

# Choosing the BEST Gymnastics Program

When you make choices for your child, you naturally want to make the best choices. We want to show you how to choose the best gymnastics program for your child. Ask some of these questions and compare for yourself.

- **Ask about the staff. How many of the staff are safety certified? How are they trained? How do they know what to teach? How much experience do they have? Are they members of any gymnastics governing body? Are they degreed professionals?**

At Champion Gymnastics USA ALL of our coaches are USA Gymnastics Safety Certified. All of our coaches are either Professional or Instructor members of USA Gymnastics which requires background checks for all instructors. Our coaches average 10 years of gymnastics teaching experience. Three of our coaches were All Americans with Collegiate gymnastics careers. All Program Directors or Head Coaches are College Degreed.

- **Ask what kinds of equipment they have. Is the equipment matted properly for maximum safety? Is the equipment new or old? How clean is the gym? Do they maintain a safety log for all gym inspections?**

At Champion all of our equipment meets or exceeds the FIG code. FIG is the Federation of International Gymnastics, the world governing body. Our equipment is inspected daily and cleaned several times per week. We maintain mats at or above all USA Gymnastics safety recommendations. We update our equipment yearly and add new pieces of training and safety equipment at least yearly.

- **Ask if the gym is insured. Do not assume that your personal health insurance plan will pay for an accident at a gymnastics class. Many companies require you to file against the gym before they will participate.**

At Champion Gymnastics we are insured with Markel Insurance, the leader in the industry for protection. We try our best but we cannot eliminate gravity so having a plan in place just in case is part of our program. Our insurance program is secondary to your primary insurance and is not a substitute for your own coverage.

- **Does the club have set curriculum in place to be sure all students' progress is a safe and controlled class program? Does the club have the ability to show you progress reports? Is the instructor available to answer any questions that you may have with regards to your child?**

At Champion we use a very detailed, multi-level curriculum for teaching gymnastics on all four events (vault, bars, beam and floor exercise) plus trampoline. We send home progress reports at the end of each session with detailed evaluation on each event and progress made as well as future class recommendation.

- **If your child decides she wants to pursue competitive gymnastics does your club have a team program? Does the gym compete at the USA Gymnastics Levels? Does the gym provide a less costly option also? Is the gym affiliated with National governing bodies?**

At Champion Gymnastics we are proud to say we have a fantastic competitive team program. We compete at USA Gymnastics Levels 4-10. We are West Michigan's only National Team Training Center and we are members of USA Gymnastics, AAU, USAIGC and the Elite Coaches Association. We also participate with the USA Gymnastics Prep Op program, which requires less time and travel for competitive gymnastics. Our team coaching staff is second to none. Check out our staff bios on our website, a very impressive group!

- **Can your club arrange concierge gymnastics classes? Can you find an instructor to work with your child one on one or within small groups?**

At Champion we offer private lessons and group semi private lessons. We can cater to whatever your needs are from tumbling for cheerleaders, to flips for snowboarders and everything in between. We also work with special needs children and do lots of great field trips.

We hope that you will agree that our programs offer outstanding quality and value. If we may assist you with any further information, please feel free to contact us.

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For class information and program pricing please visit our website:  
**[championgymnasticsusa.com](http://championgymnasticsusa.com)**