



COMPETITIVE TEAM

LEAPS & BOUNDS

ACRO HEAT

USAG ACRO TEAM

2023



SEASON DETAILS

BOYS & GIRLS

WWW.LEAPSPORTS.COM



WELCOME!

We are excited about your interest in our Acro Team Program for boys and girls. Our athletes compete the USAG Acro Gymnastics competitions at local meets, state meet, and regional competitions (upper levels have the opportunity to compete at nationals at the end of the season as well). Acro is a great program that combines the grace and poise of dance in choreography, with the technical tumbling of gymnastics, and partner skills to showcase some amazing and fun routines to watch and perform. This program is for any ages 5&up (4&up with invitation), and boys and girls. The skill levels range from beginner (cartwheel) to advanced.

GOALS OF THE LEAPS & BOUNDS Acro Team Program:

- to provide a safe, fun learning environment for competitive gymnastics.
- to help kids grow into happy, healthy, responsible adults.



MEET OUR ACRO STAFF

Acro Head Coach: Silviya

Silviya has been with Leaps & Bounds since 2018. Born in Bulgaria, Silviya was a gymnast for 8 years and was preparing for the 1976 Olympic Games. Due to an injury, she switched to acrobatics as it was more forgiving to her injury. She has a Masters Degree in Gymnastics. She trained classical ballet in college as well.

Silviya trained for the Bulgarian Gymnastics Olympic Team. She has also trained, coached, and judged acrobatic gymnastics on an international level with several World Championship medals to her name. She teaches great technique with great passion and most importantly loves our children.



SOME SUPPORT STAFF & COACHING

Morgan (Back Office/Admin/Meet Director)

Milla (Assistant Coach at practices)

TEAM BASICS

Communication:

We use the **Groupme** App. This is how all information is sent out to the group. There is a private chat feature in Groupme where you can speak to someone directly. If the whole team does not need to know, please do not post in the Groupme. Private Chat Ms. Silviya directly. If you are running late to practice, please call the front office because the coaches do not often check their phones during practices.

Facebook: We do have a **Facebook page** for Leaps & Bounds Diamonds Acro Team but we do not use it for regular communication. It's for the general public. We also have a **Facebook group** for the Acro that is just for current parents. It is mostly used for sharing pictures and videos but not need to know information.

Communicating with Silviya. She is diligent in working on better communications with the parents. Written communication via Groupme Chat or Email is preferred. She has apps that she uses to help translate intricate communication. She has one that you can speak into and it converts to Bulgarian so that there are no miscommunications when speaking face to face. The kids are able to use these resources as well. Please be patient and work with her as she is the person who can best help your child. If you are having any trouble communicating, please contact your team mom or the front office.

Social & Digital Media: We ask that all social media concerning Acro Team, Leaps & Bounds, its staff and customers be done in a positive manner.

Conflicts:

We believe in open and direct communication. When dealing with conflicts, face to face communication is always best. Always go directly to the person who the conflict is with and discuss it alone. If you need to go to the next level of leadership for a resolution, send an email requesting a time to speak with that leader.

Fundraising:

We have optional fundraising events that are run by the parents. These opportunities will be made known through the Groupme App. Some examples that our parents have organized are selling bed sheets, candy, cookie dough, car washes, garage sales, a dance, etc. If you have an idea, please bring it to the Team Mom.

PREP TEAM/NON-COMPETITIVE

Apparel: Tank Top Team Leotard & Team T-shirts

Total Cost \$135

Team Fees: registration fee, coach fees, team celebration

(2-3 in-house showcase style performances and possible community performances)

Total Cost \$200 (divided into 5 payments)

Tuition: 2 hour/wk (Due the 1st of Each Month) tuition prices on next page

Practice Schedule: 1 day a week/2 hours

LEVEL 5 & 6

Apparel: Team Leotard, Long Sleeve Leo, Warm Up Jacket & Pants, Booksack, and Team T-shirt (Same warm up/booksack/pants as last season)

Total Cost \$300(Used apparel maybe available.)

