



Southern California Men's Collegiate Gymnastics Association

www.SouthernCaliforniaUnited.com

Year: 20__

SC United

Application

Packet



www.facebook.com/SoCalCollegeGymnast



[@SCUgymnastics](https://twitter.com/SCUgymnastics)



[southerncaliforniaunited](https://www.instagram.com/southerncaliforniaunited)



[scugymnastics](https://www.tumblr.com/scugymnastics)



SCMCGA - 3435 Ocean Park Blvd #107 PMB 614, Santa Monica, CA 90405
socalmcca@gmail.com
(310) 452-7538 ext. 1



Southern California Men's Collegiate Gymnastics Association

www.SouthernCaliforniaUnited.com

SC United Team Application Instructions

Board of Directors

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University Head Coach

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Paul Tickenoff

SCGJA

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Dorina Timbol

Owner, Platinum
Gymnastics Academy

Thank you for your interest in the SC United Men's Gymnastics Team. We are looking forward to learning more about you and providing you with information about our program.

SC United is a unique concept in as it provides an opportunity to continue gymnastics while receiving an education at a college of your choice in Southern California. As you finalize your choice of college SC United will advise you of training facilities and options in the area nearest your college.

Eligibility requirements for our team are simply that you are enrolled at any College or Community College in Southern California.

- We accept applications year round, cut off to be considered for competition is October 1st.
- Please have available a DVD of your gymnastics or a link to your YouTube videos showing the quality and skill level you are capable of. Big skills are great, please know we are mostly interested in the quality of your fundamentals.
- We also like to know who you are as a person. Team dynamics are very important, potential for growth and development are essential in our training environment. Please answer a few questions (attached).
- Please include a recommendation from your most recent coach.
- Visit the recruiting tool for gymnasts and coaches www.therecruit.zone
- Visit our website at www.SouthernCaliforniaUnited.com for more information on our program.

If you have any questions or would like more information, please call **310.452.7538 ext. 1**. You may also email the coach at the email address listed below. In the meantime, best of luck with your training and keep up the hard work!

Heinz Schulmeister
Head Coach
socalmcga@gmail.com



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Program Description

SC United Men's Gymnastics is a unique program in many ways, one due to the contribution of the many people, gymnasts and supporters, who are giving much to keep men's collegiate gymnastics viable and competitive on a NCAA level, second the different make up of the team structure as this team is not affiliated with any one college, where its team members attend different colleges. As such there is no support from any recreational entities, nor are there any alumni; the team solely relies on fundraisers, individual contributions and corporate sponsorships. SC United is an elite competitive men's gymnastics program providing training pathways to both collegiate and long-term elite competitive opportunities for those men who are committed to achieving their personal gymnastics dreams and goals.

The Board

The Board connects frequently and accomplishes many tasks related to newsletters, donation letters, promotion, advertising, competition planning, recruiting and scoring system rental. It is an unbelievable group of willing former gymnasts, coaches, judges, gym owners, friends and relatives who perform behind the scenes to make this new team and opportunity continue into the future.

Because our team is self-funded, it requires a tremendous effort from team members and many volunteers.

Fundraising

Team members work at setting up and moving equipment for gymnastics competitions. Additionally they run ProScore for many meets during the season. These jobs raise funds for travel to competitions, purchasing uniforms and gymnastics equipment. At the end of January, SC United hosts a college invitational in conjunction with a JO meet. In addition SC United bids and runs some of the local boys meets to help fund team expenses.

It is a busy schedule that requires dedication from team members yet this gives members a sense of ownership of the program. Fundraising makes the individual team member work together with his fellow teammates forging the team into a strong group of life long friends.

Opportunities

SC United is not subject to NCAA eligibility requirements, therefore our gymnasts are eligible to train and compete for as many years as they want. Our program is built around the personal goals that each athlete sets for himself. SC United is structured to provide the training plan and competitive experience that allows men to compete at the highest national and international levels, regardless of years it takes them to prepare.



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Southern California United / SCMCGA

TEAM APPLICATION

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Level: College Gymnast (Elite)

Athlete Information Grade: _____

Last Name: _____ First Name: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

DoB: _____ Age: _____ Gender: Male

Parent Information:

Father Last Name: _____ First Name: _____

Phone: _____ Email: _____

Mother Last Name: _____ First Name: _____

Phone: _____ Email: _____

Gymnastics Experience

Current Gym
Name: _____ Coach: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

Rank each event in the order of your perception of strength 1-6

FX PH SR VT PB HB JO competition Level _____ Highest AA _____

Educational Experience

High School _____ Graduation Date: _____

GPA: _____ Top 2 subjects: _____

School
Activities: _____



Southern California Men's Collegiate Gymnastics Association

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Southern California United / SCMCGA

and affiliated clubs and gymnastics schools

TEAM REGISTRATION FORM

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Date: _____ Registration Fee: \$80 Commitment Fee: \$150 Acct No : _____
Fees are due annually on September 1st.

