings must include your gymnast and a parent. Our meeting space is child-friendly and encourages open dialogue.

During Season

- Meet readiness and scratches will be discussed directly with athletes.
- Athletes should bring questions to coaches during practice.
- One-on-one meetings only; group meetings must be arranged by a coach or Julie.
- No coach meetings February–April due to competition season, except for March parent meetings.

Important

Do **not** approach coaches on the gym floor, between classes, or at competitions. Doing so will result in a parent meeting and possible removal from the team. **Our focus needs to be on the children we are currently coaching. If there are concerns or information that need to be shared for practice, that should be detailed in an email or text message before practice begins. Do not wait in the hall to talk to coaches at the start of practice time.**

Gold Star Boards

Gold stars are the coaches' way to communicate with athletes, allowing them to ask why they didn't earn one and discuss how to improve. Gold stars are based on criteria like attendance, correct leotard, punctuality, and attitude. Athletes can earn one per week, with totals counted at the end of the season. The top gold star winners on each team will receive an award at the banquet. Gold Stars run from June to April, and you don't need 100% to earn the year-end award.

*In order to be considered for USAG, you must be in good standing with gold star standards.

Handbook

Please refer to your handbook as needed. Dates may change due to unforeseen events, and the gym reserves the right to adjust policies or rules accordingly. Changes may stem from school events or competition delays. The Hotline will provide final updates on all dates.

Staff Phones

Please respect our personal cell numbers and time off by using them only for emergencies (athlete injury, last-minute absence, running late) or to schedule private lessons. For non-urgent matters, email gymnastics@excitegym.com. Messages sent to personal numbers will not be answered until the proper channels are used. Thank you for understanding.

-SafeSport RESTRICTIONS: Coaches cannot contact athletes privately via phone or social media without a parent, another coach, or Julie included in the communication. Messages without this will not be responded to. Athletes over 18 may communicate with coaches without a parent cc'd.

REWARDS AND DISCOUNTS

To show our appreciation, we offer discounts to athletes and families who hold our gold star standards as a high priority! Good attendance and positive attitudes are the key to more rewards!

Gold Star Award Recipients: *Award given out at banquet

- 1ST YEAR – \$10 off monthly tuition / \$20 proshop credit / free open gyms
- 2ND YEAR – \$15 off monthly tuition / \$20 proshop credit / free open gyms
- 3RD YEAR – \$20 off monthly tuition / \$20 proshop credit / free open gyms
- 4TH YEAR – \$25 off monthly tuition / \$20 proshop credit / free open gyms
- 5TH YEAR – \$30 off monthly tuition / \$20 proshop credit / free open gyms
- Gold Star is earned weekly by attendance, dress code, Excite! enthusiast, making changes and maintaining a positive attitude
- Gold Star is earned on a consecutive yearly basis

Seniors

- \$50 off monthly tuition / special camp and event privileges, senior trip accommodations paid and supervised.

Banquet

- Awards: Smarty Pants (A/B average—Report Card required) / Loyalty Awards / Gold Star Awards / Best Attitude / Most Improved / All Around / Athlete of the Year
- Specialty Awards
- Gift

Monthly Discounts

- Watch the E-Blast for other special offers for our team members!
- Sibling Discount – \$20 per month on tuition
- Add a tumble class for \$75 a month
- Unlimited privates – **Fee covers gym fee; coaches' fees paid separately** (June 2026 – April 2027 enrollment required)
 - *\$40.00 per month – individual
 - *\$75.00 per month – family

Referral Discounts

- Must email into office@excitegym.com prior to referral's first practice to receive:
 - \$50 credit for XCEL Bronze, Level 1, Level 2 referrals
 - \$100 credit for XCEL Silver and Level 3 referrals
 - \$200 credit for XCEL Gold-Platinum and Level 4-Optional level referrals
- Referral must stay current on fees to receive referral credits.
- Referral must stay enrolled to keep the credit
- **Credit will be given after upfront fees have been paid**
- Referrals are classified as either a new person to the gym or a new person to a team—athletes switching internally from one Excite! team program to another do not qualify as a referral.

