

# LOS ALAMOS SCHOOL OF GYMNASTICS

555 North Mesa Rd., Los Alamos, NM 87544

505-662-9523

<http://lagymnastics.net/>

[lasg.janecky@gmail.com](mailto:lasg.janecky@gmail.com)

Dear Parents:

Enclosed please find our normal summer registration packet. How we will actually operate this summer is, of course, yet to be determined. Protocols and schedules are subject to much change, depending on the state of NM Covid-19 requirements and practices. We will do everything we can to limit the number of people in the gym at one time, and to keep 6 foot social distancing in effect for at least as long as required by the state of NM, if not longer. We also have sanitizing/cleaning processes defined for the equipment, facility, and supplies.

We are going to ask that parents drop their children off at the sidewalk, where a teacher will be waiting for them. The teacher will sign them in and make note of any parental comments and instructions on a form. When you show to pick them up please text Loui at (505) 699-0523 and she will have an instructor sign them out and bring your child to the door. Please keep 6 foot distances if multiple parents are at pick-up doors.

The entrance doors will be:

Camp - southeast side door (where the building used to be smashed in)

Team - southwest side door (staff entrance door, careful as you cross vault runway)

Classes - southeast end door (around the corner from where the building was smashed)

The exit doors will be:

Camp - upstairs balcony door east end

Classes - northeast side door (normal parent usage doors)

Team - southwest end doors (inside fence)

I have made the schedule such that no more than 2 classes are on the gym floor at one time. I am keeping the camp mostly outside and upstairs while gymnastics classes are in session.

I have bought equipment and prepared for several new recreational sport activities (bocce ball, croquet, corn hole, etc), board games, daily arts & crafts and cooking projects to replace field trips if Atomic City Transit, museums, swimming pools, theatres etc are not open at first (or at all).

The water fountain will be available for filling water bottles only, not for drinking from. Be sure you bring a water bottle to class.

I am sure there will be more communications before we reopen and as the summer proceeds.

I am over 64 years and have a somewhat compromised immune system. After the accident I had January 2019, where I tore >14 ligaments and broke 4 bones, I had a blood clot and was on blood thinners February-May. Then, I was subsequently on antibiotics three times afterward last year, as I caught all the usual children's' diseases that went around. To protect myself as a high-risk senior, I will be coaching from the preschool balcony. Consequently, that balcony will be off limits to the membership. Please feel free to text me with questions, or talk to me from the southwest side door, across the vault runway.

*Louise (Loui) Janecky*

Possible Temporary Summer Camp Schedule -- (while Atomic City Transit and County Facilities, theatres, swimming pools, etc are not open.)

7:30-8:15 drop off (Ladder ball, toss across, foosball, ping pong)

8:15-8:45 stretching & aerobics

8:45-9:15 group games & relays

9:15-10:00 Bocce Ball and Croquet

10:00-10:30 Team Sport 1 (dodgeball, volleyball, soccer, ultimate football, kickball, baseball)

10:30-11:00 Team sport 2. (Tennis, badminton, basketball, mini golf, 4 square, lacrosse)

11:00-11:30 Rec Sport (scoop ball, Velcro catch, horseshoes, paddle ball, frisbee golf)

11:30-12:30 playground and lunch

12:30-1:30 arts & crafts

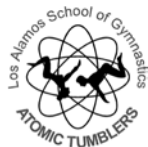
1:30-2:30 baking

2:30-3:30 hopscotch, marbles, jump rope, hula hoop, Chinese junprope, gliders, yo yos

3:30-5:15 gymnastics and alternate gymnastics events

5:15-6:00 movie

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Dear Parents:

We are ready to begin Summer Sports Camp 2020. Some particulars you should be aware of include:

Weekly activity sign-up should be filled out by Friday of the preceding week – The earlier the better. Activities are assigned on a first come basis and limited in number who can participate. If we do not have enough signed up to fill a group we will cancel the activity and use the instructor elsewhere. Sign –up sheets with information are taped to office counter weekly.

**Camp Payment must** be made by Friday of the preceding week, failure to do so could result in loss of spot. Drop-ins are accepted on a space available basis however **a drop-in rate is assessed for time not paid by the preceding Friday**. This will be enforced.

