



Detroit
Saturday Gymnastics
Program Information
Fall 2018
October 13, 2018 -
February 9, 2019



September 2018

Dear Parents,

Welcome to the WHGF Saturday Gymnastics Program. We are excited and look forward to teaching your children.

I am so proud to start the third year of the WHGF Detroit Gymnastics Program.

This year we will provide gymnastics starting at age 3! In addition, we will have 2 sessions of gymnastics October 2017 – February 2018 and then again February 2018 – June 2018. This fall we will be ready to go with our gymnastics classes.

The WHGF Detroit is a community gymnastics program that must be supported by partners, sponsors, public officials, grants and other foundations that support our mission. I profoundly thank them for the opportunity to provide this service. Also, our Board of Directors who have committed their time, talent and treasure for the youth of the WHGF. This year we will be working hard to develop our Detroit Advisory Board that will provide support to this great program.

I have gathered great gymnastics teachers here in Detroit. They are talented, hardworking and committed gymnastics instructors and coaches. We have our own way of doing things, but we never compromise on teaching great gymnastics and healthy workshops for our students.

Our superstar program team in Detroit is led by WHGF Program Manager, LaTasha Washington. "Tasha" makes sure that the WHGF Detroit Gymnastics Program runs smoothly and at the highest quality. Thank you to our instructors, Helene, Lenore, Jen, Christian, Miss Joan along with Audry, Shannon and Leah for stepping in too!

This enrollment packet is to provide registration and gymnastics class information. Feel free to contact us for any questions you may have.

I am proud of is that the WHGF has been able to provide high quality yet affordable gymnastics programming. We offer scholarships to those families who need our support. For me - I want all children that want to take gymnastics to participate in the sport I love so much.

All the best,

A handwritten signature in black ink that reads 'Wendy Hilliard'. The signature is written in a cursive, flowing style.

WENDY HILLIARD GYMNASTICS FOUNDATION

Mission Statement

The mission of the WHGF is to provide opportunities to improve physical and emotional health to children of all ages in underserved communities.

ABOUT US:

The Wendy Hilliard Gymnastics Foundation (WHGF) is a non-profit organization dedicated to providing quality gymnastics training and activities for all youth in the Harlem community and its surrounding areas. Founded in New York City in 1996 by Hall of Fame rhythmic gymnast, WHGF was formed to provide free and low-cost gymnastics for youth. WHGF is staffed by a team of trained and experienced coaches, who help provide opportunities for young people between the ages of 3-17 years old, to develop essential life skills such as hard work, discipline, team work and self-confidence. These life skills qualities are obtained by teaching our students the sports of gymnastics and its associated disciplines. Our students learn, perform and compete in gymnastics, which introduces them to these qualities. Additionally, aside from enhancing their athletic and social skills, WHGF places substantial emphasis on personal potential and growth through quality instruction and workshops in reading, personal health and nutrition.

WHGF Gymnastics Classes

The Saturday Gymnastics Program is an introduction to gymnastics and a beginner gymnastics program. Students will begin to learn a higher level of structure in this class. Choreography based warm up to fine tune performing as a group. Development of gymnastics skills: handstands, back bends, cartwheels and drills for more advanced skills. Students will also learn rhythmic gymnastics and tumbling to become well-rounded gymnast. Students will also be given routines to perform on their own to increase muscle memory skills. This class is for one hour. Students are divided into groups and rotate to the different events. Gymnastics instructors will move students throughout the semester into different groups based on skills.

WHGF Saturday Community Gymnastics Program

Fall Schedule

October 13, 2018 – February 9, 2019

All classes will be held at the Joe Dumars Field House

Ages 3-5: 10-10:45 a.m.

Ages 6-8: 11 a.m. - Noon

Ages 9- 17: NOON – 1 p.m.

Intermediate: NOON – 1:30 p.m.