ATTENDANCE & STANDARDS

To keep athletes safe, healthy, and competitive, the following attendance standards apply for the 2026-2027 season:

Mandatory Attendance

- All practices are mandatory unless an Absence Request form is approved.
- Meets are mandatory and can only be excused under rare circumstances.

Absence Requests

- Submit the online form at www.excitegym.com – Forms – Gymnastics Absence Request. Coaches will respond within 48 hours.
- **Requests won't be approved within 2 weeks of a meet/event.**
- School events are excused, however athletes may need to discuss a compromise with the school if it's close to a meet. We would appreciate you having this conversation before turning in your absence request.
- Use the online form for planned absences. Last-minute issues (sickness, emergencies) should be communicated directly to coaches via text, including Caitlin on the thread.
- School events are excused only for required activities (not extracurriculars).
- Excessive absences may lead to required private lessons, removal from events, change of level, or team removal.

Attendance Policies

- Trimesters: Summer: May-August / Fall: September-December / Spring: January-April
- Summer (May-August) has no attendance requirement, but regular practice is encouraged for those seeking level advancement.
- Fall (Sept-Dec) and Spring (Jan-April) absences allowed.
 - XCEL Bronze & Silver, Level 1 & 2: 4 absences/trimester
 - XCEL Gold & Platinum, Levels 3+: 5 absences/trimester
- Missing more practice than allowed may affect team placement or event/meet participation.
- **Parents will be notified via email if an athlete is nearing the allowed number of absences. While additional practice times may be available to accommodate schedule conflicts, athletes are strongly encouraged to attend their assigned level practices for consistency.**

Summer & Holiday Practices

While we want everyone to enjoy their summer and holiday breaks, these are critical times for training within the season. Holiday practices are not required and do not affect gold stars; however athletes are encouraged to attend these practices if able.

Volunteer Responsibilities

One parent volunteer per athlete is required for either the In-House Meet (January) or a Spring sanctioned meet hosted at Excite! A \$150 fine applies for non-compliance. Volunteer dates will be posted on the hotline.

Dress Code

- The daily dress code is mandatory and posted weekly on the hotline.
- Athletes must wear a leotard with hair securely pulled back; no T-shirts or baggy clothing. Tight-fitting bar shorts or capris are allowed, except during the two weeks before a meet (unless previously discussed with parents and coaches through email).
- Athletes must wear shirts and shoes when entering or exiting the building, not just a leotard.
- **Jewelry, apple watches, loose-fitted shorts and long nails are not permitted during practices or meets.**

ATTENDANCE & STANDARDS (cont.)

Camps / Choreography

- Gym Team In House Camp (July 28-31, 2026)
- Choreography Camps @ Excite!: **Levels 1-5, Bronze, and Silver (Sept 12, 13, 19)**
 - These are MANDATORY. Any athlete who misses one of these days will be required to schedule at least one private lesson with a level coach to make up the missed time, at the family's expense (\$35-\$70).
- Individual Choreography: **Gold, Platinum, Levels 6-9**
 - A sign-up will be posted on the Hotline to set up a time for routine choreography. Choreography is \$250 for a 3-hour session, paid directly to your coach at the time of your session.
 - All routine choreography will be done in-house by gym team coaches

Travel Summer Camp

- **Mandatory Travel Camp – Blue, Red & Black Groups (Ages 8+)**

Travel Camp is a required team event focused on bonding, goal-setting, and building team unity—experiences we can't replicate in the gym. Athletes who miss camp may miss out on valuable team bonding experiences. Camp also allows them to unplug and fully engage. Phones, tablets, and smartwatches are collected at arrival; coaches have phones for emergencies.
- **If You're Unsure About Camp:**
 - **Overnight Concerns:** You may arrange local accommodations and drop off/pick up your athlete at scheduled times.
 - **Special Circumstances:** If you can't attend, you must contribute to shared camp costs (bus, shirts, activities, nurse, lifeguards) to avoid raising costs for others. Note this on your tryout form for coaches' review.
- **Parent Camp Attendance Details:**
 - To keep camp affordable and parent spots are limited. Preference is given to experienced camp parents who demonstrate adaptability and team spirit.
 - Volunteer applications will be available on the hotline.
If not selected, you may book your own lodging nearby and attend during designated times.
- **New to Excite! Gym Team?**

