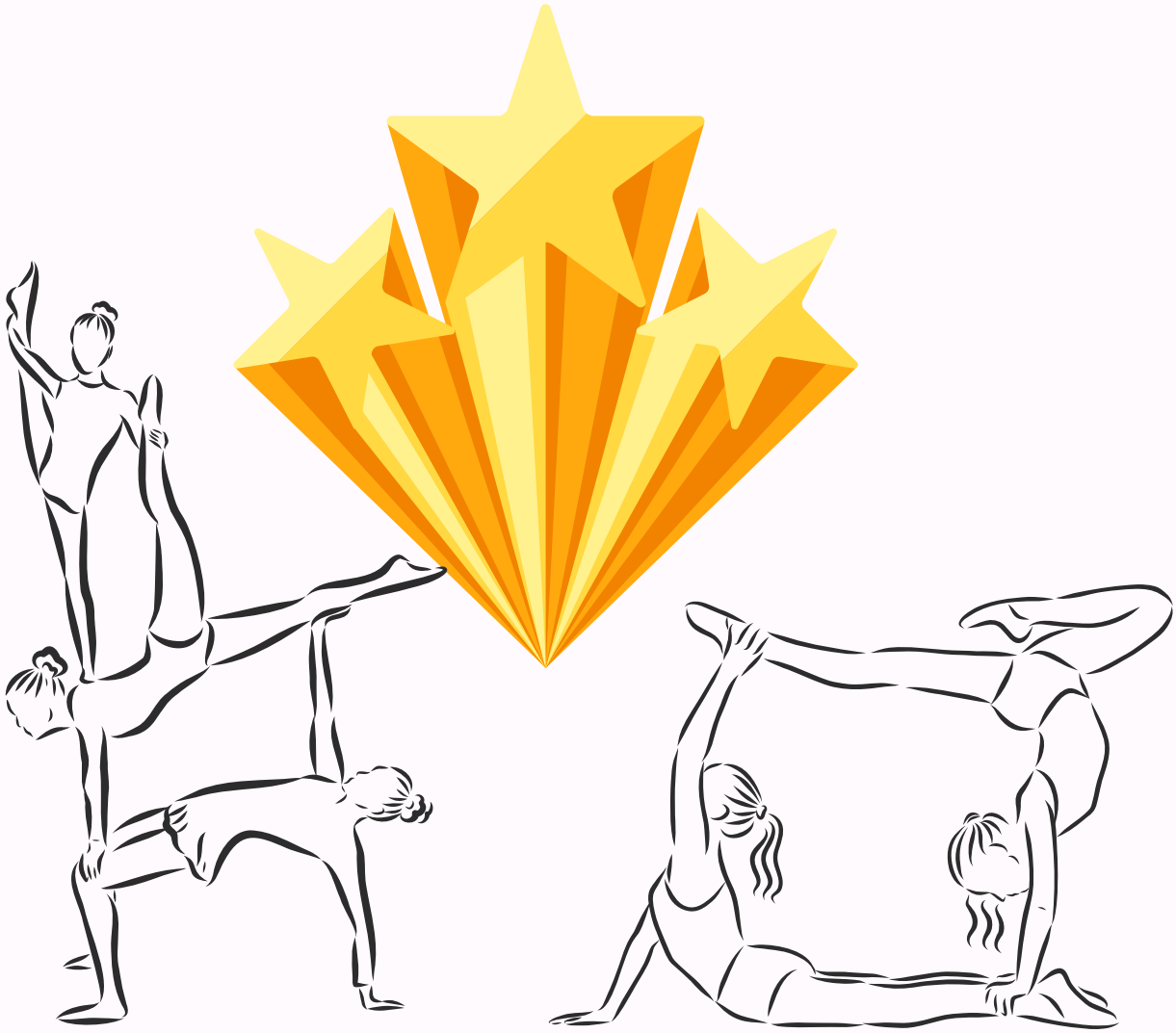
LEAPS & BOUNDS

ACRO HANDBOOK

PERFORMANCE TEAM



www.leapssports.com | 225.665.7200

Leaps & Bounds Acrogymnastics Team
2026-2027 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 a 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
- 2 in house performances

Spring Session
- Local Performance
- In-House Performance

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.

By signing below, I acknowledge that I have read, understood, and agree to following the expectations set by Leaps & Bounds Acro team.

_____

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 well, 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.

By signing below, I acknowledge that I understand and agree to follow the expectations listed above as an athlete of the Leaps & Bounds Acro Team.

_____

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.

Please note: By enrolling in the performance Acro program, families are committing to a full session. In the event a participant withdrawals from the program before the session concludes a $200 early termination fee will be assessed. We appreciate your understanding and cooperation and maintaining the structure and integrity of our program.

Fall Session

August Tuition & Registration Fee
$84 & $58 -- due at sign up

Sep 1st Tuition $105
Sep 25 Tumbling tuition: $70
Leo $70

Oct 1st Tuition $105
Oct 25 Tumbling tuition: $70
Performance Fee $65

Nov 1st Tuition $105
Nov 25 Tumbling tuition: $70

Dec 1st Tuition $105
Dec 25 Tumbling tuition: $70

Spring Session

Jan 1st Tuition & Registration Fee
$105 & $58* -- due at sign up
*New student only

Feb Tuition $105
Feb Tumbling tuition: $70
Leo* $70
*Same leo for Fall Session

Mar 1st Tuition $105
Mar Tumble tuition: $70
Performance Fee $65

Apr Tuition $105
Apr Tumble tuition: $70

May Tuition $105
May Tumble tuition: $70

Team Acceptance/Authorization Form

I have read and understand all parent and athlete policies contained within this handbook. I agree to follow all policies and understand that failing to adhere to these policies may result in the removal of the undersigned athlete from the Acro Team. I understand that I am required to make an honest effort to attend all practices on time, and will be required to notify the coach if I am unable to attend practice.

_____	_____	_____
Parent/Guardian Signature	Parent/Guardian Name	Date
_____	_____	_____
Athlete Signature	Athlete Name	Date

I have read, and agree to all parts of the 2025-2026 team handbook. I understand this is a year long commitment, and that I am responsible for tuition for the entire year. Further, I understand that as this is a commitment, tuition and fees are non-refundable, regardless of circumstances. Leaps & Bounds requires an active credit card OR bank account on file for me and my athlete. I authorize Leaps & Bounds Sports Center to charge my credit card or bank account on the 1st of each month for all tuition related fees. If I have supplied a credit card for team fees, I also authorize Leaps & Bounds Sports Center to charge this card for all team fees on the 15th of each month. Leaps & Bounds will inform the account holder when a charge is to be made, and what the charge is for. I agree that I will pay in accordance with the issuing bank account holder agreement. Additionally, I understand and agree to be subject to a **$25 Late Payment Fee** each time my tuition payment has not been received by the 1st of the month.

By signing below, I am making a commitment both financially , and personally to the Leaps & Bounds Acro Team.

_____	_____	_____
Credit Card #	Expiration Date	CVC#
_____	_____	_____
Bank Name	Account #	Routing #

Billing Address_____ Zip Code_____

_____	_____	_____
Account Holder Signature	Account Holder Name	Date

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.

By signing below, I acknowledge that I have read, understood, and agree to following the expectations set by Leaps & Bounds Acro team.

_____

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 well, 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.

By signing below, I acknowledge that I understand and agree to follow the expectations listed above as an athlete of the Leaps & Bounds Acro Team.

_____