

THIS AGREEMENT, made and entered into this 23<sup>rd</sup> day of Nov, 2010, is by and between the City of Fort Lauderdale, a Florida municipality, ("City"), whose address is 100 North Andrews Avenue, Fort Lauderdale, FL 33301-1016, and Fort Lauderdale Stars, Inc., a Florida corporation, ("Contractor"), whose address, Email and phone are 730 North Federal Highway, Fort Lauderdale, FL 33304, Phone: 954-931-0035, Fax: 954-828-5681, Email: MK@ftstars.com

WHEREAS, the City issued Request for Proposal 505-10448 ("RFP"), and the Contractor submitted a proposal in response to the RFP; and

WHEREAS, on August 17, 2010, the City Commission of the City of Fort Lauderdale approved an agreement with Contractor for the goods or services described in the RFP (Pur-09, CAR No. 10-1041);

NOW, THEREFORE, for and in consideration of the mutual promises and covenants set forth herein and other good and valuable consideration, the City and the Contractor covenant and agree as follows:

1. The Contractor agrees to provide to the City Gymnastics Program Instructor Services in accordance with and in strict compliance with the specifications, terms, conditions, and requirements set forth in the RFP and any and all addenda thereto beginning October 1, 2010, and ending September 30, 2011.

2. This contract form G-110 Rev. 01/10, the RFP, any and all addenda to the RFP and the Contractor's response thereto, and the Contractor's proposal in response to the RFP are integral parts of this Contract, and are incorporated herein.

3. In the event of conflict between or among the contract documents, the order of priority shall be as follows:

- First, this contract form, G-110 Rev. 01/10;
- Second, any and all addenda to the City's RFP in reverse chronological order;
- Third, the RFP;
- Fourth, the Contractor's response to any addendum requiring a response;
- Fifth, the Contractor's response to the RFP.

4. The Company warrants that the goods and services supplied to the City pursuant to this Contract shall at all times fully conform to the specifications set forth in the RFP and be of the highest quality. In the event the City, in the City's sole discretion, determines that any product or service supplied pursuant to this Contract is defective or does not conform to the specifications set forth in the RFP the City reserves the right unilaterally to cancel an order or cancel this Contract upon written notice to the Contractor, and reduce commensurately any amount of money due the Contractor.

5. The City may cancel this Contract upon written notice to the Contractor in the event the Contractor fails to furnish the goods or perform the services as described in the RFP within 30 days following written notice to the Contractor.

IN WITNESS WHEREOF, the City and the Contractor execute this Contract as follows:

CITY OF FORT LAUDERDALE

By: [Signature]  
Director of Procurement Services

Approved as to form:

[Signature]  
Senior Assistant City Attorney

ATTEST

By: [Signature]

Print Name: Stacey E Dakey

CONTRACTOR

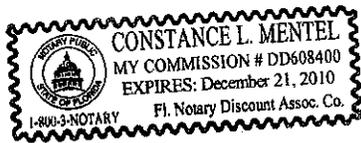
By: [Signature]

Print Name: MARTY KALLEN  
(If not president of corporation please attach proof of authorization)

STATE OF FLORIDA  
COUNTY OF BROWARD

The foregoing instrument was acknowledged before me this 23 day of NOVEMBER, 2010, by MARTY KALLEN as (title): CEO for Fort Lauderdale Stars, Inc., a Florida corporation.

(SEAL)



[Signature]  
Notary Public, State of FLORIDA  
(Signature of Notary Public)

CONSTANCE L. MENTEL  
(Print, Type, or Stamp Commissioned Name of Notary Public)

Personally Known X OR Produced Identification \_\_\_\_\_  
Type of Identification Produced \_\_\_\_\_

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## Response Package: Request for Proposal

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Prepared for: City of Fort Lauderdale

Prepared by: Martin L Kallen

Fort Lauderdale Stars Gymnastics

730 North Federal Hwy, Ft Laud, Fl. 33304

(954) 931-0035

Date: June 3, 2010

CONTRACT  
COPY

**RFP NO. 505-10448**

**OPENS 06/22/10**

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**PROPOSAL RESPONSE PAGES - PART 1  
REVENUE PROPOSAL-REVISED**

Contractor proposes to pay to the City the following, if awarded the contract:

Annual rental fee proposed (minimum of \$156,000.00 annually / \$13,000.00 per month)

\$ 156,000.00 annual rent / \$ 13,000.00 per month

**AND**

Percentage in the amount of (10% minimum) 10 % of gross product  
concession receipts net of sales tax

Note: Product concession is defined as gymnastics related goods, food or beverages, or any other items approved for sale as outlined per Part V -- Item 01 in Technical Specifications and Scope of Services.

**Note:**

**All payments will be paid monthly over 12-month period.**

**All subsequent renewal terms shall be subject to a one percent (1%) increase in the annual fee.**

Proposer estimates that he will generate \$ 610,000.00 in gross receipts over the initial year of the contract.

Describe the type of financial operating system proposer will utilize to monitor concession products revenue collections: iClass Pro Gymnastics Software & Quickbooks POS (Pro Shop)

How many days after notification of award can you start operations? ASAP days

Note: audit information is addressed under financial requirements

Annual fee allows contractor exclusive use of 9916 sq. ft. in gymnastics use area at the Holiday Park Activity Center, 730 North Federal Highway, Fort Lauderdale, FL:

MAIN FLOOR: 8705 SQ. FT.

MINI GYM: 875 SQ. FT.

PRO SHOP AREA: 154 SQ FT.

OFFICE: 182 SQ. FT.

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**PROPOSAL RESPONSE PAGES - PART 1  
REVENUE PROPOSAL**

Contractor proposes to pay to the City the following, if awarded the contract:

Annual rental fee proposed (minimum of \$156,000.00 annually / \$13,000.00 per month)

\$ 156,000.00 annual rent / \$13,000.00 per month

**AND**

Percentage in the amount of (10% minimum) 10 % of gross product concession receipts net of sales tax

Note: Product concession is defined as gymnastics related goods, food or beverages, or any other items approved for sale as outlined per Part V -- Item 01 in Technical Specifications and Scope of Services.

Note: All payments will be paid monthly over 12-month period

Proposer estimates that he will generate \$ 610,000.00 in gross receipts over the initial year of the contract.

Describe the type of financial operating system proposer will utilize to monitor concession products revenue collections:

How many days after notification of award can you start operations?

**"Immediately"** days

Note: audit information is addressed under financial requirements

Annual fee allows contractor exclusive use of 9916 sq. ft. in gymnastics use area at the Holiday Park Activity Center, 730 North Federal Highway, Fort Lauderdale, FL:

MAIN FLOOR: 8705 SQ. FT.  
MINI GYM: 875 SQ. FT.  
PRO SHOP AREA: 154 SQ FT.  
OFFICE: 182 SQ. FT.

## **Proposal Response Pages- Part II**

### **1. Understanding of the City's needs for gymnastic instruction services and your overall approach to those needs.**

The City of Fort Lauderdale will significantly benefit from Fort Lauderdale Stars as their service provider for "Gymnastics Program Instruction Services". From our broad based experience in the professional gymnastics field to our excellence in customer service, the City of Fort Lauderdale will have only the finest. Our approach and methodology started 14 years ago in implementing our mission and being South Florida's Premiere Gymnastics Facility. Our mission is to provide a safe & fun-filled atmosphere for children of all ages and experience. It has become our slogan and our path to being one of the top gymnastics schools in Florida. Our services provide the most recent techniques in the industry and we offer the newest equipment for training. We offer a variety of classes geared for toddlers, preschoolers, girls & boys recreational, developmental & pre-teams, competitive teams (USA levels 1 -10), birthday parties, open gyms, specialized camps and even professional consulting. We are committed to helping each and every child reach their own potential during the time they are with us! Basically we have it all and so will you!

