

# Windy City Dryland Training Center

*Signature Gymnastics Academy*

2246 Palmer Drive Suite 107

Schaumburg, IL 60173

**December 1, 2021, through February 17, 2022**

**(No practice 12/22/21 to 1/2/22)**

## **When:**

- Wednesday 7:00-8:30 pm
- Thursday 7:00-8:30 pm

## **Training will be done in stations:**

- Warm-up and flexibility
- Dry board training – 2 boards
- Tumble Trak – into foam pit
- Tumbling/spatial awareness
- Somersault Simulator
- Belt Spotting
- Cool down flexibility
- Goal setting and mental training

**Fees:** *(Each training session will have a limit of 8 divers and 2 coaches)*

1 day per week option: Fee: \$300.00

2 days per week option: Fee: \$450.00

Anyone wanting to participate needs to be a current member of USA Diving and be a team member of Windy City Diving Team. An additional waiver form from Signature Gymnastics must be signed and on file prior to the start of training.



**WINDY CITY DIVING**

*Payment and this form are due on arrival at first practice of the session.*



WINDY CITY DIVING

Dryland Registration Form

2021-2022 Winter Session

Divers Name: \_\_\_\_\_

Diver email: \_\_\_\_\_@\_\_\_\_\_.\_\_\_\_\_

Parent email: \_\_\_\_\_@\_\_\_\_\_.\_\_\_\_\_

**Training Days: (Please circle)**

Wednesday	7:00-8:30 pm
Thursday	7:00-8:30 pm

**Payment Options:**

1 day/week	\$300.00
2 days/week	\$450.00

Windy City Diving Team  
1139 Gordon Terrace  
Deerfield, IL 60015

Checks payable to Windy City Diving Team

## **Signature Gymnastics – Facility Policy**

Welcome to Signature Gymnastics Academy! To give you and your child the best possible experience, we ask that everyone observe and follow these policies and procedures.

### **Gym Rules**

For everyone's safety and due to insurance regulations, adults, and children not in class are NEVER allowed in the gym area or on any equipment. Only registered participants may be in the gym areas.

### **Attire**

Leotards of any type may be worn. Please have long hair tied back. No jewelry, including knotted strings, beads, nylon bands, anklets and similar may be worn during class except for studded earrings. T-shirts and shorts with no buckles, snaps or zippers may be worn. All T-shirts should be tucked into pants. No gum chewing, eating or drinking (other than water) during class. Water bottles are allowed.

### **COVID Policy**

During this time of the pandemic, we take the CDC guidelines very seriously. All participants, staff, and viewers are to wear a mask during their time at SGA, this includes bathrooms and the locker room for the safety of the athletes and parents. Masks may come down prior to skill training (as a safety precaution), but they will need to go back up upon the completion of the drill or skill.

Temperature checks will be taken each day upon arrival. Please be patient during this time as it may take a little longer to get all athletes in the door. Staff will be at the front door 15 minutes prior to class to begin checks. Please do not have your participant enter the gym area until it is their class time.

Class sizes will be limited during COVID. Social distancing will be practiced throughout the gym and viewing areas.

Please have your child bring a water bottle with them to class as the water fountain will be off limits for the time being.

There will be a designated "enter" and "exit" door during the pandemic to eliminate as much passing traffic as possible during the start and end of each class. The entrance for the gym area will be through the café/viewing room (down the bathroom hall). The exit will be through the preschool room and dance room.

Viewing will be permitted in designated areas. Seating will be limited until guidelines say otherwise. ONLY ONE parent/caretaker per participant or family. Siblings are allowed for viewing.

Please understand the following of these guidelines will help keep you and others safe. We appreciate your cooperation during this time.