

WESTCOAST TRAINING CENTER

Team Try-out Evaluations

at WestCoast Training Center.
Available to anyone interested!

Friday, July 8th - 5pm-6:30pm

Interested in your athlete trying out for Team?

Our Team Try-outs start July 11th and athletes can attend by invitation only. Get your athlete evaluated Friday, July 8th and see if they are ready for team.

Before signing up for the evaluation, please read all the details in our Team Commitment Packet attached. We will go over details and answer questions after evaluations are complete on Friday.



Email us by Thursday, July 7th to reserve a spot to be evaluated:

info@WestCoastTC.com

WESTCOAST
TRAINING CENTER
GYMNASIICS

Address: 50 Wright Brothers Ave.. Livermore, Ca 94551

Website: www.WestCoastTC.com

WESTCOAST TRAINING CENTER

Competitive Acrobatic Gymnastics Team

2022-2023 Season

Team Informational Packet & Agreement

**Updated 6/16/2022*



ABOUT:

WestCoast is committed to helping athletes reach their full athletic potential. At WestCoast Training Center, we pride ourselves as being a high quality Acro, tumbling and trampoline gym in Livermore. Our Acrobatic Gymnastics competitive team highlights the success of our program and the dedication of our coaches. We look forward to a very successful season full of unlimited possibilities and new accomplishments.

WHAT IS ACROBATIC GYMNASTICS?

Acrobatic Gymnastics ("Acro" for short) is a form of Gymnastics that is practiced in groups. There are 5 types of groups: Men's Pairs, Women's Pairs, Mixed Pairs, Women's Trio (3) and Men's Four (4). Acrobatic Gymnastics is an ancient activity that emphasizes the combined beauty of dance and acrobatics. Acrobatic balances show grace, strength and flexibility. Dynamic skills (throws) and Tumbling add excitement to the exercises. Choreography and synchronization add flare and creativity to each exercise.

PREREQUISITE SKILLS:

The prerequisite individual skills for new athletes are listed below. These skills are the basic level for team athletes and are the minimum required elements for the first competitive levels.

- **One leg scale, hold 3 seconds**
- **Head stand with feet together, hold 3 seconds**
- **Flat split hold with arms up (min. one side) -OR- from standing, arch down to bridge then hold bridge with straight legs**
- **Two cartwheels in a row with a controlled lunge landing**
- **Running round-off with rebound and stick landing**

TEAM TRYOUTS:

The minimum age to tryout for the competitive team is 5 years old. The tryout process is structured and fun. The athletes demonstrate their individual gymnastics skills, strength, flexibility, dance and acrobatic skills (previous experience not required). More importantly, the athletes work in groups and pairs to demonstrate their ability and willingness to learn acrobatics in a partnership. They meet the team coaches and form new friendships. Athletes are evaluated in different pairs and groups and we encourage each person to do their best! As part of the tryout process the athletes are evaluated on many of the elements of competitive acrobatics; including individual elements, tumbling, flexibility, strength, and choreography.

There will be a mandatory Pre-Tryout evaluation held for all athletes wanting to participate in the Team Tryouts. The Pre-Tryout evaluation will be held on Friday, July 8th. *Note this is not required for existing team members.

LEVELS & AGES:

Acro is fun for athletes of any age and athletic ability. It is a partner sport requiring athletes of all ages, shapes, and sizes. Athletes can start competing in Acro at very basic level and progress into higher levels. Athletes coming from other sports, other acrobatic teams, or changing to a different pair/group in the new season may move up or down in level. Any and all level/partner changes are made with the athlete's overall development in mind, and with the focus of success for the new season. Coaches work very hard to determine the pair/groups and levels, and they will always do what is best for the athletes and for the team. The Head Coach will make the final determination of all levels and groupings.

TRYOUT SCHEDULE:

Team Try-outs begin on Monday, July 11th for all athletes. Tryouts will run through July (most likely a good deal of the way into August) and may conclude early if all partnerships are decided. The level of the athlete dictates how many days per week they will attend. See chart below for additional information and determining your athlete's level. **Please be sure to sign-up for tryouts via email. Send requests to michael@westcoasttc.com.** (Current team members do not need to sign-up for tryouts.)