### **2. Approach and concept for the provisions of gymnastics instructional services:**

Our approach & concepts are simple and it comes to us with minimal effort. Fort Lauderdale Stars runs its operations professionally and methodically. The management structure of Fort Lauderdale Stars has been systemized and departmentalized to increase efficiency, organization and accountability. We operate in a hierarchy of management positions that oversee every day procedures on a day-to-day basis.

- Provide excellence in service - from classes to customer support
- Complete gymnastics program with over 80 classes weekly covering every level (Supporting Doc B, D & E)
- In house registration plus state of the art online registration system with live class viewing all implemented in our user friendly web site
- An A + Staff – experienced, encouraging, knowledgeable, caring and dedicated to instilling our philosophy
- Owners on staff working 40 hours a week.
- Year round programming (Supporting Doc A,B,C,D & E)
- Management staff and program leaders for all programs & classes
- Yearly, monthly, weekly and daily goals
- Comprehensive class curriculums, tasks and skill progressions
- Clean & sanitary environment
- Fully stocked pro shop offering gymnastics merchandise, healthy snacks and drinks for all clientele

**3. Credentials, References, Professional Affiliations and Certifications for Contractor and their employees to be used in service:**

**CEO: Martin L Kallen**

Fort Lauderdale Stars, Inc. is owned and operated by Martin Kallen (CEO) & Laura A. Kallen (Secretary). 14 Years - State of Florida Articles of Incorporation S-Corp # 65-0692630.

Started with the City of Fort Lauderdale's Parks & Recreation Department in 1994 as a Programmer I and then contracted services under Fort Lauderdale Stars, Inc. since 1996 – Oct 2010. 14 years of successfully serving between 3500 - 5000 students annually from ground up. Actively experienced in all levels of gymnastics instruction up to USAG Level 10. Fully knowledgeable and actively coaching optional levels too (levels 7 – 10) with our support staff. Currently have provided for the last 4 years the largest number of team competitors in the AAU in South Florida. Numerous Team State Championships and Several Individual 1<sup>st</sup> place All Around Competitors since inception.

- USAG (USA Gymnastics)
  - 12 Years Member
  - 12 Years Safety Certified
  - 12 Years Skill Evaluator
- USAG Florida Board
  - 2 Years on Board
  - 2 Years State of Florida Web Master
- United States Elite Coaches Association
  - 6 Years Member
- AAU Florida Gold
  - 7 Years

**Secretary: Laura A Kallen, Secretary of Corporation: Facility & Team Director**

20 years hands on experience as a competitive dancer & gymnast. She is currently the Facility & Team Director of Operations for the past 10 years. Her expertise range from all levels of dance, recreational gymnastics and competitive gymnastics. Laura oversees all operations of class & team programs. Designs and constructs progression levels and implements them into class programs for upper level development and team classes.

- USAG (USA Gymnastics)
  - 10 Years Member
  - 10 Years Safety Certified
  - 10 Years Skill Evaluator
- AAU Florida Gold
  - 7 Years

**(Continued) Credentials, References, Professional Affiliations and Certifications for Contractor and their employees to be used in service:**

**Katy Lynn Romanyak, Facility Manager/Teams/Toddler Director**

Oversees daily operations, class operations and instructs all levels including teams. Katy has a combined 15 years of competitive gymnastics and instructing all levels of gymnastics at Fort Lauderdale Stars. She is responsible for direct implementation and management of programs, skills, progressions and daily rotations for toddlers/recreation classes.

- USAG (USA Gymnastics)
  - 6 Years Member
  - 6 Years Safety Certified
  - 6 Years Skill Evaluator
- AAU Florida Gold
  - 4 Years

**Brian Kushniruk, Recreational Program Manager/Team Instructor**

Over 20 years of competitive and instructing experience. Past competitive & Regional qualifying gymnast. Brian is responsible for overseeing equipment safety, carrying out lesson plans and curriculums for all support staff daily. He instructs classes from toddlers through team classes.

- USAG (USA Gymnastics)
  - 10 Years Member
  - 10 Years Safety Certified
  - 10 Years Skill Evaluator
- AAU Florida Gold
  - 7 Years

Colleen Rominger, Front Desk & Pro Shop Manager

Kelly Prescott, Teams/Class Instructor

Joel Ramos, Teams/Boys/Class Instructor

**4. Types of equipment, teaching aid the contractor provides. Any equipment, teaching aides expected to be provided by the City.**

No equipment will need to be provided by the City. There are no leases or loans on equipment or anything used by Fort Lauderdale Stars. All equipment & supplies listed below are owned and paid for. We have a zero debt base on all assets.

- Floors & Runways
  - AAI 42' X 42' Elite Floor
  - AAI 60' Tumbling Runway
  - AAI 30' X 30' Foam Floor
  - 80' Bonded Carpet Vault Runway
  - 60" Bonded Carpet Vault Runway
- Bars & Bar Sets
  - 3 AAI Elite SuperWides
  - 1 GMR High Bar/Strap Bar
  - 2 In Ground Single Rails
- Beams
  - 8 AAI Competition Beams
  - 12 Low Beams & Floor Beams
- Vaults
  - 2 AAI Vaults
  - 8 Spring Boards
  - 4 Jr. Spring Boards
  - 2 AAI Level 4 Vaulting Systems
- Trampolines
  - 40' Tumble Track
  - 2 Circular Recreational Trampolines
- Preschool Equipment/Various Training Aides
  - Speith and Anderson Preschool Circuit Stations (Includes below)
    - 4 low bars
    - Monkey Bars
    - Ring Set
    - Cargo Net Bridge
  - 3 Large Parachutes
  - 15 – 6' X 12' Panel Mats
  - 8 – 4' X 8' Rainbow Panel Mats
  - 8 Incline Wedges
  - 2 Back Handspring Trainers
  - 3 – 18' Ceiling Ropes
  - Men's Parallel Bar
  - 2 – Sets of Men's Competition Rings
  - 8 Foam Beam Pads
  - Over 60 Pieces of Various Preschool & Recreation Training Aides
    - Cylinders, wedges, stairs, blocks, visual cues, balls, hula hoops, cones, slides, wheels, foam bridges, tunnels and foam donuts

**(Continued) Types of equipment, teaching aid the contractor provides. Any equipment, teaching aides expected to be provided by the City.**

- Landing Mats, Skill Cushions and Resi Mats (all matting listed here used for equipment base mats and landing mats all meet and exceed FIG, USAG, NCAA, and NFSHA requirements for competition.
  - 24" Resi Mat
  - 36" Resi Mat
  - 12 – 7.5' X 15.5' Competition Mats
  - 12 – 8' X 12' Competition Mats
  - 10 – 6' X 12' X 8" Skill Cushion
  - 2 – 5' X 10" Sting Mats

**5. Number of students instructed in the past year (include business address)**

5000 students/participants

Holiday Park Activity Center  
730 North Federal Highway  
Fort Lauderdale, Florida 33304

**6. Number of classes and levels of classes instructed in the past year (include business address)**

80 classes +: Mom n Me, Preschool, Recreational Boys & Girls (beginners, adv beginners and intermediate), Tumbling, Pre Teams, Teams USAG Levels 1 – 10, Open Gyms, Birthday Parties, Specialty & Summer Camps. (Supporting Doc B & C)

Holiday Park Activity Center  
730 North Federal Highway  
Fort Lauderdale, Florida 33304

**7. Detailed lesson progressions of instruction to be offered.**

We will use a 60-minute Recreational class for this example.