If you've pre-paid for a conflicting trip, submit proof by **May 20th** and include it on your tryout form. *No refunds* will be given for missed practices, camps, classes, or events.

Scratching From a Meet

While uncommon, coaches hold the right to scratch an athlete from an event and/or meet at any time.

- Reasons this could happen:
 - Athlete has not yet achieved an average of at least a 7.0 on an event.
 - A gymnast is unable to participate in practices and/or perform their routines within the two weeks leading up to a meet
 - Performance lacking, poor attitude, or not making changes
 - Poor meet conduct at previous events and/or meets (by athlete or parent)
 - Injury or illness
 - Positive opportunities, such as exposure to higher-level training
- Athletes will continue to attend all practices and meets and will continue to pay full tuition fees.

GENERAL GYM TEAM INFORMATION

Injuries

- Injuries are handled case-by-case, but regular attendance is expected when possible.
- Injuries within **2 weeks of a meet** will result in the athlete being scratched to ensure athlete safety
- A **doctor's note** is required if an athlete misses **or has restrictions** for more than one practice, and again to return.
- If not medically cleared 100% two weeks before a meet, the coaches will discuss meet readiness with parents to determine if some or all events need to be scratched.
- Long-term injuries (over 2 months or requiring surgery) may qualify for tuition pause or discount—case-by-case to be discussed with parents.
- Cleared athletes may not return at full skill level immediately. Coaches will ease them back and communicate regarding meet readiness.

Withdrawals

- A **60-day paid notice** is required via email to **gymnastics@excitegym.com**.
- No refunds on tuition or upfront fees; payment plans must be completed in full.
- During the notice period, your gymnast will **not attend** practices or classes.
- A meeting with you and your gymnast may be requested if a team withdrawal occurs mid-season.
- Banquets, state meets, and all end-of-year celebrations need to be focused on the team and the company moving forward with all the excitement that the current team members and coaches deserve. To protect our team culture, if you're considering or trying out for another program, we ask that you transition your training there.

Practicing at other facilities

- Athletes may not practice or tumble at other facilities without prior approval. This ensures safety, consistent technique, and allows coaches to track progress.
- We value honesty and character—please communicate openly. If scheduling is an issue, we're happy to discuss alternative training options. Our goal is to support your athlete while upholding team standards.

Practice Drop-off & Pick-up

- Practice Timing: We aim to start and end on time, but practices may occasionally run up to 15 minutes over. If extended beyond that, coaches will post updates on the Band app.
- Drop-off & Pick-up: Gymnasts should arrive and be picked up no more than 5 minutes before or after practice. Early drop-offs or late pick-ups are not allowed. Excite! prioritizes child safety, and parents must ensure punctuality. Repeated violations (more than twice) may result in a \$25 charge per occurrence. Call the gym or text your coaches if there's an emergency.

PARENT/ GUARDIAN STANDARDS:

- Promote positivity and kindness toward all athletes, coaches, and families.
- Encourage independence—allow athletes to work through minor challenges; coaches will step in when needed.
- Let coaches coach—your role is to support your athlete.
- Keep post-practice and post-meet conversations positive and athlete-led.
- Trust the process—progress looks different for every athlete.
- Direct all questions and concerns to coaches via email for clear, accurate communication.
- Help us maintain a healthy, supportive, low-drama team culture.
- Keep the Observation Room and competition environment positive, appropriate, and gossip-free.

