

Welcome To Greater Buffalo Gymnastics Center!



2021-2022 Class Handbook

"Thank You for joining our programs"

Torey, Sharon, TJ & Forever Jacquie Hirsch,
Kristen Fahnestock - Owners

The Hirsch Family of Companies:



Welcome!

We are excited to have you as a member of our program!

This year our facility celebrates its 29th anniversary. Greater Buffalo Gymnastics Center is part of one of the most comprehensive health, physical fitness, and childcare development centers in all of New York State. Our 4-acre campus is home to:

- **Greater Buffalo Gymnastics Center**
- **TJ Hirsch Enterprises, Inc.**
 - **Auto Storage, Detailing, Vehicle Appraisals, Sales & Consulting**
- **The Jacquie Hirsch For A.L.L. Foundation**
 - **Cancer & Leukemia Awareness, Research, Fundraising Events & Patient Support**
- **Four Seasons Child Care & Preschool**
- **Spezio's Dance Dynamics**



Greater Buffalo Gymnastics Center provides state-of-the-art training, teaching, coaching, mentoring, and character development for children of all ages. Each of our programs are designed to meet and exceed specific physical and emotional conditioning expectations for the diversity of our participants. The results of our work can be measured and seen by increased confidence, interpersonal skills, motor skills, and focus while preparing children for a bright, happy, and successful future.

In summary: We will help our students to accept individual differences in skill levels and success rates as they progress. Our promise is that we will do everything in our power to provide priceless child growth and development opportunities second to none.

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This content is subject to change without notice. When updated, it will be posted directly to our website for you to review @ www.greaterbuffalogymnastics.com.

Introduction

Welcome

Our philosophy at Greater Buffalo Gymnastics Center focuses on the education of children - our most vital resource for the future. We believe that young people can learn to develop coordination, motor skills and body control, as well as the more important mental qualities: self-esteem, self-confidence, and self-awareness through physical activity. Motivation, problem solving, and patience are qualities that are emphasized at our center. Most importantly, young people will learn to develop respect for themselves and others. Our coaching staff reflects this philosophy of teaching and uses a positive approach to place the emphasis on the individual.

Here at Greater Buffalo Gymnastics Center proper staff selection and development is the key to ensuring that a high-quality activity, such as gymnastics, creates a positive learning experience.

- Our trained staff will use the sport of gymnastics as an avenue to develop positive personal qualities.
- These qualities, nurtured at an early age, will be utilized in all areas of the individual's future.
- Whether a recreational or competitive gymnast, we are confident that our staff will be able to help each child reach their potential, have **FUN** while doing so, and enjoy all aspects of our program.

Our curriculum is designed to maximize your child's progress and keep them challenged. We track your child's progress, strengths, and areas of opportunity within our program. Our levels are very comprehensive. We advance children as they are ready and this advancement can occur at any time during the season. Advancement based on individual progress keeps the child challenged and this way, children can feel the rewards of their hard work by progressing to higher levels when they are ready.

Our charting system emphasizes basic skill development and coincides with the overall USA Gymnastics Junior Olympic development program. Children from our classes may be recommended to participate on our Junior Olympic Team. Although our team program is available for students of our recreational classes, the emphasis for our recreational children is to have fun and enjoy themselves while learning the sport of gymnastics.

Facility Programs

- Junior Jumpers/Kinder Kids (3 yrs. to Pre-K)
- Recreational Gymnastics Classes for Boys & Girls (5 yrs. and up)
- USA Gymnastics Competitive Program for Boys - Levels 4-10, Girls - Levels 2-10
- Xcel Competitive Program
- Tumbling Classes
- Birthday Parties
- Private Instruction
- Adult Open Workouts
- Parents Night Out

Mission

We are here to leave a lifelong positive lasting impression of a time where children and young adults spend their youthful years growing, learning, finding their path, and feeling prepared to go out into the world, defining what success means to them and make it their own.

Need to Knows

THE FOLLOWING RULES & POLICIES ARE DESIGNED TO:

- A) Keep you and your child(ren) safe.
- B) Keep the flow of children between classes efficient and safe.

Communication

Check your emails and watch for updates to our news, events, and calendar at www.greaterbuffalogymnastics.com as well as the Customer Portal. These will be our main sources of communication. We look forward to keeping you up to date and well informed.

