Gymnastics Parent Handbook

St. Mary's County Recreation & Parks

Updated 7.3.25

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Welcome to St. Mary's Gymnastics! It is our goal to provide children with a positive youth development opportunity by offering a comprehensive and progressive gymnastics program, with trained staff and safe equipment. The gymnastics program will help foster confidence and self-esteem while children will learn to participate with others individually and within a team environment. The St. Mary's Gymnastics program offers two components of gymnastics: recreation gymnastics classes and a competitive team program. In this guide you will find information about both the recreation and team programs. Please take the time to review the information that best meets your gymnastics interests and needs.

Vision

A leader in cultivating exceptional leisure experiences in our community.

Mission

To provide an enriched quality of life for the community through the preservation of natural, cultural and historical resources, enhancement of parks and outdoor spaces, and promotion of a variety of leisure experiences.

Contacts

Recreation & Parks Program Coordinator	*Christopher Lengle*	**Chris.Lengle@stmaryscountymd.gov**
Team Head Coach/Manager	Vacant	
Recreation & Facility Specialist	Savannah Martin	Savannah.Martin@stmaryscountymd.gov
Office Administration	Sue Lynch	Sue.lynch@ stmaryscountymd.gov
Gymnastics Center Office	301-475-4200 ext 1759	StMarysGymnastics@stmaryscountymd.gov
Facebook Page	www.facebook.com/stmarysrecreation	

Gymnastics Center Office Hours

Monday - Friday	8:00am-8:00pm
Saturdays	9:00am-1:30pm

**Hours are subject to change based on schedule*
***Closed on federal holidays: New Year's Day, Easter Sunday, Thanksgiving Day, Christmas Eve & Christmas Day*

Inclement Weather Policy

In case of inclement weather Recreation & Parks will announce any closures of the gymnastics facility. Please note that the gymnastics facility does not necessarily follow the public-school cancelation schedule.

Weather Announcements:

- Visit www.stmaryscountymd.gov/recreate and click on ***Announcements & Updates***
- Call the Recreation & Parks Cancellation Line at 301-475-4200 ext. 71840
- Visit Facebook at www.facebook.com/stmarysmdrecreation
- Follow us on Instagram @stmarysrecandparks and on Twitter at #stmaryrecparks
- Sign up to receive text message alerts www.stmarysmaryscountymd.gov/recreate/rptext

Recreation & Parks also sends out email alerts on inclement weather days during the Winter months. All participants should receive this email. If you do not, please contact the office to ensure your email address is added to the list.

How to Request Accommodations

Individuals with disabilities are encouraged to register for general recreation programs. With your registration, please include information regarding your disability and accommodation needed. A two-week notice is required in order for the Department to make reasonable accommodations based on individual needs for successful inclusion.

Minimum Requirements for Successful Inclusion

The basic eligibility requirements for all programs, camps, classes and events are listed below. These basic requirements apply to all participants, regardless of ability level. There may be additional requirements for each program, camp or class.

- The capacity for each program is based on ratio and logistics. If the maximum enrollment for a program has been met, a participant may be unable to enroll or placed on a wait list.
- Payment is due upon registration. Payments must be received before admission into any program.
- All participants are required to follow the rules of conduct in the parent handbook. An individual with a disability may be removed from a program if after interventions and accommodations their behavior is a direct threat to others.
- Must be able to maintain personal care without support of R&P staff or volunteers.
- Participants should meet the prerequisite age/ skills for the class or program (if required for participation)
- Participant should be willing to participate and actively participate in the program the majority of the time.
- Ability to function with or without assistance as a member of a larger group (10 or more people)

Please call the Therapeutic Recreation Specialist for more information on disability accommodations and inclusion services 301-475-4200 ext. 1802.

ADDITIONAL CONTACT INFORMATION

Recreation & Parks Administrative Staff

Recreation & Parks Director	Raymond Bivens	301-475-4200 ext. 1800
Recreation Division Deputy Director	Jessica Hale	301-475-4200 ext. 1804
Recreation Division Manager	Cherie Nelson	301-475-4200 ext. 1807
Gymnastics Program Coordinator	Chris Lengle	301-475-4200 ext. 1752
Registrar & Program Support	Lindsay Peterman	301-475-4200 ext. 1801
Main Office/Front Desk	Gloria Edwards	301-475-4200 ext. 1800

Online Registration Support

For support, please contact Gloria or Susan at 301-475-4200 ext. 1800 or email webtrac@stmarysmd.com.

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Recreational Gymnastics &

General Facility Info

Recreation Class Program

The recreation classes are designed to provide basic gymnastic instruction to those children who are taking gymnastics for the first time, continuing on to the next recreation level or to those who are not interested at this time in being part of the competitive program. Particular skills and/ or age appropriateness within the recreation class curriculum must be obtained to move to certain levels. Recreation classes are designed to be a progressive program where a participant may have the opportunity at some point to be a part of the competitive program if they so choose.

Recreation Class Schedule

The recreation class schedule is based on five, 8-week sessions August through June and several summer camps during July. Registration for classes is held for each session. Early registration is available for participants in session 1 to register. To register prior to open registration for sessions 2-5.

How to Register for Recreation Classes

Recreation classes can be registered for two ways:

1) Online registration by going to the Recreation & Parks home page and clicking on the blue "Register Here" button. Search under Gymnastics.
2) Walk-in registration. You may also walk-in to either the gymnastics center or the Recreation and Parks main office site in Leonardtown by completing a program registration form.
3) The recreation class schedule can be found on the website. 3.1 WEB - Activity Search

General Rules of the Recreation Gymnastics Program

- During a class session, parents are not permitted in the gymnastics area with their child, unless the child is in the Parents & Tots class. An observation window is provided for your convenience.
- Siblings who are not registered in a class are not permitted to enter the class.
- Outer clothing and shoes should be left in the appropriate area of the lobby. Please remember Recreation and Parks is not responsible for lost or stolen items.
- Before class begins, please make sure the gymnasts have removed all jewelry and pulled their hair away from their face.
- Parents and Tots gymnasts may wear warm-up suits or shorts without zippers, buttons, or drawstrings. Parents participating in Parents and Tots classes should dress in comfortable attire – no dress shoes or hiking boots. With the exception of Parent and Tots students all other female gymnasts must wear a leotard.
- Male gymnasts should wear comfortable shorts with elastic waist bands. T-shirts must be tucked in. Absolutely no shorts with zippers, or jeans, or baggy clothing.
- No tennis shoes are permitted. Gymnasts must have bare feet. The only other footwear permitted will be gymnastic or ballet slippers. Tights alone on the feet are not permitted because they are often too slippery.
- Young children (5yrs. old or younger), who may not be able to reach the toilet, sink, or toilet tissue dispenser will need parent supervision in the restroom in order to maintain good hygiene.
- Gymnasts will be called into the gymnastics area at their appropriate times by class. All gymnasts must be properly warmed up before they are allowed to participate. Gymnasts arriving after the 15-minute warm-up may not participate.