Class begins with:

15min warm up: 5 min Tumble Track complex. 10 Min of various stretches before first rotation.

20min 1<sup>st</sup> Bar Rotation: will consist of 3 stations. Station # 1 Hold bar for 3 consecutive jump up front supports. Station # 2 Hang on low bar, perform 3 leg touches with feet. . Station # 3 (Spotted Station by instructor) Pullover cast 3 X's

20min 2<sup>nd</sup> rotation: Vault Rotation will consist of 4 stations. Station #1 Sprints & Runs down runway. Station # 2 Various blocks set up for stretch jump, stick landing. Station # 3 Punch jumps down a line of hula hoops. Station # 4 (Spotted Station by instructor) Squat on Vault.

5min attendance/announcements: Time is utilized for attendance and parent notices.

All classes have special skill requirements for mastering before moving up to the next appropriate level. Each Event Rotation for a class is broken down to 2 events per workout. Every event has 3 – 6 stations. Each instructor refers to their skills sheet to populate his or her progressions & skills for the day's workout. One station is a hands on spotted station by an instructor. The other stations are "busy stations" for gymnasts to complete before moving on to the next station and all are in view of the instructor. All stations, skills and progressions are explained and reviewed before attempting. (See supporting Doc F)

<b>Classes</b>	<b>Lesson Progression Format</b>
Mom n Me	Follow Toddlers/Preschool Format
Preschool	Follow Toddlers/Preschool Format
Recreational	Stars Recommended Requirements (*Details Listed Above)
PreTeams	USAG Women's National Compulsory Program
Teams	USAG Women's National Compulsory Program

**8. Student/Instructor Ratio proposed.**

Most Classes are 8/1 except for Competitive Teams, Birthdays and Open Gyms

**9. Financial balance sheet from prior fiscal year.**

**Gross Revenue for the past 5 years City/Fort Lauderdale Stars**

Month	2005-06	2006-07	2007-08	2008-09	2009-10
October	\$22,134.00	\$22,573.00	\$27,222.00	\$34,757.40	\$28,379.16
October	\$6,589.00	\$21,692.00	\$18,766.00	\$27,676.82	\$30,538.66
November	\$12,358.00	\$16,744.21	\$19,449.00	\$17,815.29	\$24,594.00
November	\$15,436.00	\$16,101.00	\$12,307.00	\$8,525.52	\$11,948.00
December	\$30,589.00	\$25,075.00	\$31,145.00	\$49,009.30	\$13,604.43
December	\$4,311.00	\$5,965.00	\$10,299.00	\$19,130.00	\$11,674.00
January	\$15,414.00	\$20,154.00	\$30,321.00	\$32,222.95	\$44,975.70
January	\$23,049.00	\$26,088.00	\$15,839.00	\$10,825.00	\$35,842.51
February	\$25,216.00	\$27,720.00	\$27,073.31	\$21,198.23	\$22,923.99
February	\$18,149.00	\$17,924.00	\$21,644.10	\$28,128.00	\$9,101.39
March	\$27,835.00	\$44,935.10	\$59,355.00	\$52,207.71	\$50,741.50
March	\$57,815.00	\$40,000.00	\$47,998.98	\$36,745.00	\$49,478.00
April	\$23,626.00	\$20,792.00	\$31,517.00	\$21,738.00	\$32,872.22
April	\$18,522.00	\$34,257.80	\$28,598.00	\$32,786.50	\$47,503.50
May	\$39,081.00	\$37,194.16	\$37,787.51	\$47,417.80	\$36,090.18
May	\$36,084.00	\$35,366.00	\$20,943.00	\$45,052.00	\$30,342.35
June	\$12,469.00	\$11,499.00	\$6,886.00	\$9,135.00	
June	\$8,759.00	\$9,700.00	\$10,282.00	\$5,335.26	
July	\$6,966.00	\$12,295.00	\$10,595.00	\$11,214.74	
July	\$17,430.00	\$18,931.00	\$13,760.00	\$17,667.00	
Aug	\$7,438.00	\$19,999.00	\$31,009.00	\$21,915.06	
Aug	\$32,614.00	\$25,124.36	\$27,321.00	\$42,267.10	
Sept	\$26,784.00	\$13,567.00	\$14,656.21	\$16,274.88	
Sept	\$23,540.00	\$15,822.00	\$16,823.29	\$20,717.39	
<b>Gross</b>	<b>\$512,208.00</b>	<b>\$539,518.63</b>	<b>\$571,597.40</b>	<b>\$629,761.95</b>	<b>\$480,609.59</b>

**10. Program Fees to be charged to students.**

**Recreational Classes**

Hourly Class	2 Weeks	3 Weeks	4 Weeks	5 Weeks	6 Weeks	7 Weeks	8 Weeks	9 Weeks	10 Weeks
45	\$34.00	\$48.00	\$62.00	\$75.00	\$90.00	\$105.00	\$120.00	\$135.00	\$144.00
60	\$39.00	\$54.00	\$68.00	\$80.00	\$96.00	\$112.00	\$128.00	\$144.00	\$159.00
90	\$54.00	\$70.00	\$91.00	\$110.00	\$132.00	\$154.00	\$176.00	\$198.00	\$219.00

**Registration/Open Gym/Parties/Privates**

Service/Item	Description	Description
Registration Fee	\$25.00	
Open Gym Toddlers	\$8.00 Registered	\$10.00 Non Registered
Open Gym	\$10.00 Registered	\$12.00 Non Registered
Birthday Party 2 Hour	Rental \$80.00	\$12.00 per child
Birthday Al Carte'	Xtra ½ Hour \$40.00	1 Hour \$60.00
Bounce House	\$50.00	
Private Lessons	½ Hour \$25.00	1 Hr \$45.00
Extra Instructor	\$60.00 Per 3 Hours	\$60.00 Per 3 Hours

**(Continued) Program Fees to be charged to students.**

**Teams**

<b>Team Levels</b>	<b>Monthly Tuition</b>	<b>Annual Registration</b>
<b>Mighty Stars</b>	<b>\$100.00</b>	<b>\$25.00</b>
<b>Level 2 A&amp;B</b>	<b>\$148.00</b>	<b>\$25.00</b>
<b>Level 3 A&amp;B</b>	<b>\$169.00</b>	<b>\$25.00</b>
<b>Level 4 A</b>	<b>\$209.00</b>	<b>\$25.00</b>
<b>Level 4 Skills</b>	<b>\$209.00</b>	<b>\$25.00</b>
<b>Level 4 B</b>	<b>\$219.00</b>	<b>\$25.00</b>
<b>Level 5 &amp; 6</b>	<b>\$219.00</b>	<b>\$25.00</b>
<b>Level 7 - 10</b>	<b>\$240.00</b>	<b>\$25.00</b>

**Camps**

<b>Spring/Summer Camp</b>	<b>Price</b>		<b>Winter Camp</b>	<b>Price</b>
<b>Registration</b>	<b>\$25.00</b>			
<b>2 Day Preschool</b>	<b>\$59.00</b>		<b>4 Day Preschool</b>	<b>\$94.00</b>
<b>3 Day Preschool</b>	<b>\$84.00</b>		<b>4 Day Half Day</b>	<b>\$94.00</b>
<b>5 Day Preschool</b>	<b>\$104.00</b>		<b>4 Day Full Day</b>	<b>\$134.00</b>
<b>Half Day</b>	<b>\$104.00</b>		<b>Before Care</b>	<b>\$20.00</b>
<b>Full Day</b>	<b>\$164.00</b>			
<b>Before Care</b>	<b>\$25.00</b>			
<b>After Care</b>	<b>½ Hour \$3.00</b>	<b>Hour \$6.00</b>	<b>Hour ½ \$8.00</b>	<b>2 Hours \$10.00</b>

