Good morning team families~

We are ready to launch our team training platform, and plan to offer some great virtual gymnastics classes so that our gymnasts return to practices in shape for Summer!

It is our mission to provide a bit of normalcy in these difficult times, and offer the kids a chance to keep at least one constant.   As always, our thoughts and prayers are with our families and our

athletes.

Please read this message in its entirety.  There are many new policies that need to be followed.

We are learning as we go!  Please be patient with us, and with our staff...it is a brave new world for us all!

At Xcel/Xquisite, we thank you for your continued support.

All athletes have been divided into groups that closely replicate their training partnerships in the gym.  They are not perfect, but we are doing our best!

Some groups come together on Saturdays.

All sessions will be monitored by at least two coaches.  In the event that two coaches can not be present online, the session will be cancelled.

We will use basic household items to enhance some lessons.  These could include a towel, a ball, a broomstick, socks etc...  We will make every effort not to complicate things! :)

**Safety:**

1. The gymnast is not allowed to participate if there is no adult/person over 18 at home during online training.  At the beginning of all classes the gymnasts will be asked if there is an adult/guardian at home and they will give a visual "thumbs up" in response.
2. If there is an injury during online training the class monitor will immediately take over care and contact.  If it is a serious injury you will be instructed to call 911 for emergency service.The class monitor will also immediately contact both Cara and Lindsey.  One of us will reach out to you to assess the situation.
3. Please create a clear and clean work out area that is free of obstacles and distractions to the best of your ability. This includes, but is not limited to pets and other family members (siblings).

4.  Encourage a serious level of focus moving forward.

**Protocols:**  W**e have learned a lot during demo week!  Please make the following adjustments!**

1.  While we love them all...please do not allow siblings to participate during the individual group sessions. (Sunday morning Boot Camp open to the whole family!)

2.  As this is a public forum, all gymnasts are to wear modest attire.  Please wear a**t-shirt TUCKED IN to athletic shorts or leggings**, or a sweat shirt.  NO leotards, bare torsos, sports bras, cleavage revealing tops, or pajamas.

3.  Consider your background!  Watch out for family members entering the viewing frame in revealing attire!  (we did have a 1/2 naked dad walk through!)

4.  Consider the language in the background!  While the gymnasts are mostly on mute, please be aware of language, music and TV in the background... we are keeping it G rated!

5.  We ask that the gymnast turns sideways to the camera...this allows for the coaches to see properly for correction and also provides a more modest viewpoint of the gymnast in inverted positions.

**Technology:**

**1. ONLY ONE DEVICE** during training so that there is room for all!  Extra devices will be asked to log off.

3.  If you have an issue with the platform, please contact this email

4.  At the end of class you are welcome to use the "chat function" to inform us of any problems and we will do our best to correct them.

**Legal:**

1.  In the coming days/weeks we will have all team members "re-enroll" into our Online University.  Watch for a message from our front office.  This registration will include an "online training" waiver that will be signed electronically.  Until then, your current waiver offers implied consent for training.