

All American Gymnastic Academy
Parent Handbook
Summer 2017

About Us....

Meet the Owner:

Joe Saimeri:

*USA Gymnastics Safety Certified and member of both the USA Gymnastics program and the United States Elite Coaches Association. USA Gymnastics Coach to both Regional and State champions as well as having several athletes qualified to the National Competition. B.S. Physical Education at Springfield College.

Father of 4 Wonderful Children: Mia, Natalie, Sal and Olivia.

Kinder Accreditation Preschool Certified- USA Gymnastics.

Our Mission

It is our Mission to teach every child as if they were the only child in the gym. Every child learns a skill in a different way. We want them to gain personal success, self-confidence, independence and all this through a positive teaching environment. Keep the children safe, challenge them and make it fun- this is our life and we love to teach children.

Philosophy

Our philosophy here at All American Gymnastic Academy is to put the individual child FIRST! With every small success, there is a greater inner self success- respect and independence.

We love children. We know children want to learn. We know children want a challenge and we are here to make it FUN!

We have been in this sport and profession of teaching for over 25 years as well as parenting children, we know the needs of children. We know each child is an individual and everyone learns a specific skill in a different way. We have been known for the loving, positive atmosphere, the challenging atmosphere, and the positive interaction with parents. We know that no matter what reaction a parent might have, they only have their child's best interest in mind. We as parents want only the very best for our children. We understand these ideas, we agree with these ideas and are here to provide the very best experience for the overall wellbeing of your child.

Our Fully Air Conditioned Facility

We keep a clean, safe facility. If at any time, you feel that these standards don't meet with your expectations, please let us know. We run a family oriented facility and we are responsible for cleaning, but of course if you would like to lend a hand in letting others know where to drop

their trash, where to throw papers and cups, pick up a spill when it is dropped, please don't hesitate. We appreciate your help and would of course exercise the same respect for you. We are very proud of our facility and take pride in having the best upkeep for our customers.

Smoking

There will be absolutely NO smoking in the building at any time. If you must smoke, please have consideration for others and try not to finish smoking as you open the door to come into the building. Please use trash receptacles and not the ground for the remains of a cigarette- thank you!

Our Summer Program....

Gymnastics Camp

ages 3-16 years

*Early drop off: 8:00am FREE

*Full Day Program: 9am-4pm \$235/week

*Half Day Program: 9am-1pm \$190/week

Session 1: June 26-30

Session 2: July 3-7 prorated

Session 3: July 10-14

Session 4: July 17-21

Session 5: July 24-28

Session 6: July 31-Aug 4

Session 7: Aug 7-11

Session 8: Aug 14-18

Session 2 prorated, 4 days only: \$190/full day \$155/half day

A child care deduction #04-3547658

Early Bird registration:

Register before May 1 and receive \$10 off each week for each child.

Our Policies:

A nonrefundable full payment is due upon registration.

A formal camp registration card must be signed at the time of registration.

A current physical and immunization record need to be on file for each child attending camp.

Each child must be signed in/out each day by parent or guardian.

Each child must be picked up inside the building.

Due to the volume of children that attend, there are no make ups for days missed.

What to Expect this Summer

Great Staff. Safety Certified Instructors.

A family owned business where children are their business. Many years of experience in the sport of gymnastics and the art of teaching children.

We teach the individual to become successful.

Large foam pits, three trampolines, no waiting in lines - your child will always be moving, learning and smiling. Friendly faces you can trust.

Expertise in gymnastic drills to easily move into more difficult skill.

We teach the basics first - this type of teaching promotes SAFETY.

We have Air Conditioning through the entire building.

Attire

For safety while performing on equipment, we suggest clothing that is close fitting. Leotards or bike shorts for girls. We sell leotards here and the girls love them! Cotton socks may be worn but not tights- they are slippery and unsafe. Hair must be tied back. We ask that no Jewelry be worn in the gym. Rings, hoop earrings, belts, big barrettes must not be worn. Boys may wear T-shirt and shorts, or sweat pants and T-shirt, but not jeans or anything with buttons, snaps, or zippers, these again are unsafe. When glasses are worn, wear a safety strap to keep the glasses on - there is a lot of flight and rotation involved, therefore glasses should be secured.