How do your programs run?

Greater Buffalo Gymnastics is excited to begin offering a year-round program! What does year-round program mean? It means once you register with us, that spot is yours indefinitely! No more struggling to find a spot, no changes to your gymnastics schedule every season. Of course, when your gymnast's level changes there may be some movement in your class day and time based on availability. But other than that, you can count on your gymnastics class remaining consistent all year.

Time Management

Our classes are very prompt:

- a. Please arrive at least 5 minutes early to be greeted by Client Services.
- b. Traffic jam, running late at work, car broke down? Things happen. No Problem. If you will be late picking up your child, just call us at (716) 639-0020.

Attire

WHAT DOES MY DAUGHTER WEAR?

- a. Girls should wear a leotard and/or shorts with a shirt and cotton socks.
- b. Midriffs should be covered, avoid crop tops, wear shirts over sports bras.
- c. Long hair should be securely tied back away from the face and out of the eyes. Post earrings only.
- d. No loose fitting or very tight clothing. No belts, buckles, or large snaps/buttons. No bare feet, bobby pins, or dangly jewelry.

WHAT DOES MY SON WEAR?

- a. Boys should wear shorts and a t-shirt with cotton socks. Baggy clothes and jeans are not safe.
- b. Long hair should be securely tied back away from the face and out of the eyes. Post earrings only.
- c. No loose fitting or very tight clothing. No belts, buckles, or large snaps/buttons. No bare feet, no dangly jewelry.

Please note: Categorization of athletes into "girls" and "boys" reflect USAG guidelines for gymnastics categories that are broken up into "female" and "male". We recognize that not every child fits into the gender binary. All athletes are welcome to participate in the category that they feel best fits their gender identity. Greater Buffalo supports children of all gender identities.

Tuition

MEMBERSHIP FEE

There is an annual \$45.00 membership fee per child. This is paid upon your initial registration date and is subsequently automatically charged to your account on your anniversary with us each year.

WHEN DO I PAY?

Tuition is due the (1st) of the month regardless of the day the (1st) falls on. Payments are divided into equal monthly payments regardless of closings, holidays, and absences. Tuition rates are based on an average of four (4) classes per month. If a problem with payment arises, please call the office BEFORE payment is due in order to discuss other arrangements. We will help you in any way that we can.

HOW DO I PAY?

Payments are accepted in CASH, CHECK, MASTERCARD, VISA, DISCOVER, AMERICAN EXPRESS, or INDEPENDENT HEALTH FLEX FIT CARD.

- a. Credit/Debit payments can be made online through our Customer Portal by Logging in > My Account > Payments > Make Payment. Card payments can also be taken in person or called in during our office hours.
- b. A drop box is located in the front lobby for cash or check payments. It is provided in the event Client Services is closed. Checks may also be mailed in. Please be sure your child's first name, last name, day, and time are clearly marked on the front of your check. There is a \$35.00 fee for returned checks.

DO YOU OFFER CARDS ON FILE? AUTOMATIC BILLING?

You bet! We're here to make your life easy! If you prefer to keep your payments, fast, efficient, and safe, please speak with Client Services about our highly secure, automatic billing system.

WHAT HAPPENS IF MY PAYMENT IS LATE?

That's okay. Tuition is just an additional \$10.00 per child if payment is not received by the (10th) of each month. We suggest putting a credit card on file with us so your tuition will always be on time!

Should your student's tuition remain outstanding at the end of the month, your student(s) will be unable to participate in class and their enrollment will be dropped. If your child is automatically withdrawn and you want to return to our program, you will be responsible for any unpaid balances prior to their return. We will do our best to fit you back into a convenient day/time.

DO YOU OFFER FAMILY DISCOUNTS?

Of course! We're very proud to have so many families join us at the gym and to have siblings participating together. Discounts are tiered according to the number of siblings enrolled and will be applied individually per child to the lower/lowest tuition cost(s). These adjustments are automatically reflected in your account. Discounts are as follows:

- 1st Child - Full Price
- 2nd Child - 5% off their monthly tuition

- 3rd Child - 10% off their monthly tuition
- 4th Child - 15% off their monthly tuition

We also offer a military discount through the Erie County Thank-A-Vet and Honoring the Fallen Programs. Simply present your Thank-A-Vet or Honoring the Fallen card at the Client Services desk and receive 10% off all services offered at the facility. Discounts cannot be combined.

