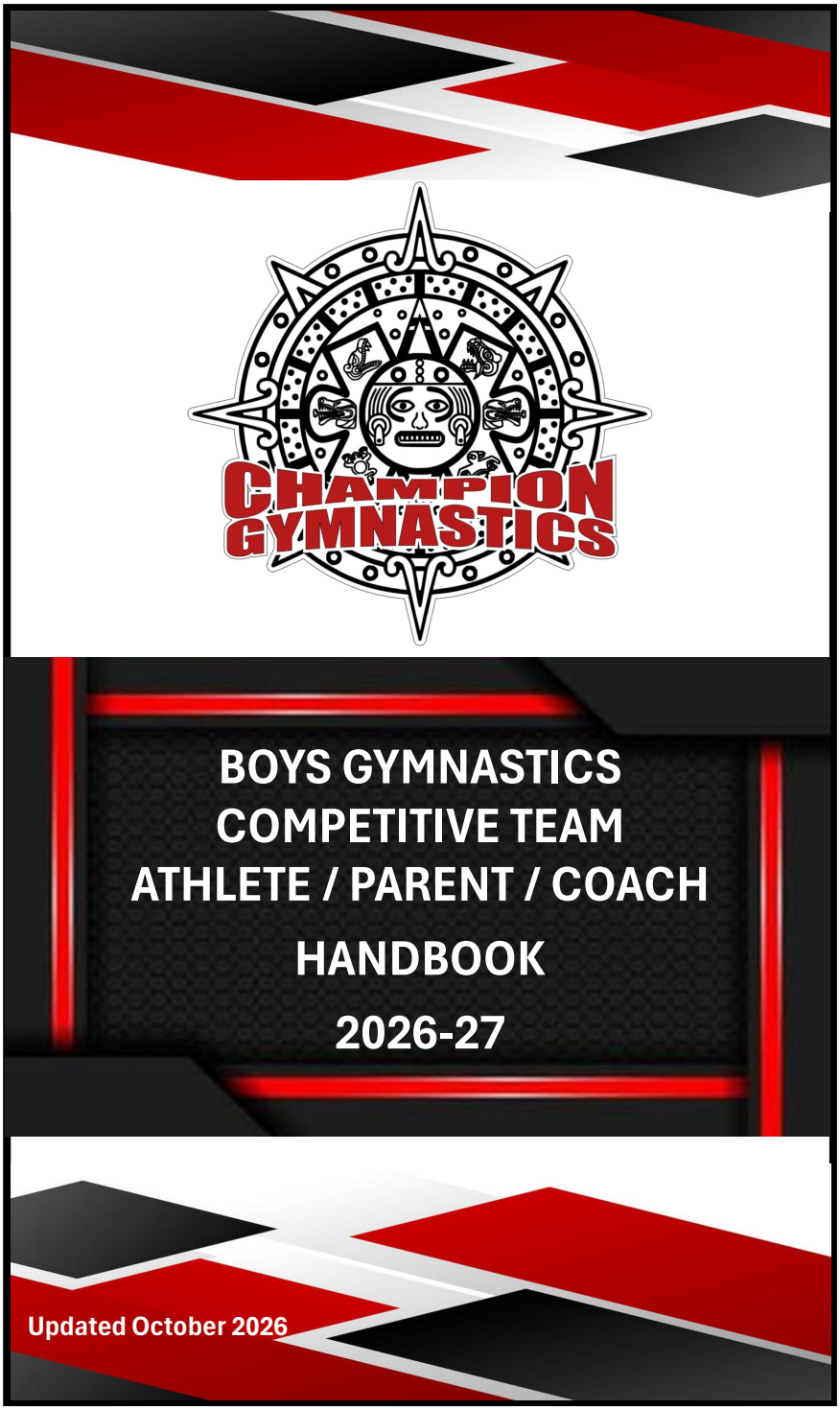

CHAMPION
GYMNASTICS
BOYS GYMNASTICS
COMPETITIVE TEAM
ATHLETE / PARENT / COACH
HANDBOOK
2026-27
Updated October 2026

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CHAMPION GYMNASTCS COMPETTIVE TEAM

OUR CHAMPION FAMILY WELCOMES YOU

Champion Gymnastics would like to welcome your family to our competitive team program. You are receiving this team handbook because your athlete has demonstrated their talent in gymnastics to be part of our competitive team. We have created this team handbook as a guide to answer many of your questions about how our competitive team programs operate.