Parent Participation

What you will need to provide for camp:

Your child will need a snack and a packed lunch each day. We do not provide food for the children as there are several food allergies and safety for the children comes first. If they would like, they can purchase a snack in our cafe, it is open each day.

A bathing suit and towel will be need each day. We have a sprinkler, and play water games.

Sun block, we ask that it be applied prior to camp by a parent. If you pack sun block with your child it must be spray on lotion.

Attendance

Attendance is taken each day. Parents are asked to sign their child in and out each day.

Attendance sheet are at the front desk. There are no makeup days for summer camp. Due to the volume of children that attend camp we are not able to accommodate a make day.

Parking and Pick up

Please don't park in the handicap parking spots. Please come into the building and sign your child in at the desk for safety. Do not drop your child off at the door. When you come to pick up your child please come inside, you will need to sign them out for the day. If someone other than yourself will be picking your child up from camp a written and signed note must be left with the

secretary at drop off. Please keep safety in mind when driving to the gym and when pulling out of the parking space. There are a lot of children - Let's keep them SAFE!

Safety Precautions

Several safety drills will be performed each week during camp. We will run a fire drill, with specific evacuation routes and meeting posts. We will also drill for tornado and hurricane warnings. We will make every effort to ensure the safety of your child while they are in our care.

Discipline

All efforts are used to eliminate negative discipline on children. We do not give time outs, instead, we find ways to challenge children and make sure they have fun. By showing love, a true interest in a child, and structure, children in return want to work for that special role model- the teacher. If in the event, a child, bites, kicks, pushes, hurts a child's feelings deliberately- we then take the child out to talk with the parents and let them know that this type of behavior is unacceptable. If the acts continue, we must then ask the child to break from the group, if the act is putting other children in danger. Our staff is trained to relate to every child as an individual. We understand and appreciate that every child is different and special.

Student/Teacher Ratio

Summer Camp: 10 children per coach/instructor

We have many years' experience in teaching, this is age appropriate as well as developmental appropriate. We are safety Certified with the USA Gymnastics Federation using these same guidelines. Our motto is: no one waits in line, there is always something to do- if you see this- please let Joe know- it's important to us. If the kids are bored, we aren't doing our job!

Parental Rights

Parents or guardians have the right to review, upon request, background, healthcare, grievance and discipline procedures. The parent or guardian will have to put the request in writing with a signature. This will only be done in the presence of the owner or director. No copies will ever be made due to privacy.

Camp Health Care Policy....

Care of mildly ill campers:

- 1)*If a camper all of a sudden becomes mildly ill we will approach the situation the most effective way for the child and other children of the camp
- 2)*If a child comes down with a cold we will take them out of the gym and sit them in the lobby with a coach where they will sit and be given water, medicine will only be administered with

parents* approval and by the health supervisor on site. If the child continues to get worse we will call home and ask that they be picked up.

3)*In the event that a child vomits we will proceed with caution in taking them out of the gym area and walked to the boys/girls bathroom where we will proceed to clean them up so they are not uncomfortable. We will then have them sit in the lobby with water while we call their parents or guardian to come pick them up. We will then clean the mess up in the gym with cleaning products we have in our storage closet. The other children still in the gym will be brought to another area away from the mess and won*t be brought back to the area until the mess is fully cleaned up.

4)*In the event that a child comes down with a fever we will bring them out of the gym to sit in the lobby where we will provide a cool cloth placed on their forehead and their neck. Medicine, for example, ibuprofen, will only be administered with parents approval and by the health supervisor on site. If the child continues to get worse then we will call home to have the child picked up.

Administration of medications:

1)*Any medications needed to be administered at any time will be given by the health supervisor on site.

