



ARLINGTON VIRGINIA

Parks & Recreation

COMPETITIVE TEAMS HANDBOOK 2026-2027



ARLINGTON COUNTY GYMNASTICS, COMPETITIVE TEAMS

HANDBOOK

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Welcome Letter

Welcome to Arlington County Gymnastics' Competitive Teams Program! If you are new to our facility and program, please read this handbook in its entirety as there is a lot of information to be understood. There is also a New Athlete Checklist, that summarizes the task you will need to complete to ensure that you and your athlete have all the necessary items and complete all the necessary tasks. If you are currently an Arlington Aerials or Arlington Tigers parent/athlete, please refresh yourself with this Handbook.

This Handbook includes important information you will need to know about being part of Arlington County Gymnastics' Competitive Teams, whether you are an Aerial or a Tiger. There are some sections within this document that are specific to Developmental Program athletes, Club/Xcel Program athletes, and both. These sections are identified so that you are able to appropriately act with the information provided. These sections may also become useful in your athlete's future as they move and grow through our program.

Gymnastics is a challenging and demanding sport. As your athlete progresses from level-to-level, the intensity and time commitments increase, as well as their coach's expectations. Please know that our program values the health and safety of its athletes above all else. Our standards and expectations are a reflection of this value, which is seen in the success and growth of each athlete.

Attendance is critical to the success of each athlete. We maintain our attendance policy minimums to ensure the safety and success of each athlete as it has a direct impact to their potential each practice, competition, and season.

Success can look different for each athlete. Success is not solely reflected in scores or medals, but more in how the athlete feels about their performances and accomplishments both in practice as well as at competitions. We expect our coaches to work with each athlete and parent(s), so that all goals and expectations can be aligned to make our athletes as successful as they aim to be. No matter how long your athlete has been a gymnast, there may be setbacks. Injury, fear, body changes, and simply being overwhelmed are a few things that can cause setbacks to happen. We look forward to working with everyone to overcome any setback as smoothly as possible.

We are committed to helping your athlete through any challenges they face. Please trust our judgement as Gymnastics Professionals. We will always do our best to balance compassion and understanding while challenging your athlete to achieve their goals. We will communicate with you and your athlete whenever there are questions or concerns. If a coach is not available, the Competitive Teams Manager will gladly facilitate the communication or make contact with you.

We hope that this Handbook is helpful to both you and your athlete as they continue their gymnastics journey. If you have any immediate concerns regarding any of the content within this document, please reach out to your athlete's coach or the Competitive Teams Manager.

Valeria Boscan Medina

Gymnastics Teams Manager



2. About Arlington County Gymnastics

History

Arlington County Gymnastics' Competitive Teams Program is owned, managed, and operated by Arlington County Department of Parks and Recreation's Athletic and Facility Services Division. The recreational gymnastics program was started in 1971 by two Arlington County Physical Education teachers, Tim Mengerling and Steve Garman. They began by incorporating gymnastics instruction into after-school recreational programs at Randolph and Custis Elementary Schools.

In the late 1970s, this after-school recreational gymnastics program moved into the gymnasium at the vacant Gunston Middle School. In 1979, Tim and Steve formed the Arlington Aerials women's competitive gymnastics team of 20 athletes at Gunston Middle School to compete in the Women's Junior Olympic (JO) program of USA Gymnastics competition. Tim and Steve chose the name "Aerial" for the team to signify that this was a competitive gymnastics team, as an "aerial" is a somewhat advanced gymnastics skill that was required of those competing in the JO program.

Several years later, Tim and Steve were able to expand the program to include another auxiliary gym. This facility was remodeled in 1989 and eventually the program's growth required a new home in 2000, Barcroft Sports and Fitness Center. Although Tim and Steve had retired from coaching, their impact in growing the sport of gymnastics was felt by many of the program's coaches. Within that year, the Arlington Tigers men's competitive gymnastics team was formed by Mindy Thompson and later led by Sonja Hird Clark. Clark saw the Tigers to their first local USA Gymnastics men's competition in 2008.

What started out as an informal after-school program some 46 years ago, has grown into a center of success that serves nearly 6,000 Arlington County and DMV area youth per year. Today, both Arlington Aerials and Tigers teams regularly compete at the local, State, Regional, and National levels.



