**Mpact Women’s Junior Olympic Competitive Gymnastics**

Mpact Sports offers an award-winning Women’s USAG (<https://usagym.org>) Junior Olympic Competitive Gymnastics Team for all levels. We pride ourselves on offering you programs that invest in your daughter’s futures first as growing young ladies and second as aspiring gymnasts. Our teams are headed-up by former Elite, NCAA Gymnasts with tremendous experience both as athletes and as successful coaches.

While we compete as one combined overall team, we do offer three options for practicing:

* Daytime practices: for those who do both homeschool and gymnastics
* Evening practices: for those opting to practice in the evenings
* Hybrid Combination of Daytime & Evening practices: allows you to pre-determine the best combination of daytime and evening practices that fit with your schedule.

**Overall Women’s Competitive Gymnastics Program**

**Our Focus and Commitment:**

* We will have the best coach to athlete ratio in the Southeast.  We believe your child’s optimal development is critical and requires focused attention.
* We believe experienced coaches are an important part of helping your child achieve their personal goals.  All lead coaches have competed as gymnasts at the Elite or NCAA Division 1 levels.
* We understand that each child develops at a different pace.  Therefore, we are committed to helping your child develop at their personal pace...sometimes accelerated to new levels throughout a season.  Whatever is best for each individual athlete.
* We are committed to your child’s overall spiritual, emotional, and physical development. We believe a focused balance in all areas of a child’s life are key to their lifelong development inside and outside of the gym.
* We are committed to excellence and growing our program in a way that will grow with our athlete’s needs, goals, and desires.

**2019-2020 Season Key Dates:**

* **Core Athlete Sign-up Window, Overall Skill and Strength Training, and Evaluation:** April 1st - June 3rd
  + As athlete levels are known or anticipated prior, athletes will definitely begin working on level specific skills
  + Please note that Mpact will provide consideration to any athlete desiring to join the team at any point throughout the year and season.
* **Athlete Season Initial Level Placement:** June 3rd
* **New Level Practice Schedule Begins:** June 3rd
* **Summer Practice Schedule Begins:** June 3rd
* **Core Competition Season:** January 2020 – March/April 2020
* **Warm-up Competition Season:** October 2019-December 2019 (1-2 internal judged competitions and 1-2 external local warm-up meets)

**2019-2020 Season Application:**Kasey Carter at [gymteam@mpactsports.com](mailto:gymteam@mpactsports.com) to receive your team application packet.

**2019-2020 General Team Fees:**

* Gym Registration Fee: $90
* Leo, Warm-ups, and Backpack Fees:  approx. $450 total
* Competition Fees:  TBD per event fees
* See page two for Team Fee schedules

**Weekly Day & Evening School Year Schedule and Combined Summer Schedule**



\*\*Please note that private or small group lessons are offered if additional hours are desired

**Meet and Team Fee Schedules**

* **Coach to Athlete Ratio:** Max of 8 girls per coach
* **Levels 2-3:** 5 in-state/near-state meets with 1 optional out-of-state meet (including State Championships)
* **Levels 4-5:** 7 meets - 1 out-of-state meet, 6 in-state/near-state meets (including State Championships)
* **Levels 6-10 Meets Per Year:** 7-8 meets – 3-4 out-of-state meets, 3-4 in-state/near-state meets (including State Championships plus Regionals and Nationals when team or athlete qualifies)

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| **Level** | **Monthly Fees** | **Hours Per Week** | **Hours Per Month** | **Avg. Hourly Rate** |
| **2** | $225 | 6 hrs/wk | 24 hrs/mth | $9.38 |
| **3** | $300 | 9 hrs/wk | 36 hrs/mth | $8.33 |
| **4** | $365 | 12 hrs/wk | 48 hrs/mth | $7.60 |
| **5** | $380 | 12-14 hrs/wk | 48-56 hrs/mth | $7.31 |
| **6/7** | $395 | 14-17 hrs/wk | 56-68 hrs/mth | $6.37 |
| **8/9** | $425 | 16-18 hrs/wk | 64-72 hrs/mth | $6.25 |
| **10** | $465 | 18-20 hrs/wk | 72-80 hrs/mth | $6.12 |
| **ELITE** | Available Upon Request | | | |

**Lead Coaches**

* **Coach:** Kasey Carter
  + +12 years of coaching competitive gymnastics
  + **Former Elite Gymnast:** WOGA in Dallas, TX
* **Coach:** Jacqueline “Jac” Shealy Randall
  + +12 years of coaching competitive gymnastics
  + **Former Elite Gymnast:** WOGA in Dallas, TX
  + **NCAA Gymnastics Alma Mater:** University Alabama