



Parent Handbook  
2006-2007

# Introduction

Welcome to All Stars Unlimited! We are so excited to be given the opportunity to build a relationship, through gymnastics and cheerleading, with you and your child! You and your child are extremely important to our program and us.

## About All Stars Unlimited

Our recreational program came to Round Rock in February 2002. All Stars Unlimited provides a non-competitive, quality program in a fun-filled, healthy, and educational environment. We build and improve upon each All Star's self-esteem and individuality while making gymnastics and cheerleading a recreational sport where every child feels special and unique. We strive to help each child have a positive experience regardless of skill level/ability.

Nicole Kokel, the new owner of All Stars Unlimited, brings many years of experience to the program. She started out coaching with All Stars under co-founders Krystal Sustaita and Neissa Springmann. At this point she operated an in-home daycare to be able to care for her own children at home. Nicole began directing the Preschool and Cheerleading classes in the fall of 2006 and then went on to become the new owner in 2007. Nicole has over 15 years of gymnastics, dance, and cheerleading background, both as an athlete and as a coach. She also holds a degree in Sport Management from the University of Texas at Austin. Nicole, and her staff strongly believe in teaching developmentally appropriate gymnastics and cheerleading that builds self-esteem in each and every All Star!

Co-founders, Neissa Brown Springmann and Krystal Sustaita have 17 years of combined experience in the recreational gymnastics business. In addition to their coaching experience, they directed and facilitated the Champion's Academy program at Westlake and Round Rock. Neissa Brown Springmann holds a degree in Kinesiology from the University of Texas at Austin and brought many years of cheerleading and gymnastics experience to the program. Krystal Sustaita holds a degree in Education from Southwest Texas State University and has a strong background in dance and gymnastics. Both Neissa and Krystal look forward to offering their continued love and support throughout the longevity of All Stars Unlimited!

## Expectations

### **Parent's role v. Coach's role**

At All Stars Unlimited we fully believe that, in order for your child will get the best out of his gymnastics experience, a partnership must be formed between parents and coaches. This can be done simply through clarity and communication. Along with the fun your child will have throughout his experience with All Stars, he will also work hard, as well as receive plenty of instruction to ensure that he is reaching his full potential. Because of this, your child will only need unconditional love and support from you, as a parent.

Please trust that your child's coach has the gymnast's best interest at heart, and therefore will be solely responsible for the decisions of which group your child will best fit into, as well as which progressions and skills your child will learn.

At All Stars Unlimited we value your comments, concerns and opinions greatly! Because we feel communication is so important, we have several avenues through which you may contact us. You may also call us at any time on our hotline or visit [www.allstars-unlimited.com](http://www.allstars-unlimited.com) to access our email addresses. In addition, you are always welcome to speak with a director, at anytime during your child's class, or set up an appointment to speak directly with the specific coach. Please understand that sometimes it is not always possible for coaches to speak with you about your child during or directly after class.

### **Gym Etiquette**

We welcome you to celebrate in your child's accomplishments, as well as the progression your child makes throughout his All Star experience. Due to the limited size and space of the gym, we have created an observation schedule, which is listed below. During Parent Observation, we ask that parents and siblings do not come on to the gym floor and parents and siblings do not converse with students during instruction.

Please understand that we have these policies as a way to ensure the safety of your child. Distractions from parents, siblings and friends are not conducive to learning. Focusing on activity is necessary for a safe environment and safety is top priority.

### **Parent Observation Schedule**

All Stars Last Name "A-H"	All Stars Last Name "I-Q"	All Stars Last Name "R-Z"
January 29 <sup>th</sup> -Feb. 1 <sup>st</sup>	February 5 <sup>th</sup> -9 <sup>th</sup>	February 12 <sup>th</sup> -15 <sup>th</sup>
February 26 <sup>th</sup> -Mar 1 <sup>st</sup>	March 5 <sup>th</sup> -8 <sup>th</sup>	March 19 <sup>th</sup> -22 <sup>nd</sup>
April 2 <sup>nd</sup> -5 <sup>th</sup>	April 9 <sup>th</sup> -12 <sup>th</sup>	April 16 <sup>th</sup> -19 <sup>th</sup>

### **Proper Gymnastics Attire**

Each All Star will be given one All Stars Unlimited T-shirt per season (September 2006-August 2007). All Stars should wear non-baggy, comfortable shorts and t-shirt (the All Star shirt may be worn, but is not required), or leotard for girls. For your child's safety, please have your All Star's hair pulled back off his or her shoulders and no gum or jewelry please.

### **All Stars Unlimited Contact Information**

Phone Number: 512-202-7827

Email Address: [info@allstars-unlimited.com](mailto:info@allstars-unlimited.com)

Website: [www.allstars-unlimited.com](http://www.allstars-unlimited.com)

# All Star Parent and Child Waiver

In order to insure the safety of your child as well as see to that all of the terms and conditions listed in the Parent Handbook are understood, please fill out the information below and turn in to your All Star Coach.

First and Last Name of Child: \_\_\_\_\_

First and Last Name of Parent or Guardian: \_\_\_\_\_

Child's Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: Home \_\_\_\_\_ Work \_\_\_\_\_ Mobile \_\_\_\_\_

E-mail Address \_\_\_\_\_

Emergency Name and Contact Information \_\_\_\_\_

Doctor and Contact Phone Number \_\_\_\_\_

Please list all of your child's allergies or medical Conditions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I hereby verify that I have correctly filled out all of the information and agree to the terms and conditions listed in the All Stars Unlimited Parent Handbook.

Parent or Guardian Signiture: \_\_\_\_\_ Date \_\_\_\_\_

# All Star Extra's



## 10 Perfect Reasons to Be An All Star!

Develop Flexibility

Gain Self Esteem & Confidence

Social Interaction with Peers

Learn to Set Goals

Develop Skills to Enhance Other Sports

Develop Coordination

Develop Strength & Power

Learn to Listen & Follow Directions

Learn Fundamentals of Movement

It's FUN!!!

## **The Benefits of Gymnastics**

Gymnastics consists of many physical education and fitness aspects which every boy and girl can benefit from later in life for all sports.

### **Motor Skills**

Jumping  
Hopping  
Skipping  
Gallop  
Leaping

### **Four Fitness Components**

Muscular endurance  
Cardiovascular endurance  
Strength  
Flexibility

### **Motor Fitness Components**

Coordination  
Balance  
Speed  
Agility  
Power