NO CLASSES ON FOLLOWING DATES:

November 24, December 22 and December 29

WHGF Detroit Registration Information

Class/Age	Location	Fall Tuition (Including \$25 Reg. Fee)	Payment Plan
Ages 3-17	Joe Dumars Field House	\$285	Payment Plan Option First payment \$125 Second payment \$80 due in 30 days Final Payment \$80 due 30 days after the second payment
Detroit Intermediate Invitation Only	Joe Dumars Field House	\$325	Payment Plan Option First payment \$125 Second payment \$100 due in 30 days Final Payment \$100 due 30 days after the second payment

Register at www.wendyhilliard.org

Please contact (313)-312-0696 or (877) 554-0971 or gymnastics@customizeservicegroup.com

REGISTRATION FEE \$25:

The registration fee is due at the time of enrollment. The registration fee is \$25 for each student. The registration fee is non-refundable. Classes can only be reserved by paying the registration fee AND the first payment due.

PAYMENT PLAN OPTION

First payment includes registration fee, Second payment due in 30 days, final Payment due 30 days after the second payment.

SCHOLARSHIPS: Wendy Hilliard Gymnastics Foundation offers scholarships to families who may need additional assistance with their tuition. The application requirements are listed on our website and attached to this packet.

SIBLING DISCOUNT

15% for each sibling after the first child

NO MAKE UP CLASSES

The WHGF Community Gymnastics Program does not offer make up classes. The WHGF will only add an extra class if a schedule class is cancelled due to unforeseen circumstances.

PAYMENT POLICY:

Declined credit/debit cards will occur a \$30 fee. No Personal Checks. Payments can be made on the Parent Portal or onsite.

REFUNDS/DROP POLICY:

To discontinue/drop a gymnastics class, contact the office **in writing/email before the first of the month.**



Scholarship Guidelines

All scholarships are on a first come first served basis. –Scholarship deadline is October 27, 2018 and receiving a scholarship is not guaranteed.

For scholarship consideration, please submit the following to our office:

- **A typed letter requesting consideration and explanation of your circumstances.**

And at least 2 of the following for financial verification:

- **A copy of your current 1040 for proof of income**
- **A copy of your current pay statement or check stub**
- **A copy of your SSI Benefit Letter (Supplemental Security Income)**
- **A copy of your recent unemployment statement**
- **A copy of your child support statement**
- **A copy of your Housing Commission Voucher Letter (Section 8 Letter)**
- **A copy of your MDHHS Award Letter or Budget Letter**

Scholarship determination is based on the Federal Income Eligibility Guidelines

DO NOT SEND ORIGINAL FINANCIAL INFORMATION.

Send information to:

Wendy Hilliard Gymnastics Foundation
550 West 155th Street
New York, NY 10032
Phone: (313) 312-0696
Fax: 313-263-1604
Email: gymnastics@customizeservicegroup.com

If you have any further questions, please contact us via email or by phone. You will receive a response to your request as soon as possible. Thank you for your interest.