Campers should bring; sunblock, a hat, closed toe, good walking/sports shoes, a lunch which includes two snacks, and a water bottle **every day! If your child fails to come prepared they may be excluded from activity.** (We do have a limited number of loaner hats and sell water bottles for \$1 if you arrive realizing you have forgotten said item.) Additionally a towel, bathing suit, and an extra t-shirt (which can be worn in the water) should be brought each day for pool activities. If your child is not a strong swimmer you need to provide a life vest and let them know they will be required to wear it. Each time you sign them up for pool you must include the word “life vest” next to their name.

Please show up prior to 8:30 each day as we leave for the bus at 8:45 for some field trips (8:15 for movie). Calling the gym and leaving a message on the answering machine prior to 9 am in case of illness helps us to plan for the day and is appreciated as it keeps us from waiting for your child. However; **Refunds cannot be given** as instructors are hired based on the number of campers signed up. Half day campers will need to be dropped off or picked up on site of the activity each day. We are not usually at the gym at 12:30. You may call Loui to see where your child’s group is, cell number is below. We try to leave a sign on the gym door also listing the cell phone numbers of the instructors on duty.

**Pick-up is before 6 pm daily.** After that time a late fee of \$5 for every 15 minutes or any portion thereof will be paid immediately to the person who had to wait with your child. **NO EXCEPTIONS! Though this is occasionally unavoidable, it greatly inconveniences the staff, who have lives and plans outside the gym also.**

Any problems or questions should be addressed to me as soon as possible.

We reserve the right to refuse registration and/or discontinue such to any child who is a behavior or safety problem for the instructors, or whose payment is habitually in arrears.

Thank you for the opportunity to work with your children.

*Louise (Loui) Janecky*

*LASG Program Director & Head Coach, BS (P.E), MA (Ed.)*

*Gym: 662-9523 Cell: 699-0523*

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LOS ALAMOS, NM 87544  
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Loui Janecky, Program Director

## --- Summer Sports Camp 2020---

### Approximate Schedule – Contingent on Atomic City Transit & Public Facilities Reopening

7:30-8:00	Drop off / Quiet Play (Toss Across, Ladder Ball, Bean Bag Toss Game)
8:00-8:30	Upstairs Table Games (ping pong, foos ball)
8:30-9:00	Stretching and Aerobics (or leave for field trip, if in early group)
9:00-9:30	Leave for field trip (late group)
9:30-10:30	Transport to Pool or Field Trip (Atomic City Transit) or stretch on site
10:30-12:30	Group 1 Pool or Field Trip & Group 2 Team Sports, Rec sports, and playground w/ lunch
12:30-2:30	Group 2 Pool or Field Trip & Group 1 Team Sports, Rec sports, and playground w/ lunch
2:30-3:00	Transport back to gym (Atomic City Transit)
3:15-4:15	Instructional Gymnastics Events (bars, beam, tumbling, vault, rings)
4:15-5:15	Gymnastics - Alternate Gymnastics Activities (Zipline, Pit, Climbing, Tumble track & Trampoline)
5:15-6:00	Video / Pick-Up

### Field Trips – age appropriate activities (subject to change or cancellation if not enough interested)

Reel Deal Cinema (free movies) & Eastern Area Park (putt-putt or mini golf, basketball, 4 square)

Golf – Driving, Putting, Chipping only (fee for a bucket of balls for driving range needed)

Downtown (Museum Program, library, farmer's market, tours community service facilities etc.)

East Park Pool (swimming, fee or membership), North Mesa or Chapel Area Tennis Courts

Special Parties at LASG on Holidays

Once per summer –

Make & Bake Your Own Pizza from HomeRun

Rafting in County Aquatic Center pool, life vest required

Kite Day (kites provided)

Other possible events if facilities are open and available

### Weekly Team & Recreational Sports – age appropriate rules and equipment

Baseball/Softball (with nerf foam or whiffle ball and bat) & Kickball (rubber ball)

Ultimate football (pass only, no touch or tackle) nerf or foam football & Soccer (nerf ball)

Field Hockey & Lacrosse (nerf or plastic sticks and balls)

Basketball & 4 Square & Dodge ball (rubber ball)

Tennis and badminton (low net) & Volley ball (beach or nerf ball & low net)

Roller skating - knee, elbow, and wrist pads, helmet required (skates, helmet & some pads, available)

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Loui Janecky, Program Director

## --- Summer Sports Camp 2020---

(Complete a separate registration for each child, please print.)