Our primary goals are to always provide your family with a positive gymnastics experience. We are here to provide an environment that teaches your child to be the best they can be in the sport of gymnastics and to have that same mentality in their outside life as well. Our goal is to support each athlete on their journey to achieve their personal best in a safe, friendly, and pressure-free surrounding.

The most important thing to us is your child's success. You, your child, and his coach will all measure success differently. But we are all here to work as a team to help your child achieve whatever goals he puts forth while building his character in a respectful manner.

After reading this handbook, if you have any questions about any aspect of our programs, please don't hesitate to ask. Management will be happy to provide you with any additional information or clarifications.

GYMNASTICS WAY OF LIFE

Gymnastics can be a very competitive sport and Champion Gymnastics has several competitive teams. We measure our successes by how we represent ourselves during practices and out on the competition floor. During all workouts and competitions, we make every effort to ensure that your athlete can be successful. We believe that winning is not the most important, despite the fact that gymnastics can be quite competitive. Our philosophy as a competitive gym is that **TRYING TO WIN** embodies much of what our goals are for each athlete to attain. Trying to win means that each gymnast trains hard and works towards perfecting their skills at each practice. It also means that the gymnast should be respectful to their coaches and teammates. Trying to win should be an attitude that is shown by **EVERY** Champion Gymnastics team member.

Gymnasts who try to win tend to overcome the obstacles they face with a sense of confidence and strive to better themselves during their training.

COMPETITIVE GYMNASTICS—BENEFITS

Competitive Gymnastics is a unique sport that requires the support of the family and the guidance of the coaches to provide each athlete with a path to success. We need to ensure that each family is vested in and committed to providing their athlete with a team experience through the competitive aspect of gymnastics.

We believe that in addition to a great full body workout, gymnastics teaches skills that can be carried on through life. Gymnastics teaches confidence, self-discipline, determination, commitment, self-motivation, teamwork, sportsmanship, work ethic, time management, and many more positive attributes.

MOVING INTO TEAM

Practice groups and times will vary. We value all our athletes and have different levels for the betterment of each gymnast. Placement will be determined by age, potential, personality, focus levels, and coach interaction. Your gymnast may be asked to move groups if we see advancement beyond expectations, or if we see a gymnast struggling physically or emotionally in their current group.

We want your gymnast in the level that will enable him to reach his personal best potential and provide a positive training environment for him as an individual. Change may be made from season to season depending on skills achieved and competitive results.

DESCRIPTION OF TEAMS

COMPULSORY LEVELS 3 / 4 / 5 / 6

Levels 3/4/5/6 are the introductory levels of the Boys Team Program. All of these levels are progressive in nature and build upon the skills required at the previous level. Compulsory gymnastics consists of specific routines that the gymnasts must learn exactly. USAG created these routines with the goal that the gymnasts have a strong gymnastics foundation before advancing to the optional levels. Each compulsory

level is broken down into 2 divisions, Division 1 and Division 2 (see below). Compulsory athletes compete in 1 in-house, 1 Judges Cup, 5 competitions during the season, plus State if they qualify. Levels 4-6 also have the opportunity to qualify to Regional championships by competing at State. Compulsory season runs from December through April.

- Division 1—Consists of a base routine with the opportunity to add additional developmental skills knows as specified bonus. In turn this increases their start value to give them a higher possible final score
- Division 2—Consists of a base routine only with no additional skills added. In turn this provides each athlete with the same start value of a 10.0. This allows each gymnast's efforts to be glorified while competing these modified routines.