Level: College Gymnast (Elite)

Athlete Information College Attending: _____ Grade: _____

Last Name: _____ First Name: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

DoB: _____ Age: _____ Gender: Male

Parent Information:

Father Last Name: _____ First Name: _____

Phone: _____ Email: _____

Mother Last Name: _____ First Name: _____

Phone: _____ Email: _____

EMERGENCY CONTACT: (OTHER THAN PARENTS)

Name: _____ Relationship: _____

Phone: _____ Alt Phone: _____ Email: _____

MEDICAL INFORMATION: List any Allergies and Medical Conditions you might have

Doctor: _____ Phone: _____

Address: _____

Insurance
Carrier: _____



AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in Southern California United / SCMCGA and affiliated gymnastic schools athletics/sports programs and related events and activities, the undersigned:

1. Agrees that the Athlete prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate, or the parent(s) and/or legal guardian(s) of a minor participant will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition (s) and refuse to participate.

2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the action, inaction or negligence of others, the rules of play or the conditions of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at the time.

3. Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death.

4. Release, waive, discharge and covenant not to sue Southern California United, Southern California Men's Collegiate Gymnastics Association, its affiliated clubs and gymnastics schools, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and , if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releases" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release's or otherwise.

WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Athlete or Parent/Guardian printed Name: _____ Date: _____

Athlete or Parent or Legal Guardian Signature: _____

Email Address: _____

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Permission to Treat

I hereby give my permission to trained medical professionals to administer
emergency medical treatment to _____ should
sickness or accident occur.

Athlete or Parent or Legal Guardian Signature: _____

Date: _____

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Southern California United Men's Gymnastic Team Rules and Policies

Purpose:

As a student athlete, discipline is demanded in order for you to achieve your goals and realize your desires. Therefore, rules are not to "restrain" an individual, but exist rather for the purpose of enhancing the quality of your time at SCU in order to maintain some degree of order so that personal and team goals/ objectives can be most easily and enjoyably reached.

Goals:

1. As a student-athlete, you are at your respective college to receive an education. Therefore, it is highly necessary that you maintain your GPA and keep in good scholastic standing. This is not only necessary for you to remain on as a team member, but also to enhance your future choices you may have.

2. Your attitude at the beginning of a task is what will most determine the effect of its successful outcome. Therefore, in order to get the most out of our time in the gym, it is necessary that each team member possess and maintain a **positive attitude that contributes to an atmosphere conducive to good training**. Examples of what is expected:

- a) Strong desire for training.
- b) Being on time and prepared for the workout session.
- c) Helping your teammates when needed in and out of the gym.
- d) Maintaining good communication with teammates and coaches.
- e) Controlling your anger.(i.e.-hitting the horse, bad language, etc.)

3. **Think Up and Be Looked Up To:** Your **appearance** in and out of the gym make a statement. Knowing that there are hundreds of young gymnasts that look up to you as a College gymnast watching you every chance they get puts a large responsibility on you as an individual. Your stay here at your College and SCU is a very short one. So put away your vices you may have until after you leave. You will need all the clarity of mind and body to be a gymnast on this team. Certain **actions** that could bring discredit to the college you attend or our team will be dealt with by warning, disciplinary action, suspension, or termination. Along with actions are how others see you. Therefore, the following are team guidelines for training:

- Tell the truth.
- Be on time. Stay until your workout is finished. Always check out.
- Go the "extra mile".
- Language- Vulgar language is a sign of an undisciplined mind.
- Abide within the law outside the gym.
- Smoking, abuse of drugs or alcohol, and under-age drinking will not be tolerated.
- Hair- to be kept neat & short.
- Fad Jewelry- Not to be worn in the gym or at team functions.
- Travel attire- To be agreed upon by the team prior to season.
- Be a team member. In and out of the gym.

Being a member of the Southern California United Men's Gymnastics Team is a privilege and honor. Therefore, in order to help this team reach it's goals, I agree to abide by the above team rules and guidelines.

Name: _____ Signed: _____ Date: _____

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Name	
Hometown	
High School	
College Attending	
Year	
Height/Weight	
Major	
Nickname	
Favorite Event	
Favorite Food	
Least Favorite Food	
Favorite Movie	
Favorite Trick	
Hollywood Crush	
Favorite Book	
Favorite Song / Artist	
Why Southern California United?	
Siblings	
Craziest thing you've ever seen	
Most scared of	
Incident of personal adversity you have overcome	
Greatest Achievement	
Favorite Quote	
Age started gymnastics	3
Best thing about being on the team	
Something most people don't know about me	