- To ensure the safety of all participants, no flash photography or videotaping is permitted during class time inside the gymnastics area. However, you are free to photograph (no flash) or videotape from inside the observation lobbies anytime.
- Please be prompt in picking up your child. Children will not be dismissed into the lobby area unless the parent or guardian is visible to the coaching staff.
- No food or drinks are permitted in the gymnastics area.

Make Up / Missed Classes Policy for Recreation Gymnastics

Make up days cannot be given to individuals missing classes due to personal obligations, illness, school functions or travel. Our classes and staff schedule are designed based on a student to teacher ratio.
Adding students compromises safety and quality of instruction. If Recreation and Parks cancels a class due to inclement weather or unforeseen emergency, we cannot guarantee a make-up class. The availability of the gymnastics facility and staff will determine the possibility of make-up classes.

Recreation Class Refund Policy

A full refund may be obtained if R&P changes the location, time or date of the program which prohibits attendance, or if the department cancels the program due to insufficient registration. Refunds will be mailed within 30 days of cancellation if paid by check, or cash processed or within a few days if by credit card. In case of medical problems verified by a doctor's certificate, a full refund may be obtained if a written request is received prior to the start of class. A refund minus a $10 service charge may be obtained if the request is received in writing (2) working days or more prior to the first class/session. A refund of 50% of class cost may be obtained if the request is received in writing less than (2) working days prior to the start of class/session or the registrant attends one class/session. A refund may not be obtained once a class/session/program has started. Any cancellation request received the first day of class or after will not be accepted.

Recreation Class Transfers

Class transfers are permitted on the condition that the class being transferred into is not full to capacity with regard to instructor/gymnast ratio. Transfers are not predicated on carpooling. There is no additional fee for transferring to another class. All fees paid at the time of registration will apply. Gymnasts transferring into another class must be age appropriate and at the same level within the curriculum. Transfers are not permitted at the end of week 2 per session. Each class enrollment will be established and completed on/by week 3.

Returned Check Policy

The St. Mary's County Finance Department will submit all checks returned for insufficient funds to the State's Attorney's Office within 30 days of being submitted. A $25 fee will be added to the cost of the returned checks. If Recreation and Parks is notified by the Finance Department that your payment is returned, your space will be terminated immediately. At this time the parent is responsible to contact the Registrar for possible reinstatement into the program. If a check is returned for insufficient funds, future payments will only be accepted in the form of credit card, cash or money order.

Release of Children

At the time of enrollment, parents/guardians will be asked to provide names of designated persons who will be permitted to pick up the child in parent/guardian's absence. If the person is not listed on the child's Emergency Contacts, parent/guardian may inform the staff in writing. The gymnastics center staff will verify identification of person before releasing the child. Please instruct said person to bring proper identification with him/her into the center. Staff will make every effort to ensure the safety of a child. If concerns arise, (i.e. alcohol smell, slurred speech, incoherency) staff may contact other parent listed on emergency card or local law enforcement.

Recreation Class Move Up Policy

Recreation gymnasts must be age appropriate and have acquired the designated skills within their existing level in order to move to the next level. If a gymnast is age appropriate to move to the next level and has acquired the proper skills they will be evaluated by the coaching staff and recommended to move to the next level. Please understand that children improve and excel at different rates. It is possible that a child may have to remain in the same level for several sessions to master the skills needed to move to the next level. Mastered is defined as a gymnast being able to complete a skill with correct form on their own at least 3 times in a row with no verbal or physical assistance from a coach. Coaches do not need to spot the skill. This is to help promote self- confidence and above all, safety for the gymnast.

Insurance/Liability

Please be advised that the St. Mary's County Department of Recreation and Parks **does not** provide accident or hospitalization insurance for program participants. Parents are strongly advised to have adequate personal insurance coverage for their children. Participation in the gymnastics programs shall be at the parent's and participant's own risk.

General Behavior & Code of Conduct

Children are expected to conduct themselves in an appropriate manner at all times in both recreation and competitive team gymnastics. Children should refrain from being verbally and/or physically abusive to others. Children should have respect for authority figures and should respond positively to guidance and direction. Persistent behavior problems may result in dismissal from the gymnastics program. Disciplinary procedures within the gymnastics center are guided by the type and severity of the behavioral incident as described below:

Minor Incidents: Minor incidents include, but are not limited to, name calling, horseplay, refusing to cooperate (not listening, not following rules, or not following directions), being disruptive, being rude/discourteous to adults, throwing soft objects, minor destruction of property such as tearing up or coloring on others papers, etc.

More Serious Offenses: More serious offenses include, but are not limited to, using abusive/profane language, throwing dangerous objects, participating in physical conflict (hitting, kicking, biting, etc.), and inappropriate social behavior. When a child does not conform to acceptable rules of behavior, the staff will discuss with the child the specific inappropriate behavior that the child has demonstrated, more appropriate behavior, and the consequences for demonstrating further inappropriate behavior. Consequences may include, but are not limited to:

- Being assigned to a “Time Out” or a parent will be asked to assist with redirection. This action will be repeated if necessary.
- Being removed from the group if the behavior causes a distraction and barrier to learning for the other participants.
- Informal or formal parent conferences

- Suspension or dismissal from program *(without refund of fees)*

Zero Tolerance Policy – There is no tolerance regarding the participant's conduct involving infractions that concern the immediate safety of the child, the other participants and our staff.

Personal Belongings

Staff will not be responsible for the loss and/or damage to children's personal belongings brought from home. Children are asked to refrain from bringing candy, chewing gum, live pets or money to the center. Weapon-type toys or toys that encourage violent or rough play are prohibited from the center.

Parent's Rights

Parents have the right to:

- Know their children are in a safe environment where they are free to select from a variety of activities.
- Share concerns with the staff at any time about anything they do not feel is in the best interest of their children.
- Know if their child is misbehaving, and to spend time talking with the staff concerning the matter.
- Know if their child does not report to the program as intended.
- Be notified when their child has been injured however minor or severe the injury.

Parent's Responsibilities

Parents have the responsibility to:

- Observe the rules of the program as set forth by Recreation and Parks.
- Pay fees on time.
- Inform staff of any and all relevant issues pertaining to their child's physical, mental, and emotional health; behavior; and/or special needs, so that staff can plan appropriately.
- To keep the child's records up-to-date with changes in phone numbers and addresses.
- Pick up children on time; contact the center if they are to be late.
- Let the staff know if their child will not be attending the program for the day.
- Be available to be reached by telephone in case of an emergency; be able to pick the child up or have someone pick the child up within 30 minutes of the call.
- To notify a staff member when another authorized person is picking up a child.
- Inform staff if their child has been exposed to a contagious illness.
- Notify staff of planned vacation and other absences in advance.
- Notify the Registrar in writing of withdrawal from the program at least two weeks in advance.
- To share their concerns with staff members if the program is not meeting their child's needs.
- Be available for parent-staff conferences in a reasonable amount of time, especially in regards to behavioral problems.
- Listen to concerns that staff members have about their child's behavior, and to work through an agreeable solution to any problems that might occur.
- Know about any change in program policy or procedure.
- Know the discipline procedure of the program.
- Replace any equipment that their child is responsible for misusing.