GENERAL GYM TEAM INFORMATION

Meet Day: Etiquette and Expectations

- Meet Schedule: Schedules are posted in September. We usually receive session times from the host gym two weeks before the event. Keep all potential competition dates open until the final schedule is posted on the hotline.
- Questions: **Do not contact the host gym.** Direct all questions to gymnastics@excitegym.com.
- Coach Availability: Coaches (including Julie) are unavailable for discussions during meets. Please save all questions or concerns for after the event—coaches are not available for texts, calls, or emails during meet weekends, as we are coaching several sessions throughout the weekend.
- Meet Day Etiquette: A detailed guide will be available on the hotline. All athletes and families must follow these expectations.

Memberships

- All team members must have a TAAF membership (included in down payment fees), and athletes XCEL Silver and Levels 3 and up must have a USAG membership (paid for separately). More information will be included on the hotline in July.

Parking, Safety and Facility

- Please respect our facility and alert us to any safety concerns by emailing directors@excitegym.com. Please drive slowly and be aware of children tall and small.
- There is no parking in any part of the circle drive.
- Please be courteous, patient and remember kids are learning from what they see.
- We have now upgraded all our video surveillance areas and cameras to cover all outside and inside non-private areas.

Trademark / Logo Usage

- Excite! Gym and Cheer is trademarked. No use of the logo can be used or reproduced in any form for personal use or sale. This includes using team names or direct association to Excite! programs and teams.
- Any use of logo, team name or anything considered a gym theme representation needs to receive approval to be made or sold. Email mgtteam@excitegym.com with any requests.

Security Cameras

We have security footage at the gym **with video and audio capabilities** that is accessible by our program directors. This helps protect athletes and coaches. Staff is not permitted to send security footage with outside parties, including parents or athletes.

Excite Level Up Program: Excite is ready to Level up and dig deeper!

We are providing a service that creates a bigger impact on helping our athletes to move through pressure, doubt and mental blocks.

We are excited to add Brandy Nelson Jones, Certified Life Coach, Certified Fitness Specialist, to our team. Brandy cheered for Trinity Valley Community College, where she was a National champion and National Stunt NCA champion. After TVCC, she cheered at Oklahoma State University. She also was a National Champion in the National Aerobic Championship, World Champion in the Tri Fitness Challenge and competed on the American Ninja Warrior show. Her dream and passion is to coach healthy tools for athletes to experience a Powerful body and mindset to push through obstacles, and feel how discipline creates success!

Because greatness isn't just built on the mat — it's built in the mind.

Brandy will be available to all our teams and parents to provide a safe space to be heard, supported, and empowered!

This is bigger than performance.

This is about confidence. Resilience. Growth.

Because when you strengthen the body and the mind...

you don't just succeed — you evolve.

General Finance Information

- All Drafting will take place on the last business day of each month. **Accounts are considered past due on the 8th of each month. A \$50 late fee will be applied to any account past due.**
- **The front office will do one courtesy contact if your account is past due or if payments did not go through. Each additional time we contact for payment, it will result in a \$50 fine if . We will continually make attempts to collect your debt.**
- Financial Concerns: If you are experiencing financial difficulties, email office@excitegym.com—we're happy to work with you. All emails about past-due payments must be answered within 7 days. If we have not received a response at that time, your athlete will be asked to sit out of practice until response is made. Continuing lack of response or misuse of our flexibility will result in dismissal from the team. Please do not put us in this position. Communication is key!
- If there is a balance on your account, you will not be allowed to do private lessons. If there is a consistent balance on your account, you will be removed from any additional training.
- If your payment information is out of date or expired, it is up to YOU to update. You can log into your parent portal or call the front office to assist.
- Fundraising: The gym is glad to hear fundraising suggestions or ideas from our team parents. All fundraising must be approved by the gym. Email into office@excitegym.com with your ideas; include all pertinent information, days, times, charge etc. We understand the expense and will help as we can!
- All accounts must be in good standing to continue team.
- A 3% fee applies to all iClass payments (credit, debit, or bank) due to their policy. To avoid this fee, pay by cash or check by the 25th of the prior month.
- We strive to keep our fees all inclusive; no surprise fees.