2. About Arlington County Gymnastics (cont'd)

Important Contacts and Gymnastics Staff

Managerial Staff

Title	Staff	Email	Phone
Gymnastics Program Supervisor	Keisha Thompson	kthompson1@arlingtonva.us	703-228-3618 (O)
Competitive Teams Manager	Valeria Boscan Medina	vboscanmedina@arlingtonva.us	703-228-3341
Recreation Program Manager	Kaliah Lewis	klewis1@arlingtonva.us	703-228-3636 (O)
Barcroft Sports and Fitness Center Front Desk	DPR Facility Staff	N/A	703-228-0701
DPR Registration Office	Merrelle White	registration@arlingtonva.us	703-228-4747

For any administrative questions regarding billing, practice schedules, recreation classes, or facility questions, please contact one of the appropriate managerial staff above.

Aerials Staff

Level	Staff	Email
Level 7-10	Timothy Oneill	toniell@arlingtonva.us
Level 7-10	Kassandra Lopez	klopez2@arlingtonva.us
Level 6	Carly Meyer	cmeyer@arlingtonva.us
Level 5	Carly Meyer	cmeyer@arlingtonva.us
Level 4	Allison Hallowell	ahallowell@arlingtonva.us
Level 3	Valeria Boscan Medina	vboscanmedina@arlingtonva.us
Xcel Diamond	Carly Meyer	cmeyer@arlingtonva.us
Xcel Platinum	Vanessa Cox	vcox@arlingtonva.us
Xcel Gold	Vanessa Cox	vcox@arlingtonva.us
Xcel Silver	Timothy Oneill	toniell@arlingtonva.us
Dynamites (Pre-Team)	Timothy Oneill	toniell@arlingtonva.us

For questions concerning athlete progress, levels, injuries, competitions, or other items related to your athlete's individual status, please contact your athlete's coach listed here. The Competitive Teams Manager and/or Gymnastics Program Supervisor can also follow-up should you have additional questions or concerns.

Tigers Staff

Level	Staff	Email
Level 7Sr-10	Mario Gorosito	mgorosito@arlingtonva.us
Level 6-7Jr	Diego Deville	ddeville@arlingtonva.us
Level 5	Diego Deville	ddeville@arlingtonva.us
Level 4	Diego Deville	ddeville@arlingtonva.us
Level 3	Diego Deville	ddeville@arlingtonva.us
Club Platinum	Liam Morse	lmorse@arlingtonva.us
Club Silver/Gold	Liam Morse	lmorse@arlingtonva.us
Cubs (Pre-Team)	Mario Gorosito	mgorosito@arlingtonva.us



2. About Arlington County Gymnastics (cont'd)

Parent Booster Associations (Arlington Aerials/Arlington Tigers)

Arlington Competitive Gymnastics teams are supported by 2 engaging parent associations, the Arlington Aerials Parents Association and the Arlington Tigers Parents Association. The mission and goal of these parent associations are to provide additional resources, foster communication, pay competition fees, procure uniforms, coordinate team and social events, fundraise to support coach travel costs, and more.

Arlington Aerials Parents Association (AAPA)

Website: arlingtonaerials.org

Title	Name	Email
AAPA President	Megan Powers	aerialsaapa@gmail.com
AAPA Vice President		aerialsaapa@gmail.com
AAPA Treasurer		aerialsaapa@gmail.com
AAPA Secretary	Christy Mitchell	aerialsaapa@gmail.com

Arlington Tigers Parents Association (ATPA)

Website: sites.google.com/site/arlingtontigersva

Title	Name	Email
ATPA President	Kari Garcia	atpa.president@gmail.com
ATPA Secretary		atpa.secretary@gmail.com
AAPA Treasurer	Erin Lester	atpa.treasurer@gmail.com
ATPA Competition Coordinator	Brian Glosch	atpa.competition@gmail.com



2. About Arlington County Gymnastics (cont'd)

Important Dates

- Arlington County DPR Registration
 - While Gymnastics Teams registration does not follow Arlington Department of Recreation ENJOY registration timelines, all participating athletes **must** be registered by the start of the Summer Practice Schedule (end of June) of each year. Athletes not registered will not be permitted to practice. This date may vary from year-to-year and will be communicated in the Spring in preparation for the upcoming season.

