



YOU'RE INVITED TO BE A PART OF OUR FAMILY

The information in this packet has been updated and is accurate as of May 29, 2020.

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is reported to be extremely contagious. The state of medical knowledge is evolving with resulting restrictions on business operations in the U.S.

As of June 1, we are able to operate at 50-person capacity in our facility with a 1:10 coach-to-athlete ratio. Please see page 3 for information regarding our health and safety protocols. All athletes with active enrollments will receive detailed instructions to help us meet CDC guidelines and ensure smooth operations.

GymTyme Illinois is committed to providing timely updates and fair business practices with regard to closures, cancellations, schedules and price adjustments.

PRE-SEASON CLINICS will be offered June 1 - June 13. Please see our website and social media channels for information. You do not need to be on a team to take advantage of this skill training.

LEVEL TRAINING GROUPS for teams will begin Monday, June 15. Information and pricing is provided on pages 4 and 7 of this packet. All athletes interested in full-season team placement must enroll in a training group. Registration will be offered June 1 - June 8. Please join our email list via our website or watch social media for details. Group assignments will be scheduled and released no later than June 10. Initial training group assignments may not be your long-term season schedule. We appreciate your flexibility.

WE LOVE FEEDBACK! Please let us know how we're doing and how we can better assist you. Let's have a **GreaT** season!

For registration, athlete accounts, payments, gym policies and general information, please contact:
Andrea Vehe, General Manager andrea@gymtymeil.com

For athlete skills, progress, placement and general team information, please contact:
Joe Schnur, All Star Director joe@gymtymeil.com

For general business operations, please contact:
DJ Schnering, Owner DJ@gymtymeil.com

Packet updated on 5.29.20
Packet originally published on 5.15.20

GYMTYME ILLINOIS

WELCOME to SEASON 6

2020-21 FULL SEASON PROGRAM — ALL LEVELS

MAY 29, 2020 Thank you for your patience and for all the messages of support. The GymTyme family is truly special and we are not surprised by your eagerness to return to your cheerleading home. We miss everyone and can't wait to open our doors and get back to work.

We know that the upcoming season will be characterized by unknown challenges and we will undoubtedly be asking for flexibility as we navigate the current health climate. In return for your continued loyalty to our program, GymTyme Illinois is committed to providing:

- a safe and positive training environment for our athletes and coaches;
- a family-friendly atmosphere for all who visit our facility;
- accurate and timely communications from management;
- and, fair business practices with regard to delivering full value of our services.

The following guideline is based on what we know as of 5.29.20.

IMPACT of COVID-19 and RESTORE ILLINOIS

While some states have already allowed athletes to return to their gyms, GymTyme Illinois is still classified as a “non-essential” business and will be allowed to open with limited operations in early June. Governor Pritzker’s “Restore Illinois” plan outlines five distinct phases of restoration across four major regions of the state and it regulates all activities that will be allowed based on public health status. *Understanding the state’s plan will help you understand the many considerations that drive our decisions today and in the future.*

ABOUT the PHASES

- Phases are expected to last 14-28 days. Illinois is currently in Phase 2; we are “flattening the curve” as of early May.
- GTIL can reopen during Phase 3 if we implement significant social distancing measures and other health protocols. Phases 4 and 5 will gradually allow us to full return with fewer restrictions with the goal of offering full services by phase 5.
- There is the possibility of future “waves” of the virus and we may have to move backward through the plan.

ABOUT the REGIONS

- Regions are tied to Illinois’ 11 healthcare zones that are defined by treatment capabilities available to the area.
- As a business that resides in Will County, we will be grouped with the greater Chicagoland area: our ability to recover is linked to a densely populated city with high rates of infection.

It is our hope that GymTyme will be allowed to resume full activity by mid- to late-August. We will be sure to share updates from the Governor’s office as they pertain to our operations and how we will be able to serve our families. You can learn more about the plan by visiting <https://www.dph.illinois.gov/restore>

GYMTYME ILLINOIS

HEALTH & SAFETY PROTOCOLS

PROVIDING A SAFE ENVIRONMENT FOR ALL

In order to reopen for the new season, we are required to adhere to strict guidelines from the CDC, the Illinois Department of Public Health and the Will County Health Department. The following procedures will be implemented for as long as each is needed. All protocols apply to both staff and athlete unless otherwise noted.

RISK MANAGEMENT: We will ...