Important drafting dates to know:

- May 19th: Upfront fees due
- May 29th: June Tuition due
- June 30th: All uniform fees billed
 - **Competition Leotards:** Athletes needing a meet leotard will be billed **\$295** (plus shipping & tax). Once level placements are finalized, those requiring a long sleeve leotard will be charged an additional **\$55** on **August 15th**.
- **July 15th: USAG registration due – will be completed by parents through www.usagym.org. Instructions will be posted on the hotline.**
- July 31st: Excite! registration fees billed
- September 30th: Meet fees billed
- October 30th: Banquet tickets billed for athlete & 1 parent
- November 30th: Travel meet fees billed
- February 26th: State meet fees billed

BILLING INFORMATION

Tuition and Upfront Fees Includes:

- Team Training (practice 2-4 days a week)
- Spirit Wear – 1 Excite! shirt for athletes
- Hospitality Fees & Team Outings (End of the season party, Holiday parties, team gifts, all coaches gifts for birthdays, and more!)
- TAAF Membership Fees
- Additional practices & Choreography days (Levels 1-5, Bronze & Silver)
- Music (Levels 1-5, Bronze, Silver)
- Gym Team Camp (In-House Camp for Yellow and Green groups; travel camp for Blue, Red and Black groups)
- Training books & resources

Uniform pricing: Billed June 30th

- Meet Leo: \$300 (Levels 1, 2, Bronze), \$355 (Levels 3+, Silver+) + shipping & tax
- Practice Leo: \$80 + shipping & tax
- Warm up jacket: \$120+ shipping & tax
 - Warm-up jackets will not be ordered for the yellow group unless requested at sizing
- Excite! Backpack: \$120 + shipping & tax
 - (new bag optional this season – will be required 2027-28)
- Capris: \$80 + shipping & tax (Optional)

*Prices may rise due to anticipated changes in trade policies affecting import costs.

*Any lost, damaged, or outgrown items will be required to be replaced at the family's expense. Shipping on new items generally takes 8-10 weeks.

* We have a resale group on Band where you can buy, sell, or request gently used leotards, meet-day attire (in like-new condition), and practice wear. The link is on the hotline.

Additional Billing:

- August: \$40 registration fee / annually
- Parent and athlete banquet tickets: \$55-75 (athlete & 1 parent ticket automatically billed. Additional parent ticket will be available for purchase through hotline)
- Meet Fees (3-6 Meets per level + State/Regional meets)
- Travel Meet & USAG Membership for Levels 3+ & XCEL Gold+
 - Will include coaches' travel expense and accommodations.
- Routine Choreography & Music for XCEL Gold, Platinum and Optionals (September)
 - Paid directly to coach at choreography session
- Optional Tumble class: \$75.00 per month

Additional Information

- All team members must be on automatic drafting but can pay by cash or check by the 25th of the preceding month to avoid the fees
- Parking fees at some meets/events
- Spectator entry fees will apply and will vary per venue (\$7-\$30 a day)
- All bills must stay current to stay involved

SUMMER WORKOUT GROUPS & UPFRONT FEES

O All practice times are subject to change. While we try to make zero to minimal changes, they may be necessary for staffing and team practice situations. Any changes in schedule will be emailed and/or posted on the hotline.