**PROPOSAL RESPONSE PAGES - PART III**  
**QUESTIONNAIRE**

**1. Number of years experience the proposer has had in providing similar services:**

15 years

**2. List clients for whom you have provided similar services in the last three years. Provide agency name, address, telephone number, contact person, and date service was provided. If services provided differs from the one presented in your proposal, please delineate such differences.**

City of Fort Lauderdale	Contact:	Sue McAllister
730 North Federal Highway	Phone:	954-828-5723
Fort Lauderdale, Florida 33304	Date of Service:	1996 – Current

**3. List those City of Fort Lauderdale agencies with which the proposer has had contracts or agreements during the past four (4) years:**

City of Fort Lauderdale	Contact:	Sue McAllister
730 North Federal Highway	Phone:	954-828-5723
Fort Lauderdale, Florida 33304	Date of Service:	1996 – Current

**4. Lawsuits (any) pending or completed involving the corporation, partnership or individuals with more than ten percent (10%) interest:**

a. List all pending lawsuits which are concerned directly with the staff or part of your organization proposed for the contract.

None

b. List all judgments from lawsuits in the last 5 years which are concerned directly with the staff or part of your organization proposed for the contract.

None

The proposer understands that the information contained in these Proposal Pages is to be relied upon by the City in awarding the proposed Agreement, and such information is warranted by the proposer to be true. The proposer agrees to furnish such additional information, prior to acceptance of any proposal, relating to the qualifications of the proposer, as may be required by the City.

**COMPLETE AND RETURN THE REQUIRED NUMBER OF PROPOSAL PAGES AND ATTACHMENTS.**

**PROPOSAL IDENTIFICATION:** If mailed, please indicate on the face of your sealed proposal package the following:

RFP NO. 505-10448

OPENS 06/22/10

**PROPOSAL RESPONSE PAGES - PART IV - BID/PROPOSAL SIGNATURE PAGE**

**How to submit bids/proposals:** It is preferred that bids/proposals be submitted electronically at [www.bidsync.com](http://www.bidsync.com), unless otherwise stated in the bid packet. If mailing a hard copy, it will be the sole responsibility of the Bidder to ensure that the bid reaches the City of Fort Lauderdale, City Hall, Procurement Department, Suite 619, 100 N. Andrews Avenue, Fort Lauderdale, FL 33301, prior to the bid opening date and time listed. Bids/proposals submitted by fax or email will NOT be accepted.

The below signed hereby agrees to furnish the following article(s) or services at the price(s) and terms stated subject to all instructions, conditions, specifications addenda, legal advertisement, and conditions contained in the bid. I have read all attachments including the specifications and fully understand what is required. By submitting this signed proposal I will accept a contract if approved by the CITY and such acceptance covers all terms, conditions, and specifications of this bid/proposal.

**Please Note:** If responding to this solicitation through BidSync, the electronic version of the bid response will prevail, unless a paper version is clearly marked **by the bidder** in some manner to indicate that it will supplant the electronic version. All fields below **must** be completed. If the field does not apply to you, please note N/A in that field.

Submitted by: \_\_\_\_\_  
(signature) (date)

Name (printed) Martin L Kallen Title: CEO/Owner

Company: (Legal Registration) Fort Lauderdale Stars, Inc.

**CONTRACTOR, IF FOREIGN CORPORATION, MAY BE REQUIRED TO OBTAIN A CERTIFICATE OF AUTHORITY FROM THE DEPARTMENT OF STATE, IN ACCORDANCE WITH FLORIDA STATUTE §607.1501 (visit <http://www.dos.state.fl.us/doc/> ).**

Address: 730 North Federal Highway

City Fort Lauderdale State: Florida Zip 33304 \*

Telephone No. (954) 931-0035 FAX No. (954) 828-5681 Email: MK@ftstars.com

Delivery: Calendar days after receipt of Purchase Order (section 1.02 of General Conditions): NA

Payment Terms (section 1.03): NA Total Bid Discount (section 1.04): NA

Does your firm qualify for MBE or WBE status (section 1.08): MBE NA WBE NA

**ADDENDUM ACKNOWLEDGEMENT** - Proposer acknowledges that the following addenda have been received and are included in the proposal:

Addendum No. Date Issued

**VARIANCES:** State any variations to specifications, terms and conditions in the space provided below or reference in the space provided below all variances contained on other pages of bid, attachments or bid pages. No variations or exceptions by the Proposer will be deemed to be part of the bid submitted unless such variation or exception is listed and contained within the bid documents and referenced in the space provided below. If no statement is contained in the below space, it is hereby implied that your bid/proposal complies with the full scope of this solicitation. **HAVE YOU STATED ANY VARIANCES OR EXCEPTIONS BELOW? BIDDER MUST CLICK THE EXCEPTION LINK IF ANY VARIATION OR EXCEPTION IS TAKEN TO THE SPECIFICATIONS, TERMS AND CONDITIONS.** If this section does not apply to your bid, simply mark N/A in the section below.

Variances: NA



## *FL Gold AAU Gymnastics*

2799 NW 2<sup>nd</sup> Ave, H104  
Boca Raton, FL 33431  
561-716-8522

June 4, 2010

To whom it may concern:

I have known Marty Kallen for more than 10 years. Marty is one of the top renowned Gymnastics "Experts" in the State of Florida, building a well-respected Fort Lauderdale STARS Gymnastics Program.

I witnessed Marty's spectacular leadership firsthand in the FL Gold AAU Gymnastics District. As a coach, Marty is a world-class gymnastics technician, leading his team of athletes to first place victories in competition after competition. As a Program Director, Marty is a stellar role model to both his staff and all coaches in our district. Their record of safety and experience is bar none exceptional.

Marty Kallen volunteers his time & effort to serve on the FL Gold AAU Gymnastics Committee. He takes time to help the local Gymnastics community in South Florida achieve their potential. Marty's ideas, contributions and relentless devotion to excellence continues to propel the FL Gold AAU Gymnastics Program upward each year.

Marty Kallen is an asset to any organization, municipality or group lucky enough to have him. Marty's involvement raises the level of excellence of everyone he works with.

Sincerely,

Randall P. Sikora

**FL Gold AAU District Gymnastics Chair**



Toni Rand, Florida State Administrator  
Florida USA Gymnastics  
7957 Steeplechase Ct  
Port St Lucie, FL 34986  
[AmTwist@aol.com](mailto:AmTwist@aol.com)

RE: Marty Kallen

To Whom it May Concern,

I have known Marty Kallen for over 25 years and I am very familiar of his work and service to the Florida gymnastic community. Marty is a USAG Professional member who has a growing and successful program that competes within the USAG Florida program. In addition, Marty is a member of the Florida USAG State committee which sets policies and rules for the Florida USAG program. The Committee is an elected committee that is made up of 15 members from the State of Florida which I am the Chair. Marty also developed and maintains the Florida web site for Florida USAG.

Marty is a valuable and respected member of the Florida USAG community and I am grateful for his service to the State.

If you have any questions or need any additional information please feel free to contact me.

Sincerely,

Toni Rand  
Florida State Administration Chairman  
Florida USAG  
[www.usagfl.org](http://www.usagfl.org)  
954-328-6227 Cell phone

# Appendix

## Technical Specifications/Scope of Services & closing of PROPOSAL RESPONSE:

In reference to **PART V - Technical Specifications/Scope of Services**, we wanted to comment on our qualifications to your requirements.