JOE DUMARS FIELDHOUSE DETROIT

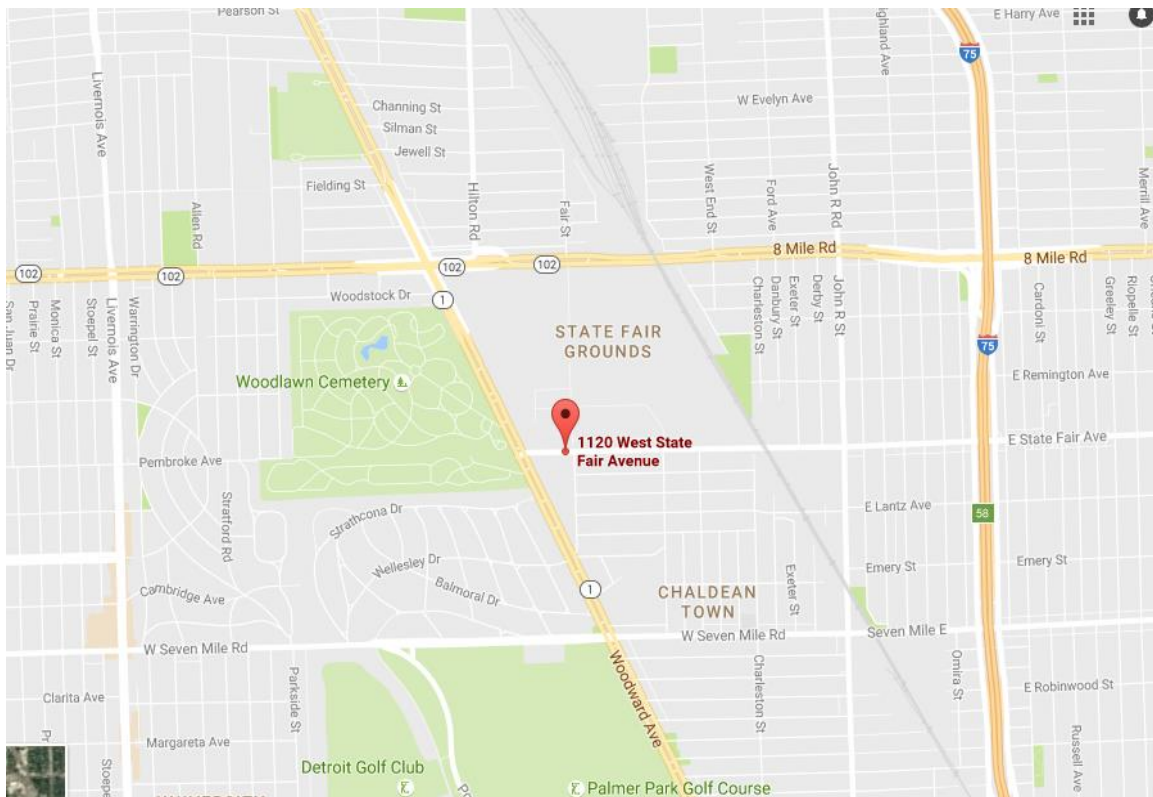
1120 West State Fair Ave. Detroit, MI 48203

<http://www.joedumarsfieldhouse.com>

(313) 368-0055

Do Not use GPS

Enter on 8 Mile on the first roadway just past the Meijer Gas Station



WHGF Common Questions

Why can't the parents be in the gym during the class? *(We have not determined whether we will have parents in the gym for our Detroit program stay tuned.)* We have the parents wait outside so the children do not become distracted. One of the goals of our program is to teach the students to pay close attention to their gymnastics instructors and to learn the process of sports discipline and how to follow directions. *No parent should ever enter the gymnastics area without permission from the WHGF Staff. If you need to speak with your child or have a question make sure to have a WHGF Staff accompany you. The same applies if you have questions or concerns. Due to the tight turn around of the classes and children moving from one class to the next it is difficult for the gymnastics staff to answer questions on site right away. Please be patient and wait for class to get underway and then approach a WHGF Staff person or call or email the office during the week.*

Why must the student wear the same uniform? This is a choice of the WHGF and many other programs- karate and dance for example. We recommend bare feet because it is the best way to prevent slipping. White socks only are permitted if you want your child to have something on their feet. No oversize clothes are allowed for safety reasons. Other safety issues include no hoop or dangling earrings and other jewelry. Small post earrings are allowed. Hair must be secured away from the face.

What will the children learn in class? Depending on the age group the skills that are taught in this program are basic gymnastics skills. Gymnastics has several disciplines and the WHGF classes focus learning gymnastics fundamentals, physical conditioning and learning routines to music. Tumbling is the foundation for all gymnastics disciplines. Even before learning to tumble students must learn how to warm up their bodies and develop overall body strength and flexibility. We start with a warm up to music that helps the students learn the moves while the music and repetition allows them to progress faster. If students are late to class they will have to do exercises to warm up their bodies up before they can join their groups. Often times they are push up or jumping jacks.... After a few sessions the students are divided into groups according to ability. Initially they are separated by age and/or height. After the warm up the students rotate to different events spending about 10 – 15 minutes per event. The students may not rotate to each event each week but throughout the course of the session they will work on all of the different groups. Besides tumbling most students also rotate to a rhythmic gymnastics event. Rhythmic gymnastics uses hand apparatus i.e. hoops, ribbons and balls. This helps develop important hand and eye coordination and also helps develop good alignment. One session may concentrate on dance movements. All gymnasts have to learn a good amount of dance movement to enhance their gymnastics. All of the sessions develop coordination.

