



**2024-2025**

**PLACEMENT  
PACKET**



# W E L C O M E

**Welcome to Capital City Gymnastics at Helena Athletic Club!**

**If you are new to Capital City Gymnastics, thank you for joining us. If you are returning for another wonderful season, welcome back.**

This handbook helps you navigate the world of competitive gymnastics at Helena Athletic Club. It contains all the pertinent information regarding our season: schedules, expectations, season layout and more.

If you have any coaching questions, contact your child's coaches directly before/after practice. If you have administrative or financial questions, please contact [office@hacmt.com](mailto:office@hacmt.com)

# D R E S S C O D E

Dress code at practice and competition is very important. We are in the public eye often, and as such must maintain "classy" attitudes and attire. Please follow the rules and remember to both look and act like a Capital City Gymnast at all times.

At PRACTICE, all athletes are to wear practice attire that is close fitting and not a cropped or midriff style. Leotards are best. Spandex shorts or leggings are optional. Jewelry (other than stud earrings) is not permitted. Fitness watches are also in this category.

At COMPETITION, when not competing, athletes need to wear their Capital City Gymnastics uniforms, warm ups, or gym colors and tennis shoes. No sandals, slippers or boots.

PARENTS AT COMPETITION are encouraged to wear Capital City Gymnastics parent gear or team colors to competitions. Our athletes love the support that they see in the stands when parents are decked out in red and navy! Parent gear will be available to order prior to our first competition. Please note, only parent gear purchased through our team stores is permitted. Please do not use our name or logo on any other apparel or other products.

# COMPETITION SCHEDULE

Event	Location	Dates	XB	XS	XG	L3	Opt
Early Bird	Missoula	November 29			X	X	X
Judges Cup	Great Falls	December 6-8	X	X	X	X	X
State Cup	TBD	January 10-12	X	X	X	X	X
Glacier Challenge	Kalispell	January 17-19					X
Mt. Helena Open	Helena	January 24-26	X	X	X	X	X
Rocky Mtn. Cup	Great Falls	February 7-8			X	X	X
Charity Choice	Tacoma, WA	February 15					X
Capital City Classic	HOME	February 22-23	X	X	X	X	X
Mismo Magical Meet	Frenchtown	March 7-9		X	X	X	X
State Championships	Bozeman	March 21-23	X	X	X	X	X
***DP Regionals	Portland, OR	April 10-13					X

\* All meets are billed accordingly for each level. There is no discount or deduction of meet fees if athletes do not attend a meet.

\*\*Meet weekends usually run Friday-Sunday with the final schedule and which levels compete when not available until a few weeks before each meet.

\*\*\*Participation in a regionals event requires a minimum all around score of 36. Entries and coaches travel are not included in the comp. account and will be billed upon qualification.

# FINANCIAL COMMITMENT

There are two types of financial commitments required of competitive team gymnastics families. The first is the monthly training fee that is due on the first of each month and covers all team practices, instruction and team gatherings. The second is the competition account (comp. account) that consists of every expense associated with participating on a travelling competitive gymnastics team. Each team's expenses vary and are due in installments prior to the beginning of the competitive season. These installments are due on the 15th of each month

## Monthly Tuition/Training Fees

Developmental			Xcel		
Level 3	6 hrs/wk	\$255	Bronze/Silver	4 hrs/wk.	\$215
Optionals	12-14 hrs/wk	\$295	Gold A	6 hrs/wk.	\$255
			Gold B	9 hrs/wk.	\$275

\*\*Monthly tuition is due on the first of each month. A \$25 late fee will be charged on all accounts with outstanding balances on the 10th of each month. Please see Auto-withdrawal Form for auto-draft of monthly tuition and/or comp. account installments.\*\*

## Team Budget and Expenses

Each family also has a competition account, or "comp. account" with HAC that the family is responsible for according to the due dates outlined in the installment schedule. The table below shows the costs that are associated with a competitive team gymnastics. Although it is a substantial expense for the season there are many individual fundraising opportunities through the HAC. Participation in fundraising events are at your discretion only and the portion of the funds raised by your family during each event goes directly to your competition account. Monies fundraised above and beyond the comp. account fees can be applied to the monthly tuition for team members. Often, there are families who completely pay off their accounts prior to the start of the season through the summer raffle. Don't hesitate to visit with the office manager, head coach or current team families regarding the various options available for assistance with this account.