OPTIONAL LEVELS 7 / 8 / 9 / 10

Levels 7-10 are the advanced levels of the Boys Team Program. Optional gymnastics consists of tailored routines that follow element group requirements in which the routines are build around. Optional athletes compete in 1 In-House, 1 Judges Cup, 5 competitions during the season, plus State. Additional competition opportunities are provided for Levels 7-10 at the Regional Championships, Levels 7-9 at the Western Championships, and for Level 10 at the Developmental National Championships. Optional season runs from December through May (depending on the extent of qualification.

LIFE CHANGES

This information will help to prepare your family for the future as your child advances their gymnastics abilities and competitive achievements.

1 - At the foundation team levels (pre-team: Future Stars) the number of hours of practice per week is relatively small. As your athlete progresses through the competitive levels, the hours and days of training will continue to grow to ensure safe workouts.

2 - Your schedule will need to be flexible to meet the requirements of each competitive level as the days and times will change. Carpooling with other team parents is always beneficial, but we understand that this is not always an option to do so.

3 - All gymnastics competitions that we attend will be on the weekends, so please keep your weekends open during the competitive season.

(**Note :** Fridays are included in competition weekends. Every so often the competition will begin on a Thursday or extend to a Monday).

4 - Homework will need to be done more efficiently and with better study habits due to the shorter periods of time available. Athletes will need to learn time management to keep up with both school and gymnastics.

SAFETY

Gymnastics can be a very risky sport. This knowledge, combined with the high difficulty level that many gymnasts achieve, adds to the possibility for injury. All parents must be fully aware of the risk involved in the sport of gymnastics. Speed, height, flipping, twisting, and the difficulty of each skill put our athletes in potentially frightening situations on a daily basis. Champion gymnastics staff are mindful of the potential danger and we make every effort to achieve and uphold a safe environment for our athletes. We believe in teaching proper progressions for each skill, as well as appropriate strength and flexibility, in order to keep our athletes as safe as possible.

TRAINING

In order to comprehend and appreciate what it takes to develop a competitive gymnast, one should understand exactly what it is we are trying to accomplish during workouts. There are four essential areas of development that need to be addressed during training: (1) strength, (2) flexibility, (3) skills, (4) discipline.

1 - Strength Development

As with most sports, one goal of training is to make the difficult look easy. This is a much easier task when the athlete has attained the proper strength required to master the skills. In most cases, the stronger the better. Strength training can also play a big role in the reduction of injuries. The stronger your muscles and joints, the less likely you are to become injured.

2 - Flexibility Development

Just like strength, flexibility is also vital for the long term success of a gymnast. Superior flexibility allows the athlete to master specific skills with more ease, plays a role in decreasing the frequency and seriousness of injuries, and enhances the aesthetic appeal of performances during practice and at competitions.

3 - Skill Development

Skill development falls into two distinct, but related categories: basics and new skills. Basics are the fundamentals of gymnastics. You have to learn to walk before you can run. Gymnasts use these basic skills to create their gymnastics passes and routines. If any of the necessary building blocks are missing or underdeveloped, the performance is weakened and it becomes more difficult to learn new skills. These basics must be repeatedly refined in order to allow the gymnast and coach to improve their performances.

4 - Discipline

Training requires discipline from both the coaches and the athletes and plays a very important role during workouts. It is a coach's responsibility to keep all athletes focused and training hard in order to allow them to continually improve their performance. It is also the responsibility of each gymnast to keep themselves disciplined by training harder when they get discouraged and keep focused when distractions may arise. Without discipline, strength, and flexibility, skills will not develop in the correct manner.

PRACTICE DRESS CODE

- Fitness shorts or pommel pants
- No hooded jackets or shirts
- No buttons or zippers
- In the colder months, warm clothes can be worn during warm up only
- No jewelry
- No competition attire are to be worn during practice. Only at scheduled competitions.