### TECHNICAL REQUIREMENTS

#### Qualifications for Owner or Contractor:

1. Person applying for RFP must be the owner and director. Gymnastics service cannot be subcontracted or sub-leased. **Applicant is the Owner.**
2. Must be an active corporation authorized to do business in the State of Florida that has been in business for 4 consecutive years or more operating, managing and instructing a gymnastics school. **We have been for 14 years.**
3. Contractor must be present a minimum of 35 hours a week. **Owner works 40 and above a week.**
4. A minimum of 8 consecutive years USA Gymnastics Association (USAG) Safety Certified & Skill Evaluator. **12 Years**
5. A minimum of 5 consecutive year's member in good standing with the United States Elite Coaches Association (USECA), USA Gymnastics Association (USAG) and the Amateur Athletic Union (AAU). **6 Years**
6. Contractor must have acted in a gymnastics meet Director's capacity for a minimum of two competitive gymnastics meets. **Hosting the events at Holiday Park Activity Center for the past 3 years.**
7. Experience and managing student base of 3000 - 5000 students annually including USAG Levels 1-10 Teams. **We do in your facility leading up to the 14 years of service at Holiday Park Activity Center.**
8. Current extensive and proven knowledge of USAG Optional Program with ability to train staff. **We do above and beyond.**
9. Ability to schedule, manage and provide rotations for 5 or more classes concurrently. **We do and have been actively at Holiday Park Activity Center.**

**In reference to equipment: We by far exceed the minimum required equipment for the RFP. Again, No equipment will need to be provided by the City. There are no leases or loans on our equipment or anything used by Fort Lauderdale Stars. All equipment & supplies listed below are owned and paid for. We have a zero debt base on all assets.**

**We offer all classes listed in the RFP and more. Our goal is to increase what we offer to the community by ever-increasing our variety of classes.**

In closing, we would like to express the following:

Fort Lauderdale Stars has 14 years of proven success in your facility at Holiday Park Activity Center. All the numbers, figures and proof of superiority are in your records. We hold a high standard in the gymnastics community and with the thousands of clients in the City of Fort Lauderdale/Broward County. We have a pristine reputation in our field that makes us role models to the children and families we provide services for. We are very proud of who we are & our reputation. We are 100% positive that we are the right choice for the City of Fort Lauderdale. Our 14 years of dedicated & outstanding service has proven that.

**PROPOSAL RESPONSE PAGES - PART III**  
**NON-COLLUSION STATEMENT**

By signing this offer, the vendor/contractor certifies that this offer is made independently and *free* from collusion. Vendor shall disclose below any City of Fort Lauderdale, FL officer or employee, or any relative of any such officer or employee who is an officer or director of, or has a material interest in, the vendor's business, who is in a position to influence this procurement.

Any City of Fort Lauderdale, FL officer or employee who has any input into the writing of specifications or requirements, solicitation of offers, decision to award, evaluation of offers, or any other activity pertinent to this procurement is presumed, for purposes hereof, to be in a position to influence this procurement.

For purposes hereof, a person has a material interest if they directly or indirectly own more than 5 percent of the total assets or capital stock of any business entity, or if they otherwise stand to personally gain if the contract is awarded to this vendor.

In accordance with City of Fort Lauderdale, FL Policy and Standards Manual, 6.10.8.3,

3.3. City employees may not contract with the City through any corporation or business entity in which they or their immediate family members hold a controlling financial interest (e.g. ownership of five (5) percent or more).

3.4. Immediate family members (spouse, parents and children) are also prohibited from contracting with the City subject to the same general rules.

**Failure of a vendor to disclose any relationship described herein shall be reason for debarment in accordance with the provisions of the City Procurement Code.**

**NAME**

**RELATIONSHIPS**

**Not Applicable**

**In the event the vendor does not indicate any names, the City shall interpret this to mean that the vendor has indicated that no such relationships exist.**



## ADDENDUM NO. 1

RFP 505-10448  
Gymnastics Program Instructor Services

ISSUED June 15, 2010

This addendum is being issued to make the following change(s):

1. Part IV-Special Conditions, Section 34-Proposal Security is removed from this RFP.
2. Part IV-Special Conditions, Section 35-Performance Bond/Irrevocable Letter of Credit is removed from this RFP.
3. Proposal Response Pages – Part 1, Revenue Proposal, now includes the following statement: All subsequent renewal terms shall be subject to a one percent (1%) increase in the annual fee.

A revised Proposal Response Pages-Part 1-Revenue Proposal, has been issued to reflect change stated. Proposers shall use the revised document to respond to this Request for Proposal. Submittals on the original document will be deemed non-responsive.

All other terms, conditions, and specifications remain unchanged.

AnnDebra Diaz, CPPB  
Procurement Services Department

Company  
Name: Fort Lauderdale Stars, Inc.  
(please print)

Bidder's  
Signature: \_\_\_\_\_

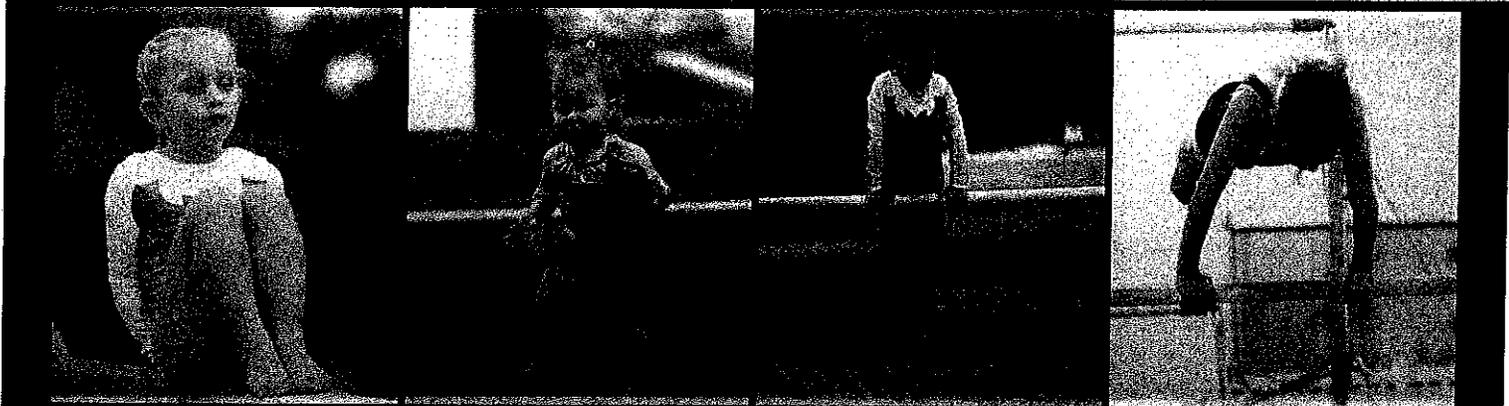
Date: June 16, 2010

Support Doc A

FT LAUDERDALE  
STARS  
GYMNASTICS

FT LAUDERDALE STARS GYMNASTICS  
730 NORTH FEDERAL HIGHWAY  
FT LAUDERDALE, FLORIDA 33304

# FORT LAUDERDALE STARS GYMNASTICS



2009 - 2010  
CLASS SCHEDULES & CAMPS  
~NOW WITH ONLINE REGISTRATION~

Now Available!  
Special Birthday Packages  
Ice Cream Egg Cakes &  
Birthday Bakes  
Call for more info



730 North Federal Highway Fort Lauderdale, Florida 33304 (954) 828-5682

Fort Lauderdale Stars Gymnastics offers year round programs

**Support Doc B** in GYMNASTICS & FITNESS for everyone.

For over 14 years, Fort Lauderdale Stars Gymnastics has been providing a safe & fun-filled atmosphere for children of all ages and experience. With the newest equipment & latest techniques, your child will have only the best during their time with us! We are a Junlor Olympic Gymnastics Training Center that offers USA Women's Levels 1-10. But that's not the end of the list! We offer Boys & Girls Developmental Classes, Recreational, Specialized Camps and the list goes on. Just look at what we have to offer and for all ages. We are committed to helping each child or adult reach their own potential during the time they are with us. We have been offering the best gymnastic programs in town. Don't take our word for it, ask around. We take pride in our reputation. Regardless if it is competitive gymnastics or recreational gymnastics for you or your child, we have it all!