Birthday Parties and Reservations

We look forward to helping celebrate your child's birthday. Led by our gymnastics staff, kids receive 75 minutes of gym time bouncing on the trampolines, jumping in the "airbag" balancing on beams and flipping on the gymnastics spring floor. This will be followed by 30 minutes to open presents and enjoy refreshments and 15 minutes to clean up.

Available Times

Saturdays	2:00 - 4:00pm	4:30-6:30pm
Sundays	1:00 - 3:00pm	3:30 - 5:30pm

Cleanup time begins at the end of your rental time and must be completed in 15 minutes or less.

Small Room Resident- $175 Non-Resident - $200

- Includes up to 12 children and 1 event leader
- Includes use of tables, chairs and trash cans
- Gym is shared with another party

Large Room Resident- $225 Non-Resident - $250

- Includes up to 18 children and 2 event leaders
- Includes use of tables, chairs and trash cans
- Up to 6 additional children may be added for $5 per child
- Gym is shared with another party

Scheduling a Birthday Party

1. You are required to pay the full amount of the party, at the time of reservation.
2. Party date must be reserved at least two weeks prior to the event. Rental form completion and payment are due upon registration to reserve the date.
3. Any changes to party booking must be made in person and must be initialed by the party host.
4. Final party count and final payment for any extra children is due three (3) business days prior to party date.
5. All parties can set up no more than 15 minutes prior to the official rental time.
6. Special requests must be made three (3) business days in advance of the party.

Birthday Party Usage Policies & Guidelines

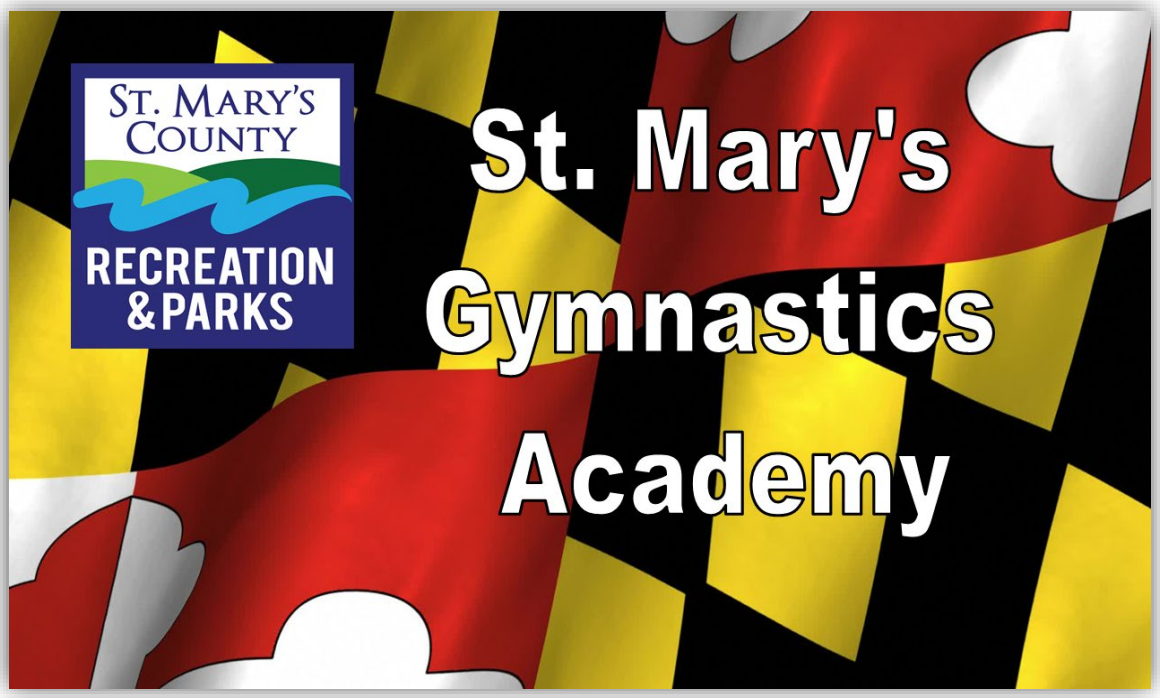
1. Children are not permitted to return to play on the gym equipment once the allotted gym time is over.
2. Proper attire is required for participating children which includes athletic clothing free of buttons, snaps or zippers. Shoes are not permitted on the gym equipment by adults or children.

3. At least one parent of the birthday child must be present.
4. Refreshments may be brought to the party at the parent/guardian's own expense.
5. Hosting family is responsible for all party guests before, during and after the event.
6. Party guests must remain in their assigned room.
7. Because many parties are scheduled in a day, all party attendants are asked to leave directly after the 2- hour party slot.
8. Adults are not allowed on any equipment during the party but may assist toddlers for safety under the direction of our instructors.

Birthday Party Cancellation Policy

To cancel your party and receive a refund you must submit your notice of cancellation in writing at least two weeks prior to the event. Please email to the attention of Jessica Hale, webtrac@stmarysmd.com.

USAG Competitive Gymnastics Team



ST. MARY'S
GYMNASTICS ACADEMY

Competitive Team Program

The USAG competitive program may be comprised of a Level 1 through Level 9. Levels 1-5 are known as the Compulsory Teams and all gymnasts perform the same routines and attend competitions while meeting certain criteria for each level. Optional (Levels 6-9) gymnasts have individual routines, and each gymnast must meet certain criteria for each level. USAG Xcel is also offered for levels Silver through Diamond.

How to Become Part of the Competitive Program

The Competitive program is a year-round commitment with fees based on a monthly tuition. If space allows, team tryouts are held each year for any recreation gymnasts that are eligible (based on skills obtained in the recreation program) and willing to become part of the competitive program. There is no obligation to be a part of the competitive program. Competitive gymnasts from another gym moving into the area or desiring to change gyms may also apply to be part of the competitive program. In this case an evaluation can be set up with the coaching staff to determine the competitive level that the gymnast will be a part of. Once a gymnast has been evaluated and has been approved to be in the team program, parents would decide if they wanted to continue pursuing the team program and which competitive team program they desire. When a gymnast has been accepted into the team program, they must register for the team with the gymnastics main office. At this time an account will be set up and monthly tuition payments would begin. The exact date of first payment will depend on the start date for the gymnast. Please note that a new registration form must be filled out each year for a team gymnast.

Team Practices

The practice schedule is based on the competitive team program and levels. The higher the level the more weekly practice hours there would be for a gymnast. Your gymnast depending on their level, will practice 2-4 times per week at our gym. Our coaching staff is USAG certified and have completed all necessary safety certified and criminal background checks to work with your child in their endeavor to pursue the sport of gymnastics. Parents will want to contact the coach for progress reports from time to time. We ask that you do not approach the coach during practice hours. Please see the coach immediately before or after practice or you may set up a meeting if needed to discuss your child's progress. Each coach has an email where you can make such requests. Phone calls and text messages to a coach's personal phone is prohibited. Coaches are expected to respond to all email inquiries within 24 hours, Monday through Friday. You may also leave a message for a coach with the office staff during business hours.