PROGRAM POLICIES

EXPECTATIONS OF GYMNASTS

Your actions in the gym and at competitions are a reflection of your respect for yourself, your teammates, and Champion Gymnastics. Only the highest standard of behavior will be acceptable. The following are the minimum expectation of a Champion Gymnastics team member.

1 - Attend all practices, competitions, and special events. Arrive early and plan on staying the entire time. You are required to attend practice even if you are injured or have a minor illness. Training will be modified to accommodate.
2 - If you are on vacation for more than 1 week, you will need to make sure that you keep up with your training.
3 - Work hard and do your best. Only concern yourself with things that you can control - things like your attitude, your effort, and your gymnastics. Set your own high goals and train to achieve them.
4 - Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them, and overcome them.
5 - Arrive at the gym ready to participate in the appropriate attire, hair pulled back and out of your face, jewelry off, and ready to go. Athletic tape and pre-wrap can be purchased in the pro shop.
6 - Treat other gymnasts with respect, be kind to those gymnasts who are younger or less experienced than you, and do not hold yourself as better than other gymnasts. Everyone has strengths and weaknesses.
7 - Respect yourself, teammates, coaches, and gym. There is no place in the gym for displays of anger or disgust, talking back to coaches or other adults, or crying after you have given into your frustrations or fears. Take a break and compose yourself before returning back to practice.
8 - Be honest. Cheating is the ugliest form of disrespect to your coaches, parents, and most importantly yourself. Cheaters never prosper and you will only end up hurting yourself in the long run.
9 - Always wait inside the facility for your ride. Gymnasts are not allowed to wait outside for pick-up following practice unless accompanied by a coach or staff member.
10 - Gymnasts may be sore after a hard workout. This is normal. You are still required to attend practice.

11 - There is no cell phone use allowed during practice. Cell phones must be kept in your locker during practice. Parents, if there is an emergency, please contact the front desk or coach directly.
12 - Being on team is a commitment. Once on team, you are committing to being a part of our team for the entire competitive season.
13 - Team athletes are provided a locker for storage of their items. It is important that all athletes respect the privacy of each person's locker and does not go into someone else's locker under any circumstances. Pranks of moving name tags and moving items around is not allowed. Each athlete is assigned a locker. Please do not change lockers unless told to do so. Having a locker is a privilege and this can be revoked if guidelines are not followed.

EXPECTATIONS OF PARENTS

Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gym, coaches, and the athlete. The following actions and ideas are expected of Champion Gymnastics team members parents.

1 - Parents are instrumental contributors to the success and happiness of the gymnast. Tuition and fees must be paid on time and a commitment to transport your child to and from workouts, competitions, and team functions must be made. In addition, and equally important, parents must instill the work ethic, values, and nutritional knowledge necessary for their child to be successful.

2 - Attendance is very important if you want your child to reach their maximum potential. If your child cannot attend practice, for whatever reason, we expect you to contact the front desk by emailing : championgymteam@gmail.com.

3 - Injured gymnasts and gymnasts with minor illnesses are expected to participate in workouts and gym activities to the highest extent possible. Training will be modified to accommodate.

4 - All competitions, clinics, and camps chosen by Champion Gymnastics are mandatory unless otherwise stated. Parents and gymnasts do not pick and choose which events to attend.

5 - Please do not talk to your gymnast or any other gymnast during practice, including when they are on a break. It is important that the gymnast stay focused on what they are doing during practice. Hand signaling is also not permitted.

6 - If you need to get a message to your gymnast during practice, please notify the Front Desk and they can relay the message.

7 - Parents are not permitted on the gym floor and must refrain from coaching or commenting during any training session. If your child is not paying attention or messing around, we realize it is tempting to say something. That is the job of the coaches to address.

8 - We feel that communication with the parents of our team members should be open and flowing. We email all important team information, so make sure your check your emails frequently and that your email address is up to date.

