



## **Competitive Team Handbook**

2020-2021

Rising Stars  
Future Stars  
Developmental Levels 2/3  
Compulsory Levels 4/5  
Optional Levels 6+  
Xcel

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# **The Champion Gymnastics Competitive Team**

## **Our Champion Family Welcomes You**

Champion Gymnastics would like to welcome your family to our Competitive Team Programs. 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 in hopes to answer many of your questions about how our Competitive Team Programs operate.

We hope to 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.

## **Gymnastics Philosophy**

Gymnastics can be a competitive sport and Champion Gymnastics has a competitive team. 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 gymnasts will 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**

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.

## **Life Changes**

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

- At the foundation team levels (Level 1 & Pre Team), 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.
- 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 it is not always an option to do so.
- All gymnastics competitions that we attend will be on weekends, so please keep your weekends open during the competitive season.
- 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. We encourage that each athlete finishes their homework before or after practice although we do allow up to 30 minutes during conditioning if needed (Compulsory Levels 3-5 and above only).

## **Safety**

Gymnastics can be a very dangerous 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 passages 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 coaches 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.

## **Gymnastics Organizations**

1. Federation of International Gymnastics (FIG) is the worldly governing body for all gymnastics. All rules and regulations for Elite Competition are passed down from this organization.
2. USA Gymnastics (USAG) is the National Governing Body for the sport of gymnastics in the United States. The guidelines for all Junior Olympics are passed down from this organization, which includes competitive levels 3-10 as well as beginning levels 1 & 2. All competitive gymnasts must be a member of USAG in order to participate in a USAG sanctioned meet.

## **Practice Dress Code:**

- ✓ Leotard – tank and sleeved are acceptable. NO TWO PIECE OUTFITS. No skirted leotards
- ✓ Fitness shorts are allowed, except during competition season (Levels 2-10 & Xcel)
- ✓ No hooded jackets or shirts
- ✓ No buttons or zippers
- ✓ In the colder months, warm clothes can be worn during warm up only
- ✓ Hair must be pulled back, no bangs or long strands in face
- ✓ No jewelry except stud earrings

## **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 expectations 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.
2. For team levels 2-10, if you are on vacation for more than 1 week, you will need to make sure that you keep up with your training.
3. For team levels 2-10 & Xcel call your coach directly if you will be absent for any reason. Acceptable reasons for missing practices are severe sickness, fever, family, funerals, and required school activities.
4. 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.
5. 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.
6. Arrive at the gym ready to participate in the appropriate attire, hair pulled back and out of your face, jewelry off, water bottle in hand, athletic tape in locker, and ready to go. Levels 2-10 and Xcel Team athletes will need to provide their own athletic tape and pre-wrap that can be purchased from the Pro Shop.
7. Treat other gymnasts with respect, be kind to those gymnasts who are younger or less experienced than you, and do not hold yourself out as better than other gymnasts. Everyone has strengths and weaknesses.
8. 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.
9. 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.
10. Always wait inside the facility for your ride. Gymnasts are not allowed to wait outside for pick-up following practice.

11. Gymnasts may be sore after a hard workout. This is normal. You are still required to attend practice.
12. There is NO cell phone use allowed during practice. Cell phones must be turned in to the coaches at the beginning of practice and can be picked up at the end of practice. Parents, if there is an emergency, please contact the gym or coach directly.
13. Being on Team is a commitment. Once on team, you are committing to being a part of our team for the entire competitive season.

### **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 Member's 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 coach directly. It is important that you communicate with the coaches.
3. Injured gymnasts and gymnasts with minor illnesses are expected to participate in workouts and gym activities to the highest extent possible.
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 talk to the office staff and they will 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 you check your emails frequently and that your email is up to date.

9. 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.
10. If you have a problem or concern, please speak to the coach directly, or talk to the designated "Gym Mom". 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.
11. Be encouraging and positive to your child. Be careful of comparisons, as each child is an individual with different talents and capabilities.

### **Additional Obligations:**

1. Team Parent Meetings –
  - ✓ Parents must attend all mandatory meetings. The meetings are an opportunity for coaches to communicate detailed information with time for questions and answers.
2. Meet Volunteer Hours –
  - ✓ Should we host a competition during compulsory or optional/xcel season, all team parents will be expected to help in any way possible. This can include session help, set up and/or break down, or donating food. This is not a mandatory requirement, but any help we can get is very much appreciated and makes things run more smoothly.

### **Additional 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.
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 turned into the Girls Director as soon as possible.
4. **Inclement weather procedures** – In the event of inclement weather of some sort, we are almost always open. If the gym closes, we will contact you prior to the start of practice. If you are uncomfortable traveling in the weather, please stay home.

