Steps to Joining the VT Gymnastics Club:

- Read through rules and expectations
- Sign online waiver (see page 1)
- Fill out health form (on the VT Gymnastics website)
- Sign up for Kroger community rewards (see page 1)

Addition Steps for the Competitive Team:

- Fill out uniform order form (on the VT Gymnastics website)
- Sign up for football game concessions (in the gym)
- Register on NAIGC website (see page 3)
Rules and Expectations

General Information:

1. Practice hours: Monday – Thursday 7:00-10:00pm, Friday 5:00-8:00pm.
2. Dues: $100/year OR $60/semester OR $5/visit
   a. “Year” includes academic fall and spring semester.
   b. “Semester” includes either fall or spring semester.
   c. MUST BE PAID by the 2nd week of each semester
   d. Paid in McComas Rec Sports Office
3. Gym rules
   a. No shoes on the floor.
   b. No eating in the gym. Any drinks other than water must have a screw top
   c. No wall flips
   d. Only attempt skills that you know you are physically capable of.
   e. No entry to practice if dues are not paid.
   f. No entry into practice if ‘Assumption of Risk’ is not signed.
      i. http://clubs.recsports.vt.edu/risk
4. Kroger community rewards. To enroll:
a. Sign up for a Kroger card at the local stories if you don’t already have one.
b. Register your Kroger card online
   i. https://www.kroger.com/account/create
c. Search for our organization and enroll:
   i. Virginia Tech Gymnastics Club
d. Use your card every time you shop at Kroger!

**Competition Information:**

1. Football game concessions: to compete, you must work one football game selling concession. You must arrive 2 hours prior to kick off and remain until after 4\textsuperscript{th} quarter. The officer in charge of your game will contact you about where to meet and further instructions. If you do not work concessions, you do NOT compete.

2. Hokie Classic: each year, we host one home meet. Competitors are required to help run the meet for the session they are not competing in.

3. Travel meets: in the spring semester, we will travel to other universities within the area (6 hours or closer). There is an additional fee to attend these meets.

4. Practice:
   a. You must attend at least one practice a week.
b. You must show an officer 3 routines on each event you will compete within two weeks prior to a meet.

5. Register for NAIGC: *New Members Only* All competitions are run through the National Association of Intercollegiate Gymnastics Clubs. You must be registered to compete. To register:
   a. Go to www.NAIGC.net > My NAIGC > NAIGC Membership > “Don’t have an account? Click here to sign up.”
   b. DO NOT pay $30 membership fee

6. Nationals:
   a. NAIGC Nations requires that you competed in all regular meets for the year.
      i. If a situation arises and you can’t attend a meet but would still like to compete at Nationals, talk with an officer about the situation.
   b. Cost of attendance is determined in the spring semester.

7. Uniforms:
   a. All competition members must have an official VT Gymnastics competition uniform.
   b. Women’s uniform
      i. Leotard
      ii. Warmup jacket and pants
   c. Men’s uniform
i. Competition shirt and shorts
ii. Warmup jacket and pants

Contact an officer with any questions or concerns!