15 th of each month	Arlington County monthly tuition payment deadline
January	Arlington Aerials Invitational (MLK Weekend)
March/April	State Championship competitions (most levels)
April/May	Regional and National Championship competitions (most levels per qualification(s)), State Championship competitions (Aerials Xcel levels)
May/June	Regional Championship competitions (Aerials Xcel Platinum, Diamond), Next Season Registration with DPR
June	Summer Practice Schedule begins (date will vary)
July	USA Gymnastics Athlete Membership Sign-Up/Renewal Deadline (Parent Responsibility)
August	Fall/Spring Practice Schedule begins (date will vary)
September	Mandatory Parent Meeting, Competition Schedule Finalized
September	Gymnastics Teams Fall Picnic (Aerials and Tigers)
October	Aerials Team Photos
November	Arlington Tigers Invitational (mid-November)
December	Holiday Parties (dates will vary for Aerials and Tigers)

3. Practices and Training -

Proper training is critical for the health, safety, and continuous improvement of our gymnast(s). Some general rules that both you and your gymnast must understand and adhere to include:

- Attend all practices. More details on attendance can be found below.
- Arrive to practices on time.
- Wear proper attire (form-fitting/athletic apparel, leotard/unitards).
- Gymnasts with longer hair should have it pulled back out of the face
- Come to practices with the proper training items such as grips, supports/braces, hair ties, etc.
- When arriving to practices, gymnasts must wait in the designated areas (communicated by their coach(es)) and store their belongings in the designated places to ensure walkways are cleared and the gym remains clean.
- Always be respectful to your coaches and teammates.
- Put your best efforts into practice each day – we seek progress, not perfection.
- If your gymnast misses school due to illness, please do not bring them to practice. Contact your gymnast's coach and let them know they will be out sick. If your gymnast has a fever greater than 100.4 degrees, do not return to the gym until they are fever free for 72 hours.
- If your gymnast has an MRSA (staph) infection, please cover and protect the affected area.
- If your gymnast has lice, they may not return to practices until it is treated. Please notify your gymnast's coach and the Gymnastics Teams Manager so that other parents can be made aware.
- Bullying of any form will not be tolerated.
- If you observe something unsafe happening in the gym, notify your coach or the Gymnastics Teams Manager as soon as possible.
- Negative behaviors will be addressed following the Arlington County DPR Code of Conduct and/or any applicable USA Gymnastics SafeSport recommendations. The Arlington County DPR Code of Conduct document can be found at the end of this handbook.

3. Practices and Training (cont'd.) -

Mobility –

USA Gymnastics publishes mobility scores by level each year. While these scores earned during competitions are considered in our decisions to mobilize a gymnast, they serve only as a resource in mobility decisions. Mobility is earned and awarded through gymnasts' progress throughout the full year, encompassing Summer, Fall, Winter, and Spring training which includes their performance during competitions.

To move OUT of a level for Arlington County Gymnastics, a gymnast must:

- Aerials – be evaluated by their current coach as having satisfactorily obtained the skills needed for the next level in 3 of 4 apparatus.
- Tigers – be evaluated by their current coach as having satisfactorily obtained the skills needed for the next level in 4 of 6 apparatus.

Your gymnast's current coach and the next level coach will also discuss their skills to ensure sufficient progress for mobilization. Additional considerations to mobility include maturity, attendance, and individual skill acquisition. Gymnastics is a year-round sport that requires consistent, incremental progress to ensure safe skill acquisition. We strive for all gymnasts to mobilize when appropriately prepared which often can require repeating a level. Repeating a level does not always mean progress has not been made.

Attendance –

Gymnasts are expected to attend a minimum of 75% during the Summer months (late-June through mid-August), and 85% (increase from previous years) during the competitive season months (mid-August through late-June). Consistent attendance at these levels not only ensures your gymnasts' safety but is also critical to their relationship building amongst team members and coach(es), skill acquisition, competitive successes, and considered in mobilization. Your gymnasts' coach, the Competitive Teams Manager, and/or the Gymnastics Program Supervisor may consider your gymnasts' attendance in important decisions including:

- Gymnasts may be moved to a different level if there have been repetitive absences or tardiness.
- Coaches reserve the right to scratch a gymnast from a competition if there has been low attendance, impacting their ability to safely and successfully perform skills or if they miss vital practices prior to a competition.

- The coach may not allow a gymnast to compete in certain events/skills if they believe that low attendance has impacted their ability to successfully perform the event/skill.
- Historically negative attendance can be significantly considered in level placement conversations.