Attendance at the majority of the tryouts is required to be considered for placement on the team. **No more than 3 tryout practices can be missed for Beginner athletes, and no more than 5 tryout practices should be missed for Intermediate and Advanced athletes.**

Weekly Try-out Schedule	Monday	Wednesday	Thursday
Beginner: Athletes who have some experience in Acro/gymnastics or have competed on an Acro/gymnastics team, levels 5-6. Athletes who have been working in the WCTC Pre-Team Program or who have competed on the WCTC State Track. <i>Tuition: \$325.00/month</i>	5p-7:30p X	5p-7:30p X	
Intermediate: Athletes who have some experience in Acro/gymnastics or have competed on an Acro/gymnastics team at level 7. <i>Tuition: \$340.00/month</i>	5p-7:30p X	5p-7:30p X	5p-7:30p X
Advanced: Athletes who have experience in Acro/gymnastics or have competed on an Acro/gymnastics team at levels 8 and above. <i>Tuition: \$360.00/month</i>	5p-8:00p X	5p-8:00p X	5p-8:00p X

PLACEMENT:

Athletes will attend tryouts through July possibly leading into early August. At that time we will determine who will make the team along with what the best partnership for each athlete will be. As stated above in Levels & Ages, the coaches will always do what is best for the team including putting together the best pair/group for each individual athlete. We always try to match up the athletes by level as best we can. Some athletes will be stronger in various ways than others. Some will contribute differently to the pair/group than others. When making pair/group decisions, coaches have to take into account height, size, partner and tumbling skills, dance ability and goals for the year. Please trust the WestCoast coaches with pairing up athletes. Some athletes may be partnered earlier in the tryout process.

WestCoast is excited and proud that our team has grown to such a big size and we encourage anyone eligible to tryout! Unfortunately the team cannot exceed a certain size, so we may not be able to take everyone who tries out onto the team. To ensure the pair/groups are successful, the coaches are looking for each athlete to meet the minimum individual skill requirements, along with demonstrating that they are ready to commit to team participation. This includes, but is not limited to; being punctual, taking direction from coaches, working together with partners and having a good work ethic and attitude during all training activities, including conditioning.

SEASON OUTLINE:

After the team is determined and the athletes are assigned to either a pair or a group, they will begin the process of learning partner specific acrobatic skills, and the coaches will determine their final level for the season. (It is possible to change levels during the competitive season, but not common.) They are then assigned music, and then the pair/group will learn the choreography for their routine(s). Competition leotards will also be ordered based on music, choreography, level, and team track. Our competitive season is from January/February to about June/July. All team members may also be invited to attend the Region 1 Athlete Clinic, pending location and timing.

State Track:

This is an entry-level path for new team members that will allow them to begin their competitive careers with a smaller time and financial commitment. State Track athletes will only compete at 3 local meets and through the State Championships. Following the State Championships they will continue with normal practices in preparation for the Nationals Send-Off. State Track athletes will train twice per week and will have compulsory competition leotards and routines. They will also have a flat rate for choreography, regardless of the choreographer. **All State Track athletes will be committed to training up to, and performing at the Nationals Send-Off.** Once tryouts have concluded, scheduled practice days will be Tuesdays and Thursdays from 4:00 PM to 6:00 PM.

Regional Track:

The Regional Track is a step further into the competitive world where athletes will increase their commitments, wear custom leotards, work with different choreographers, and increase the length of their competitive season. The Regional Track athletes will compete at 3 local meets, the State Championships, and the Regional Championships. **Regional Track athletes will be committed to training up to, and performing at the Nationals Send-Off. All Regional Track athletes will be required to attend the Regional Championships if they qualify.** Once tryouts have concluded, scheduled practice days will be Wednesdays and Fridays from 5:00 PM to 7:30 PM.

Note: Some first-year athletes may be invited to participate on the Regional Track.

National Track:

The National Track of our competitive team refers to most athletes competing in level 7 and up partnerships (*there may be instances where a Regional Track pair/group moves up to Level 7 over the course of the season, but does not necessarily change competitive tracks*). The National Track athletes will compete at 3 local meets, State Championships, Regional Championships, and National Championships. Level 8 and above athletes will also attend the Las Vegas Acro Cup. National Track athletes will be committed to training up to, and competing at the National Championships. **All National Track athletes will be required to attend the National Championships if they qualify.** Once tryouts have concluded, schedules for each pair/group will be communicated.

