



Welcome to the NAIGC *New Club Start Up Kit!!!* This document is intended for those enterprising individuals who are interested in starting a gymnastics club at their college or university. The contents are intended as a general guide in your quest. Although it may seem like a daunting prospect, starting a gymnastics club is not as difficult as you would think, and you will learn valuable skills and make life long friends in the process.

## Setting Up Your Club

Most schools make it very easy to form new clubs and organizations in order to promote diversity among the activities the school has to offer. There are usually only a few forms to fill out in order to start your club. If you search your college or university's website, the necessary forms to start a new club are often found under *campus recreation* or *student organizations*. Most schools require that clubs fulfill certain pre-requisites in order for the organization to be formed. Pre-requisites can vary by type of club. Make sure you find out what the specific requirements are for a gymnastics club.

Here are examples of some common requirements:

- Minimum Number of Club Members
- Club Constitution
- Registration Fee
- Advisor
- Insurance

Many students worry that writing a constitution for their club is an impossible task. Don't fret! Most colleges and universities provide sample constitutions. Often times you can find one on another gymnastics club's website that you can use as a guide. Other students worry that they won't be able to find enough members to form a team. Talk to your friends! I bet a lot of them know at least one person who was a gymnast "back in the day" and who may be interested in joining. Many of your friends may be interested in joining as well! We all know everyone secretly wishes they could be a gymnast. Advertise your gymnastics club on fliers, Facebook statuses, and anywhere else you can think. One idea that has worked in the past is to search for "gymnastics" under interests on Facebook and send all those people from your school a message to come to a meeting / callout. If your school is one that requires an advisor, talk to your professors. Professors usually like talking to students and I have yet to meet one who hasn't wanted to talk about gymnastics.

One important topic you will need to discuss with your new advisor or sports club department is insurance. A lot of schools provide insurance to clubs; however, sometimes when a club practices off-campus the club is required to provide their own. There are many great companies that are easy to work with. Ask other clubs what companies they have had good experiences with in order to find a company that works right for you.



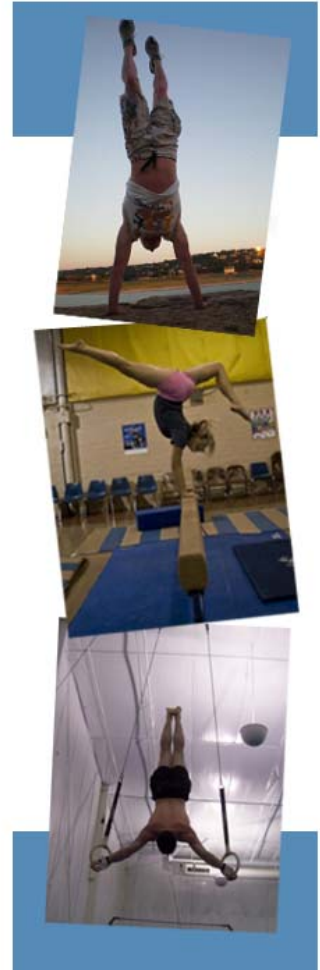
## Practice Space

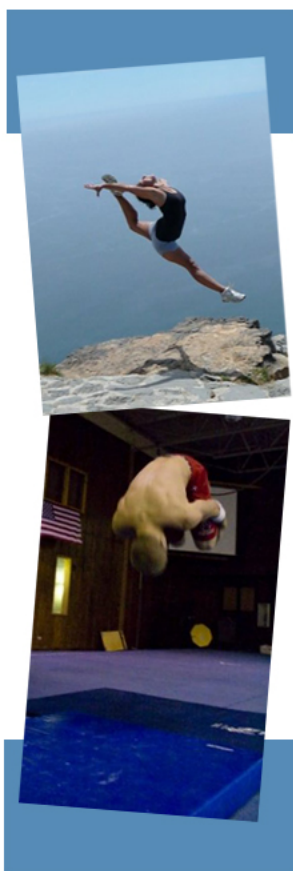
Now you have your club and your new club members. The next step is to find a place to work out. This is a common issue with many clubs because most colleges and universities do not have a gymnastics facility. If you attend a school that offers a gymnastics facility, consider yourself lucky and move on to the next step. If you do not have a facility on campus available to you, then your club is in the majority. In most cases you will need to contact a local gymnastics business and talk to them about working out at their facility. Many times the gymnastics business owners are very receptive and will allow your club to work out at a reduced rate during their “off-peak” hours or in exchange for coaching. If this option is not available to you, this is when having an advisor helps a lot. Your advisor can help you come up with other options and even help navigate the college/university bureaucracy to help you secure a place where you can start your own facility on campus!

