



## BEMIDJI GYMNASTICS CLUB

### What is the BGC?

The Bemidji Gymnastics Club (BGC) is a non profit organization whose sole purpose is to promote gymnastics in Bemidji. We are able to do so through fundraising efforts and the volunteer time of many people who care greatly about the youth of our society.

### Are the Gym Bin and the BGC the same?

No. The BGC is a nonprofit organization. The Gym Bin is a business owned and operated by Mary Allen. The Gym Bin owns the building, employs coaches, pays for insurance . . . everything. The BGC helps gymnasts by contributing toward some items to lower the cost in which the Gym Bin needs to charge so that it will be more affordable for kids to participate in the sport as well as contributing to the Bemidji High School Gymnastics Program.

### What Gymnastics Opportunities Are Available in Bemidji?

#### ★★★GYM BIN run programs:

★ USAG Jr Olympic Program - United States Of America Gymnastics (USAG) has a Jr Olympic Program that consists of Level 1-10. Each level progresses in skills. (Olympians are Elite Gymnasts which is the advancement out of Level 10.) Levels 4-10 are competitive with levels 5-10 advancement only being achieved with success at meets. Gymnasts range from age 7-18. Many have the misconception that once a gymnast reaches high school age, they must join the high school team. Unlike J.O. Volley ball and summer baseball that runs programs during a different time of the year than the school sponsored activities allowing athletes to participate in both, USA Gymnastics and High School Gymnastics run simultaneously. Gymnasts choose which program best meets their need. The following are a part of the USAG Jr. Olympic Program:

- ★ *Super Bees* (level 1)
- ★ *B/Pre team* (levels 2-4)
- ★ *Bemidji Aerials* (levels 5-10)

★ Gym Bin Classes - The Gym Bin offers an assortment of classes for boys and girls of different ages which include:

- ★ *Gym Bees* (boys and girls ages 3-5)
- ★ *Super Boys* (boys ages 4-5)
- ★ *Gym Boys* (boys ages 6-12)
- ★ *Gym Midgies* (ages 6 and up)
- ★ *Optional Rec* (for high school age gymnasts)
- ★ *AGFF* (Advanced Gymnastics For Fun. For gymnasts ages 8-15 who have gone though all levels of Midgies and or started out in the precompetitive program and decided that they do not wish to compete.),

#### ★★★Bemidji School District Programs:

- ★ *Bemidji High School Gymnastics Team* - The Gym Bin is the home of the BHS Varsity and Jr. Varsity Gymnastics Team
- ★ *Bemidji Middle Gymnastics Team* - The Gym Bin is the home of the Bemidji Middle School Gymnastics Team

### BGC Membership

Anyone who is interested in promoting gymnastics in the Bemidji Area is encouraged to become a member. You may become a member by filling out a membership form and paying a \$5 membership fee. All Aerials and B/Preteam families are required to become members of the BGC. Active members receive further benefits and discounts.

What is an Active Member? An active member has completed a membership form, paid the \$5 dues and has volunteered to help us out! In order for the BGC to support gymnastics at the level that we do, we use over 1900 hours of volunteer labor each year. If 1/4 of that comes from the High School Team families, 1/4 from B/PreTeam families, and 1/2 comes from Aerial families, we will meet our needs. To be considered an active member, we require that you donate your time helping the BGC -- 16 hours annually (1 1/4 hr per month) per High Schooler or B/Preteam gymnast and 32 hours annually (2 1/2 hrs per month) per Aerials gymnast. There are many opportunities to help. Watch your emails, newsletters and the volunteer board at the gym. (For those moving up to B/Preteam or Aerials in January, volunteer hours will be prorated. (25 hours or 2 1/2 hours per month for Aerials, 10 hours or 1 1/4 hours per month for B/Preteamers) For those moving up to B/Preteam after May, volunteer expectation will begin with the new calendar year which runs from September to September. Those moving up to the Aerials after May will be expected to fulfill their previously stated B/Pre team volunteer hours with the expectation that Aerials hours will begin with the new calendar year which runs from September to September.)