- comply with legal obligations regarding disclosure of suspected or confirmed COVID-19 cases (staff, athlete, person-in-the-home);
- display visual alerts throughout the facility;
- stay home if sick with fever, cough or other flu-like symptoms (doctors note is not required);
- take attendance upon entry (for contact tracing);
- check temperature and survey the health of all persons entering the facility;
- dismiss anyone who is visibly sick and require that they immediately leave the building;
- follow CDC recommendations to restrict access to known contact zones and/or temporarily close the gym when an infected person visits our facility;
- and, encourage online payments (athletes may submit a cash or check payment to a dropbox but will be subject to a 24-hour hold on processing).

HEALTH and HYGIENE: We will ...

- require hand washing / sanitizing upon entry, after restroom use, and prior to exit;
- provide hand sanitizing stations in close proximity to training areas (if supplies are available);
- require a mask or other approved face covering (staff — at all times; students — within safety limits for maximum oxygenation);
- sanitize shoes before stepping onto training mats;
- and, remind athletes to avoid touching their face.

SANITIZING our FACILITY: We will ...

- complete hourly cleaning tasks in restrooms and on door handles, light switches, counters, mats, skills shapes and other high-traffic surfaces;
- close storage cubicles — no bags or loose items (keys, water bottles and phones allowed);
- arrive ready to train (clothing changes will be prohibited);
- close the deli and turn off water coolers (no refills via restroom or kitchen faucets);
- and, immediately dispose of items left behind.

SOCIAL DISTANCING: We will ...

- prohibit non-participants from entering the facility (parents please remain in your car);
- restrict drop-off and pick-up to 10 minutes before or after an activity;
- provide one-way entry and exit of the building;
- discourage physical contact until it is safe;
- prohibit athletes from congregating when not actively enrolled in a current activity;
- create and assign “training zones” to limit unnecessary access to non-training areas;
- alternate use of training surfaces to meet capacity limits — 10 persons per floor, 1 athlete per panel;
- expand use of facility to maximize capacity limits (class may be in the fitness room, lobby or other);
- and, extend business hours to increase service delivery options.

This is not a complete list. We will add or update procedures in accordance with health department recommendations. Please direct any health and safety questions to andrea@gymtimeil.com

GYMTYME ILLINOIS

RE-TRAINING FOR TEAM PLACEMENT

REBOOTING YOUR SKILLS FOR A SUCCESSFUL SEASON

We expect that every athlete will struggle when they return to our sport. While we are thrilled by the number of athletes that have committed to virtual training and practicing at home, it should be understood that these activities are not a comparable replacement for the focused training we deliver in the gym.

It is important that athletes get the opportunity to progressively and safely rebuild strength, confidence and technique before showcasing their skills for team placement. In an effort to create a stress-free and injury-free environment, we have decided to forego our traditional tryouts this season. Since we will also be challenged by social distancing rules, we will begin our season in small training groups.

TRAINING GROUPS

Training groups will provide the foundation for a safe return to cheerleading and is the initial component of our full-season program. Any athlete seeking placement on a full season team MUST be enrolled in a training group.

- ALL athletes will be grouped by age and level. Elite, prep and novice will all train together.
- Returning GT athletes will be assigned according to last season's team level.
- New athletes will self-assign their training level.
- Coaches will closely evaluate all athletes during week one and adjust group assignments by the end of the second week.
- Adjustments to training group assignments after week two will be the exception and not the norm.
- Focus will be technique-driven tumbling instruction as well as intense conditioning and stretching.
- Stunting will be postponed until social distancing regulations are lifted.
- Weekly onsite training will be delivered in two 90-minute sessions — 60-minutes warmup, tumbling and conditioning plus 30 minutes stretch (flyers) or strength conditioning (bases, backspots).
- Each group will have an additional 60 minutes of virtual training. Some groups may be combined.

TEAM PLACEMENT and TRYOUTS

Once the state announces the cancellation of social distancing requirements, we will begin evaluating for team placement. We will schedule stunt groups with flyers so coaches can further evaluate skills prior to team formation.

- Athlete placement will be based on the strength and technique of skills at the time of team formation.
- The majority of athletes will be placed according to their group level. Exceptions may be made when placing crossovers, athletes with unique skill sets or athletes who have aged out of a division.
- Team placement is never final. Athletes who regress or advance skill performance may be moved to another team at any time during the season.
- Athletes who wish to have their placement re-evaluated may request a meeting with the director and an individual skills assessment will take place. A \$25 evaluation fee will be due.
- Athletes that have not attended a training group may request an individual evaluation (\$25 fee). Team placement is not guaranteed.
- Once team rosters are finalized, practices will focus primarily on building skills (stunts, baskets, pyramid) and routine choreography. There will be minimal time within team practice to advance tumbling.