Practice Accommodations, Special Circumstances, etc. –

We recognize and understand that our gymnasts may participate in varying extracurricular activities, other sports, or academic events. Practice accommodations can be made upon request, should your gymnast have a medical, religious, or academic commitment that coincides with a day or time of their level's practice schedule.

Medical accommodations require a doctor's note with detailed instructions/limitations. These accommodations include but are not limited to:

- Reduced practice times
 - Must definitively state the number of reduced hours in practices
- Temporary restrictions of:
 - Events
 - Skills
 - Conditioning
 - Other (specified by doctor's instructions)
- Temporary period of no practice (specified by doctor's instructions)
- Other (specified by doctor's instructions)

Religious accommodations are made upon parental request. Please ensure to communicate the specific day, time, or other considerations to aid us in providing a suitable accommodation.

Academic accommodations are considered when the gymnasts' academic grade(s) will be impacted. Examples include but are not limited to:

- Musical concerts a gymnast will participate in
- Theatrical productions a gymnast will participate in
- Projects requiring after-school attendance

Exceptions to practice accommodations are limited to competition attendance and participation. Should your gymnast have a medical, religious, or academic related need with respect to a competition, any accommodations are subject to what the respective Meet Director(s) will allow. We will advocate on their behalf.

Other Sports/Activities –

Competitive gymnastics requires a significant, dedicated time commitment which is both physically and mentally demanding on the gymnast. “Down time” is important for gymnasts to allow their bodies to recover and remain within the academic requirements you and/or their schools require. The stress of gymnastics practices, school, and other activities can result in challenges surrounding confidence, mental/physical strength, and create the potential for injury. While we encourage our gymnasts to be healthy, well-rounded individuals, as their coaches and administrative staff in the club setting, we prioritize their well-being, academics, and gymnastics training above all else. We cannot provide practice or competition accommodations for other sports or activities that conflict with our practice schedules.

High School Gymnastics –

High School Gymnastics is a fun and exciting opportunity for gymnasts of all levels of ability to participate in while in their high school years. While some school teams may utilize your gymnasts’ same skills and routines, it may be in their interest to use different skills for their high school routines. We strongly recommend communicating with your gymnasts coach and high school coach(es) regarding their participation and skills in High School Gymnastics. Our priority remains with their attendance, progress, and competitions within our club, and will support their participation with our priorities for their success at the forefront of our minds.

Behavioral Expectations and Resolutions –

From time-to-time, there may be issues with athletes being disrespectful, having poor attitudes, lack of motivation to work, or other negative behavioral challenges. We understand that growing children need structure and space to grow however, when behaviors become unsafe or disruptive to practices, it must be addressed. If there are challenges with your gymnast exhibiting these or any other negative behaviors, we will contact you to discuss the concern and collaborate on a plan of resolution. In addressing any behaviors, we will reference the Arlington County DPR Customer Code of Conduct as well as the USA Gymnastics SafeSport Code. The Arlington County DPR Customer Code of Conduct can be found at the end of this document (Appendix A - Arlington County DPR Customer Code of Conduct)

Grips –

Grips are a critical piece of equipment for competitive gymnasts. We recommend that all Aerials gymnasts from Level 4 through 10, Xcel Gold through Sapphire, and Tigers gymnasts from Level 5 through 10, Club Gold and Platinum obtain grips. Grips are a gymnasts' personal training equipment and should not be shared to ensure safety.

Grips can be purchased from a variety of gymnastics equipment vendors. Below are some helpful links to vendors who supply gymnastics grips:

- [American Gymnast](#)
- [Ten-O by GMR](#)
- [Tian USA](#)
- [Reisport USA](#)

There are additional vendor options which you can find through an internet search and conversation with your gymnast's coach for any specific preferences they may have. As we do not supply grips, you must contact and order your grips directly from the vendor you prefer.

Choreography (Aerials: Xcel Gold (2nd year)-Sapphire, DP 6-10) –

Choreography is an integral and required part of floor routines. Choreography applies to Floor Exercise routines. Gymnasts and families are welcome to receive their choreography from an Arlington County Gymnastics staff or a non-staff person. If selecting a non-staff person, please work with your gymnast's coach and the non-staff choreographer to ensure appropriate music, music length, and any other specific details the coach recommends for the routine. Arlington County and Gymnastics staff have no cost control for use of non-staff choreographers.

