

Competitive Team Information

A Letter from our Owners, the Thompson family



Champion Gymnastics USA competes at USAG levels 3-10 and Xcel.

Our goals are simple. We want to help parents raise great young ladies that are great citizens, great family members, great students and are also pretty great gymnasts. We believe gymnastics is an important part of our athletes lives but it should be just that...a part. Balance is important in life and gymnastics is no exception.

At Champion we pride ourselves on having a great staff of people that you would want your child to share time with even if they were not coaching them. Character is very important to us in our coaching staff. Our staff bios can be found on our website and I think you will agree they have some impressive credentials. All Americans, Hall of Fame members, educators, and years of experience are found in our staff. And the best part is they all love to teach gymnastics and HAVE FUN. If you watch a practice you will notice we work hard, the kids train hard and we all laugh and have fun. Why go to a lot of practice hours a week if you're not having fun and working hard? We are serious about safety and training your child to be their best, but we also want your child to enjoy her time here.

We are not a production gym. We do not have huge numbers of kids at levels and run kids through endless drills and wait for the best ones to rise to the top to be placed in a different group. We believe in a hands on approach. No two kids learn the same way. It would be nice if they did and make our job a whole lot easier. We do not bully kids into skills. We do not weigh kids in. No one will yell at your child for eating a slice of pizza. We do teach them about healthy eating and healthy living habits. We do not tell them they are worthless if they can't get a skill. We coach gymnasts to work hard and do their best each day. We also focus on TEAM. Everyone is a part of a team and each member is important. We support each other. We cheer for each other in good times and rough times. We think that is an important life lesson for children to learn. Life is tough at times and it's good to have friends that have your back.

We encourage parents to talk with us about their kids. If there is an issue we are VERY approachable. You will have our email addresses and phone numbers. We want you to feel like you can talk with us about anything. We will give you our honest answers and hopefully work together to help your child thrive.

We encourage family vacations and time out of the gym. If you have a ton of homework stay home or come late. When you're here we want your child to be able to focus 100% on gymnastics. Don't feel bad about your child missing a practice to watch her brother play football or go to a band concert. Family first!

Our goal is to produce level 10 athletes that are scholarship material. We do not do Elite. If Elite is your goal you are at the wrong gym. We have lots of ties with college gymnastics in coaching, officiating, and former college gymnasts coaching here. We believe that a full ride scholarship is a great goal and much more of a healthy, well rounded goal to achieve than the Olympics.

We are very blessed to have an awesome booster club here at Champion. Not only are they great fun people, but they are also very involved in fund raising efforts to support their children. Your participation is optional in all fundraisers. The club is a 501c3 organization. We love working with our booster club and they help us to provide great gymnastics for the kids. The general fund pays for coaching at Nationals and clinics for our coaches.

We are located in an older building in Holland. We have done our best to make our home green with insulation; florescent lighting and we recycle everything we can. You will notice containers for paper and plastic in the office. We also use recycled paper for our printing. We also have Wi-Fi available for your use in our building; just ask the office for the access code.

Our gym equipment is all FIG level. What this means to you is we have good mats and equipment that meets and exceeds USAG safety standards. We are insured through Markel Insurance Company. This hopefully is a moot point but wherever you go please be sure the gym is insured. Believe it our not some gyms will just hope no one gets hurt...well we hope that too, but just in case we believe it's prudent to have insurance in place. Our insurance is secondary to your primary health insurance but in case of a problem it is necessary to be covered.

In a nutshell we love what we do and we hope that it shows. We are sure you will have questions about us. So, please feel free to call us at 616-399-5608 ext 0#, email us at champgymusa@mac.com .

Thanks for your interest!

Sincerely,

The Thompson Family

Owners