GYMTYME ILLINOIS

PROGRAM FEATURES

CHOOSE YOUR COMMITMENT LEVEL

All Star cheerleading is organized into three competitive tiers. Teams are comprised of athletes of similar age and skill level. Each tier requires varying degrees of training time and financial investment which allows athletes to participate in a way that suits your lifestyle and budget. No matter which program you choose, we are proud to offer a premier experience for everyone in the family.

GymTyme Illinois offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. We provide a safe and positive training environment celebrating your child's success at every stage of training. In addition to achieving the skill and confidence to perform at the highest level of competition, athletes will build strength of character through valuable lessons in self-discipline, resiliency, teamwork and commitment.

Teams compete in specific divisions according to age, skill and selected tier. Our elite program travels to national events throughout the U.S. while our prep and novice program will compete closer to home. We begin training in late May to early June in preparation for the competitive season which typically runs November through March. Some teams will compete for "post-season" bids to compete at our industry's most prestigious invite-only events that take place in late April. Post season events are not elective.

The following is a general overview of each program's offerings:

CHEER TIER	DIVISION	LEVELS	BIRTH YEAR	WEEKLY PRACTICES HOURS ¹	WEEKLY TEAM TUMBLE	EVENTS PER SEASON	TRAVEL EVENTS	OPEN GYM ²	POST-SEASON EVENTS
Elite	Youth	1 - 6	2008 - 2015	Two 2-hour weeknight practices May - March plus one 2-hour Sunday practice Sept - March	1 hour	6	3-4	FREE	Summit – Regional and/or US Finals
	Junior	1 - 6	2004 - 2014						Worlds – Orlando Level 6 Senior only
	Senior	1-6	6/1/01 - 2008 (L6=2007)						Summit – Levels 1-5 (Orlando or Regional), US Finals
	Open	4 - 7	2007 - earlier						Worlds (Orlando)
Prep	Mini, Youth & Junior	1.1 - 3.2	2004 - 2015	Two 2-hour weeknight practices	none	5	1	FREE	US Finals (Chicago)
Novice	Tiny & Mini	1	2011 - 2015	Two 90-minute weeknight practices	none	4	none	FREE	none

¹ The above schedule is a traditional program model. Due to the health climate in Illinois, we are experiencing a delayed start for the 2020-21 season. We will attempt to deliver as many practice hours feasible within the restricted capacity and social distancing limits mandated by government officials. Teams may meet for virtual training or on additional days. We may also reduce the number of competitive opportunities based on athlete readiness.

² We typically offer four open gym hours per week. Due to social distancing guidelines, we may need to limit athlete participation in order to structure a safe and sanitized training environment.

GYMTYME ILLINOIS

FREQUENTLY ASKED QUESTIONS

SOME ADDITIONAL DETAILS

TEAM FORMATION

Teams will be comprised of members whose talents provide the best chances for success at competition.

When placing athletes, we consider:

- Tumbling that can be performed with “no drivers lost” ... near perfect execution
- Stunting ability
- Jump execution
- Dance/performance ability
- Leadership abilities, positive character traits, attendance/commitment level

Here are some placement scenarios:

- An athlete is well-rounded and makes the level where they have every tumbling skill. S/he brings strength in all the areas listed above.
- An athlete is missing a tumbling skill or two, but brings value to their assigned team in all other categories listed above.
- An athlete is placed below their mastered tumbling level. S/he’s got the tumbling down, but still has improvements to be made in some or all of the other skill categories.

- An athlete has little to no tumbling for the level they make, but is a standout athlete in one or more of the other skill categories. These skills will make a notable contribution to the team’s score sheet.

Crossover policies:

- Athletes are first and foremost a rostered member of their primary team.
- Athletes must attend all practices of both their primary and secondary team.
- Crossovers do not pay additional tuition, but are responsible for the competition/apparel fees for each team.
- Level and division restrictions may apply.
- Crossover accounts must maintain good standing

Please remember that we consider each athlete’s strengths (and weaknesses) when forming teams each season. Our coaches are expert at grouping athlete talent and setting your child up for a successful season. We ask that you trust in our ability to place everyone on a **GreaT** team.