Choreography completed by Arlington County Gymnastics staff is based on an hourly rate and must be scheduled outside of regular practice times. The billed amount typically includes 2 hours of planning and 3 hours of direct instruction for the routine. Should a coach anticipate the instruction time to be higher, an estimate will be provided. This rate is subject to be adjusted annually based on average staff salary. Please follow the steps below in scheduling with Arlington County Gymnastics staff:

1. Once music has been selected and approved by your gymnast's coach, select a staff choreographer and dates for receiving choreography.

2. Please complete the [Gymnastics Choreography Tracking Form](#) by filling in the date(s), staff member, your athlete's name, and the number of hours for choreography.
3. After the choreography is confirmed to have been completed, we will follow-up with the Registration Office to bill for the confirmed time.

4. Competition -

Team competition is the result and payoff for the hours spent during practices in the gym. Below is some information you and your gymnast should understand and keep in mind as we prepare for competition season each year.

Meet Policies & Guidelines –

Below are the general guidelines and policies relative to competitions that families must understand and adhere to:

- All team members are expected to compete in all meets. Any conflicts should be communicated to your gymnast's coach and the Gymnastics Teams Manager.
- Coaches determine a gymnast's readiness to compete.
- Gymnasts must stay with their team and coach(es) during the competition until the competition has ended or they are released to the adult they arrived with.
 - Any gymnasts driving themselves should communicate with their coach prior to departing that they intend to leave and when they will be leaving.
- Gymnasts are encouraged to stay for the awards ceremony.
- Good sportsmanship is expected amongst their teammates and regarding other gyms and gymnasts.
- **Parents are not permitted in the competition area under any circumstance.** In the event of an emergency, a coach will inform parents to accompany them if/when appropriate.
- During competitions, gymnasts are expected to focus on their routines and skills with minimal distractions from cellular devices, spectators, etc. Coaches are responsible for managing the gymnasts during this time and will contact a parent if needed and as appropriate.
- **Parents are not to approach competition officials under any circumstance.** Your gymnast and/or the team can be penalized for doing so.
- Gymnasts should be prepared with their hair, uniform, grips, and any other necessities upon arrival to the competition.

Meet Schedule –

- Coaches and the Gymnastics Teams Manager will develop the competition schedule each season. It will be shared with families at the Mandatory Fall Parent Meeting each year (late-August/early-September).
- Each year, the selected competitions may vary as we develop the schedule to ensure athletes are physically and mentally prepared for State Championships.
- Be aware that there may be competitions where your gymnast will compete on Fridays. We do not control how another gym develops its competition rotation schedule.
- All competitions are subject to change based on factors including capacity, coaching conflicts, weather impacts, etc.
- If your gymnast will not be competing in a competition, you must inform their coach, the Gymnastics Teams Manager, and AAPA/ATPA, before the Aerials or Tigers Scratch Deadline.
- Travel competitions are a means to educate and provide exposure to larger (number of competing athletes), highly competitive competitions, which gives gymnasts competitive experience in new regions, with different judges and competitors, and expectations as they advance levels.

Scratches/Injuries –

If your gymnast is injured and unable to compete in a competition, you must inform their coach, the Gymnastics Teams Manager, and AAPA/ATPA, before the Aerials or Tigers Scratch Deadline. If meet registration fees have already been paid, we will seek a refund and provide one if it is provided to AAPA/ATPA.

Should your gymnast sustain a significant injury that will cause them to be unable to practice or under limited activity for 4 or more weeks, please contact the Gymnastics Teams Manager to ensure your account can be adjusted. These injuries and restrictions are limited to the gymnasts' participation resulting in the injury. Injuries sustained in other activities will be considered as a Practice Accommodation.

Uniforms and Apparel –

The ordering and distribution of team uniforms and apparel is administered by AAPA and ATPA for our gymnasts. All gymnasts are required to have a competitive uniform which includes a competition leotard/singlet, capris, pants and/or shorts, a jacket and gym bag. The total costs of these items range from \$170-\$500 (varies for Aerials versus Tigers).



5. Finances

It is critical that you understand your financial commitments and responsibilities relative to participation in gymnastics with Arlington County DPR and the appropriate booster association(s).

Arlington County DPR Financial Obligations –

For DPR accounts on installment billing for Aerials or Tigers gymnastics, the Arlington County DPR Registration Office will invoice accounts on the 1st of each month. Based on your individual account set-up, payments will be auto-drafted by the 5th of each month from the payment method saved for installments at the time of enrollment or must be paid by credit/debit card on or before the deadline of the 5th of each month.