- 5. Make-ups for missed practices** – AT THIS TIME, MAKE-UP CLASSES ARE NOT PERMITTED.
- 6. Team information** – We email all team information. Please be sure to keep the office and coaches updated with current contact information and check your emails regularly.
- 7. Team member contact information** – It is imperative that your membership information is current and accurate. This information includes your current address, phone numbers, doctor/insurance information, and emergency contact names and phone numbers. If you need to update this information, please see the Champion Gymnastics office staff.
- 8. 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. There is no reimbursement of fees for missed practices or competitions due to behavior issues.
- 9. 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.
- 10. Private lessons** – Private lessons are available to all athletes. Champion Gymnastics charges \$1.00 per 1 minute. If you are interested, please see your gymnast's coach for scheduling.
- 11. Open gym** – AT THIS TIME, OPEN GYM IS NOT AVAILABLE.

#### **Disciplinary Actions:**

The rules and policies which govern the gymnasts and parents have been outlined in the Team Handbook. In the event that there is an ongoing pattern of disruption or major rule infractions, it may become necessary to impose some disciplinary action in an attempt to improve the situation.

The procedures listed below are presented as an expression of our beliefs as to what disciplinary actions are necessary and appropriate and not intended to be all-inclusive. We treat all of our gymnasts and parents as individuals and will seek to impose the most effective discipline based on each set of circumstances.

Examples of Disciplinary Actions:

1. The gymnast may not be permitted to rotate with their group at the designated time. She will have to stay and finish her work or repeat the assignment on a particular piece of equipment.

2. The gymnast may be given appropriate conditioning to perform which will help them focus their attention and build their strength to accomplish the task at hand.
3. The gymnast may be asked to leave the gym for a specified amount of time as a "time out".
4. The coach may request a meeting with the parent to discuss any issues.
5. The gymnast may be suspended from the team for a period of time or may be scratched from a competition.

Note – Items #1 and #2 on the list are fairly common and will generally not be communicated to the parents. The development of the coach/gymnast relationship is paramount and built on time shared including the ups and downs. The coaches can't consult the parents every time there is a problem.

Item #4 signifies a need to work outside the coach/gymnast relationship. In this instance, we need your help as the parent to overcome a challenge that can't be accomplished by the coach alone. It does not necessarily mean that we are confronted with a serious problem; it only means we need your assistance.

Item #5 is reserved for the most serious violations of our rules and policies. They are reserved primarily for times when there is an ongoing problem with disruption and disrespect within the gym that has proven resistant to improvement. We will not let the bad attitude of any gymnast influence the spirit and work ethic of the entire team.

Being on Team is a privilege, and that privilege can be taken away. Being on Team is not your right, it is the choice of Champion Gymnastics. You were chosen to be on our team because you showed talent, motivation, and work ethic.

### **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 an experienced and professional staff.

Team tuition is based on a full year of training and competition. There will be vacations and closings during the year, and these have been factored into the tuition already. There are no prorated fees due to missed or cancelled practices. You can come in and do make ups for the days that were missed.

Tuition for all members are due by the 1<sup>st</sup> of each month, and late by the 7<sup>th</sup>. You can pay by cash, check, or card. You can also make online payments through your Parent Portal or add your card for AutoPay.

**Tuition Fee -**

This fee covers your gymnast's practices, coaches' wages, and gym/equipment usage. This fee will not be prorated in any way regardless of competition status, Holidays, or gym closures.

A \$10.00 late fee will be due if your tuition is not paid by the 7<sup>th</sup>.

**Girls Competitive Attire -**

Levels 2-5 are required to purchase the Champion Gymnastics Team workout tank leotard, the compulsory team competition leotard, warm ups, and a Champion Gymnastics bag.

Optionals are required to purchase the Champion Gymnastics Team workout tank leotard, the optional team competition leotard, warm ups, and a Champion Gymnastics bag.

Xcel is required to purchase the Champion Gymnastics Team workout tank leotard, the Xcel team competition leotard, warm ups, and a Champion Gymnastics bag.

**USAG Gymnastics/SOCAL Registration Fee -**

These fees must be paid in order for your gymnast to register with USAG Gymnastics and participate in USAG sanctioned competitions.

**Meet Entry Fees -**

These are the fees designated by the hosts of the competitions for entry into the competition.

These fees do not apply for Rising Stars or Future Stars.

For levels 2-10 and Xcel, meet fees have already been included in your tuition to cover the cost of the season. State has not been factored in since it is a qualification competition.

Meet admission fees for spectators usually range between \$10.00 - \$20.00 per person. Please plan to bring cash, we cannot guarantee other forms of payment will be accepted.

**Coaches Fees -**

This fee covers the cost of sending coaches to competitions, including a session fee, meals, and additional travel expenses if necessary. If your child is factored into the coaches fees payment, but does not attend the meet, you are still responsible for payment of your portion of coaches fees.

These fees do not apply for Rising Stars or Future Stars.

For levels 2-10 and Xcel, coaches fees have already been included in your tuition to cover the cost for the season. State has not been factored in since it is a qualification competition.