Note: Some first year athletes may be invited to participate on the National Track.

International Track:

The International Track refers to our Elite level athletes, who are part of the National Track, and wish to compete internationally. In addition to all events attended by the National Track, those on the International Track are subject to attend additional training camps, selection events, and international competitions. These additional events will incur additional registration, travel, and coaching fees not calculated into the general team assessments. These additional fees will be calculated per event and communicated with involved pair/groups directly.

Note: All requirements and commitments outlined in the National Track section above apply to the International Track as well.

Tuition:

Tuition is paid monthly, per athlete. **Tuition includes all assigned practices and a 1-hour per week tumbling class (Tops class will not be included).** Tops classes and/or additional Tumbling classes can be taken at a 15% discount for Team members. To sign-up for tops and tumbling classes, please email Coach Michael (michael@westcoasttc.com).

Monthly tuition rates:

- **Level 5 (State Track): \$350 – 2 hours, 2 days a week**
- **Level 6 (Regional Track): \$370 – 2.5 hours, 2 days a week**
- **Level 7: \$385 – 2.5 hours, 3 days a week**
- **Level 8: \$405 – 3 hours, 3 days a week**
- **Level 9 & 11-16: \$425 – 3 hours, 4 days a week**
- **Level 10 & Jr. Elite 12-18: \$440 – 3.5 hours, 4 days a week**
- **Jr. Elite 13-19 & Senior Elite: \$460 – 3.5 hours, 5 days a week**

NOTE: Athletes will be charged their monthly tuition amount, according to the level they are competing, unless they are training more hours than their assigned level. If they train more hours than their assigned level, they will be charged the next level up. If athletes are unable to train the amount of hours indicated by their level, they will not receive a pro-rated tuition amount. It is very important parents and athletes understand the hours noted for each level are the recommended amount of training for that level. Training less than the recommend amount per week could negatively affect overall success during the season. The Head Coach, if deemed necessary, may request training more than the recommended time for their level.

Auto-Pay:

All Team athletes are required to be on Auto-Pay for all tuition and assessment charges. All families must be setup with a credit card on file starting with the August 2022 payment. Invoices are sent on the 25th of each month for the following month's tuition. Tuition payment is due on the 1st of every month and considered late if received after the 8th. A \$25 late fee will be added to your tuition balance if tuition is not paid in full by the end of business on the 8th. The late fee policy will be strictly enforced. You have the option to make a different form of payment between the 25th and the 1st. If your balance is not paid by the 1st of the month, the amount owed will be charged through Auto-Pay. If the card declines payment, a notification will be sent and payment is due by the 8th. After the 8th, the \$25 late fee will be added to your account. If payment including the late fee is not received by the 15th of the month, you will be notified and your athlete cannot attend practice until the account is brought current.

Again, parents will receive an invoice from WestCoast on the 25th of each month. If you are not receiving an invoice by email; or if your account charges seem incorrect, please email us at billing@westcoasttc.com immediately so additional charges or late fees do not accumulate.

MULTI-STUDENT DISCOUNT:

WestCoast offers a 15% discount for families with multiple students. The discount is taken off the athlete with the lowest tuition.

ADDITIONAL CLASS DISCOUNT:

WestCoast offers a 15% discount for Tops and/or additional Tumbling classes for all team members.

TEAM EXPENSES:

Below is an **estimated** breakdown of Team expenses for the season. These expenses are separate from the monthly tuition.

- **Annual WestCoast Membership Fee:** \$50 athlete/\$70 family
- **USA Gymnastics Athlete Membership Fee:** \$65 (paid directly to USAG)
- **WestCoast Team Warm-Up Jackets:** \$165
- **WestCoast Team Back Pack:** \$55 (optional)
- **Competition Leotards:**
 - State Track - 1 leotard - \$100 per person
 - Regional Track/National Track (Level 7) - 1 leotard - \$150 to \$225 per person
 - National Track (Level 8) - 2 leotards - \$175 to \$250 per person, per leotard
 - National/Intl. Track Level 9-Elite - 2-3 leotards - \$TBD depending on agreement of entire pair/group
- **Routine Choreography: (priced per person)**
 - State Track Level 5 - 1 Compulsory Routine - \$75 (fixed fee, regardless of choreographer)
 - Regional Track Level 6 - 1 routine - \$125 (fixed fee, regardless of choreographer)
 - National Track Level 7 - 1 routine - \$150-\$200 (depending on choreographer)
 - National Track Levels 8-10 - 2 routines - \$175-\$225 (depending on choreographer)