Absences

This is a continuous program. We plan on you and your child(ren) being with us for the duration of their gymnastics career! Please provide a phone call or email to our Client Services Department if you need to let us know otherwise.

We keep on top of our "attendance game." Please notify the Client Services Department in advance if your child will be absent from class. You can also submit future absences through our Customer Portal. Requests through the Customer Portal must be made at least 24 hours in advance of the absence. Please call-in any absence with less than 24 hours' notice.

- After TWO consecutive weeks absent from class without notification to Client Services, you will receive a follow up phone call.
- Should your tuition payment remain outstanding after the follow up phone call, your child will automatically be withdrawn from class
- Unless prior arrangements have been made, you are responsible for any unpaid tuition for classes missed as we have been holding your child's place on the roster.

If your child is automatically withdrawn and you want to return to our program, you will be responsible for any unpaid balances prior to their return. We will do our best to fit you back into a convenient day/time.

* Please Note, at this time makeup classes are not available for any absences.

Safety/Injuries

AT THE GYM

Injuries are extremely rare here. You can take confidence knowing that our staff is properly trained in skill progression, safety, matting, spotting, and skill development to help ensure the safety of your child. Additionally, every employee goes through a background check and Safe Sport certification. We do carry insurance to operate our business, however, each student must be covered by his/her own health insurance.

PARENTS – PLEASE NOTE: USA Gymnastics, (our governing body) recommends that the following paragraph be presented to all parents of gymnasts enrolled in any gymnastics program:

"By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Risk can be reduced, but never eliminated. The risk of injury includes minor injuries such as bruises and more serious injuries such as broken bones, dislocations and muscle pulls. The risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck or head."

USA Gymnastics Safety Handbook (1998) USA Gymnastics Publications Indianapolis, IN

"The area of safety in our gym is our most fundamental coaching concept. We have put safety in the highest regard to make our programs safer and more enjoyable for our students. It cannot be denied that the most important part of a safe gymnastics program is the coaching staff and their ability to implement the safe practices of teaching and coaching gymnastics. Our staff is continually learning new and improved techniques of teaching and spotting to help ensure the safety of your child." Torey Hirsch Sr. – Co-Owner

OUTSIDE OF THE GYM

Please notify the gym as soon as possible if your child is injured outside of the gym or is diagnosed with any communicable diseases (i.e. chicken pox, mumps, conjunctivitis, fifth's disease, etc.)

- a. Medical releases are REQUIRED before returning to class for any child who has been seen by a doctor or under medical care for any injury or illness excluding "annual check-ups."
- b. NO child will be allowed to participate in class until the gym receives the medical release stating the full start and end dates.

EMERGENCY PROCEDURES

In the unlikely event of a medical emergency involving your child, we follow the steps below:

- a. Greater Buffalo staff will assess the situation and emergency first aid will be administered, including requesting of emergency medical technicians and an ambulance if needed.
- b. We will attempt to reach you first, then your emergency contact using the information you provided to us at registration.
- c. In the event we are unable to make contact with a parent or guardian, we will attempt to contact the nearest professional medical staff and/or hospital.

USA GYMNASTICS SAFE SPORT POLICY

Our first commitment and top priority at Greater Buffalo Gymnastics Center is the safety and wellbeing of our athletes and staff. With that always at the forefront of our minds, each of our coaches have been required to become a member of USAG, requiring them to pass a criminal background check and take a course related to the Safe Sport Policy.

The following is a note from USA Gymnastics regarding the Safe Sport Policy, the full text of which can be found at www.usagym.org/pages/education/safesport/.

"USA Gymnastics is committed to fostering a safe, fun, and healthy environment for all members. Since 1990 - prior to almost all other National Governing Bodies - USA Gymnastics has provided awareness, prevention and reporting information regarding sexual misconduct to professional members, member clubs, athlete members and their families.