It is important to understand that your child's progress is related to the frequency of making practice. Please make every attempt to have your child at practice when the team meets. Too many missed practices may prevent your child from competing in a meet. Finally, practice days and times are contingent upon the availability of space, our competitive coaching staff, and the number of team members participating.

1) Gymnasts must be on-time for each practice day. Early dismissals are only at the notification by the parent.
2) Gymnasts are expected to attend every practice. Illness, family emergency or previously schedule absence allowed. Parents are expected to notify the program director if the gymnast will not be attendance.
3) "No shows" will result in a phone call to parents and a reminder that communication with the program director and/or the gymnastics center office is necessary so coaches are informed of each gymnast status.
4) Any excess of absences will require a coach and parent meeting to discuss the issue. The program director will also be part of this meeting.
5) During meet season – all competing gymnasts who have excessive amounts of absences will result in the coach's discretion to dismiss from competition.
6) Attendance is mandatory 2 weeks out from a competition. Any unexcused absence will result in inability to compete.

Team Meets

The number of team meets for each year is determined by the coaching staff for USAG meets. It is important to note that a gymnast will not be required to attend every meet scheduled if skills are not met or injuries occur. Competitive meets will involve traveling to other gymnastics facilities typically within the state of Maryland. There are occasions when a meet will be in a surrounding state. The organizing and working of this meet is handled by the volunteer parent booster club. Finally, there are fees associated with participating in meets in addition to the team monthly tuition. USAG meet fees are paid before each meet.

Monthly Tuition

Each gymnast is selected by the coaching staff at a level that is related to their ability and commitment, and tuition is established for each of those competitive levels which is due on a monthly basis.

Team	Monthly Rate (Resident)	Monthly Rate (Non-Resident)	Hours Per Week	Practice Days & Hours	
Level 1	$175.00	$180.00	4	Tu & Th	4:30-6:30pm
Level 2	$218.00	$228.00	6	Tu & Th	4:30-7:30pm
Bronze Xcel	$175.00	$180.00	4	Tu & Th	4:30-6:30pm
Level 3	$270.00	$280.00	9	Tu, Wed & Th	4:30-7:30pm
Silver Xcel	$218.00	$228.00	6	Tu & Wed	4:30-7:30pm
Level 4	$320.00	$330.00	12	M/W/Th/F	4:30-7:30pm
Gold Xcel	$270.00	$280.00	9	M/W/F	4:30-7:30pm
Level 5	$362.00	$372.00	15	Monday-Friday	4:30-7:30pm
Platinum Xcel	$320.00	$330.00	12	M/T/W/F	4:30-7:30pm
Level 6-9	$430.00	$440.00	20	Monday-Friday	4:00-8:00pm
Diamond Xcel	$362.00	$372.00	16	M/T/Th/F	4:00-8:00pm

Payment DUE: First of every month. Payments made after the 1st of the month will incur a $10 late fee.

- The 5th of the month is the last day to reconcile the account. Payments must be made by close of business on the 5th of the month which includes the account balance and a $10 late fee.
- If payment has not been made by the 5th of the month, the child is removed from the team roster and re-registration will be required with the account arrears paid in full and one month in advanced paid. Example: payments made after November 5th will require a payment for November and December.
- A maximum of (2) late payments after the 5th of the month will be allowed. If the third payment is attempted after the 5th of the month, the gymnast will no longer be allowed to participate for the remainder of the season. Re-registration will be permitted at the beginning of the next season (which starts in July) as long as all fees in arrears are paid in full.

Payments may be made by personal checks, cash and credit cards (Visa and MasterCard) are accepted at the gymnastics center's office window during posted office hours or at the Recreation and Parks main office in Leonardtown, Monday-Friday 8-5pm. AutoPay is also available – please see the office staff to enroll. Checks are made payable to SMC Recreation & Parks. Please place your driver's license and phone numbers on each check. You may also pay online with your credit card by setting up an account by visiting www.stmarysmd.com/recreate. Click on the blue *Register Here* button to get started. Electronic statements, email reminders or phone calls related to tuition reminders are a courtesy. Payment schedules are provided at the start of each season and detailed in this parent handbook. The monthly tuition is due regardless of facility closures that may occur due to inclement weather or planned closures such as major holidays,

spring break, or back to school week. Payment is also due regardless of the gymnast's actual attendance. There will be an exception for an excused absence based on documented medical injury that requires a gymnast to be unable to practice or perform for minimum of two weeks. The registrar office must be emailed at webtrac@stmaryscountymd.gov a dated doctor's note within one week after the injury to request a start date of an excused absence. Gymnasts may return to their workout schedule once they obtain a note releasing them from the doctor's care, which must indicate in writing that participating in gymnastics is permitted. Please note that all fee related questions or transactions must be directed to the registrar office staff and not the coach. Pro-rated fees will be applied In the event the gym is closed for unseen reasons (other than named above) for a week or more or, for injury/illness related incidents accompanied by a Doctor's note within one week of the injury or illness. The injury or illness must prevent a gymnast from participating for 2 weeks or more before a pro-rate would be granted.

Competitive Team Fees

Monthly team tuition rates are paid directly to Recreation & Parks. All other fees are paid through the Gymnastics Booster Club (details provided by the Club leadership). Fees include, but are not limited to:

- Team Leotard and warm up suit
- Meet entry fees (all meet entry fees are non-refundable even if your child cannot participate; meet entry fees must be submitted on or before the date requested; late entry fees will not be accepted after the deadline.)
- USAG Gymnastics Athlete Registration Fee
- Optional music selection
- Other related fees

Each team gymnast is responsible for the following fees payable to Recreation and Parks (or otherwise as noted):

- Monthly tuition
- Individual lessons (optional)
- Choreography fee if applicable, a maximum of $325 per choreographed routine. Fee will be collected by the Booster Club.
- Other related fees (seasonal parties, events, etc.)

Team Parent Responsibility

- To ensure the safety of the gymnasts and coaches, parents and siblings of gymnasts cannot be in the training area during team work outs.
- To further ensure the safety of all participants, NO FLASH PHOTOGRAPHY is permitted in the gymnastics training areas. This is a USAG rule, and should be followed at all gymnastics venues. Videotaping is permitted from the observation lobby during team practices. Coaches may video tape gymnast for training purposes only.
- Parents are not permitted to be on the floor during practice under any circumstances.
- Please contact the gymnastics office and Program Director if your gymnast will not be attending practice. Coaches must plan appropriately for the number of athletes at practice.
- Please be prompt in picking up your gymnast from practice and events. Gymnasts will not be allowed to leave the facility or permitted in the parking lot without a parent or guardian.
- Help us provide a positive and constructive environment for the betterment of the gymnastics center operations. This includes interactions with staff, coaches and at Booster Club meetings, functions and events. Parents must speak to coaches in a respectful, positive manner.
- To follow all social media policies.

- To notify the Program Director if there are any concerns, questions or inquiries related to your participation in the gymnastics program.
- To notify the Program Coordinator if you feel you are not receiving the necessary support or information from the Program Director.
- To follow communication guidelines for contacting coaches outside of your gymnasts practice time. Coaches' cell phone numbers are given out for emergencies only. If a parent needs to contact a coach outside of the gym they must use a county email.