Bills noted as unpaid after 10 days will receive a first notice of non-payment. The following month's bill serves as the 2nd notice of non-payment and will reflect the previous balance in addition to the new month's bill. If an account balance is not resolved following 10 days from the 2nd notice, your athlete's enrollment will be canceled, and the balance will be sent to the Arlington County Treasurer's Office for collections process. Your athlete will not be permitted to attend practices until the balance is resolved.

Fee Reductions and Hardship –

Parks & Recreation classes, camps, fitness memberships, preschool, programs and more are at a price you can afford! Our fee reduction program helps *Everyone, Everywhere, Every Day! Access for All*. Whether you have a short-term set back or something longer term.

The Arlington County Fee Reduction Policy bases discounts on total household income and size relative to the currently-published HUD's Section 8 income limits. *If your household income is below the threshold, most of Parks & Recreation fees could be reduced.* Any member in a household that has qualified for a fee reduction can receive a fee reduction.

All Arlington County Parks & Recreation programs, fees and services are eligible for fee reduction except for personal training, private swim sessions for adults, adult leagues, payment for events or renting a facility (picnic shelters are included for fee reduction).

Fee reductions, payment plans, and financial hardships are available if you qualify and live in or own property in Arlington County or if you are an Arlington County employee or member of these households.



5. Finances (cont'd) -

Arlington Aerials Monthly Tuition

Aerials		Resident Fees	Non-Resident Fees
Level	Hours		
Dynamites	6 Hours per Week	\$294.83	\$333.00
Xcel Silver	6 Hours per Week	\$294.83	\$333.00
Xcel Gold	8 Hours per Week	\$393.75	\$431.91
Xcel Platinum	9 Hours per Week	\$434.41	\$472.58
Xcel Diamond	12 Hours per Week	\$588.58	\$626.75
Level 3	9 Hours per Week	\$434.41	\$472.58
Level 4	12 Hours per Week	\$588.58	\$626.75
Level 5	14 Hours per Week	\$639.08	\$677.25
Level 6	16 Hours per Week	\$674.50	\$712.66
Level 7, 8, 9, 10	20 Hours per Week	\$762.50	\$800.66

5. Finances (cont'd) -

Arlington Tigers Monthly Tuition

Tigers		Resident Fees	Non-Resident Fees
Level	Hours		
Cubs JR	4 Hours per Week	\$179.16	\$206.00
Club Silver	6 Hours per Week	\$268.25	\$308.41
Club Gold	8 Hours per Week	\$357.83	\$401.25
Club Platinum	9 Hours per Week	\$399.00	\$442.41
Level 3	9 Hours per Week	\$399.00	\$442.41
Level 4	12 Hours per Week	\$531.75	\$575.16
Level 5	14 Hours per Week	\$665.66	\$709.08
Level 6, 7, 8, 9, 10	20 Hours per Week	\$869.25	\$912.66

Refunds –

No refunds or credits will be processed if an athlete is unable to attend practices for illness, County holidays, or if the facility is closed due to inclement weather. The Competitive Teams Manager and coaching staff will reschedule cancelled practices in a timely manner as able based on availability of staff and gym space.

5. Finances (cont'd) -

USA Gymnastics Membership –

In order for gymnasts to register and compete in scheduled competitions, each gymnast must obtain and maintain a USA Gymnastics (USAG) Athlete Membership. This membership is an expected, individual cost paid by each family. The USAG Athlete membership fee is \$25 for new, first-time athletes and \$73 for returning athletes. We ask parents that each competing gymnast create or renew their membership on or before July 20 each year to ensure we are able to register all gymnasts for competitions.

Please note that any gymnast turning 18 years old is required by USA Gymnastics to enroll and complete the SafeSport Course. Any gymnast who does not complete the course will not be allowed within the competition area as per USA Gymnastics policy.

Booster Club (AAPA/ATPA) Financial Obligations –

Upon acceptance of an invitation to the Arlington Aerials or Arlington Tigers teams, each family also agrees to the financial obligations associated to the Arlington Aerials Parents Association and/or Arlington Tigers Parents Association with respect to the team the invitation is from. Parents and gymnasts are expected to follow and abide by the financial policies each puts forth. Each year, these fees may change, as appropriate, per AAPA and ATPA to best support each athlete and the respective, overall teams. As such, fees for AAPA and ATPA are structured differently. Fee structures are summarized on the following pages, but can be reviewed in detail through their respective handbooks.