Programs & Classes We Offer

- \*Mom n Me
- \*Preschool
- \*Recreational Classes for everyone
- \*Developmental Girls
- \*Just Tumbling Classes
- \*PreTeams
- \*USA Women's Competitive Levels 1-10
- \*Camps (winter, spring and summer)
- \*Open Gyms
- \*Birthday Parties
- \*Private & Group Lessons
- \*Adult Gymnastic Classes
- \*Professional Athlete Training
- \*Professional Consultation for Athletes, Staff & Business Owners

Below you will find what we offer for each age group. The schedule is for our Toddlers, Preschool and Recreation Program. We offer over 70 classes weekly. Please check online at our new improved web site. Full schedules, times and dates are available for all class levels including teams.

**2007 & 2008 USAG Level 4 State Champions**  
**2006-09 AAU Level 3, 4, 5 & 6 Grand Champions**

Where to Start!

Are you new to gymnastics or a veteran pro? If you answered yes, you are in the right place! Below next to our schedule is a list of what we offer for every age group. Just find the age you are looking for and just see what we have to offer. Because we offer so many classes and times, we can't fit it all in one brochure. Complete descriptions of everything we offer can be found on our new & improved web site! You will also find times, days and sessions.

ALL OF OUR CLASSES RUN IN SESSIONS. SESSIONS PRIMARILY OPERATE ANY WHERE FROM 9 - 10 WEEK SESSIONS. YOU CAN REGISTER FOR CLASSES AT ANY TIME, EVEN IN THE MIDDLE OF A SESSION PROVIDED CLASSES ARE NOT FULL. CLASSES ARE PRORATED ACCORDINGLY IF YOU JOIN IN THE MIDDLE OF A SESSION. DON'T WAIT, JOIN US TODAY!

**2009 - 2010 Session**

**Speciality Camps 2009-10**

August 24 - October 31	2009	Winter I	Dec 21, 22 & 23
November 2 - January 23	2009-10	Winter II	Dec 28, 29 & 30
January 25 - March 27	2010	Spring	March 29 - April 2
March 29 - April 2	2010		
April 5 - June 5	2010		

Here is what we offer	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>12 Months - 2 1/2 years old</u>	Mom n Me 9:00-9:45 11:00-11:45	Mom n Me 9:00-9:45 11:00-11:45	Mom n Me Open Gym 10:00-11:00	Mom n Me Open Gym 10:00-11:00	Advanced Tumbling 4:00-5:00	Mom n Me 9:00-9:45
Mom n Me						Preschool 9:00-9:45
Toddler Open Gym	Preschool (2 1/2)	Preschool (3 1/2)	Little Comets (4-5)	Preschool (2 1/2)	Beg Girls (4-6)	Preschool 10:00-10:45
Birthday Parties	Preschool (3 1/2)	Preschool (2 1/2)	Preschool (2 1/2)	Little Comets (4-5)	Beg Girls (6&up)	Beg Girls (4 1/2) 10:00-11:00
<u>2 1/2 - 4 1/2 yrs</u>	Preschool (3-4)	Preschool (3-4)	Beg Boys 3:00-3:45 4:00-5:00	Preschool (3-4)	Adv Beg Girls (6&up)	Beg Girls (4 1/2) 10:00-11:00
Mom n Me						
Preschool						
Toddler Open Gym	Little Comets (4-5)	Beg Girls (5-7)	Preschool 4:00-4:45	Beg Girls (5-7)	Open Gym 6:00-8:00	Beg Girls 11:00-12:00
Private Lessons	Beg Boys 3:00-4:00	Beg Boys 4:00-5:00	Beg Girls (6-8) 4:00-5:00	Int Girls 4:00-5:30		Adv Beg Girls 11:00-12:00
Birthday Parties	Beg Girls (6-8) 4:00-5:00	Int Girls 4:00-5:30	Int Girls 4:00-5:30	Adv Beg Girls (7-9) 5:00-6:00		
Camps						
<u>4 1/2 - 16yrs</u>						
Recreational Classes	Adv Beg Girls (5-7) 4:00-5:00	Just Tumbling 5:00-6:00 Grades 3-5	Adv Beg Girls (5-7) 5:00-6:00	Beg Girls (5-7) 5:00-6:00	Full Schedules Online Team Schedules Online <a href="http://www.Ftstars.com">www.Ftstars.com</a>	
Teams	Int Boys 4:00-5:00	Adv Beg Girls 5:00-6:00	Intro Girls (9&up) 5:00-6:00	Preschool (3 1/2) 6:00-6:45	YOU CAN JOIN CLASSES AT ANY TIME, EVEN IN THE MIDDLE OF A SESSION!	
Open Gyms	Adv Beg Girls 5:00-6:00	Beg Girls (4 1/2) 6:00-7:00	Int Girls (7 & up) 5:30-7:00	Little Comets (4-5) 6:00-7:00	DON'T WAIT, CALL US TODAY OR REGISTER ONLINE	
Private Lessons	Intro Girls(9&up) 5:00-6:00	Mom n Me 6:00-6:45		Just Tumbling 6:00-7:00 Grades 6 & up	Prices (10 week session)	
Birthday Parties	Int Girls 6:00-7:30	Preschool (2 1/2) 6:00-6:45		Adult Tumbling 7:15-8:15	45 Minute Classes: \$139.00	
Camps	Adv Boys 5:00-6:00	Adult Tumbling 7:15-8:15			60 Minute Classes: \$154.00	
Tumbling Classes					90 Minute Classes: \$209.00	
<u>16yrs &amp; up</u>					Open Gym Toddlers \$8.00 registered \$10.00 non registered	
Teams					Open Gym Pre 10 registered \$12.00 non registered	
Private Lessons						
Group Lessons						
Tumbling Classes						
<u>Adults</u>						
Adult Tumbling						
Professional						
Training						

RFP #505-10448

Fort Lauderdale Stars, Inc. All Rights Reserved 2010

**MORE CLASSES ONLINE**

**Full Schedules Online**  
[www.ftstars.com](http://www.ftstars.com)  
**(954) 828-5682**

# Support Doc C



*Be a Star  
on your...*

## BirthDay

*Gymnastics Style*



FORT LAUDERDALE  
**STARS**  
GYMNASICS

*No fuss no mess our parties are the best!*

Now offering great discounted packages with  
Big Louie's Pizza on Sunrise Blvd  
& Cold Stone Creamery on 17th St.



**COLD STONE**  
CREAMERY

*See back for more information  
Call now to reserve your date  
(954) 828-5682 parties@fstars.com*

If it's a birthday party your looking for then you came to the right place. Fully structured and supervised your child and their friends will have so much flipping fun they won't want to leave. Have as many guests/participants you want. There is no number too small for us.