NAME OF CHILD \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ HOME PHONE \_\_\_\_\_  
NAME OF PARENT(S) OR GUARDIANS(S) \_\_\_\_\_  
ADDRESS \_\_\_\_\_ DAYTIME PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ DAYTIME PHONE \_\_\_\_\_  
EMAIL \_\_\_\_\_ CELL PHONE \_\_\_\_\_

### Registration for Summer Sports Camp 2020:

This is a planning document and should be updated weekly.

Payment by the preceding Friday at 6:00 pm is mandatory.

If payment is not received by the preceding Friday your child(ren) will be put into drop in/space available status and those rates will apply.

_____ June 1-5	_____ June 29-July 3	_____ July 27-31
_____ June 8-12	_____ July 6-10	_____ August 3-7
_____ June 15-19	_____ July 13-17	_____ August 10-14**
_____ June 22-26	_____ July 20-24	_____ August 17-21***

Write days on line. If not full day, write 1/2 day a.m. or 1/2 day p.m. on weekly line.

Example: M-Th & F am June 11-15

\*\* August 13 & 14 are half days Summer Camp \*\*\* August 17-21 are quarter days with half day Wednesday

### PAYMENT POLICY

A deposit of ONE WEEK'S PAYMENT and annual membership fee is required to hold your child's spot.

The \$60 LASG annual membership fee for June 2020-May 2021 is due with deposit

(current memberships expire May 30, 2020)

Subsequent payments MUST be made no later than Friday 6 PM for the upcoming week --- NO CREDIT

Prepaid fees are \$45.00 for each Full Day; \$200 for each Full Week; and

\$30.00 for each Half day (AM or PM - 12:30 start or pick-up),

10% discount for **5 full days a week prepayment only, for second or more children** from the same family.

Drop in (space available, paid during attendance week) fees of:

\$50.00 for Full Day; \$230 for full week; and \$35 for Half Day

Activity fees (for swimming, golf, field trips, etc.) due with each weekly payment – see signup sheets for rates.

### CONSENT FORM

I hereby give permission for my child to participate in the Los Alamos School of Gymnastics Summer Sports Camp program. I authorize the LASG staff to procure immediate medical and/or hospital aid should she/he become injured or seriously ill, and in the event that I cannot be reached, appropriate aid may be given.

\_\_\_\_\_  
Signature of parent or guardian

\_\_\_\_\_  
Date

June-August 2020

I give my child(ren), \_\_\_\_\_  
permission to go to Reel Deal Cinema on with the Los Alamos School of Gymnastics Summer Sports Camp and  
it's representatives. Concession money may be provided in an envelope, including food/spending restrictions on it  
in writing.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please bring your lunch, **sunblock**, and good walking shoes. Be here by 8:30am or be dropped off at the activity  
site. Thank you.

The LASG Staff

-----  
June-August 2020

I give my child(ren), \_\_\_\_\_  
permission to go to downtown Los Alamos with the Los Alamos School of Gymnastics Summer Sports Camp and  
it's representatives. This includes but is not limited to county parks, fuller lodge, Farmer's market, the golf course  
and museums.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please bring: socks, **sunblock**, your lunch and good walking shoes. Be here by 8:30am or be dropped off at the  
activity site. Thank you.

The LASG Staff

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June-August 2020

I give my child(ren), \_\_\_\_\_  
permission to ride Atomic City Transit with the Los Alamos School of Gymnastics Summer Sports Camp and it's  
representatives. I further understand that in an emergency or extenuating circumstances my child may need to be  
transported in a private vehicle by adult staff and give my permission for this.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please bring **sunblock** your lunch and good walking shoes. Be here by 8:30am or be dropped off at the activity  
site. Thank you.