Gymnast Responsibility

- Team members should report to all practices and events on time and in good health to perform at their optimum level. Please notify your team coach regarding circumstances such as illness, or missed practices. Written notification regarding vacations and excused absences should be submitted to the coach.
- Gymnasts are responsible for their own actions during practices and meets. Respectful behavior from gymnasts should always be present to teammates, coaching staff and the gymnastics office staff.
- All team members must wear a one- piece gymnastics leotard. The competitive team leotard and warm up suit are required for march- in, competition, and awards ceremonies.
- Long hair must be pulled away from the face and well off the shoulders.
- The only jewelry permitted for gymnasts is one stud earring per lobe. Other body jewelry must be removed or taped to be completely covered.
- Gymnasts must have bare feet or USAG approved footwear to participate. Failure to comply with proper dress codes and jewelry policies may result in being denied participation in practice or competition, and a refund of entry fees will not be given. Any ruling of a coach or judge who determines attire, hair, jewelry, or footwear to be a safety hazard will be followed.
- Optional gymnasts are required to create a floor routine that is composed by a choreographer or coach. Music selection is based on the gymnast's age and skill level. All floor routines are choreographed for two competitive meet seasons. Changes and upgrades may be made by coaches and the choreographer only when necessary.
- Food, drinks or gum are not permitted in the gymnastics training area. Please do not leave un-eaten food or drinks in the locker areas, lobbies or hallway.

Recreation & Team Coach Responsibilities

- To provide instruction, constructive critique and ongoing motivation for all gymnasts.
- To provide a safe and encouraging environment for each gymnasts to improve and excel at the sport of gymnastics.
- To provide timely information to parents related to their gymnasts progress or setbacks.
- To respond to emergencies and always make safety a number one priority.
- To notify the program director immediately related to any behavior or attendance concerns.
- To act in an honest and fair manner towards all gymnasts.

Program Staff Responsibilities

- To provide clear and timely communication between coaches, staff and parents.
- To ensure professional oversight of gymnastics team operations.
- To provide quality customer service at all times.

How Do Competitive Gymnasts Advance to the Next Level?

A gymnast advances to the next level by "scoring out" at any given meet during the season. A total combined score has been set in order to advance to the next level. Once a gymnast reaches that score or higher in a meet, they are eligible to move to the next level. Advancement is for final approval from the Level's Head Coach and the team head coach. The team head coach is employed by Recreation and Parks communicates to team parents any information related to department, gym, or team news (meet information, administrative information and events).

Private Lessons

Lessons are based on coaching and scheduling availability and must be scheduled in advance with the gymnastics center office staff. There are several options to choose from to best meet your needs in 30 and 60-minute increments based on gymnastics head coach (Diane) recommendation.

	Fee	Ratio
30 Minutes	$30	*1 coach to 1 gymnast*
60 Minutes	$50	*1 coach to 1 gymnast*
60 Minutes	$65	*1 coach to 2 gymnasts*

Discounted Punch Passes –

Punch Passes are available for your gymnasts' convenience by purchasing a Private Lesson Punch Pass at a discounted rate. Punch passes can be purchased at the main office or online. Purchasing a punch pass does not mean a private lesson has been booked. Once you purchase a punch pass, you must still reserve a private lesson date/time. The punch pass will then need to be presented for each private lesson you attend and marked accordingly. Once all punches have been used, the pass will expire. Any unused punches cannot be refunded or transferred for any other lesson, program or service.

Punch Pass Type	Time	Ratio	Fee
3 Lessons	30 minutes	1 to 1	$81
	60 minutes		$135
5 Lessons	30 minutes		$120
	60 minutes		$200
10 Lessons	30 minutes		$210
	60 minutes		$350

Items to Remember:

1. Failure to show for any scheduled lessons will result in no refund.
2. Changes to a reservation must be completed with office staff at the gymnastics center.
3. All Punch Passes expire June 30 of each year, and any remaining unused punches will be forfeited

Competitive Season Schedule 2025-2026

TBD.

- *Schedule is subject to change and modifications.*

Social Media Policy

By joining and using R&P's private Facebook page for team gymnastics, you agree that you have read, understood, and will follow all rules and guidelines outlined here. Postings and discussions will be monitored to ensure that users are adhering to conditions. Recreation & Parks reserves the right to immediately remove any and all postings that violate the terms of use. In addition, R&P reserves the right to temporarily and/or permanently suspend user accounts in continued violation of these terms, which will be at the full discretion of the R&P Facebook administrators. Violations will be addressed, and the code of conduct will be referenced to demonstrate the offense. Any user found to be in violation of the code of conduct will be removed from the Facebook private group. The opinions, views, positions, policies and goals posted to, or available on or through, the R&P Team Gymnastics page do not necessarily represent/reflect those of R&P (staff, board, and committees).

User Etiquette & Rules for Posting Content: Use of R&P Team Gymnastics Facebook requires the practice of respectful communication, as well as an understanding of the difference between opinions/constructive criticisms as opposed to derogatory/negative comments. Please don't challenge or attack others. The discussions on the lists are meant to stimulate conversation and provide notification, not to create contention. Let others have their say, just as you may.

Recreation & Parks requests that you follow these general rules:

- You will not send, post, or otherwise promote commercial products or services, except sales of St. Mary's Gymnastics Academy merchandise if necessary.
- You will not send, post, or otherwise promote offers for contests, giveaways or sweepstakes unless for the express benefit of the Booster Club to serve St. Mary's Gymnastics Academy fundraising goals.
- You will not post content that is defamatory, abusive, profane, threatening, offensive, pornographic or violent.
- You will not send, post, or otherwise promote any content that infringes any intellectual property or other right of any person or entity, including, but not limited to, violating anyone's copyrights, trademarks or service marks.
- You will not knowingly post any spam, documents, files or other content that contain viruses, corrupted files, or other materials that may cause damage to another's computer.
- You will not use the site to do anything unlawful, misleading, malicious or discriminatory.
- Messages should not be posted if they encourage or facilitate members to arrive at any agreement that either expressly or impliedly leads to price fixing, a boycott of another's business, or other conduct intended to illegally restrict free trade.
- You will not post any subject matter not directly beneficially to the function of Team Gymnastics.

Participant Liability: It is the sole responsibility of the user to ensure that the posted content is accurate and does not infringe or violate the intellectual property rights or other rights of third parties. Information posted is available for all to see, and comments are subject to all laws concerning libel, slander, harassment, verbal assault and antitrust issues.

Be Courteous, Tolerant, and Keep it Clean: R&P encourages site users to protect themselves and each other when engaging in information sharing and/or online discussions. If you notice a user is in violation of the terms of use, or if you have a technical question, please notify Recreation & Parks at jessica.hale@stmarysmd.com or 301-475-4200 ext. 71804.

Team Withdrawal Policy

A withdrawal request is due by the 14th of the month prior to withdrawing from the team. If account has been paid, and the need to withdraw is prior to the 1st of the month, then a $10 administration fee will be charged with the remaining credit being placed on the household account. Withdrawals after the 1st of the month are non-refundable. Exceptions to this will be withdrawals due to injuries. Withdrawal must be emailed to webtrac@stmaryscountymd.gov please notify the team coach.