What we offer:

2 Hour Block (standard) or more  
Party Tables & Chairs  
1:15 Minutes Of Gymnastics Time  
:45 Minutes of Party Table Time  
Our Format or Tailored To Your Preference  
Professional & CLEAN!  
Bounce House & Popcorn Machine (in house) Rental (additional fee)  
Book Additional Time  
Fully Supervised

Standard Party 10 Children or less (2 Hours) - \$200.00

Add ons:

Additional per child	\$12.00
Bounce House	\$50.00
Popcorn Machine	\$25.00
Additional Half Hour	\$40.00
Additional Instructor	\$60.00

*What's New.....  
Catering Specials!*

Special Catering Packages: Fort Lauderdale Stars has teamed up with the best in the community offering you special discounts from the following local business partners:

Book a party with us and get an unbelievable deal on pizzas and pasta dishes through Big Louie's on Sunrise Blvd. Put your order together and we will do the rest.

How about an ice cream cake or maybe some awesome ice cream cupcakes. Stock or special orders! NO PROBLEM... Thought about having the works? You got it! Cold Stone will come out and cater with their very own stone. How cool!!!! Oh, did we forget to say discounted too! Book your party then call Cold Stone Creamery on 17th Street for your special order.

What could be cooler than pizza, ice cream and gymnastics?

**Reserve it today**  
**(954) 828-5682**

Fort Lauderdale Stars Gymnastics  
730 North Federal Hwy  
Ft Lauderdale, Florida 33304  
www.fstars.com  
info@fstars.com

# Gymnastics Camp 2010

It's that time again, summer will be here sooner than you think... and where will your child be?

Well of course,

**FORT LAUDERDALE STARS GYMNASTICS**

Eleven (11) individual weeks of fun packed non-stop fun that will leave your child wanting more.

For the last 4 years we have been offering the best summer camps in town. Don't take our word for it, in asking you to take a look in our reputation each week of training with a variety of new skills, challenging projects, and fun activities and fun games. We provide a safe and fun atmosphere for your child. With the most experienced coaches, each class your child will have fun while learning their time with us. We are a Junior Olympic level training center that offers USA Women's level classes, girls' Developmental classes and recreational classes. We are committed to helping each child reach their full potential.

We offer camps to: Preschool, Recreational, Developmental and Competitive Teams. Flexible too: Full Day, Half Day, 2 Day (Preschool), 3 Day (Preschool), Before Care and After Care.

It doesn't matter if your child is a preschooler, beginner or veteran pro! Each child is evaluated and placed in their respective level upon arrival to camp.

## Support Doc B

Don't worry about committing yourself to two, three and even more weeks of camp. Plan out camp around your summer vacation. Just choose the weeks you want. IT'S THAT SIMPLE!

Registration Starts March 1st... REGISTER EARLY

**Preschool Camps**  
Ages 3 - 4 1/2 yrs  
9:00am - 12:00pm  
Mon thru Fri - \$99.00  
Mon/Wed/Fri - \$79.00  
Tu/Th - \$54.00

**Half Day Camp**  
Ages 4 1/2 - 15 yrs  
9:00am - 12:00pm  
\$99.00 per week

**Full Day Camp**  
Ages 5 - 15 yrs  
9:00am - 4:00pm  
\$159.00 per week

Still best priced camps around!

**Registration Fee**  
\$25.00

**Before Care**  
8:00-9:00am  
\$25.00 per week

**After Care**  
4:05 - 4:30 \$3.00 per day  
4:31 - 5:00 \$6.00 per day  
5:01 - 5:30 \$8.00 per day  
5:31-6:00 \$10.00 per day



Register Online at [www.ftstars.com](http://www.ftstars.com) or mail in below

Please make checks payable to  
**CITY OF FORT LAUDERDALE**

Mail to:  
Fort Lauderdale Stars Gymnastics  
730 North Federal Hwy  
Fort Lauderdale, Florida 33304  
(954) 678-6682

Cut on line and send back. Cut on line and send back.

**\* Don't Wait \* Registration Begins March 1st, 2009 \* Don't Wait \***

1) Select the weeks of camp you would like. 2) Select Before Care if you need it. 3) Select what type of camp you need for each week you are selecting.

<input type="checkbox"/> Week 1	6/7 - 6/11	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 2	6/14 - 6/18	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 3	6/21 - 6/25	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 4	6/28 - 7/2	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 5	7/5 - 7/9	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 6	7/12 - 7/16	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 7	7/19 - 7/23	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 8	7/26 - 7/30	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 9	8/2 - 8/6	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 10	8/9 - 8/13	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp
<input type="checkbox"/> Week 11	8/16 - 8/20	<input type="checkbox"/> Before Care	<input type="checkbox"/> Preschool 2 Day	<input type="checkbox"/> Preschool 3 Day	<input type="checkbox"/> Preschool 5 Day	<input type="checkbox"/> Half Day Camp	<input type="checkbox"/> Full Day Camp

Child's Full Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Female:  Male:  School/Day Care: \_\_\_\_\_

email: \_\_\_\_\_

Parents Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Work: \_\_\_\_\_ Work: \_\_\_\_\_

Emergency Contact (Full Name): \_\_\_\_\_

Emergency Contact Numbers: \_\_\_\_\_

(\_\_\_\_\_ Office Use Only Below \_\_\_\_\_)

RFP #505-10448  
Amount Paid: \_\_\_\_\_ Check #: \_\_\_\_\_ Date: \_\_\_\_\_ Staff: \_\_\_\_\_

Registration is on a first come first serve basis. When mailing in this form, **all weeks of camp must be paid in full including registration fee.** Upon receipt of this form and full payment of all weeks of camp you are registering for, we will contact through email and confirm the week(s) you have selected.

Refunds: Are given only if you contact us in writing (two) 2 weeks prior to the week of camp you are canceling.

Waiver & Release: I am fully aware of and appreciate the risks of catastrophic injury, paralysis, minor to major personal injury and even death, as well as other damages and losses associated with participation in gymnastics activities. I agree to indemnify and hold Fort Lauderdale Stars, employees and officers and the City of Fort Lauderdale harmless from and against any and all liability for any injury that may be suffered by the aforementioned individual arising out of or in any way connected with participation in this activity. I further agree to indemnify and hold Fort Lauderdale Stars, employees and officers and the City of Fort Lauderdale harmless for any losses or damages occurring as a result of the aforementioned individual's participation in the event. Any insurance protection must be obtained by the participant.

Medical Release: It is recommended that all participants have a medical release and full physical check up before participating in any program offered by Fort Lauderdale Stars.

Photo Release: I grant Fort Lauderdale Stars and the City of Fort Lauderdale to use photographs of myself and/or my child for publicity purposes. As a legal parent or guardian of this child, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in classes, camps, competitions and activities conducted by Fort Lauderdale Stars and the City of Fort Lauderdale.