## NAIGC Membership

Now that you have formed your club and secured practice space, you need competitions to enter! Competitions are a great way to bond with your club as well as network with other gymnastics enthusiasts from other schools. Join the NAIGC to participate in local competitions and the national championships as well as benefit from the other perks of membership.

Joining the NAIGC is simple! First, you will need to add your college or university to the NAIGC database of schools. It is very easy to add your school. All you need to do is email [info@naigc.net](mailto:info@naigc.net) and request your school to be added to the list. Once your school has been added to the list, you and other members should create a username and password on the NAIGC website ([www.naigc.net](http://www.naigc.net)). Information will be sent out to the listserv (see below) in the late fall regarding NAIGC membership fees.





## Signing up for meets

One of the benefits of NAIGC is the ability to find, enter, and host competitions with other member clubs. The NAIGC Facebook page and listserv are the two best ways to find out about upcoming competitions hosted by other schools and to promote your own meet.

Visit the following link (<http://lists.naigc.net/listinfo.cgi/naigc-naigc.net>) to join our email listserv. Follow the directions on the page to register. It's pretty quiet during the summer, but this is where most of the competitions will be announced. A good way to connect with other members is to check out our Facebook page (<http://www.facebook.com/profile.php?id=13700724&ref=fn#/group.php?gid=2204539127>) and our message board (<http://www.naigc.net/phpBB3-3.04/index.php>).

A list of current and past competitions can also be found on the NAIGC website. This list contains important information such as competition dates, registration deadlines, meet fees, and host school websites.

Once you find competitions to enter you should contact the host school directly in order to register or use the NAIGC website to register online. If you decide to host a competition you may use the NAIGC website and tools to promote your meet.

The NAIGC also writes a newsletter every few months. The newsletter goes out to members through the listserv, the website, and the Facebook page.

## Potential Costs

The items below are costs you and your club may encounter during the competitive season. These are estimates only. Costs can rise considerably especially if your club uses custom uniforms.

Individual Meet Fees	Typically \$20-\$25 but can range much higher or lower.
Team Meet Fees	Typically \$75-\$100 but can range much higher or lower.
Travel	The cost of travel depends on a variety of variables such as distance, if you are renting a vehicle, or if you fly. Make sure you take the cost of traveling both to and from a competition into account when making your budget.
Lodging	Typically \$70-\$100 a night per room.
Uniforms	Men's Competition step-in/shorts/pants: \$80+ Women's Competition Leotard: \$50+ Warm-Ups: \$60+

## Fundraising Ideas

Club funding varies by school. Most schools receive some funding from their recreational club sports department and many schools will have required semester dues that must be paid to join a team in order to help defray costs. If you still need funds for your club, fundraising is a great way to raise money and bond with your teammates at the same time. Use your imagination! Combine your fundraiser with interesting events that will also help promote your club. Here are a variety of fundraising ideas you can use.

Flips for Tips	Go around the stadium at football games and offer to do flips for people and see if they tip you. This works very well if football is important at your school. Some clubs average close to a \$1000 per home game! If you decide to do this, make sure you talk with one of the school officials to receive permission first, otherwise you may get your club into trouble.
Car Wash	I'm sure many of you have done these in high school. Go to a local business (usually a grocery store) and set up a date to wash cars in their parking lot. Wal-Mart will often match each dollar you raise!
Concession Stand	Many universities provide fundraising money to groups who volunteer to work a concession stand at a sporting event.
Raffle	Go around to various businesses and obtain a few donated prizes and sell raffle tickets to earn money. Electronics usually work best, but don't limit items to products. Services can be highly desirable prizes. Your team might offer as a prize to clean someone's house, or do yard work.
Candy Sales	If you bring a box of candy into a class room you will have to bring a stick to keep people away.
Food Sales	Some schools allow clubs to set up a food stand on campus as a fundraiser. Hot dogs and bottled water are great for selling because you make the most per item.

## Recap

So now you should have a basic idea of what you will need to do to get your new gymnastics club up and running. Here is a quick recap of things to remember:

- Research the requirements to start a club at your school
- Talk to the office in charge of sports clubs at your school
- Recruit members for your new club
- Find a place to practice (don't forget to check your school's insurance requirements)
- Add your club to the NAIGC database
- Sign up your club members with the NAIGC
- Join the NAIGC listserv and Facebook NAIGC group page
- Find competitions
- Compete against other schools and meet other college students!



Good luck getting your club started up and always remember that the NAIGC is there to help you!!!