Team Leave of Absence and Refund Policy

Any USAG team member who wishes to cancel one month of practice may do so and return to the team the next month. Those who cancel two or more consecutive months, will need to re-register and can rejoin the team if space is available. Your spot will not be reserved for you in your absence unless regular payments are made. All refund requests must be submitted in writing. If the request is received in writing (2) working days or more prior to the first practice session of the month and assuming the month payment has already been made, a $10 service charge will be assessed and your household account will be credited with the refund. If a request for refund is received in writing less than (2) working days prior to the first practice session of the month and assuming the month payment has already been made, a refund of 50% of the monthly tuition cost will be provided. Your household account will be credited with the refund. Refunds for a particular month may not be obtained if the registrant attends more than one practice in that month you are requesting cancellation. All refund requests must be submitted in writing to the Division Manager at webtrac@stmarysmd.com.

Disciplinary Actions

If parents or gymnasts fail to follow gym rules and exhibit behavior not in accordance to the gymnast or parent list of responsibilities, the following actions may take place:

- Sitting out
- Removal from practice
- Parent conference with coach and program director
- Extended suspension from practices for serious or repeat offenses
- Suspension from team, without refund or fees or Booster Club contributions
- Dismissal from team, without refund of fees or Booster Club contributions

Booster Club

The booster club is a non-profit parent volunteer support organization for the competitive team program. Recreation and Parks encourages all parents of team members to participate in serving the booster club through fundraising, attending meetings and other activities. The booster club's function is to raise funds that in turn help assist with meet costs. The booster club is structured with an executive board whose members are voted in each year by the booster club at large. Please contact the program director for Booster Club contact information.

USAG Level Requirements

Gymnasts will be placed at a level based on the skills they are able to perform. USAG provides a minimum set of skills necessary to be classified at a certain level and these skills must be demonstrated in order to compete at any given level. Some skills progression and achievement will be at the coach's discretion based on a variety of factors specific to each

athlete. Pre-Team focuses more on maturity, attention span and coach ability to prepare gymnasts for a competitive atmosphere. Specific skills for the Pre-Team will be provided by the coach.

Concussion Awareness

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Concussions can occur in any sport or recreation activity. A concussion can have long term impacts on young athletes such as their health, memory, learning and even their survival. This has led to a new effort to improve prevention, recognition and response to sports-related concussion.

To help ensure the health and safety of young athletes, Recreation & Parks created an awareness campaign to offer information about concussions to coaches, parents, and athletes involved in youth sports.
The following are a list of symptoms that may suggest a concussion has occurred.

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

What To Do If You Think a Concussion Has Occurred?

1. **Seek medical attention right away**
   A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.
2. **Do not return to play until medically cleared**
   Concussions take time to heal. Don't return to play until a health care professional says it's OK. Return to practice is permitted only once staff receive a written release from a health care professional.
   Children who return to play too soon while their brain is still healing risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting the injured student-athlete for a lifetime.
3. **Inform all coaches about any recent concussions**
   Coaches should know if an athlete has had a recent concussion. The coach may not know about a concussion in another sport or activity if he or she is not informed by the parent, guardian or athlete

Maryland Youth Sports Concussion Law

Md. HEALTH-GENERAL Code Ann. € 14-501 (2012)
Annotated Code of Maryland
Online Resource: www.myheadfirst.com/the-law-coaches

(c) Removal from play; written clearance required for return to play. –

(1) A youth athlete who is suspected of sustaining a concussion or other head injury in a practice or game shall be removed from play at that time.

(2) A youth athlete who has been removed from play may not return to play until the youth athlete has obtained written clearance from a licensed health care provider trained in the evaluation and management of concussions.

Level 1 Requirements

Floor

- ¾ Handstand
- Cartwheel
- Backward roll
- Candlestick
- Forward roll
- Split jump (30 degree leg separation)

Beam

- Jump to front support mount
- Arabesque 30 degrees
- Pike lying position
- Releve balance
- Forward leg swings
- Lever
- Stretch jump
- Cartwheel to ¾ handstand dismount

Bars

- Pullover
- Cast
- Back hip circle
- Sole circle dismount or underwing dismount

Vault

- Kick to handstand and fall to flat back (run arm circles)
- Stretch jump (board to mat

Strength

- Leg lifts in a tuck position
- Static chin hold

Flexibility

- Right and Left side splits that are close to 180 degrees
- Straddle split

Attitude

- Enjoys gymnastics
- Has fun
- Listens well and works hard on learning and performing basic gymnastics skills

Level 2 Requirements
Score Requirement = 32 AA score

Strength

- Leg lifts in a tuck position
- Static chin hold (minimum of 20)
- One chin-up pull over on a single

Flexibility

- Right and Left side splits that are close to 180 degrees
- Straddle split
- Bridge with good shoulder and lower back flexibility

Attitude

- Enjoys gymnastics
- Has fun
- Listens well and works hard on learning and performing basic gymnastics skills

Vault

- Functional Run
- Leaps
- Block drills
- Dive Roll on mat

Bars

- Leg Lift to a tuck position
- Static Chin Hold
- Straight body support

Beam

- Posture on beam
- Walk forward, back, side
- 1/1 turn
- Hand Stand hold
- Basic leap
- Cartwheel
- Tuck jump dismount
- Cartwheel or Round-off

Floor

- Hollow Holds front Back
- Handstand
- Rt. Lt Cartwheels
- Walkovers
- Round-off
- Back hand spring
- Front handspring

Level 3 Requirements
Score Requirement = 32.00 AA (2 times during the competition season)

Strength

- Pull-Ups 4
- Leg lifts 4
- Straddle Press HS 1

Flexibility

- Right and Left side splits that are close to 180 degrees
- Straddle split
- Bridge with good shoulder and lower back flexibility

Attitude

- Works hard
- Enjoys gymnastics
- Listens well to coaches
- Tries hard to demonstrate skills to the best of her ability

Vault

- Functional Run
- Proper Block on Board
- Dive Roll on Mat: Jump to handstand onto min. 32” mat stack (no block required) – fall to straight lying position on the back

Bars

- Pullover
- Front hip circle
- Single leg squat through
- Forward stride circle (mill circle) or single leg basket swing
- Back hip circle
- Under swing dismount: Mount: Glide swing out (straddle or pike) and return to stand with feet together

Beam

- Handstand
- Leap with 90 degree split
- Straight jump
- Side handstand dismount

Floor

- Split jump
- Handstand forward roll
- Handstand to a bridge to kick over
- Leap with 90 degree split
- Backward roll to a pushup position
- Round-off back H-spring

Level 4 Requirements
Score Requirement = 34.00 AA (3 times during the competition season)

Strength

- Pull-ups 4
- Leg Lifts 4
- Straddle press 1

Attitude

- Works hard
- Enjoys gymnastics
- Listens well to coaches
- Tries hard to demonstrate skills to the best of her ability