9 - Our main source of communication to team families is through the BAND App. All team families are required to be on this app. You will receive an invitation from Champion to join the BAND App. Once you accept the invitation, you will be placed in the right Team Chat Room and can begin receiving info. It is your responsibility to check your email and BAND regularly for communications from the gym.

BAND allows coaches, staff, and families to stay informed about schedules, competitions, events, deadlines, and important team updates. Please review Team Communication Guidelines so that you are aware of what's acceptable and what's not.

10 - Parents are expected to show proper respect for our sport at all times. Rude, belittling, or negative comments about coaches, parents, and other gymnasts are always inappropriate and have no place in our program.

11 - If you have a problem or concern, please speak with the coach directly, or talk to the designated "Team Mom or Dad". Complaining to other parents cannot and will not solve your problem. If you respect us enough to allow us to play a large role in your child's life, please respect us enough to know that we have your child's best interest at heart. The decisions that are made in regards to their training and level are made based on what will help your child to be successful.

12 - Be encouraging and positive to your child. Be careful of comparisons, as each child is an individual with different talents and capabilities.

ADDITONAL POLICIES AND PROCEDURES

1 - Attendance / Tardiness

Be on time and at every practice. There is a strong correlation between success at competitions and attendance. Excessive absences the week prior to competition can result in the gymnast being scratched from the competition. We require that each gymnast attends 1 practice the week of a competition to align with USAG Safety Guidelines.

2 - Gymnastics is a year round sport

After competition season is over, it is very important to continue your training. Off season is when our athletes build more strength and advance in their skill development.

3 - Injured Gymnasts

Even when a gymnast is injured, they should still attend practice to keep up strength and flexibility of areas that are not impacted by the injury. Should a gymnast sustain an injury inside or outside of the gym that completely removes them from practice, a doctor's note will need to be sent to the Girls Director (Vannah) as soon as possible.

4 - Make-ups for missed practices

At this time, make-up classes for team practices are not permitted. However, if your child is enrolled in another recreation class such as Tumbling, they can obtain make ups for those classes.

5 - Team Information

We will continue to email all team information, however the BAND App will be our main source of communication to the team families. It is mandatory that you join the app. Please be sure to keep the Front Desk updated with current contact information and check your emails and BAND regularly.

6 - Team Member Contact Information

It is imperative that your membership is current and accurate. This information includes your current address, phone numbers, and emergency contact names and phone numbers. If you need to update this information at any time, please do so through your portal account.

7 - Behavior

Gymnast's behavior both at practices and competitions must be impeccable. Any behavioral problems will result in the gymnast being sent home or possibly scratched from the next competition.

8 - Family Vacations

When planning family vacations, please try to schedule them over the summer or during a week that the gym will be closed. Vacations during competition season should be avoided. If you will be gone for an extended amount of time during the summer please share this information with the Front Desk.

FINANCIAL OBLIGATIONS

Your child's involvement in gymnastics will cost you time, money, and effort. The gymnasts train in a large and well-equipped gym under the direction of experienced and professional staff.

Team is a one-year commitment with drastically reduced hourly rates. Monthly tuition represents the cost of training and competitions for the entire year and are split into 12 equal payments.

There will be vacations and closures during the year, and these have been factored into the tuition already. There are no prorated fees due to missed or cancelled practices.

Tuition for all members are due by the 26th of each month for the following month, and late as of the 1st. All team families must be set up for AutoPay unless prior arrangements have been made with the office. Exceptions would be for those families who pay in cash or by check each month and/or get paid on the 1st of the month. Please let the office know if you have extenuating circumstances.

TUITION

This fee covers your gymnast's practices, coaches wages, registration fees through State, coaches travel expenses, coaches training, and gym / equipment usage. This fee will not be prorated in any way regardless of competition status, holidays, or gym closures. Exceptions will be made for injuries. A $10 late fee will be due if your tuition is not paid by the 1st of the month.

Team tuition is based on a 12 month, 4 week schedule. This covers 48 weeks out of the year that you pay for. This allows for gym closures, holidays, and sick / vacation days. There are no make-ups for any team program. Please review our make up policy of the team handbook.