The LASG Staff

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East Park Pool Membership # \_\_\_\_\_

June-August 2020

I give my child(ren), \_\_\_\_\_  
permission to go to East Park Pool or the Aquatic Center with the Los Alamos School of Gymnastics Summer  
Sports Camp and it's representatives. I understand that it is my responsibility to provide and require my child to  
wear a life vest if they are not a strong swimmer.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please bring **Sunblock**, your lunch, a warm change of clothes, bathing suit , an extra t-shirt , towel, and good  
walking shoes on pool days. Be here by 9:00am or be dropped off at the pool.. Thank you.

The LASG Staff

**LOS ALAMOS SCHOOL OF GYMNASTICS**  
**MEDICAL HISTORY FORM – SUMMER – 2020**

(Complete a separate medical history form for each gymnast. Please print.)

Gymnast's Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_ Home phone \_\_\_\_\_

Father's name \_\_\_\_\_ Mother's name \_\_\_\_\_

Father's address \_\_\_\_\_

Mother's address \_\_\_\_\_

Father's home phone \_\_\_\_\_ Mother's home phone \_\_\_\_\_

Father's work phone \_\_\_\_\_ Mother's work phone \_\_\_\_\_

Father's cell phone \_\_\_\_\_ Mother's cell phone \_\_\_\_\_

Family doctor \_\_\_\_\_ Doctor's phone number \_\_\_\_\_

Does the gymnast take any medications? \_\_\_ If so, what? \_\_\_\_\_

Does the gymnast wear contacts? \_\_\_\_\_

Does the gymnast have any allergies? \_\_\_\_\_ If so, what? \_\_\_\_\_

Has the gymnast ever had a broken bone? \_\_\_ If so, what? \_\_\_\_\_

Does the gymnast have any illness or condition that the coaches should be aware of?  
(For example, scoliosis, asthma, epilepsy, diabetes, heart murmur, ADHD, autism)

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**CONSENT FORM**

I hereby give permission for my daughter/son/ward to participate in the Los Alamos School of Gymnastics program. I assure that she/he is in satisfactory health to participate in strenuous activity or I will not send her/him to camp. I authorize the LASG staff to procure immediate medical and/or hospital aid should she/he become injured or seriously ill, and in the event that I cannot be reached, appropriate aid may be given. I further accept the responsibility to update this form when needed.

\_\_\_\_\_  
PARENT OR GUARDIAN (SIGNATURE/RELATIONSHIP)      DATE

USA GYMNASTICS

MINOR CONSENT AND ASSUMPTION OF RISK STATEMENT

In CONSIDERATION of membership in the USA Gymnastics, hereinafter referred to as the "USAG", and being allowed to participate in USAG events and/or member club activities, the parent(s) and/or legal guardian(s) of the minor participant named below agreed:

1. The parent(s) and/or legal guardian(s) consent(s) to and will instruct the minor participating in any USAG and/or member club activity or event and regularly thereafter, that he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the instructor of such condition and refuse to participate.
2. Participant shall be instructed to and shall carefully review and follow all USAG Gymnastics Safety Guidelines.
3. I/we fully understand and will instruct the minor participant that:
  - a. There are risks and dangers associated with participation in gymnastic events and activities including but not limited to those of bodily injury, partial and/or total disability, paralysis and death;
  - b. The social and economic losses and/or damages, which could result from those risks and dangers described above, could be severe;
  - c. These risks and dangers may be caused by the negligence of the participant or the negligence of others;  
and
  - d. There may be other risks not known to us or not reasonably foreseeable at this time.
4. I/we accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused or alleged to be caused in whole or in part by the negligence of the USAG, its member clubs, event hosts, other participants, coaches, instructors, officials, sponsors, advertisers, owners and lessees of the premises used to conduct the event or activity and each of them, their officers, directors, agents, and employees.
5. I/we agree that this Consent and Assumption of Risk Statement covers each and every event or activity sponsored by the USAG and/or its member clubs

I/WE HAVE READ THE ABOVE WAIVER AND SIGN IT VOLUNTARILY.