- National/Intl. Track Junior & Senior Elite - 3 routines - \$200-\$TBD (dependent on agreement of entire pair/group)
- **Commitment Deposit:** \$300 per athlete (applied to Competition Assessments)
- **Competition Assessment Estimates:** (subject to change based on final team size/makeup)
 - State Track - \$900.00 per athlete
 - Regional Track - \$800.00 per athlete
 - National Track Level 7 - \$1,200.00 per athlete
 - Natl. Lv. 8+ & Intl. Track - \$1,500.00 per athlete
 - This estimate covers the following costs:
 - State Track - Athlete Registration Fees for the 3 local competitions and State Championships, team warm-up jacket, choreography, and competition leotard
 - Regional Track - Athlete Registration Fees for the 3 Local competitions, State Championships, and Regional Championships
 - National Track Level 7 – Athlete Registration Fees for the 3 Local competitions, State, Regional and National Championships
 - National Track Level 8 and up & International Track - Athlete Registration Fees for the 3 Local competitions, Vegas Acro Cup, State, Regional and National Championships
 - All coaches expenses (travel/lodging) and daily rates for team competitions
 - Miscellaneous competition expenses
 - The assessment fees will be broken up into monthly payments starting in September with the \$300 Commitment Deposit. Assessments will be collected along with tuition through Auto-Pay on the 1st of each month.
 - Updated assessment amounts and collection schedule will be communicated once the team tryouts have concluded, all partnerships are finalized, and the location for National Championships has been announced.

*All personal travel and hotel expenses to clinics, camps and competitions are the responsibility of each family and are not included in any calculations above.

COMMITMENT TO TEAM:

Acrobatic Gymnastics is a partner sport and it's very important the athletes, parents and families understand their commitment to the WestCoast Competitive Team. Once tryouts are completed and your athlete is asked to join, their commitment to team is for the ENTIRE season. Families are committing, especially financially, to each other for the season and that must be taken very seriously. We value commitment at WestCoast more than anything because we depend on one another to succeed. This is the beauty of our sport and WestCoast encourages parents and athletes to ask as many questions necessary to understand their commitment to Team before agreeing to join. The signature page included in this packet must be signed by every athlete and parent following tryouts, and prior to beginning the new season. **This signature page will serve as your commitment to the team and as acknowledgement of all expectations outlined in this packet.**

COMMITMENT DEPOSIT:

WestCoast implements a commitment deposit of \$300.00 per athlete. This deposit will be due at the beginning of the season when your athlete's partnership is finalized. The deposit secures the vital commitment necessary in acro partnerships, and provides funds to begin registrations for the upcoming season. This deposit also serves as part of total assessments owed, and will be applied as such once the assessment collection begins. If a partnership is broken because one partner quits before the season is over, this deposit will not be returned. Associated partners and/or special circumstances will be considered.

PARENT PARTICIPATION HOURS:

It is expected that every athlete on team have a representative that works 8 hours at WCTC hosted meets (WCTC Local and California State Championships), specific events, or by performing specific team related tasks. If the 8 hours are not met by working at the WCTC hosted meets, outlined events, or tasks, then a charge will be placed on your account in the amount of \$250.00 per athlete. This fee will cover the cost to hire help in the absence of enough team parents, and helps to ensure that all families are sharing the necessary duties equally. The required hours can be split among multiple people (parents, grandparents, siblings, etc.) and can be performed at multiple events. Each event will have a sign-up sheet to allow flexibility in times and jobs to be performed.

The below tasks are available for earning Team Parent Participation hours. Please speak directly with the Head Coach regarding taking on a task.