We will not prorate any tuition due to missed classes. We have a set number of athletes at each level and must staff these levels properly. If you commit to team, you are responsible for that monthly tuition regardless of any other conflicts.

COMPETITION FEES ANNUAL COMMITMENT

Monthly fees that are charged for competitive athletes include both tuition and competition fees. Please note that the competition fees are split in equal amounts for a 12 month period of time from April through March the following year. For example - monthly competition fees are either $100 or $115 based on team level which equates to $1200 or $1380 for the year (through the state competition). If you drop team prior to March 31, you will still be liable for the full amount of competition fees as we've prepaid that amount on your behalf.

COMPETITIVE ATTIRE

All gymnastics team members (Levels 4-10) are required to purchase the champion team competition unitard, warm up jacket and pants, pommel pants, shorts and a Champion Gymnastics backpack. Boys Team Level 3 only needs to purchase Champion shorts, compression shirt, and backpack.

Q

All boys gymnastics teams will wear the same team uniform design and there are no plans to change the design . If your child grows out of his apparel, we suggest going on BAND Marketplace and trading/buying the size needed. If you are unable to obtain the size you need, then you can purchase from Champion.

The cost of all the required attire for Level 3 (3 items) is $170 and the cost for all other levels (6 items) is approximately $465. All can be ordered through the Customer Portal—Special Events/Uniforms. This must be done no later than 9.15.26 to ensure receiving a complete uniform package by the time competition season starts.

USAG GYMNASTICS MEMBERSHIP

This fee must be paid in order for your gymnast to be registered with USA Gymnastics and participate in USAG sanctioned competitions. The cost for first year athletes is $25, then increases to approximately $71 each year after. This amount may change each year. This fee is due mid-July. The membership lasts from August 1st - July 31st the following year.

Please note that USAG will not allow us to register your child in ANY competitions until membership is active. We usually register for all competitions the first week of August. If you are late in activating your membership, please know that your child may end up on a Wait List as many competitions fill up quickly.

COMPETITION FEES

These are the fees designated by the hosts of the competitions for athlete entry into the competition. For all gymnastics team members, the competition fees have already been included in your monthly fees to cover the cost of the season through the state competition. For the athletes that qualify to regionals and beyond, families would bear the cost of that separate from their monthly fees.

Competition admission fees for spectators usually range between $15 - $25 per person. Please plan to bring cash for entry to each competition as we cannot guarantee that other forms of payment will be accepted for entry, parking, or concessions.

COMPETITION SCHEDULE

We will provide the season's competition schedule as soon as we are able to review all options available to us and make determinations as to which ones we will participate in. We normally receive the competition list by August.

WHAT TO EXPECT FOR THE COMPETITION SCHEDULE

Every competition's scheduled weekend does not require you to be there for the entirety of the weekend. Your athlete(s) will have a session time on a particular day and time within that weekend. As soon as we receive the competition schedule for sessions, we will email the session schedule and post that information on your level's BAND page.

We ask that you please refrain from posting or sharing anything about competitions from information that you found that did not come from Champion directly. This causes a lot of confusion due to misinformation. Each gym has their own session schedule and may be different if there are multiple sessions on the same level.

TEAM PRACTICE DURING COMPETITION WEEKENDS

- If our boys are scheduled to compete on Friday, Saturday, or Sunday, there will be NO practice for that weekend as coaches will be away at the meet.
- If our boys are not scheduled on Friday, there will be practice as usual on Friday.
- Please know that your child MUST attend at least one practice during the week of a competition. This is USAG safety guidelines that all gyms must follow. If he is unable to attend his usual practice, then you can book a private with one of the coaches upon availability.

COMPETITION INFORMATION

Champion Gymnastics sets a high priority on rewarding the effort and accomplishments of our gymnasts by providing them with an opportunity to participate in great competitions. Competing in the Compulsory and Optional programs are a reward for the athlete's efforts and motivation for continued excellence. Since it is our goal that each athlete feels successful at every competition, we have rules for the eligibility of our team gymnasts to compete.