Team Fees: Meet Fees, 4 local competitions, state meet, regional meet team celebration and coaches fees

Total Cost \$893 (divided into 5 payments)

Tuition: 3-6 hour/wk (Due the 1st of the month) tuition prices on next page

Practice Schedule: 2-3 days a week/2 hours

Choreography Level 6 will be paid directly to Ms. Silviya

LEVEL 7 & UP

Apparel: Warm up Jacket&Pants, Booksack and Team T-Shirt
(Same warm up/booksack/pants as last season)

Total Cost \$250 (Used apparel maybe available.)

Competition Leotard is Separate: \$190-\$250/leotard

Team Fees: Meet Fees, 4 local competitions, 1 travel meet, state meet, regionals, team celebrations and coaches fees

Total Cost \$1043 (divided into 5 payments)

Tuition: 6-12 hour/wk (Due the 1st of the month) tuition prices on next page

Level 7 (minimum 6 hours) Level 8&9 (minimum 9 hours) Level 10 (minimum 12 hours)

Practice Schedule: 2-4 days a week/3 hours

Choreography Fee will be paid directly to Ms. Silviya

HOW WILL PRACTICES WORK?

****ESTIMATED FEES,
SUBJECT TO CHANGE****

This season we are trying a new approach to practice times. Coach Silviya will be putting the athletes together in pair/groups, and we will have a meeting to where each pair/group will have the opportunity to pick practice times that work best for everyone. We will have practice time options with so many slots in each to allow to keep student teacher ratios and successful practices happening. Once practice schedule is put together, it will stay the same for the remainder of season, will not change each month. More will be explained about this after try-outs, at the first parent meeting. Practices for June & July will be scheduled as normal.

TUITION

Within the levels, the pair/groups will have the opportunity to pick how many hours of practice they want, and tuition will apply accordingly. Each Level is given a minimum amount of practice time (shown in the previous page), but if want to pay for and attend more practice, that option is available.

2 hours/week \$110/month	9 hours/week \$291/month
3 hours/week \$138/month	11 hours/week \$338/month
4 hours/week \$160/month	12 hours/week \$350/month
6 hours/week \$220/month	

MEETS

4 Local Meets:

- Will be held at Leaps & Bounds and in New Orleans**
- Begin January 2024 thru April 2024**
- Schedule announced September 2023**

1 Travel Meet:

- Will have a parent meeting with Level 7&up and Coach Silviya to decide on what meet to attend for this season**

State Meet:

- Typically held at Leaps & Bounds**
- April 2024**

Regional Meet:

- Tentatively being discussed to have at the Beach in Florida (Driving distance)**
- May 2024**



LEAPS & BOUNDS

ACRO: START IN JUNE

PAYMENT SCHEDULE

2023

**May 22 Pro-Rated Tuition Due
+ Team Reg Fee Due**

**June 1 Tuition Due
June 15 Apparel Fee Due**

**Nov 1 Tuition Due
Nov 15 5th Team Fee Due**

**July 1 Tuition Due
July 15 1st Team Fee Due**

**Dec 1 Tuition Due
Jan 1 Tuition Due
Feb 1 Tuition Due
March 1 Tuition Due
April 1 Tuition Due**

**Aug 1 Tuition Due
Aug 15 2nd Team Fee Due**

**Sept 1 Tuition Due
Sept 15 3rd Team Fee Due
Level 7&sup Choreography Due**

May 2024 : Tryouts!

**Oct 1 Tuition Due
Oct 15 4th Team Fee Due**

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CONTACT REGARDING MONEY: JANET





LEAPS & BOUNDS

ACRO: START IN AUGUST

PAYMENT SCHEDULE

2023

Aug 1 Tuition Due

Aug 15 Reg. Fee + 1st Comp Fee Due

Sept 1 Tuition Due + Apparel

Sept 15 2nd Comp Fee Due

Oct 1 Tuition Due

Oct 15 3rd Cpm[Fee Due

Level 7&up Choreography Due

Nov 1 Tuition Due

Nov 15 4th Comp Fee Due

Dec 1 Tuition Due

Dec 15th 5th Comp Fee Due

Jan 1 Tuition Due

Feb 1 Tuition Due

March 1 Tuition Due

April 1 Tuition Due

April 15 Level 7+ Nationals Fees Due

May 2024 : Tryouts!

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