In June 2017, USA Gymnastics leadership approved and adopted a new Safe Sport Policy, which significantly strengthened the organization's approach to athlete safety. The Safe Sport Policy, which is mandatory for all members to comply with:

- Increases the number of individuals who fall under USA Gymnastics jurisdiction; essentially increasing the number of people in our sport who are accountable for their behavior;
- Increases the categories of misconduct from two (sexual and physical misconduct) to six (verbal/emotional misconduct, bullying, hazing and harassment were added);
- Addresses and prohibits boundary violations and grooming behaviors;

- Requires covered individuals to report a suspicion of abuse to law enforcement, even if they are not a mandated reporter according to their state law;
- Requires covered individuals to notify USA Gymnastics or the U.S. Center for SafeSport for any misconduct; and
- Requires covered individuals to take a designated Safe Sport course every two years.

COVID-19 FACILITY SAFETY

In the wake of the COVID-19 pandemic, Greater Buffalo has taken very seriously all protections and protocols in an effort to keep your families and our staff safe, while continuing to have as much fun as possible! With that in mind, please be advised of the following policies we will continue to maintain as long as necessary.

- Hand sanitizer stations will continue to be located throughout the entire building and use will be encouraged before and after class, along with in between rotations.
- Some physical distancing methods will continue to be employed.
- Equipment and surfaces will be continuously disinfected.
- Should mask mandates be put back into place for indoor facilities by the county or state, Greater Buffalo will follow said mandates for everyone in the building: staff, students, and parents, regardless of vaccination status.

We ask that you please understand our number one goal here is to maintain the safety of everyone in the building, gymnastically or otherwise. Please help us do so by complying with whatever mandates we are required to put in place. We are happy to do what we have to do to continue offering your children gymnastics in a way that keeps everyone safe.

Class Progression & Feedback

We are in the business of keeping customers satisfied, keeping children happy, and making sure everyone is a continuous learner! Greater Buffalo Gymnastics Center uses a structured skill tracking system pioneered with over 60 years' experience as well as input from USA Gymnastics. Although these are proprietary to the gym, contact Client Services if you would like feedback on your child's progress at any time.

Gym Protocol & Housekeeping

- a. There is NO food, gum, or drinks other than water allowed in the gym area.
- b. Please encourage your child(ren) to respect our brand-new locker rooms and furniture.
- c. For safety, please park in the designated areas to ensure proper traffic flow and escort children through the parking lot. Be respectful of spaces that are reserved.
- d. The center will not be responsible for lost items or articles of clothing. Please do not allow your child to bring valuable jewelry, clothing, cell phones, tablets, or other items to the gym. Label clothing so it may be returned if it is misplaced.
- e. PARENTS OR UNREGISTERED CHILDREN ARE NOT PERMITTED TO ENTER THE GYM AREA. If you need assistance, please see our Client Services Team Members first.

HOW DO I WATCH MY CHILD?

Parent viewing is always available from the balcony.

- a. Gymnastics is an extremely focused sport. To enhance your child's safety and ensure a great experience, please no tapping on the glass.
- b. Please note, as per USA Gymnastics, no flash pictures are permitted in the gym to ensure the safety of all gymnasts.
- c. If you do not wish to stay, you may head back through the locker rooms and exit out the front door of the gym. Students will be reconnected with their parents at the locker room at the end of class.

Gym Closings

HOLIDAYS/SCHEDULED CLOSINGS

The following page contains a calendar of events here at the gym. We do not adhere to any particular school district's schedule but make our own so please follow this calendar for gymnastics. If a day is not marked, please assume we are open. Tuition rates are based on an average of four (4) classes per month.

WEATHER/EMERGENCY CLOSINGS

Should the gym close due to weather or emergency related conditions, it will be announced on the WGRZ Channel 2, WIVB Channel 4, WKBW Channel 7 webpages, as well as our home page www.greaterbuffalogymnastics.com. When time permits, emails will be sent out as well.

Greater Buffalo Gymnastics Center

2021-2022 Calendar

September 2021						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021						
Su	M	Tu	W	Th	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021						
Su	M	Tu	W	Th	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022						
Su	M	Tu	W	Th	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022						
Su	M	Tu	W	Th	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022						
Su	M	Tu	W	Th	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2022						
Su	M	Tu	W	Th	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2022						
Su	M	Tu	W	Th	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2022						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2022						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

	September 9 - First Day of the 2021-2022 season!
	Gym is CLOSED - If a date is not marked, please assume we are open.
	Class Show Week - Our annual showcase of our gymnast's hard work this season.