Arlington Aerials Parents Association (AAPA) -

1. AAPA Dues.

Billed in June for Dynamites. Billed in two installments, July and October, for all other levels. Amount varies by level. Funds the following:

- Coaches' professional development
- Coaches' travel expenses to travel meets
- Coaches' apparel for meets
- Aerials social events
- Aerials Home Meet expenses
- Parent education
- AAPA operational expenses

2. Competition Meet Registration Fees and Team Fees.

Billed in two installments, July and October, for all levels excluding Dynamites. Amount varies by level based on the meet schedule. Additional fees could apply in the spring months, typically March-May, for upper-level gymnasts (JD Levels 7-10, Xcel Platinum-Sapphire) if they qualify for Regional and National Championships after their State Meet.

3. Competition Apparel Gear.

Billed in June for Dynamites and July for all other levels. Amount varies depending on gymnasts' apparel needs. Dynamites require Team Practice Leotard only. For all other levels, Competition Apparel Gear includes the following:

- Competition Leotard
- Team Warm-up Jacket
- Team Warm-up Capri Pants
- Team Practice Leotard (mandatory for Dynamites)
- Team Backpack (optional for Dynamites)

Further detail and explanation of these items can be found in the AAPA Member Handbook.

Arlington Tigers Parents Association (ATPA) -

1. ATPA Fees

ATPA fees and pass-through fees are billed in October, January, and April. These fees include:

- ATPA Coach and Team Support Fees (By level range)
- ATPA Membership Fee
- State Athlete Assessment Fee* (now \$25 per VA Men's Gymnastics)
- Competition Fees, Regular Season*
- Competition Fees, Virginia State Championships*
- Competition Fees, Regional Championships*
- Competition Fees, National Championships*

*Pass-through fee

2. ATPA Fee Breakdown

Arlington Tigers Parents Association (ATPA) invoices cover three categories of expenses: membership, coach support, and pass-through gymnast fees. These invoices are separate from, and in addition to, the Arlington County invoices. ATPA invoices will be emailed to you by the ATPA Treasurer over the course of the season. The following expenses are billed to gymnast families:

- ATPA Membership Fee
- Coach Support Fee
- Pass-Through Gymnast Fees:
 - Virginia Athlete State Assessment Fee
 - Competition and Clinic Registration Fees
 - Uniforms

Further detail and explanation of these items can be found in the ATPA Member Handbook.

Fee Reductions and Financial Hardship Assistance –

The Arlington County Department of Parks and Recreation provides a fee reduction program that may be able to assist your family. As part of the department's programs, the Arlington Aerials and Arlington Tigers program fees are within the applicable programs for fee reductions to be applied.

Should your family be interested in any financial assistance, please contact the Registration Office (listed in the Important Contacts) or email accessdpr@arlingtonva.us.



6. New Parent Checklist

Welcome to the Arlington Gymnastics Competitive Teams Program! We are very proud of the successes the program has achieved over the years, and even more proud of our alumni who have gone on to their successful careers both in and out of the gym. We hope that your family has a similar, great experience in our gym and program, and we help your gymnast achieve their goals during their time with us.

When you join the program, there are a few key tasks you should complete, and they are outlined below. Some of these items you may have already done, but this list is provided as a reminder to make sure your family is ready to go!