2)*If a child is sent to the gym with any type of allergies, the director of the camp has a copy of the allergy or allergies written by their doctor, attached to their clipboard. Once that is done the whole staff and student body of campers is informed. If the child needs to be administered the medication you will find it at the front desk at the top right corner.

Procedures for providing emergency health care:

1)*In case of an emergency and the health care is able to be provided from our first aid kit than the health supervisor will proceed to do so

2)*If we do not provide the medical attention the child needs we will bring them to the front desk immediately and dial 911, then we will proceed to make them as comfortable as possible while the child waits with the health supervisor right in front of the main entrance.

Health Care Consultant:

1)*Name: Dr. Leif G. Nordstrom

2)*Address: 294 N. Main St. Ste 101, East Longmeadow, MA 01028

3)*Telephone: 413-525-1870

Health Care Supervisor:

1)*Noreen Mattson and Carly Robinson

Emergency Telephone Numbers:

- 1)*Fire: 911
- 2)*Police: Emergency 911 Alternate Emergency Number: 596-6351
- 3)*Rescue/Ambulance: 911
- 4)*Poison Control Center: 1-800-222-1222
- 5)*Hospital Utilized for emergencies: Bay State Medical
- 6)*Name: Bay State Medical
- 7)*Telephone: 794-0000
- 8)*Address: 759 Chestnut St., Springfield, MA
- 9)*Designated Adult: Joseph Saimer (W) 596-0089 (C) 519-6802

Meet our Staff....

All staff: safety certified through USA Gymnastics

Noreen Mattson: Noreen brings over 25 years of coaching experience. She directed the recreational programs at Kids Gym and Branch Gymnastics in Michigan. She assisted her daughter*s high school team, co-owned and directed ABC portable gymnastics. She developed lesson plans and routines for the Special Olympics while assisting the All American Boys team in Chesterfield. Noreen is the mother of two and recently became a proud grandmother.

Joshua Williams: Josh is one of our newest coaches.. He has 9 years of experience as a Parour and Free Running practitioner. He brings with him 4 years of experience working with large groups of children ages 18 and under. He is known as a youth leader in his church, and has a reputation for good coaching and teaching skills, as well as patience. Josh is not hesitant in interacting with his students, he is determined to whatever it takes to ensure the safety of every athlete tat enters our doors.

Carly Robinson: Carly has been with All American for 5years, she is a recreational gymnastics coach/ birthday party staff member. She has over four years of cheerleading experience and was captain of her cheer team for two years. Carly learned her tumbling skills at All American Gymnastic Academy. She resides in Belchertown and is a recent graduate from Holyoke Community College.

Patty Lafountain: Our office manager for 8 years here at All American Gymnastic Academy. She was an assistant manager for Wal-Mart for 7years and has several years of customer service experience.

What Gymnastics does for You

We would like to personally thank you and congratulate you for choosing gymnastics for your child. Gymnastics is the greatest overall body conditioning activity that you can have your child involved in. A study was done testing the components of physical fitness (strength, flexibility, coordination) with a number of college athletes involved in various sports. When the totals were added up, gymnasts proved to be the most physically fit. Physical qualities we obtain are: body awareness, strength, muscular endurance, coordination, timing, agility, balance, running speed.

Mental qualities gymnastics has for you: positive self-image, self-motivation, patience, goal setting, courage, enjoyment. It is very rewarding and fun to, work hard, improve your skills, and achieve your goals.

Gymnastics is the root of all sports. When taught properly this sport can deliver lifelong knowledge of physical fitness. Jumping, running, rolling, strength and flexibility are the basic aspects of many sports. Many of the worlds advanced nations still use gymnastics as the core of their physical fitness programs.

We believe that children are the world's most precious gift. Our goal is to see to it that every child who participates in our program receives the same quality instruction regardless of their ability. In accomplishing this, it ensures that each child will feel as special as they truly are!

We believe that gymnastics is a tool to help kids grow into happy, healthy and responsible adults. We agree with psychologists who say that the basic attitude common to happy healthy responsible adults is a "true love of learning." Happy Gymnastics."