YELLOW GROUP (Pre-Team) – \$210/month

- Upfront fee: \$160 (Includes practice leo, t-shirt, team parties, in-house camp & holiday practices)
- Schedule:
 - Thursday 4:00-5:30
 - Plus one Hot Shots 1 or Hot Shots 2 class of your choice

GREEN GROUP (L1, 2, Bronze) – \$235/month

- Upfront fee: \$245 (see page 15)
- Schedule:
 - Wednesday 4:45-6:45 pm
 - Friday 9:00-11:00 am

BLUE GROUP (Level 3, Silver) – \$335/month

- Upfront fee: \$850 (includes travel camp fee)
 - Athletes 7 and younger - Upfront fees will be \$350
- Schedule:
 - Monday: 4:30-6:30 pm
 - Tuesday: 4:00-6:00 pm
 - Friday: 10:00-12:30 pm
- Add USAG Monday Practice—coaches approval needed

RED GROUP (Level 4, Gold)– \$370/month

- Down payment fee: \$850 (includes camp fee)
- Schedule:
 - Tuesday 5:00-8:30
 - Thursday 5:00-8:30
 - Friday: Summer 10:00-1:00

BLACK GROUP (Level 5, Platinum, Optionals) – \$435/month

- Down payment fee: \$850 (includes camp fee)
- Schedule:
 - Monday 5:00-8:30
 - Tuesday 5:00-8:30
 - Thursday 5:00-8:30
 - Friday: Summer 10:00-1:00

Additional Practice Options

(June-July)

- Email office@excitegym.com to enroll in any additional practice options.
- Minimum enrollment is needed to open any additional practices. You will be notified by the office when the class is ready to open.

USAG TRAINING OVER SUMMER: (June & July)

- ADD Monday 5:00-8:30 / \$80/month
- Available for Blue & Red groups

***Conditioning times with Coach Alex – see summer brochure for more information!**

FALL-SPRING SCHEDULE

O All practice times are subject to change. While we try to make zero to minimal changes, they may be necessary for staffing and team practice situations. Any changes in schedule will be emailed and/or posted on the hotline.

Level 1: (4 hours- \$225/monthly)

- Wednesday 4:00-6:00 pm
- Saturday 9:00-11:00 am

Level 2: (4.5 hours - \$245/monthly)

- Wednesday 5:30-7:30 pm
- Saturday 9:00-11:30 am

Level 3: (7 hours - \$335/monthly)

- Tuesday 4:00-6:00 pm
- Wednesday 5:30 -7:30 pm
- Saturday 9:00 am-12:00 pm

Level 4: (10 hours - \$370/monthly)

- Tuesday 4:00-7:30 pm
- Thursday 5:00-8:30 pm
- Saturday 10:30 am – 1:30 pm

Level 5 & 6: (14 hours - \$425/monthly)

- Monday 5:00-8:30 pm
- Tuesday 5:00-8:30 pm
- Thursday 5:00-8:30 pm
- Saturday 10:30 am – 1:30 pm

Level 7, 8, & 9: (16 hours - \$435/monthly)

- Monday 4:30-8:30 pm
- Tuesday 5:00-9:00 pm
- Thursday 4:30-8:30 pm
- Saturday 10:30 am – 2:30 pm

XCEL Bronze: (4 hours - \$225/monthly)

- Wednesday 4:00-6:00 pm
- Saturday 9:00-11:00 pm

XCEL Silver: (7 hours - \$255/monthly)

- Tuesday 4:00-6:00 pm
- Saturday 10:30 am – 1:30 pm

XCEL Gold: (10 hours - \$370/monthly)

- Tuesday 5:00-8:30
- Thursday 5:00-8:30
- Saturday 10:30 am – 1:30 pm

Pre-Team

- Ages 4-6
- 1 Pre-team class
(Thursday 4:00-5:30)
- Plus one Hot Shots1 or Hot
Shots 2 class of your choice
- \$200/month

*Saturday practices may be moved to Fridays on meet weekends, pending the meet schedule being released. That information will be posted on the hotline as soon as the meet schedule is posted.

Additional Practice Options

- Email office@excitegym.com to enroll in any additional practice options.
- Minimum enrollment is needed to open any additional practices. You will be notified by the office when the class is ready to open.

Monday USAG (3.5 additional hours) – September - April

- Available for Level 4, XCEL Silver, XCEL Gold: Monday 5:00-8:30
- \$80/month

**If you have any questions on this year's
handbook, please email
gymnastics@excitegym.com.**

**We cannot wait to get our 26th season
started!**