



International Elite Gymnastics, LLC • 280 Chester Street, Saint Paul, MN 55107
info@internationalelitegymnastics.com • www.internationalelitegymnastics.com

Skills Clinic Policy

Registration & Payment

- Full payment is required at the time of registration to reserve a spot.
- Registration is accepted on a first-come, first-served basis.
- Space is limited to **8 athletes per clinic** to ensure individualized instruction.
- Registration is not complete until payment has been received.

Eligibility

- Athletes should have the prerequisite strength and skill level necessary for the clinic they are attending.
- Coaches reserve the right to modify drills or progressions based on an athlete's current abilities and safety considerations.
- Participation in a clinic does not guarantee mastery or achievement of a specific skill.

Attendance

- Athletes should arrive 10 minutes before the clinic start time and be ready to begin promptly.
- Late arrivals may miss important warm-up and instruction time.
- No make-up sessions will be provided for missed clinics.

Cancellation & Refund Policy

- Cancellations made at least 7 days before the clinic date will receive a credit to the athlete's account.
- Cancellations made less than 7 days before the clinic date are not eligible for a refund or credit.
- No refunds or credits will be issued for missed clinics, no-shows, illness, injury, schedule conflicts, or any other reason.
- If International Elite Gymnastics cancels a clinic, participants will receive either a full refund or account credit.

What to Bring

Athletes should bring:

- A water bottle
- Proper gymnastics attire
- Hair securely tied back
- Grips, wristbands, and athletic tape (if athlete already regularly trains with them)



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Coaching & Instruction

- Clinics focus on skill development, shaping, technique, strength, and drills specific to the advertised skills.
- Coaches may provide individualized drills and take-home conditioning assignments.
- Athlete progress depends on attendance, effort, consistency, strength development, and practice outside of the clinic.

Safety

- Athlete safety is our highest priority.
- Coaches may limit or modify participation if an athlete is unable to safely perform a drill or progression.
- Athletes must follow all gym rules and coaching instructions at all times.

Behavior Expectations

All athletes are expected to:

- Demonstrate respect toward coaches and fellow athletes.
- Maintain a positive attitude and willingness to learn.
- Follow directions promptly and safely.

International Elite Gymnastics reserves the right to remove any participant whose behavior is disruptive, unsafe, or disrespectful. No refund or credit will be issued in such cases.

Contact Information

International Elite Gymnastics

280 Chester St.

St. Paul, MN 55107

[\(651\) 300-3705](tel:6513003705)

www.internationalelitegym.com

By registering for a Saturday Skills Clinic, participants acknowledge that they have read and agree to all clinic policies and procedures.