How are the WHGF gymnastics instructor selected? The selection of good gymnastics instructors is the most important aspect of the WHGF programs. All instructors have to have a background or training in gymnastics and also have to follow specific safety rules.

Why must the students participate in the reading and nutrition workshops? The WHGF reading and nutrition workshops that coincide with the gymnastics program developed out of requirements from WHGF funders which allow us to provide high quality programs for low cost and/or free of charge. Over the years these workshops have enhanced the WHGF programming and given the students that come through our programs a well-rounded experience and also the ability to use the discipline learned through gymnastics and apply it to other areas of their life. In addition, these workshops allow the WHGF staff to learn more about the students and their personalities and also give the parents good information about nutrition for budding athletes.

WHGF Common Questions

Why is so much time spent on the gala performance? The WHGF Galas that are generally held at the end of the school year. Galas give the students a chance to showcase their abilities and also to be exposed to champion and professional gymnasts. In addition, preparing for the gala challenges the students learn routines and gymnastics elements.

What if there may be a snowstorm? Please either call the WHGF office 313-312-0696 or check the website WendyHilliard.org on the day of classes. Follow us on social media!!!!

If my child misses a class or class is cancelled are there make up classes? No, unfortunately we have to set our schedule in advance and there are not a lot of options for make-up classes. Occasionally we will reschedule a class if possible. If you have any other questions email is best admin@wendyhilliard.org or call the WHGF office Monday- Friday 10:30am -5:30pm.

Contact us!

WHGF Detroit

LaTasha Washington, WHGF Detroit Program Manager

Phone: 313-312-0696

Email: gymnastics@customizeservicegroup.com

WHGF Main Office

Jocelyn Perusina, WHGF Office Manager

Hours of Operations: Mon-Fri 10:30am - 5:30pm

Phone: 212-316-0315

Email: admin@wendyhilliard.org



SATURDAY GYMNASTICS PROGRAM RULES & REGULATIONS

We have compiled this guide to familiarize you with the procedures of our program. Please review the rules with your child and keep this guide for reference. If you have any questions regarding any aspect of this program, please email or call us.

- ALL STUDENTS MUST SIGN IN AND CHECK ATTENDANCE AT WENDY HILLIARD GYMNASTICS FOUNDATION DESK.
- ARRIVE ON TIME FOR YOUR CLASS SESSION. STUDENTS MAY NOT BE PERMITTED TO ENTER CLASS LATE THIS IS AT THE DISCRETION OF THE GYMNASTICS INSTRUCTORS. IN ADDITION, PARENTS MUST BE ON TIME TO PICK UP STUDENTS.
- NO GUM, CANDY, FOOD OR BEVERAGES INSIDE GYM.
- WORKSHOP PARTICIPATION IS REQUIRED OF ALL STUDENTS.
- NO RUNNING IN GYM WITHOUT PERMISSION.
- STUDENTS MUST NEVER ATTEMPT A NEW SKILL OR USE APPARATUS WITHOUT PERMISSION.
- PERMISSION MUST BE RECEIVED FROM THE INSTRUCTOR TO USE THE REST ROOM OR FOR WATER BREAKS DURING CLASS.
- STUDENTS OR PARENTS BEHAVING IN A DISRUPTIVE MANNER WILL BE DISMISSED FROM CLASS IMMEDIATELY. CONTINUING MISCONDUCT WILL RESULT IN DISMISSAL FROM THE PROGRAM.
- WHAT TO WEAR: WHGF Leotard or gymnastics compression shirt. Black spandex shorts or black leggings (without feet) can be worn for each class. White socks only (bare feet preferred.) No ballet shoes, tights with feet, oversized T-shirts, sneakers or sandals. No jewelry, except small post earrings. Long OR loose hair must be secured away from the face in ponytail or bun--No barrettes or tie balls, especially at the top of the head.