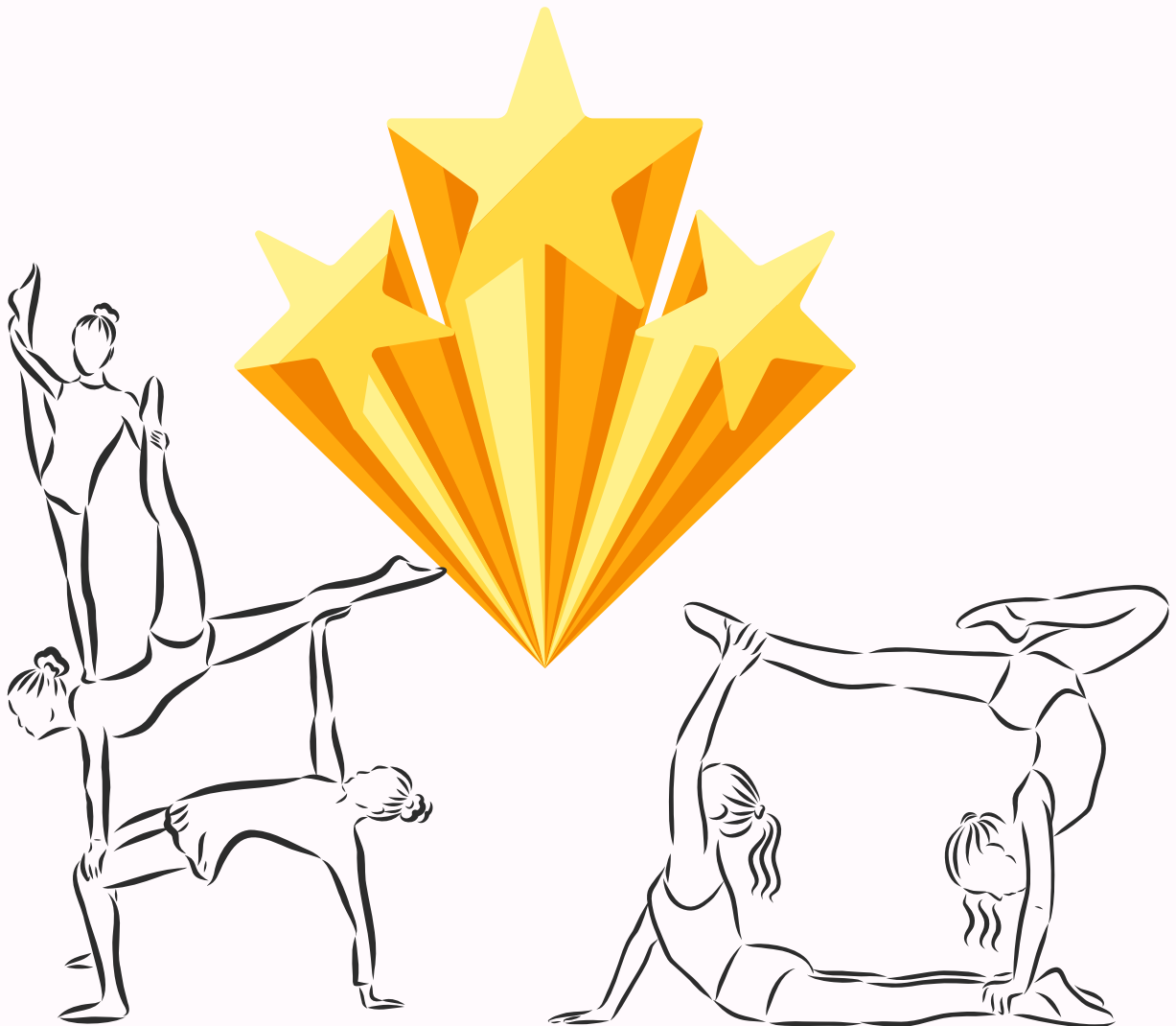


LEAPS & BOUNDS

ACRO **HANDBOOK**

PERFORMANCE TEAM



www.leapssports.com | 225.665.7200



Leaps & Bounds
sports center

Leaps & Bounds Acrogymnastics Team 2024-2025 Performance Team Handbook

On behalf of the staff of **Leaps & Bounds Acrobatic Team**, we would like to take this opportunity to welcome you to our Performance Acro Team. The dedication your child has demonstrated during their previous time with us has brought us such excitement that we look forward to a great season, filled with amazing experiences.

The **Performance Team at Leaps & Bounds** is a 5 month commitment. We have two 5-month sessions a year, Aug-Dec and Jan-May. You may sign up for one or both sessions. At the end of the session, we will perform routine for an in-house show or an in-house meet. This will give the kids some performance opportunities and competition experience.

Students will be placed in a pair or trio combination, learn elementary acrobatic compulsory skills which will then be put into a choreographed routine to music. Over the session they will work on perfecting their skills and routine. The Performance Team is a great way to be introduced to competitive Acrobatic Gymnastics.

For those that have participated in a previous season, this session will offer an opportunity to continue to build upon what they have previously learned with even greater confidence. Athletes will work in a different pair or group arrangement. They most likely work with different partners, participate in a different event, or a different level-- depending on who participates. A base from last session, may be a top in the next session or vice versa. All will work on new skills and new routines.

At the end of the session we will have an awards/fun night where there will be special games, refreshments and a video review of the performance/competition.

Performance Team will be required to participate in 2 events.