Vault

- Functional Run
- Proper Block on Board
- Dive Roll on Mat
- Front Handspring

Bars

- Straddle or pike glide kip
- Cast to horizontal
- Squat on to long hang kip
- Back hip circle

Beam

- Cartwheel
- Split leap to 120 degrees
- Handstand
- Split jump to 120 degrees
- Cartwheel to side handstand, 1/4 turn dismount

Floor

- Straddle jump with 120 degree split
- Front handspring to two feet
- Back extension roll
- Back walkover
- Round-off backhandspring

Level 5 Requirements
Score Requirement = 34.00 AA

Strength

- Pull-ups 4
- Leg Lifts 4
- Straddle press HS 1

Attitude

- Works hard
- Enjoys gymnastics
- Listens well to coaches
- Tries hard to demonstrate skills to the best of her ability

Vault

- Front Handspring

Bars

- Kip*
- Cast to above horizontal
- Clear hip to above horizontal
- Back sole circle to clear front support or back staler circle to clear front support
- Backward sole circle*
- Squat on

Bars Continued…

- Long hang kip*
- Long hang pullover
- Tap swings
- Flyaway dismount*

Beam

- Back walkover or back extension roll or backhandspring step out
- Straight leg leap to 150 degrees
- Split jump
- Sissonne
- Cartwheel to side handstand turn dismount

Floor

- Straddle jump
- Stretch jump with full turn
- Front handspring step out front handspring two feet
- Front tuck*
- Leap (150 degrees)
- Full turn
- Round-off back handspring back tuck

Level 6 Requirements
Score Requirement = 32.00 AA

Strength

- Pull-ups 4
- Leg Lifts 4
- Straddle press HS 1

Attitude

- Works hard
- Enjoys gymnastics
- Listens well to coaches
- Tries hard to demonstrate skills to the best of her ability

Vault

- Front Handspring

Bars

- Cast to minimum of horizontal : 1 bar change one element that is one of the following: under swing, clear hip circle, stalder circle or hecht Min "A" dismount*

Beam

- 1 acro element that starts and finishes on the beam
- 1 leap or jump requiring 180 degree split
- 360 degree turn on one foot
- Min of "A" dismount

Floor

- 1 Acro Series with a minimum of 3 directly connected flight elements with or without hand support
- 1 Salto or Aerial acro element
- Dance passage with minimum of 2 different leaps, jumps, hops- 1 must be a 180 degree split
- 360 degree turn on one foot
-

Level 7 Requirements
Score Requirement = 34.00 AA

Strength

- Pull-ups 10
- Leg Lifts 10
- Straddle press HS 5

Attitude

- Works hard
- Enjoys gymnastics
- Listens well to coaches
- Tries hard to demonstrate skills to the best of her ability

Flexibility

- over splits on all 3 sides

Vault

- Front Handspring
- Twisting Vault

Bars

- 1 cast- minimum of 45 degrees from vertical*
- 2 360 degree clear circling elements–they can be the same or different (an example of this would be a clear hip or a giant)
- One of the clear circling elements must be a "B" valued element*
- Salto or Hecht dismount, minimum "A" value.

Beam

- An acro series with a minimum of two elements (ex. back walkover, back handspring)
- One acro flight element (can be included in series)
- One leap/jump requiring 180 degree split
- 360 degree turn on one foot
- Aerial or salto dismount that is at least an "A" element

Floor

- One acro series (3 or more flight elements) which includes a back layout (back salto stretched to two feet– this basically means a back flip in the straight position)-this could be round-off backhandspring back- layout*
- A direct connection of two or more forward acro elements with flight (one element must be a salto or an aerial)–this could be for an overview of the optional requirements you can check out the attached cheat sheet from the USA Gymnastics website.
- Front handspring Front tuck
- Dance passage with minimum of two different elements one a leap with 180 degree split
- 360 degree turn on one foot

Level 8 Requirements
Score Requirement = 35.00 AA

Strength
- Pull-ups 10
- Leg Lifts 10
- Straddle press HS 5

Attitude
- Works hard
- Enjoys gymnastics
- Listens well to coaches
- Tries hard to demonstrate skills to the best of her ability

Flexibility
- over splits on all 3 sides

Vault
- Any twisting vault

Bars
- Release move from HB to LB
- Cast to HS
- Giant swing to Dismount
- Clear hip circle

Beam
- Flight Series
- Round-off
- Back handspring
- 2-B gym skills

Floor
- Combination of tumbling series
- Layout 1/1 twist

Level 9 Requirements
Score Requirement = 35.50 AA

Strength
- Pull-ups 12
- Leg Lifts 12
- Straddle press HS 5
- Straddle front HS from a sit

Attitude
- Works hard
- Enjoys gymnastics
- Listens well to coaches
- Tries hard to demonstrate skills to the best of her ability

Flexibility
- over splits on all 3 sides

Vault
- Salto Vault

Bars
- Front or Back giants
- Free hip circle to HS
- "B" Dismount
- Release move from HB to LB
- Directional change

Beam
- Double flight series
- "B" Dismount
- "C" Gym series

Floor
- Combination of tumbling series
- Two "C" passes

USAG Xcel Program

The Gymnastics Xcel program is designed to run alongside the Junior Olympic (JO) program. The Xcel program has five divisions: Bronze, Silver, Gold, Platinum and Diamond. All of the Xcel divisions have optional rules meaning there are only 4-5 routine requirements and each gymnast can have her routine choreographed for her personality and individual strengths and weakness. Whereas, in compulsory levels, the routine is already choreographed and every gymnast must perform the routine exactly the same. The judging is more strict and produces lower scores than what the gymnast may have in Xcel.

Level	Event	JO	Xcel
Level 3 Silver	Bars	One routine for all	Routines Vary
		Required Skills: Glide, pullover, front hip circle, shoot through, mill circle, cut back, back hip circle, under swing dismount	Sample Skills: Pullover, stride, back hip circle, cut forward, sole circle dismount
	Beam	Same Routine	Routines Vary
		Required skills: Vertical handstand, 90 degree leap, stretch jump x2, pivot turn, ½ heel snap turn, side handstand dismount	Sample skills: 90 degree leap or straddle jump, ½ heel snap / turn, cartwheel, back walkover, round-off dismount, tuck dismount
	Floor	Same routine and music for all	Choose music and routines Vary
		Required Skills: Round off back HS, handstand forward roll, handstand bridge kickover, 120 degree leap, straight arm backward roll	Sample Skills: 90 degree leap, round-off back HS, front HS step out, round off back tuck, full turn
Level 4/5 Gold	Bars	Level 4- Required skills: Kip, squat on, long hang kip, back hip circle, tap swings Level 5 - Required skills: Tap swings, clear hip, fly away, long hang pullover	Sample skills: Kip or pullover, cast to 45 degrees, squat on long hang pullover, flyaway, clear hip
	Beam	Level 4 - Required skills: Cartwheel, vertical handstand hold, 120 degree leap, split jump, straight jump, half turn, side handstand dismount Level 5 - Required skills: Back walkover, full turn	Sample skills: back walkover, cartwheel round off, front tuck dismount, full turn, leap 110 degrees, tuck jump
	Floor	Level 4 – Same routine and music for all. Required skills: Round off / handspring x2, back walkover, full turn, straddle jump/ jump ½ turn, front HS, back extension roll Level 5 - Required skills: Round off back HS back tuck, front HS step out front HS, switch leap, front tuck	Routines and music vary Sample skills : Front HS step out round off, round off back handspring x2, front tuck, round off back tuck, aerial, round off back handspring, 120 degree leap