Fort Lauderdale Stars, Inc. All Rights Reserved 2010  
Parent or Legal Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

January 2010 - March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Women's 9:00-9:45 Brian</p> <p>Men's 11:00-11:45 Brian</p> <p>Level 3A 3:15-5:45 Amy</p> <p>Level 2A 3:15-5:15 Kelly/Jen</p> <p>Level 1B 4:00-5:00 Joel</p> <p>Level 1A 4:00-5:00 Joel</p> <p>Level 3B 4:00-6:30 Kelly</p> <p>Intro (9&amp;up) 5:00-6:00 Joel</p> <p>Adv Beg Girls (7-9) 5:00-6:00 Jen</p> <p>Level 4B-10 5:00-8:00 Amy/Marty/Katy/Brian</p> <p>Int Girls 6:00-7:30 Joel</p> <p>Level 2B 6:00-8:00 Jen/Kelly</p>	<p>Women's 9:00-9:45 Kelly</p> <p>Men's 11:00-11:45 Kelly</p> <p>Mighty Stars 3:15-4:15 Katy/Brian</p> <p>Level 3A 3:15-5:15 Amy</p> <p>Level 2A 3:15-5:15 Katy/Jen/Jenna</p> <p>Level 1B 4:00-5:00 Joel</p> <p>Level 1A 4:00-5:00 Joel</p> <p>Int Girls 4:00-5:30 Kelly</p> <p>Level 4 Skills/4A 4:15-7:15 Amy/Marty/Katy/Brian/Jen</p> <p>Adv Beg Girls (5-7) 5:00-6:00 Jen</p> <p>Intro (9&amp;up) 5:00-6:00 Joel</p> <p>Level 4B-10 5:00-8:00 Amy/Marty/Katy/Brian</p> <p>Int Girls (7&amp;up) 5:30-7:00 Kelly</p> <p>Level 2B 6:00-8:00 Jen/Joel/Kelly (7:00-8:00)</p>	<p>Toddler/Preschool 9:00-10:00 Brian</p> <p>Level 3B 3:00-4:00 Brian</p> <p>Level 2A 3:15-5:15 Katy/Jen/Jenna</p> <p>Level 1B 4:00-5:00 Joel</p> <p>Level 1A 4:00-5:00 Joel</p> <p>Int Girls 4:00-5:30 Kelly</p> <p>Adv Beg Girls (5-7) 5:00-6:00 Jen</p> <p>Intro (9&amp;up) 5:00-6:00 Joel</p> <p>Level 4B-10 5:00-8:00 Amy/Marty/Katy/Brian</p> <p>Int Girls (7&amp;up) 5:30-7:00 Kelly</p>	<p>Toddler/Preschool 9:00-10:00 Brian</p> <p>Level 3B 3:00-4:00 Kelly</p> <p>Mighty Stars 3:15-4:15 Katy/Brian</p> <p>Level 3A 3:15-5:15 Amy</p> <p>Level 2A 3:15-5:15 Katy/Jen/Jenna</p> <p>Level 1B 4:00-5:00 Joel</p> <p>Level 1A 4:00-5:00 Joel</p> <p>Int Girls 4:00-5:30 Kelly</p> <p>Level 4 Skills/4A 4:15-7:15 Amy/Marty/Katy/Brian/Jen</p> <p>Adv Beg Girls (7-9) 5:00-6:00 Jen</p> <p>Intro (9&amp;up) 5:00-6:00 Joel</p> <p>Level 4B-10 5:00-8:00 Amy/Marty/Katy/Brian</p> <p>Adult Tumbling 7:15-8:45 Brian</p>	<p>Advanced Tumbling 4:00-5:00 Joel</p> <p>Level 3B 4:00-5:00 Brian</p> <p>Level 4 4:00-8:00 Amy/Katy</p> <p>Level 5-10 4:00-8:00 Marty/Brian (Joel 5pm-6pm)</p> <p>Level 3A 4:00-5:30 Brian</p> <p>Level 2A 4:00-5:30 Brian</p> <p>Level 1B 4:00-5:00 Joel</p> <p>Level 1A 4:00-5:00 Joel</p> <p>Int Girls 4:00-5:30 Kelly</p> <p>Level 4 Skills/4A 4:15-7:15 Amy/Marty/Katy/Brian/Jen</p> <p>Adv Beg Girls (6&amp;up) 5:00-6:00 Joel</p> <p>Open Gym 5:00-6:00 Katy/Jen/Amy/Brian/Joel</p>	<p>Women's 9:00-9:45 Kelly</p> <p>Level 4B-10 9:00-12:00 Katy/Brian</p> <p>Level 4 10:00-11:00 Kelly</p> <p>Level 3B 11:00-12:00 Kelly</p> <p>Adv Beg Girls 11:00-12:00 Kelly</p>

Support Doc E

**Floor**

Fwd Roll/no hands & down incline  
 Bkwd Roll/down incline  
 Handstand/against wall hold 5 sec  
 Side Cartwheel (X) over panel mat  
 Bridge feet on panel mat hold 10sec  
 \* straight arms  
 Positions Correctly  
 Tuck/Pike/Straddle/Stretch/Hollow  
 Tight Arch (Superman)

Fwd roll on floor  
 Bk tuck roll on floor  
 Bk pike roll off panel  
 Kick handstand on wall  
 Cartwheel on floor  
 Bridge on floor hold 10secs

Fwd straddle roll  
 Back pike roll down incline  
 Side cartwheel  
 Bridge kickover off 1/2 panel  
 3/4 handstand on floor  
 Tuck Jump off raised surface  
 Tri-pod 5sec

Fwd straddle roll  
 Bkwd pike roll on floor (bent arms)  
 Handstand on floor  
 Headstand in tuck position  
 Side cartwheel w/ kick  
 Bridge kickover on floor, straight legs  
 \*step then kick  
 Back bend on knees 3x

**Beam**

Low Beam Only  
 Mount front support/straddle/feet behind  
 \*push up, no knees on beam  
 Fwd releve walks arms out to side  
 Bkwd flat walks arms out to side  
 Dismount/stretch Jump above beam  
 \*hold stretch

Mount: Jump to front support straddle  
 \*over, tuck sit, pike, stand on one foot  
 \*then he o her to arrive in a squat  
 \*position on beam  
 Fwd releve walks on high beam lowered  
 \*all the way down (arms out)  
 Back releve walks (low beam)  
 Leg swing flat foot (low beam)  
 Stretch Jumps (low & fat beams)  
 Dismount stretch jump

Mount same as Adv Beg  
 Fwd releve hands on hips (high beams)  
 Bkwd releve hands on hips (low beams)  
 Leg swings hands out no releve (high beams)  
 \*straight legs, doesn't have to be horizontal  
 Pivot, pivot (feet not closed)  
 Stretch jumps (low beam)  
 \*Height (not as much body alignment)  
 Dismount: Tuck jump

Level 2 mount  
 Fwd releve (high beam, hands on hips)  
 Bkwd releve (high beam, hands on hips)  
 Pivot, pivot feet closed  
 Leg swings (arms out, leg at horizontal)  
 Arabesque  
 \*low beam, chest up, 3 sec per leg  
 Stretch jumps  
 \*high jumps, feet together, body position  
 Fwd roll on fat beam

**Bars**

Jump front support/w straight arms/tight arch  
 Pull over or very close  
 3 casts w/ h hips coming off bar slightly  
 Monkey walks bo h ways across  
 \*single rail

Pull over bars slightly above shoulders  
 3 casts hips off bars and arms straight  
 Start back hip circles & spot a lot  
 3 leg lifts

Pull over (bar raised above shoulders)  
 2 cast back hip circle  
 Single leg cut  
 5 leg lifts  
 Chin hold 10 seconds

Pull over  
 1 cast back hip circle (straight arms)  
 Single leg cut  
 Cast squat on bar, jump off  
 5 pike raises  
 3 pull-ups

**Vault**

Run, stretch jump onto landing or  
 \*1 panel mat  
 Squat on to raised surface from a stand  
 Stretch jump off raised surface stick  
 \*landing correctly

Sprint:  
 Stretch jump on 1 panel mat  
 Squat on w/run  
 Stretch jump off raised surface  
 Handstands against any mat  
 \*support the bottom only (spotting block)

**Support Doc F**

Sprint:  
 Stretch Jump onto 2 panel mats  
 Squat on big mat plus 8 inches  
 Handstand flat back from floor onto 1  
 \*8 inch mat (good body position)

Sprint:  
 Stretch Jump 2 mats  
 Handstand flat back off springboard  
 \*onto two 8 in. mats  
 Squat on high surface