Prior to the start of the season, a tentative schedule of competition dates and locations will be distributed. Competitions may be added, changed, or cancelled. The gymnastics club that is hosting the competition will set the final competition schedule approximately 2 weeks (sometimes sooner) before the competition. We will pass the times on to you when we receive them. Please do not call a host club for competition information, as we will provide you with everything you will need to know. Competition information and any last minute changes will be emailed to you.

Once the season schedule is received, if you are unable to attend any of the scheduled competitions, Champion Gymnastics will require you to

fill out a Competition Withdrawal Form. The form must be turned in to the front desk no later than 3 months prior to the competition date. Failure to do so will result in being entered into competitions you were not intending on going to. This will result in you not being able to receive a refund for that competition.

COMPETITION DRESS CODE

- Jewelry cannot be worn at competitions
- Champion Gymnastics unitard and warm ups must be worn at all competitions
- Champion backpack must be brought to each competition.

COMPETITION ETIQUETTE FOR GYMNASTS

1 - Be sure to eat a well balanced meal 1 hour before the start of the competitions whick includes protein for lasting energy. Competitions usually run 3 - 4 hours, so bring a snack and plenty of water. Do not try new foods the day of, or day before the competition.

2 - Arrive at the competition site 30 minutes prior to the open warm up time. Please allow time for traffic if necessary.

3 - Remain on the competition floor at all times during the competition. Do not go see your parents in the stands.

4 - No cell phones allowed during competitions. Keep them in your bag.

5 - It is the gymnast's responsibility to make sure that they have their grips (if applicable) and other necessities in their bag.

6 - Behavior of Champion Gymnastics gymnasts should always be of the type that they and their coaches will be proud of. Discussions regarding your teammates, other teams, coaches, etc. Should all be done with respect. Gossip and negative talk are unacceptable.

7 - Personal discipline at competitions should be impeccable. There is no place for uncontrolled emotions. Take a break by your bag if you need to recompose yourself.

8 - Be courteous, respectful, and polite to all meet officials, hosts, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging the competition.

9 - Remain seated at all times when not performing. Keep all belongings in your competition bag. Gym bag should include hair clips, hair spray, hair ties, tape, nail clippers, water, and small healthy snacks.

10 - Cheer for all members of the Champion Gymnastics team. We encourage all gymnasts to stay and support their teammates at competitions. Even if your gymnast is not participating, we encourage them to come and watch the competitions. However, they will not be permitted on the floor, please remain in the bleachers to watch.

11 - Gymnasts must stay with their team until their coach has dismissed them. Stay for awards and accept any presented to you with courtesy and gratitude. If you do not win an award, there is no place for unsportsmanlike emotions. We need our gymnasts to have good sportsmanship in winning and defeat.

COMPETITION ETIQUETTE FOR PARENTS

1 - Get your gymnast to the meet site on time. Plan to arrive 30 minutes prior to the open warm up time.

2 - Parents are required to provide transportation to and from the competitions. Parents are responsible for all travel expenses.

3 - Under the USAG rules, the only adults allowed in the competitive areas are the judges, coaches, and volunteers. Please do not walk onto the competition floor for any reason. If your gymnast gets injured at a competition, please remain in the stands. The coach or competition official will signal for you if you are needed.

4 - Please do not contact or talk to your gymnast once they are on the competition floor, we ask them to focus all their energy on the competition and want as few distractions as possible. After the competition is over, they will come to see you.

5 - Please do not coach your gymnast in the gym or at the competitions. This is the coach's job.

6 - As you watch your gymnast, try to focus on improvement in skills. Do not compare them to other gymnasts.

7 - Cheer for all members of the Champion Gymnastics team and feel free to cheer for fine performances given by the gymnasts of other teams.