TEAM MUST KNOWS FOR COMPETING

1. Move ups will be based on the gymnast's all-around scores, skills, behavior, attitude, attendance, maturity, strength and flexibility. ALL move ups are made at the coaches' discretion. It is important that we trust the experts. Parents may not understand every decision the coaches make, however there is a methodology and strategy to every decision.
2. All gymnasts that move up this coming season must score at least a 34 overall twice during the competition season. That goes for level 3 to level 7. Level 8 will need to score of 35 and level 9 will need to score a 36. In order to move to the next level, gymnasts will be required to compete in at least 4 meets in a season. This does not include states.
3. Gymnasts must also demonstrate 75% of the next level's skills in order to move up. This will show the capability and potential to reach 100% of the required skills at that new level for competition.
4. Gymnast will not be allowed to compete until they have demonstrated the capability of competing all skills, on all four events for that level.
5. Gymnasts must attend all practices two weeks leading up to a competition. If a gymnast misses practice in those two weeks (that is not an excused absence) they will be scratched from the meet.
6. Gymnast will be required to be on time and participate in the entire practice. Excessive tardiness and/ or shortened practice times can lead to a gymnast not being allowed to compete or hinder them from moving up the following season.
7. Participation in the summer training is required to compete this year. You cannot take the whole summer off and expect your gymnast to move up or compete. We need at least a 30 day notice prior to when a gymnast is going to take time off. In the summer months (June-Aug) a 2 week for a vacation is acceptable with written notice.
8. If a gymnast complains of the same injury for more than two weeks, that gymnast will not be able to return to practice or compete until cleared by a doctor (with a doctor's note).
9. If your child is sick, they should not attend practice. If they have a fever, throwing up, loose stools, strep throat, etc. Gymnasts have to be out of the gym 24 hours before coming back and fever free with no medication
10. All gymnasts must demonstrate respectful behavior and a positive attitude towards coaches and other gymnasts. This is perhaps the most important factor and having a successful gym and any behavior contrary to this will not be tolerated. If a behavior problem is identified the gymnast will be warned with our three strike rule. Disciplinary actions may include:
    a. Sitting out
    b. Removal from practice
    c. Parent conference with coach and program director
    d. Suspension from practice
    e. Suspension from team
    f. Dismissal from team
11. No parent side coaching from the gym lobby door. This is disruptive to practice and can interfere with safety. The gym door will remain shut during practice.
12. For competition: Black or white wristbands go under their grips. Black sliders or black flip-flops for meet footwear.
13. Competition backpack list:
    a. A small healthy snack
    b. NO GUM what so ever not even in a Shout out at the meets
    c. A water bottle
    d. Wristbands
    e. Grips
    f. Travel size fingernail polish remover
    g. Hair ties
    h. Travel size hairspray and deodorant

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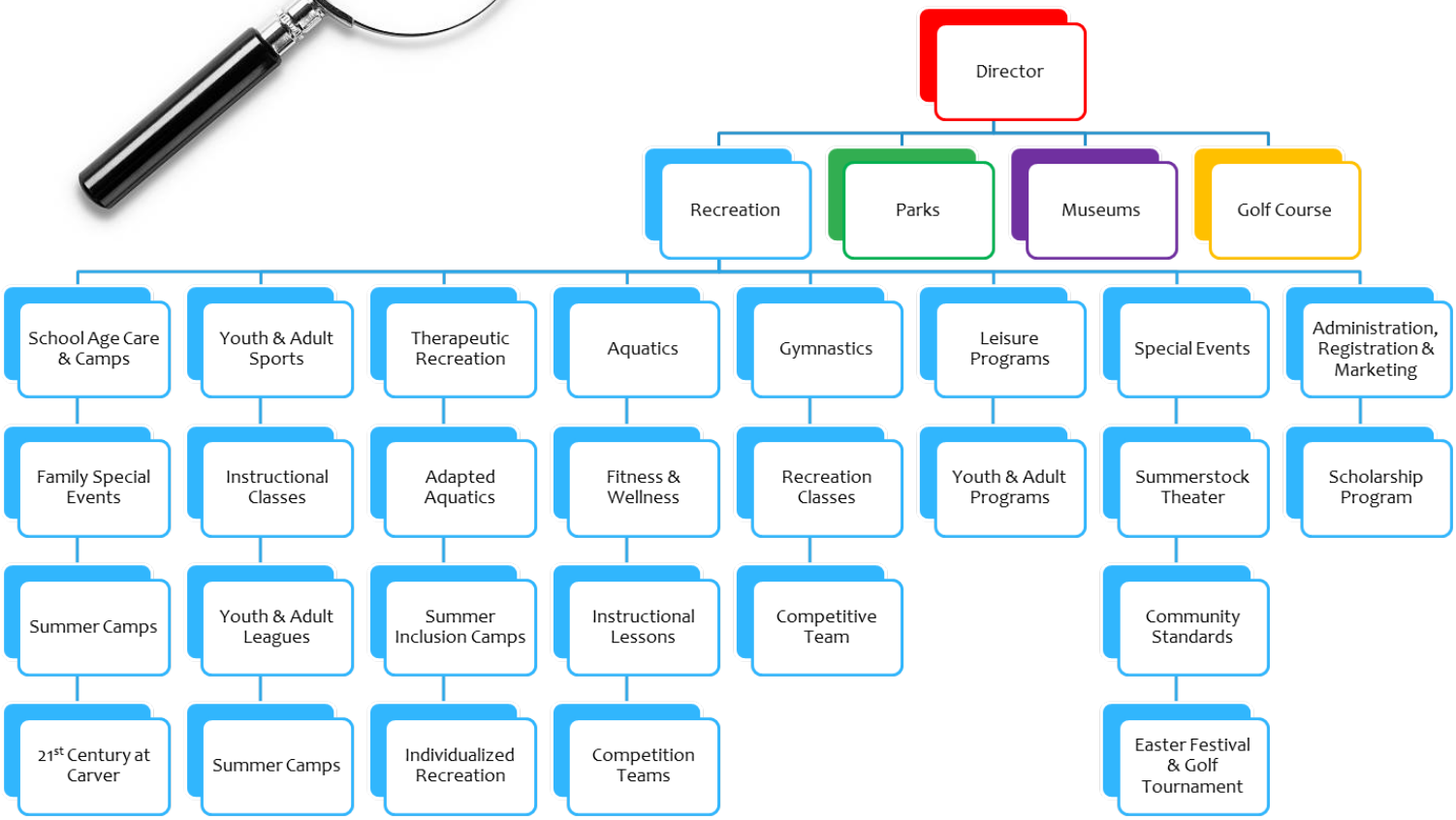
Organizational Structure

A Closer Look…