\_\_\_\_\_  
PARENT OR GUARDIAN (SIGNATURE/RELATIONSHIP)                      DATE

\_\_\_\_\_  
PARENT OR GUARDIAN (SIGNATURE/RELATIONSHIP)                      DATE

\_\_\_\_\_  
WITNESS

Printed Name of Participant \_\_\_\_\_

Address of Participant \_\_\_\_\_

Printed Name of Parent or Guardian \_\_\_\_\_

Member Institution \_\_\_\_\_

\_\_\_\_\_  
City \_\_\_\_\_

**All participants must have a signed copy of this form on file for insurance purposes!**



## COVID-19 Medical Release Form

Los Alamos School of Gymnastics programs are operating in a social distancing environment but even with best efforts and intentions there will be times when the children will breach the prescribed (currently 6') distancing recommendation, and incidental contact may occur.

In addition, our teaching and coaching staff will spot (physically assist) when the circumstances require it. Spotting our students and athletes is often necessary to teach skills safely, to help athletes perform skills correctly, and to prevent injury.

Direct assistance will also be provided in the event of an injury.

I understand and agree that spotting will be part of the learning process at Los Alamos School of Gymnastics and I agree to permit my child's teacher and/or coach to physically assist my child when needed.

## COVID-19 Wellness Form

I understand that no one is allowed into the facility that has exhibited COVID-19 symptoms within the last 48 hours.

I understand that no one is allowed into the facility that has someone living in their household that has symptoms or had a positive test for COVID-19, until after the mandatory 14-day quarantine period.

I/WE HAVE READ THE ABOVE WAIVER AND SIGN IT VOLUNTARILY.

\_\_\_\_\_  
PARENT OR GUARDIAN (SIGNATURE/RELATIONSHIP)

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT OR GUARDIAN (SIGNATURE/RELATIONSHIP)

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

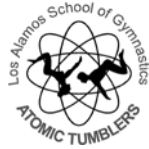
Printed Name of Participant \_\_\_\_\_

Address of Participant \_\_\_\_\_

Printed Name of Parent or Guardian \_\_\_\_\_

**All participants must have a signed copy of this form on file for insurance purposes!**

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[lasq.janecky@gmail.com](mailto:lasq.janecky@gmail.com)

Dear Parents:

Welcome to Los Alamos School of Gymnastics (LASG)!

Our philosophy is one of learning through fun. We teach children, not a sport or activity. The sport of gymnastics is the principle activity through which we teach them. There is so much more to this than teaching physical skills. We try to make a positive difference socially, emotionally, and psychologically also in your children's lives.

Some things you can expect from us:

1. Safety first, second and always.
2. We will try to always be professional with your children and show them courtesy.
3. We will discipline only when necessary – we prefer to motivate.
4. Your children will LEARN in a FUN environment.

Some things we will expect from you and your children:

1. They will attend only when healthy enough to participate.
2. They will come prepared, so bring clothing suitable for gymnastics – loose or stretchy enough to allow freedom of movement, tight enough that it does not catch on equipment or interfere with spotters. Jeans or pants with buttons and zippers in front damage equipment, are uncomfortable or painful, and will not be allowed during gymnastics classes. For other sports and walking they will need good walking closed toe shoes.
3. They will NOT enter the gym with gum or jewelry. No jewelry of any kind, including studs or other kinds of earrings, necklaces, bracelets, rings or any piercing jewelry will be allowed in the gym. This includes newly pierced ears. If a child arrives with jewelry, she/he will be asked to remove it and place it in a backpack, etc. This is both a safety and a liability issue. Please refer to the "no-jewelry" policy posted on the bulletin board.
4. You will pick up your children within 5 minutes of the end of camp. After that time, a late fee of \$5 for every 15 minutes or any portion thereof will be charged. NO EXCEPTIONS!
5. Please bring any problems or questions to me as soon as possible so that we can address them in a positive way.
6. You are welcome to watch your child's gymnastics class **from the balcony**, but you should not interfere with the instruction or discipline. Interfering undermines the instructor's authority and ability to teach, and creates safety issues.
7. Payments will be made by the preceding Friday to avoid late fees. No refunds are given.

Finally, we reserve the right to refuse registration and/or discontinue such to any child who is a behavior or safety problem for the instructors, or anyone whose payments are habitually in arrears.

Thank you for the opportunity to work with your children.

*Louise (Loui) Janecky*

*LASG Program Director & Head Coach, BS (Ph.Ed), MA Ed.*

*Gym: 662-9523 Cell 699-0523*