8 - Take responsibility for promoting Champion Gymnastics reputation. Never make negative comments about other gyms, coaches, gymnasts, or judges. As a Champion Gymnastics team parent you also represent

us and your behavior will reflect on our whole team.

9 - Be positive at all times. It requires extra work sometimes, but your attitude will determine your child's attitude and their success in both gymnastics and life. Never speak negatively to a coach or question them in front of your gymnast or another gymnast.

10 - Under no circumstances is a parent ever to approach a judge or meet official before, during, or after a competition to comment on, complain about, or even ask about a score.

11 - If you have concerns or comments about the competition, see your gymnast's coach at the next practice or when the session is complete.

12 - No flash photography is permitted during competitions. The sudden flash of light could cause a gymnast to become disoriented, resulting in injury. Please check your camera in advance.

13 - All gymnasts are expected to stay until the end of the awards ceremony regardless of whether they are receiving an award or not. They need to cheer all award participants, particularly their teammates.

14 - Never contact a host club before, during, or after a competition. If you have a question or comment, please direct them to your coach.

SafeSport & Athlete Safety

Protecting Our Athletes Is Everyone's Responsibility

At Champion, the safety, well-being, and protection of our athletes is one of our highest priorities. We are committed to providing a safe, respectful, and positive environment where every athlete can learn, train, and grow.

We encourage athletes, parents, guardians, coaches, staff, and members of our Champion community to speak up if they see, hear about, or have a reasonable concern regarding **abuse, misconduct, inappropriate behavior, or a violation of athlete-safety policies involving a minor.**

You do not need to investigate or determine whether something actually happened before making a report. If you have a reasonable concern, it is important to report it to the appropriate authorities.

1. USA Gymnastics — Report a Concern

Direct reporting portal:
USA Gymnastics Safety & Response — Make a Report
USA Gymnastics currently directs reports involving **non-sexual child abuse, emotional or physical misconduct, bullying, hazing, harassment, and prevention-policy violations** to its reporting system. Reports can be made anonymously and at no cost.

USA Gymnastics Safety & Response information page:
USA Gymnastics Safety & Response

2. U.S. Center for SafeSport — Report Abuse or Misconduct
Direct reporting page:

U.S. Center for SafeSport — Report a Concern
SafeSport handles reports including **sexual misconduct, child sexual abuse, and other misconduct within the Olympic and Paralympic Movement**. Their reporting hotline is **833-5US-SAFE (833-587-7233)**.

3. SafeSport Parent & Youth Training

This is resource for **prevention, recognizing abuse, and reporting concerns**:
SafeSport — Courses & Training
The Center currently offers:

- **Parent's Guide to Misconduct in Sport** — free, approximately 30 minutes
- **SafeSport for Kids — ages 5–12**
- **SafeSport for Teens — ages 13–17**
- Information on recognizing abuse and misconduct
- How to talk with children about misconduct
- How to respond if a child discloses abuse

Reporting responsibilities and resources

SafeSport — Helping Parents Prevent Abuse
That page specifically provides parents with resources on **grooming behaviors, recognizing inappropriate coaching, responding to abuse disclosures, and free parent/youth training.**

REPORT A CONCERN — USA GYMNASTICS
For non-sexual misconduct, bullying, hazing, harassment, physical/ emotional misconduct, and prevention-policy violations.

REPORT ABUSE OR MISCONDUCT — U.S. CENTER FOR SAFESPORT
For sexual misconduct, child sexual abuse, and other SafeSport Code violations.

PARENT & ATHLETE SAFETY TRAINING — SAFESPORT
Free resources to help parents and young athletes recognize, prevent, and report abuse.

If you suspect child abuse or believe a child is in immediate danger, contact local law enforcement or child protective services. If there is an immediate emergency, call 911.

USA Gymnastics specifically states that suspected child abuse must be reported to the appropriate government authorities and to SafeSport, and its current policy says Adult Participants have mandatory reporting obligations.



CONTACT INFORMATION

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