- **Arlington County Gymnastics Teams Handbook** - Review this handbook in its entirety. Reach out to your gymnasts' coach, the Gymnastics Teams Manager, the Arlington Aerials Parents Association, the Arlington Tigers Parents Association, or the Gymnastics Program Supervisor if you have any questions.
- **Arlington County DPR Household Account** – Upon invitation to the team, you must create an account with Arlington County DPR. If you already have an account created, you should ensure your account information is correct. Accounts with Arlington County DPR can be created and maintained through our [Registration Office site](#).
- **ePact** – This platform enables our Registration Office and coaching staff to access specific and important information about your athlete including Emergency Contacts, Medical Information, Media Release, Liability Information, and more. Once registered, the Registration Office will provide you with the necessary information to create an account and complete the needed information.
- **USA Gymnastics Membership** – If your gymnast is invited on a competing level and does not already have a USA Gymnastics Membership, you must create an account and pay the membership fee to do so. If your gymnast has competed with another gym and holds a USA Gymnastics membership, you must request to join the Aerials or Tigers club within USA Gymnastics. These functions and payments must all be completed through USA Gymnastics website, usagym.org.
- **Apparel and Uniforms** – Please reach out to the Arlington Aerials Parents Association or Arlington Tigers Parents Association to order any practice apparel or competition uniforms.
- **Schedules** – Be sure to review and plan for your gymnasts' Practice Schedule(s) and Competition Schedule (provided by Gymnastics Teams Manager).
- **Connect with AAPA/ATPA** – Be sure to check the Arlington Aerials Parents Association and Arlington Tigers Parents Association websites for any updates. Each organization will also share regular updates through email regarding the team, activities and important information.

7. Gymnastics Teams Alumni

Congratulations Aerials and Tigers high school graduates and families! We are proud to call your athlete an alumni of the Arlington Gymnastics Team program. While this final season may have come to an end, your time with the program may continue in some different ways.

Our program recognizes that some of our alumni may want to continue participating after graduation. The information below outlines the ways alumni can participate.

Visitation

Short visits, not practicing, can be permitted but must be coordinated with your athlete's coach and the Teams Manager prior to coming in. This avoids practice disruptions for current athletes.

Summer Practices

Should an alumni wish to continue practicing through the Summer immediately following graduation, they will need to inform their coach and the Teams Manager through email and register. When informing their coach and the Teams Manager, communication should include their final date of practices for billing purposes. It will also be important to communicate any planned absences to coaches for their planning. Please be sure to provide this information to the coach and Teams Manager before the next season's registration begins.

Collegiate Athlete Volunteer Program

Term:

- Begins: June
- Ends: May
- Renewable Annually based on participation and impact

Eligibility:

- A. College student-athletes must provide the Teams with enrollment documentation.
- B. Student-athletes must be an active athlete participant of one of the following collegiate programs:
 - NCAA competitive gymnastics team
 - Club/Intramural competitive gymnastics team
- C. The student-athlete must sign-up to volunteer with the Department of Parks and Recreation [Volunteer Portal](#).



Alumni Program Philosophy:

The Gymnastics College Athlete Volunteer Program is built on the belief that those who have benefited from the program have a responsibility to give back to it. Through mentorship, leadership, and meaningful engagement, the programs' collegiate athletes help shape the next generation while continuing to grow as leaders in their own journeys.

This program is not solely about service, but about continuing lasting, positive impacts within the program and growing the programs where they left it.



8. Leaving Arlington County Gymnastics Competitive Teams

Should your gymnast and family decide to depart from our teams, please ensure you complete the following tasks:

Notify by email (2 weeks prior to final day of practice) –

- a. Please email your gymnast's coach, the Gymnastics Teams Manager, and AAPA/ATPA

Payment closeouts –

- b. Any outstanding DPR/AAPA/ATPA balances **must** be paid by the end of the month your athlete departs
 - i. DPR will send an updated invoice/receipt to confirm future billing is canceled and any outstanding balances are due/paid.

Apparel sellback/donation –

- c. AAPA/ATPA may have use for your athlete's used competition apparel. Please wash the items you wish to sell/donate and provide them to the appropriate AAPA/ATPA representative.

9. Arlington County Gymnastics Teams Handbook

Acknowledgement

We hope that you have taken the time to go through this handbook carefully, so that you can better understand the operation of our competitive team program. We only require that one parent sign the acknowledgement below, but we would encourage you to also share this information with your gymnast(s), so they too understand the commitment needed to be an Arlington Gymnastics team athlete.

Please remember that because the team is a select group, the Gymnastics Teams Manager and/or Gymnastics Program Supervisor reserves the right to remove a gymnast from the competitive program, if the policies presented in this handbook are not adhered to.

Please call one of us at 703-228-3341 if you have any questions about this material or would like additional information.

The Arlington County Department of Parks and Recreation strives to develop and maintain programs with equitable access and sustainable resources that deliver dynamic experiences that benefit everyone, everywhere, every day. Thank you for the privilege of working with your gymnast. We expect this to be a very good year for our team.

Parent Name (printed): _____

Parent Signature: _____

Date: _____



Appendix A – Arlington County DPR Customer Code of Conduct

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