- Team Apparel: Helps organize, order and setup embellishment of the Team Warm-up Leos (t-shirts for boys) and team backpacks. (Fulfills total of 4 hours)
- Host for Holiday Party: Provides the team with a place for the Holiday Party. Helps organize, setup and teardown. (Fulfills total of 8 hours)
- Host for End of the Year Team Party & Awards Banquet: Provides the team with a place for the End of the Year Team Party. Helps organize, setup and teardown. (Fulfills total of 8 hours)

HOSTING STATE CHAMPIONSHIPS:

WestCoast normally hosts the California State Championships each season. This is a great event that not only supports our team but also our State and Region. We love to host this event! It's a big opportunity for WestCoast to give back to the Acro community, host a great event for the entire state, and offer benefits to our own team.

Hosting the State Championships allows friends and families to come watch a big event without traveling far from home. This also provides our team members with one less travel event, saving money on travel and lodging expenses. These expenses are saved two-fold, once for the families, and once in their assessments since coaches do not need to travel or be lodged either.

It is required that each athlete have a representative working to help run this event by signing up for certain shifts outlined in advance by the WestCoast Meet Director. These shifts will be used to fulfill the required 8 hours outlined in the Parent Participation Hours section above.

Profits from the State Championships are used to benefit the team as well. The profits from hosting the State meet are used to fund a portion of the End of the Year Team Party, the Team Awards, and to help

offset the costs of various clinics/presentations. The profits are also used, in part, to purchase equipment and gym supplies for the team.

NATIONAL CHAMPIONSHIPS:

All Level 7 and up athletes can qualify to participate in the National Championships. WestCoast requires all National Track athletes to attend the USA Gymnastics Championships (Nationals) if their pair/group qualifies. Parents will be notified of the exact location and dates for Nationals once they are communicated from USA Gymnastics. Families are responsible for travel, lodging and any additional personal expenses to attend the event. The USA Gymnastics Championships is a great event that combines National level competitions for Acrobatics, Rhythmic, and Trampoline and Tumbling. Visit www.usagymchamps.com for additional information on this event.

NATIONALS SEND-OFF:

Near the end of the season, following Regionals, WestCoast will host the Nationals Send-Off at the gym. This event is held to celebrate the season, showcasing the athletes' hard work and perfected routines for family and friends, and to send off the athletes going to Nationals. All team pair/groups are required to participate in this event, and must continue to train together through the event with their pair/group. We expect the Nationals Send-Off to take place in June 2023.

PRIMARY TEAM COACHES:

Once pair/groups are partnered together they will be assigned a primary coach. Each family must communicate with their primary coach regarding training, competitions, pair/group related questions, etc. The Head Coach will oversee the overall development of all pair/groups. However, the primary coaches will take lead responsibility of the pair/groups assigned to them, creating more efficient communication and trainings.

TEAM APP:

Our team has its very own mobile app (also available to view on a desktop), which holds all of the important information for the season. The Team App will be your guide to finding all shared information in one place! We highly suggest that both parents and athletes access the Team App and all of its features. More information will be provided, via email (once the team has been determined for the new season) on how to gain access to the app.

MAKE-UPS:

Missed trainings are not encouraged. It is imperative for the overall success of the pair/groups that they train consistently and on their scheduled days. **If training must be missed, then the pair/group's primary coach must be notified along with all partners in the pair/group.** If the primary coach wishes the pair/group to make-up the missed practice, they will authorize and schedule a make-up practice. Make-ups are subject to the availability of time and space during a practice, and are allowed at the discretion of the team coaches.

TRAINING PRIOR TO COMPETITIONS:

The week before any Local meet, State or Regional Championships, team athletes are required to attend all of their assigned training days. Prior to the National Championships, pair/groups must attend every assigned training day the two weeks leading up to the event. **If the coaches feel that the missed practice(s) will cause unsafe performances at the competition, they may choose to scratch the athletes from the competition.**

WESTCOAST AT COMPETITIONS:

It is required that the entire WestCoast Team attends all assigned competitions throughout the season. If a pair/group has scheduling conflicts with a competition, they must discuss this with their primary coach at least 2 months prior to the competition. We normally register for competitions at least 6 weeks in advance so we need to know if there are any conflicts. Exceptions can be made but it depends on the circumstance. It is expected every athlete attend every competition. The finalized schedule for competition will be provided in the fall. All shared assessments for competitions will be due regardless of participation. Registration fees may be refundable depending on the status of the registration and time frame allowed for refunds by the meet director.