Fall Session

- Group routine during Christmas Show (Dec 13th 6:30 pm)
- In-house meet (Sunday, Jan 12th 2 pm)

Spring Session

- Local Performance
- In-House Meet



Leaps & Bounds Acro Contact Information



Silviya Ivanova

Acro Department Leader & Head Coach

Oversees all coaches and acrobatic program

Email: Acro@leapssports.com

Contact: Team Groupme Private Message

Phone: 225-665-7200



Milla Dunn

Developmental Coach & Performance Team Coach

Contact: Groupme Private Message

Phone: 225-665-7200



Parker Posey

Developmental Coach

Phone: 225-665-7200



Siena Lavergne

Performance Team Coach

Contact: Groupme Private Message

Phone: 225-665-7200



Janet Schumaker

Financial Team

All Team Payments

Email: Janet@leapssports.com

Phone: 225-665-7200

Expectations of Leaps & Bounds Team Parents

None of the coaches are able to have conversations with parents during practice hours. The safety of each athlete is their most important goal and they must give them undivided attention. If any problems occur, and you require a meeting with a coach, please schedule it through the front desk or ask the coach in a private message on Groupme. Quick questions can be referred to your child's coach via email, Groupme or in person when the coach is not in class. If there is a house issue, please email your child's coach or send a note with your athlete. If a coach needs to talk with you directly about any concerns or plans for your child, they will contact you to set up a meeting. Athletes may not contact coaches directly.

Expectations of Leaps & Bounds Acro Athletes

- We expect all athletes to be ON TIME and ready for practice both mentally and physically.
- We expect all athletes to be respectful and polite to all staff members, as well as other athletes.
- We expect every athlete to come to practice ready to listen, work their hardest, and try their best.
- 100% is expected from every athlete, each and every practice. The days when your athlete is tired or not feeling will, are the days when they must rely on their mental fortitude to get them through the workout. There will be times at competitions/performances, where they may not feel their best and working through the bad days at practice. We'll help prepare them for these moments.
- We expect each athlete to treat their partners with the same respect as they treat themselves. Partners and groups should be seen as a single entity. When they go on the floor in acrobatics, success and failure is made not as an individual but as a pair or group. There is no fault of a single person as there is not one person alone on the floor.

Practice Schedule

Thursdays 6:00-7:30 + Team Tumbling

- Start: Thursday, Aug 15 6:00-7:30
- No Practice: 11/25-30 Thanksgiving Week
- Christmas Show Rehearsal _____
- Christmas Show Dec 13 @ 6:30 pm
- No Practice: 12-23-1/2 Christmas Break
- In House Meet: 1/12 2-4:30 pm

Team Tumbling Options: _____, _____, _____

Illnesses and Injuries Policies

Our goal is to have healthy strong athletes. Proper nutrition, hygiene, and conditioning will go a long way to prevent illnesses and injuries. We ask that you not knowingly expose teammates to contagious illnesses whenever possible and report all possible injuries to coaches right away.

Illness policy Athletes with a fever of a 100 or higher should not be sent to practice. If they have been fever free for at least 24 hours without use of fever reducing medication, they may attend practice. Athletes with visible rashes, possible staph infections, eye infections or the like should not attend practice without a doctor's note stating that they are not contagious. If your child is missing practice due to an illness, you should first email or private message your child's coach as soon as you are aware. Second, notify partners so they are aware that they will have half practices that day. You should be sure to have your partner's parents on your phone contact list.

Injury policy Athletes who are in pain or have possible injury or stress to a body part, may have their practice modified as appropriate. Practice will only be modified if the athlete's parent notifies their coach in writing (text through Groupme, email or handwritten note). Prior to practice that day, athletes may not simply show up at practice and say "I'm not supposed to run today because my knee hurts," for example. Requests for modification of activity will be honored but must come from the parent and must be accompanied by a written request. If the injury still hurts and is not showing improvement after 1 week of modified practice, the athlete must seek medical diagnosis (MD, chiropractor, PT, etc.). Prior to returning to workouts, they must have a written diagnosis which states either full clearance to return to unlimited activity or listing specific restrictions with a date given for a return to full activity or a reevaluation appointment. All of such paperwork will be kept on file and we will follow doctor's instructions regarding injuries if you seek a professional diagnosis for an injury. Do not ask coaches to disregard the doctor's orders.

Attendance policy Athletes are expected to attend every practice. There will be no guaranteed makeup practices provided for an absence. We understand that illnesses happen and that sometimes school activities or trips out of town are necessary. We encourage partner parents to coordinate such things whenever possible to minimize the number of practices a pair group misses.

Attire for Practice

Girls are expected to wear a leotard to practice. Biker shorts or capri length tights are allowed. No loose-fitting shorts or T-shirts may be worn. Hair should be pulled back tightly so it stays in place for the entire practice. Boys should wear close-fitting t-shirt and athletic shorts. Athlete fingernails should be cut short.

Financial Information & Requirements

The Leaps & Bounds' Performance Acro team requires a 5-Month commitment, tuition fees are spread out over 5 months. **Leaps & Bounds requires families on team to have a credit card or bank account on file for automatic withdrawal.** All payments for tuition related fees will be charged to the account on file on the 1st of each month. For financial conveniences, apparel and performance fees will be deducted on the 15th of each month

Fall Session

August Tuition & Registration Fee
\$162 & \$38 -- due at sign up

Sept Tuition \$162 -- 9/1
Leo \$75 -- 9/15

Oct Tuition \$162 -- 10/1
Performance Fee \$62.50-- 10/15

Nov Tuition \$162 -- 11/1

Dec- Jan 12 Tuition \$162 -- 12/1

Spring Session

Jan Tuition & Registration Fee
\$162 & \$38* -- due at sign up
*New student only

Feb Tuition \$162 -- 2/1
Leo* \$75 -- 2/15
*Same leo for Fall Session

Mar Tuition \$162 -- 3/1
Performance Fee \$62.50-- 3/15

Apr Tuition \$162 -- 4/1

May Tuition \$162 -- 5/1