For Optional and Xcel, coaches fees vary depending on the location of the meet and if a hotel stay is needed.

**Optional/Xcel Routine Fee –**

All levels of Optional and Xcel will need their own Floor and Beam routine choreographed. The routine fees will go directly to the coach who choreographed the routine and payment will be due the day(s) you get your routine(s). You will also need to purchase or download Floor Music that is approved by the coaches.

**Competitive Season 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 Junior Olympic program and Xcel program 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. Meets may be added, changed, or cancelled. The gymnastics club that is holding the competition will set the final meet schedule approximately one week before the competition. We will pass the times on to you when we receive it. Please do not call a host gym for meet information, as we will provide you with everything you will need to know. Meet information and any last minute changes will be emailed to you.

**Meet Schedule Information**

The USAG membership runs from August 1<sup>st</sup> – July 31<sup>st</sup>. The USAG competition year is divided into two seasons.

Fall Season .....	Compulsory Levels 2-5
Spring Season.....	Optional Levels 6-10
Spring Season.....	Xcel All Levels

Occasionally, Champion Gymnastics will select compulsory levels 2-5 athletes to compete in the off season for specific reasons. This is a case by case situation and will not be an opportunity for all gymnasts.

## **Meet Types/Qualifiers**

Critique Meet/Inter Squad – An in house meet which one or more USAG certified judge(s) comes in to evaluate and score our gymnasts. Levels 2-10 and Xcel are required to participate in these competitions.

Invitational – All gymnasts attend these types of meets. Some invitationals are themed.

State – Highest level of competition for Developmental/Compulsory Levels 2-5 and Xcel Bronze.

Regionals – Highest level of competition for Optional Levels 6-8 and Xcel Silver/Gold/Platinum/Diamond.

Westerns – Highest level of competition for Optional Level 9.

Nationals – Highest level of competition for Optional Level 10.

## **Competition Dress Code**

- ✓ No shorts
- ✓ Jewelry cannot be worn at meets (1 set of stud earrings are okay)
- ✓ Nails must be groomed and polish natural
- ✓ Light make up is acceptable
- ✓ No undergarments can show (bra straps, sports bra, underwear)
- ✓ Hair must be pulled back and out of the way
- ✓ Champion Gymnastics Leotard and Warm Ups must be worn at all competitions
- ✓ Champion Gymnastics bag must be brought to each competition

## **Meet Etiquette for Gymnasts**

1. Be sure to eat a well balanced meal 1 hour before the start of the competition which 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 before open stretch 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. The gymnast must have proper attire on including the Champion Gymnastics competition leotard, warm ups, and bag. No undergarments can be visible. Hair should be neat and prepared for competition.

6. It is the gymnast's responsibility to make sure that they have their grips and other necessities in their bag.
7. 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.
8. Personal discipline at competition should be impeccable. There is no place for uncontrolled emotions during a gymnastics meet, if you need to recompose yourself, you will be sent to the restroom to do so.
9. Be courteous, respectful, and polite to all meet officials, hosts, competitors, and coaches. The only time you should approach a meet official is the thank them for hosting or judging the meet.
10. 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.
11. 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.
12. 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.

### **Meet Etiquette for Parents**

1. Get your gymnast to the meet site on time, 30 minutes before the warm up.
2. Parents are required to provide transportation to and from the competitions. Parents are responsible for all travel expenses.
3. Under USAG rules, the only adults allowed in the competitive area are the judges, those helping to run the competition, and coaches.
4. Please do not contact or talk to your gymnast or the coaches once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over, they will come and see you.
5. Please do not coach your gymnast in the gym or at meets. This is the coaches 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 meet, see your gymnast's coach at the next practice, or when the session is over.
12. Every gymnast must come prepared for the competition.
13. If your gymnast gets injured at a competition, please remain in the stands. The coach will signal for you if you are needed.
14. 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.
15. 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.
16. Never contact a host club before, during, or after a competition. If you have a question or comment, please direct them to your coach.
17. If a gymnast has a crisis during the meet and starts crying, she will be sent to the restroom to compose herself. We appreciate how hard it is to watch your child cry, but we also believe that it is important for them to learn how to deal with setbacks during competition without parental help. Please help us to help them grow and let them learn to cope with both success and failure.

**Girls Director Info**

**Savannah Ross**

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**Rising Stars Coaches**

Amy Ferraris  
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Sarah Brown

**Levels 2-3 Coaches**

Andrea Chance  
Sarah Brown

**Future Stars Coaches**

Brittany Pharis  
Hannah Hickox  
Laura Canton  
Vannah Ross

**Levels 4-10 Coaches**

Amy Ferraris  
Caleb Fischle-Faulk  
JJ Ross  
Laura Canton  
Sherri McCullen

**Xcel Coaches**

Brittany Pharis  
Dakota Hacker  
Hannah Hickox  
Laura Canton  
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