What is an Inactive Member? A member will be moved to inactive status if they have not paid their dues or if they have not fulfilled their volunteer hour requirements from the previous year and are making no attempt to fulfill them during the current year. An attempt to fulfill volunteer hours can be shown by volunteering 1 1/4 hr per month for B/Preteamers and High Schoolers or 2 1/2 per month for Aerials.

***Help out the BGC as we try to help you!***

## **How does the BGC Help Promote Gymnastics in Bemidji?**

In many gyms, gymnasts are paying between \$200-\$600 per month with an additional \$450 choreography fee for optional gymnasts. We are pleased to work with the Gym Bin to help reduce fees in the Bemidji Area!

Some of the ways the BGC promotes gymnastics and reduces fees are listed below:

- ★ *The BGC owns over \$48,000 worth of state of the art equipment which is housed at the Gym Bin . This greatly reduces fees.*
- ★ *The BGC supplements coaching fees in order to reduce your fee.*
- ★ *The BGC purchases supplies such as chalk and tape which reduces your fees.*
- ★ *The BGC funds the training of area coaches when they go to conferences and clinics to be better trained to coach the sport of gymnastics.*
- ★ *The BGC contributes toward the High School and the Aerials awards banquets.*
- ★ *The BGC has contributed \$2000 each year to the Bemidji High School gymnastics program in addition to other contributions toward the high school program.*

These contributions add up to an average discount of about \$260 per USAG and Bemidji High School gymnast per year! Without the volunteer hours of all BGC members we would not have the funds to promote gymnastics this way or reduce fees making gymnastics more affordable for all gymnasts.

## **What additional Benefits do ACTIVE members receive?**

An active member could receive discounts as high as \$800 per year per gymnast with benefits varying depending on the level of participation in meets, clinics, camps, etc. Some of those additional discounts are as follows:

- ★ *For each USAG meet, a \$25 meet fee to help pay for coaching expenses and team fees will be waived for active members.*
- ★ *Active members who are Level 5 Aerials will be provided with their first pair of team warm up pants free of charge.*
- ★ *Active members on the Bemidji High School or Aerials team will be provided with a gym bag free of charge once they have achieved the standards to compete.*
- ★ *Active members will receive discounts on all camps, developmental clinics, and meets.*
- ★ *USAG active members will be offered financing of meets through the BGC.*

## **What Volunteer opportunities are available?**

By reading newsletters, emails, checking the volunteer board, and talking to Mary, you will be made aware of volunteer needs. Some of them are as follows:

- ★ *Sept through May - Leotard Sale*
- ★ *Sept through Sept - BGC Board*
- ★ *Sept through Sept - Misc Office work*
- ★ *October through February - Home USAG Gymnastics Meets and Fun Meets*
- ★ *December through March - High School Gymnastics Meets*
- ★ *December - Fudge Sales*
- ★ *February - Pancake breakfast*
- ★ *April - Work Day*
- ★ *May - Gymnastics Circus*
- ★ *July - 4th of July Float*
- ★ *July or August - Food Stand*
- ★ *July - Advanced Gymnastic Camp*
- ★ *August - Cleaning of Competitive Floor*

Notes:

- ★ *It is YOUR responsibility to report your volunteer hours by signing in on the volunteer record sheets kept in Mary's Office.*
- ★ *A monthly report will be printed and placed in the volunteer folder so that you may verify your volunteer hours status.*
- ★ *Please stay informed by reading newsletters, emails, and watching the Team and Volunteer bulletin boards.*
- ★ *If you need hours to maintain an active membership status please ask Mary or a board member what you can do!*
- ★ *We are all in this together, lets make light work for all and continue to advance our mission of supporting gymnastics in Bemidji!*

***Help out the BGC as we try to help you!***