



# Star Week Information Sheet

- ★ Star Week happens once every two months throughout the school year and may extend over two weeks.
- ★ In order to receive a star the student must perform the skill consistently with good form.
- ★ Posters are given to the school-age students indicating their level.
- ★ School-age students will come home with star stickers. Families can check the student's star sheet online through the Parent Login at [goldstargym.com](http://goldstargym.com)
- ★ Star stickers are to be placed on the poster next to each skill once it has been mastered (the stars earned for this Star Week are marked on the student's online Skill Sheet with the current month/year in the comments section of each skill).
- ★ Preschool students receive a ribbon every Star Week.
- ★ On average students will take at least a year with consistent attendance to progress to the next level.
- ★ There are approximately 25 star skills at each level.
- ★ The student must master and maintain all of the skills in order to move up to the next level.
- ★ Coaches are constantly evaluating the children. Students may be moved up to the next level when all their skills are mastered, even if this accomplishment is achieved outside of a Star Week.
- ★ Students will be given a "Move-Up Card" when the coach has determined that the child has successfully mastered all of the skills.
- ★ Please bring the "Move-Up Card" to the front desk to sign-up for the next level. Your child will not automatically move to the next level.
- ★ If there is no room in the next level, put your child on a waiting list and have them remain in their current class. Your child's current coach will be able to teach the higher level skills until a spot opens.
- ★ Star Week is a chance for the staff to document the progress of each student. Star Sheets are simply a progress report for the student, parent, and staff – not a complete assessment.
- ★ It is common for students to be able to master more skills in the beginning of their training, and then work for quite a while to attain the last few skills. To be a true motivational program, students are only awarded one to five stars each Star Week until the child is ready to move to the next level. In this way the student will earn an equal number of stars each Star Week.

*We have found that receiving 15 stars the first Star Week and only 2 the next can be discouraging.*

- ★ If you have any questions about your child's progress or Star Week please ask our Front Desk Staff to speak to one of our Floor Managers.