Fundraisers already planned for the season and their tentative time frame:

"Fill Your Freezer" Raffle (July)

Chocolate Sales (September)

Wreath Sales (October-November)

Capital City Classic (shifts offset/pay entry fee)

### Team Expenses (Comp. Account)

	Xcel Bronze	Xcel Silver	Xcel Gold	Level 3	Optionals
USAG Cert.	\$35	\$35	\$35	\$35	\$35
***Music/Choreo			\$25		\$200
***Comp Leo	\$75	\$75	\$75	\$85	\$390
***Warm-up Jacket		\$170	\$170	\$170	\$170
***Warm-up Pants		\$70	\$70	\$70	\$70
Meet Entry	\$520	\$650	\$900	\$900	\$1,220
<b>TOTAL</b>	<b>\$635</b>	<b>\$1,000</b>	<b>\$1,275</b>	<b>\$1,260</b>	<b>\$2,085</b>

\*\*\*Billed for new athletes and returning athletes if applicable.

Note that the only competition expense covered by the competition account is the athlete's entry and coaches' fees. Athlete/parent/family travel and accommodations will be an added expense for each family.

### Team Expenses (Comp. Account) Installments

	Xcel Bronze	Xcel Silver	Xcel Gold	Level 3	Optionals
July 15	\$250	\$250	\$250	\$250	\$350
Aug. 15	\$100	\$200	\$250	\$250	\$350
Sept. 15	\$100	\$200	\$200	\$200	\$350
Oct. 15	\$100	\$160	\$200	\$200	\$350
Nov. 15	\$85	\$100	\$200	\$200	\$350
Dec. 15		\$90	\$175	\$160	\$335
<b>TOTAL</b>	<b>\$635</b>	<b>\$995</b>	<b>\$1,275</b>	<b>\$1,260</b>	<b>\$2,085</b>

# FINANCIAL AGREEMENT

Helena Athletic Club, Inc. (HAC) will order and pay for items listed in the team expenses tables for all member of the Mustangs Cheerleading teams. Due to the nature of such large orders HAC will often pay ahead, or above and beyond what each family has already contributed to their comp. account. It is extremely important that each family makes timely payments and understands the consequences of delinquency. Any unpaid competition accounts will be charged 10% of the balance on the 30/31st of each month. A delinquent account will be turned over to a collection agency and that child's membership terminated at the sole discretion of HAC Management. Similarly, an athlete may be sidelined from practices and events until accounts are current.

If at any point during the season your child leaves or is dismissed from the team you will only be responsible for the payments/fees due on or before the date of departure. ***An injured or suspended athlete MAY still be responsible for all team account payments whether she participates in activities, camps, clinics or competitions. Sickness, vacation or other absences DO NOT constitute a proration of fees, training or competition account payments.***

HAC reserves the right to withhold apparel, uniforms or suspend athletes from participation in the event the family's tuition or competition account becomes past due. By participating, you are agreeing to the terms set forth in the above team and financial information including the monthly tuition and competition account fees. You understand that should you default on payment of your account and collection agency services are required, all costs of collections up to 45% of the balance, including attorney/court costs will be added to the balance of your account.



# 2024-2025 CAPITAL CITY GYMNASTICS PLACEMENT FORM

Athlete's Name		Age as of Aug. 31, 2024
Birth Date	School	Grade(24-25 School year)
Athlete Cell	Athlete E-mail	
List prior year level and highest all-around score:		

Mother's Name	Father's Name
Phone	Phone
Mailing Address	Address
E-mail	E-mail
Preferred E-mail Contact:	Athlete resides with:

Please list any special circumstances that HAC Staff and Coaches should be aware of:  
This information will be kept private.

A Parent or Guardian of the above athlete must sign below indicating that he/she understands and supports the commitment required of HAC Gymnastics team members, regardless of age or level. Requesting placement on an HAC Gymnastics team exhibits the athlete's sincerity in competing on the appropriate squad for the entire 2024-2025 season. I have read and agree to all terms and policies set forth in this application.

Parent/Guardian Signature	Date
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