IMPORTANT DATES¹

Sept. 4-7	Labor Day Weekend
Sept. 13	Grandparents Day
Nov. 25-28	Thanksgiving Break
Dec. 21 - Jan. 1	Winter Break
April 2-4	Easter Weekend
TBD*	US Finals - Chicago
April 17 & 18	Midwest Regional Summit (Louisville)
April 24-26	USASF Cheerleading Worlds (Orlando)
TBD*	The Summit (Orlando)

TRAINING CAMPS & COMPETITIONS

Athletes are entitled to various specialty camps for routine choreography and building skills (stunts, baskets, pyramid). These camps may or may not coincide with your regular team practices and may occur in the morning or afternoon (summer and weekends only).

All teams attend a minimum number of competitions per season. We will publish this schedule as soon as event producers confirm their 2020-21 dates.

¹ **Dates listed are known as of 5.29.20.** Sunday practices begin on Grandparents Day. A late start to our season may necessitate earlier Sunday practices as well as some practices during the Winter break. We do not take off for spring break. All athletes who have secured a post-season bid (Worlds, Summit, US Finals) are not allowed vacation absences in March or April.

GYMTYME ILLINOIS

PROGRAM COSTS

FULL SEASON JUNE 2020 - MARCH 2021

GymTyme Illinois strives to publish upfront pricing with no hidden fees. This will prove to be a challenge due to the unknown timeline of the state's "Restore Illinois" plan. We understand that you are making a significant financial commitment and deserve transparency in the event that our program or prices change. If we are required to temporarily close, events are unexpectedly canceled, or other situations arise that are beyond our control, we promise to fairly prorate costs and attempt to deliver expected program value.¹

Costs are based on an expected start date of June 15, 2020. Prices are subject to change.

ELITE

Tuition (237 training hours)*	\$2375
Registration Fee	\$50
Trainer Fee	\$75
Competition Fees (6 events)	\$1100
Coaches Travel Fees	\$300
Skills/Choreo Camp(s)	\$200
Music	\$100
Competition Bow	\$35
Shoes	\$125
Practice Apparel	\$140

TOTAL \$4500

\$50 at registration (June 1-8)

\$175 June 15

\$475/mo July-March

NEW Uniform (Aug. 1)	\$500
USASF Fee (Oct. 15)	\$30
NCA Practice Fee (if attending)	\$25
Worlds/Summit -FLA (Apr 1)*	\$500
Summit Regional (Apr 1)*	\$400

* Includes tuition, choreo and/or music updates, apparel package, and coaches fees. Additional event registration fees will be paid directly to USASF/Varsity.

PREP

Tuition (150 training hours)*	\$1500
Registration Fee	\$50
Competition Fees (5 events)	\$650
Coaches Travel Fees	\$200
Music/Choreo	\$150
Competition Bow	\$35
Shoes	\$90
Uniform	\$250
Practice Apparel	\$75

TOTAL \$3000

\$50 at registration (June 1-8)

\$115 June 15

\$315/mo July-March

Optional Trainer Fee (July 1)	\$75
USASF Fee (Oct. 15)	\$30
US Finals (April 1)*	TBD

* Additional tuition and coaches fee will be charged. Bid status will determine if a competition fee will be due.

NOVICE

Tuition (115 training hours)*	\$1150
Registration Fee	\$50
Competition Fees (4 events)	\$400
Coaches Travel Fees	\$100
Music/Choreo	\$100
Competition Bow	\$35
Shoes	\$90
Uniform	\$250
Practice Apparel	\$75

TOTAL \$2250

\$50 at registration (June 1-8)

\$85 June 15

\$235/mo July-March

Optional Trainer Fee (July 1)	\$75
USASF Fee (Oct. 15)	\$30

We offer pay-in-full and sibling discounts. Fundraising opportunities are available. All team athletes receive discounted class tuition for supplemental training.

¹ **Fee reductions/adjustments due to delayed opening or other program changes:** Tuition will reduce/prorate by the number of practice hours missed in the event of delayed opening or extended closure due to Covid-19 (we do not prorate for weather-related closures). Total program training hours will be recalculated and a new payment schedule will be published. Competition and coaches fees will adjust if we are not able to attend the planned number of events. We may adjust practice apparel packages to aide in program affordability. Uniform cost is estimated expecting a price increase from Varsity. Prep/novice athletes who do not need a new uniform will receive a calculated account credit each month toward their balance.