

Jump Start Gymnastics



Great Fitness  Great Fun  Great Gymnastics

23700 Mercantile Rd

Beachwood, OH 44122

Rear of: National Biological Building

Phone: (216) 896-0295

Email: jsgymnastics@jsgymnastics.com

Website: jsgymnastics.com

April 24, 2024

Dear Jump Start Families,

Summer is approaching, and it is time to start planning and preparing for the 2024-25 school year. Your child has been selected to be part of the JSG competitive USAG gymnastics team. **CONGRATULATIONS!** These students are chosen based on a good work ethic, desire to learn, coachability, and an above-average coordination level in gymnastics. JSG coaching staff is looking forward to instructing your gymnast through their competitive gymnastics experience, which builds a strong base of positive life lessons, athletic ability, and a healthy lifestyle

Provided is the 2024 Summer workout schedule. The summer session is 10 weeks long, and all practices are held within each weekly camp. Practice days are Monday through Friday, 9:00 am-1:30 pm, or Thursday for the July week camps. Gymnasts may stay until 3 pm each practice day for no additional fee. A 30-minute lunch will be scheduled for each practice session. A gymnast may choose as many or as few of the practices as they can attend. Family time and vacations are essential. A balance that your family is comfortable with is imperative.

We will have a parent meeting in early August to address all questions, concerns, & commitment levels required. It is a sizable time commitment & important family decision. The 2023-24 Team practice & meet schedule is online under the team tab at jsgymnastics.com. This will provide a general idea for the 2024-25 year long season schedule.

Please select weeks and days and return your gymnast's schedule via email or hard copy before May 15, 2024. Please let us know if you are not attending the summer practice session. Summer practices are fundamental for building strength and skill acquisition. Please plan to attend as many camp practice weeks as possible, as this will determine your child's readiness for the 2024-2025 season. Team gymnasts receive priority camp spaces until May 15, 2023.

Provided is the 2024 Summer workout schedule. The summer session is 10 weeks long, and all practices are held within each weekly camp. Practice days are Monday through Thursday or Friday, 9:00 am-1:30 pm, depending on the week. Gymnasts may stay until 3 pm each practice day for no additional fee. Lunch will be scheduled for each practice session.

To offer as much flexibility as possible to each family's summer plans, Team registration must be completed by May 15, 2024. Each of the 44 practice days is listed individually. The price has not increased, but the number of summer practice options has increased.

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Team siblings receive a \$200.00 discount if they enroll for 33 or more practice days. Each practice is priced a la carte at \$45. Each practice from numbers 34 - 44 is at no additional cost. Summer Team fees can be divided into 3 equal payments due May 15, June 15, & July 15. The camp theme is listed for each week. Aftercare 3:00-5:00 pm is \$10 per day. Preregistration is required for aftercare. There are no refunds for unattended aftercare reservations or missed practices.

This is a lot of new information to absorb & understand. If you have any questions or concerns, please email me. Every situation has a solution!

Thank You, and Sincerely,

Maureen

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|---|---|--|----------------|
| Week 1 | June 4-6 | PRACTICE: T / W / TH | 4:15-6:30 PM |
| Week 2 | June 10 - 14 THEME: Train like a Warrior! | PRACTICE: M / T / W / TH / F AFTERCARE: Y / N | 9-1:30 or 3 pm |
| Week 3 | June 17 - 21 THEME: Dance Explosion | PRACTICE: M / T / TH / F AFTERCARE: Y / N | 9-1:30 or 3 pm |
| <p>NO PRACTICE WED JUNE 19, 2024 NO PRACTICE MON-FRI JULY 1-5, 2024</p> | | | |
| Week 4 | June 24 - June 28 THEME: Pajama Party! | PRACTICE: M / T / W / TH / F AFTERCARE: Y / N | 9-1:30 or 3 pm |
| Week 5 | July 8 - 11 THEME PJ Party - Part 2 | PRACTICE: M / T / W / TH AFTERCARE: Y / N | 9-1:30 or 3 pm |
| Week 6 | July 15 - 18 THEME: IT'S A BAKE OFF! | PRACTICE: M / T / W / TH AFTERCARE: Y / N | 9-1:30 or 3 pm |
| | LEOTARD & SIZING WEEK | | |
| Week 7 | July 22 - 25 THEME: Winter in July | PRACTICE: M / T / W / TH AFTERCARE: Y / N | 9-1:30 or 3 pm |
| Week 8 | July 29 - Aug 2 THEME: Thrills & new skills! | PRACTICE: M / T / W / TH / F AFTERCARE: Y / N | 9-1:30 or 3 pm |
| Week 9 | Aug 5 - 9 THEME: Dance Explosion | PRACTICE: M / T / W / TH / F AFTERCARE: Y / N | 9-1:30 or 3 pm |
| Week 10 | Aug 12 - 16 Best of the Olympic Events | PRACTICE: M / T / W / TH / FR NO AFTERCARE | 9-1:30 or 3 pm |

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