During one-day competitions, the entire team is required to arrive in the morning for the opening ceremonies and march-in. They are required to stay the entire day for competition, sit with the team and support their peers, and attend the awards ceremony. Following the awards ceremony WestCoast takes a team picture and has a quick team meeting, then all athletes are dismissed. All special requests to arrive late or leave early must be approved by a coach, via email, prior to the competition.

During two-day competitions, the same rules apply as described above for the one-day competitions, each day. Athletes who only compete one of the days are required to attend on their non-competing day to support their teammates. Again, all special requests to arrive late or leave early must be approved by a coach, via email, prior to the competition.

It is required for all athletes to eat healthy food and snacks during competition days, even after they are done competing. This is to encourage athletes to be mindful of what they put into their bodies, and to help ensure they are receiving the fuel necessary for competing.

Athletes are expected to put their competition performances as their priority when attending meets, and should be conserving their energy appropriately. Athletes should not be swimming, staying up extremely late, overexerting themselves, spending too much time in the sun, etc. when attending events or in the days leading up to events.

It is required that all WestCoast athletes arrive on time, support their teammates, and act appropriately, respectfully, and with good sportsmanship towards their teammates, other teams and officials.

It is also required that all WestCoast parents act appropriately, respectfully, and with good sportsmanship at all times towards the team, team parents, other team athletes and parents, coaches and officials.

TEAM UPDATES:

Informational team updates will be sent out by the Head Coach throughout the competitive season. Team updates will include vital information and feedback from the head coach and/or other team coaches.

SOCIAL MEDIA:

WestCoast Accounts: WCTC is an active member of social media. We use social media like Facebook and Instagram to share our sport and our club with the world. Some of our communications are internal, for team planning, and group messaging, etc., while some of our posts are meant for the public, for promotional purposes. Team athletes may be featured on our social media channels.

Athlete Accounts: Many athletes (with their parents permission) maintain their own social media accounts. We encourage the athletes to stay in touch, share their ideas, and encourage each other. However, we strongly discourage any form of bullying, putting down, criticizing, foul language, or sharing inappropriate images. Not only is this dangerous, but it can result in removal from the WCTC competitive team.

Parent Accounts: We ask that everyone use social media responsibly and respectfully. Parents are prohibited from posting disparaging comments about coaches, athletes, judges, officials, results, etc. Please set a good example for your athletes by keeping your social media activity above reproach.

Safety: Youth, teens and adults can experience anxiety, envy, depression, isolation, and even thoughts of self-harm and suicide. We highly encourage parents to have direct access to their children's email, social media and website history, and to review the content regularly. Diligence is necessary to protect our loved ones and to keep them safe.

ADDITIONAL EXPECTATIONS:

Being a part of WestCoast is also a commitment from the parent(s) for the following:

- Supporting the coaches, pair/groups, team and the owner regardless the difference in opinion.
- Paying Tuition and all fees/expenses on time.
- Arriving to practice, meets and other events on time.
- Communicating with the head coach, team coaches and your assigned pair/group at all times including the parents.
- Acquiring accurate information from correct sources regarding everything involved with the competition season.
- Understand the level of commitment you and your athlete are making along with the competition schedule and all other necessities involved with competing on WestCoast.
- Fulfilling Team Parent Participation Hours at required WestCoast events.

WCTC Competitive Team

Tentative Competition Schedule for 2022-2023

*Subject to change based on competition schedule provided by USA Gymnastics and Region 1

Note: It is expected, unless scheduled differently by the Head Coach, that all pair/groups competing on the WestCoast competitive team attend the outlined competitions below.

- **January/February 2023 - 1 local competition**

- **March 2023 - 2 local competitions**

- **March/April 2023 - Vegas Acro Cup – Las Vegas, NV (Level 8 and up Pair/Groups only)**

- **April 2023 - State Championships**

- **May 2023 - Regional Championships**

- **June 2023 – WCTC Nationals Send-Off (between Regionals and Nationals)**

- **June/July 2023 - National Championships**

WESTCOAST TRAINING CENTER

Competitive Acrobatic Gymnastics Team Commitment Agreement 2022-2023

I understand and agree to the requirements, rules and commitment outlined in the WCTC Team Informational Packet for the 2022-2023 season.

Athlete(s):

*Note: Siblings can sign the same form.

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Parent(s)/Guardian(s):

*Note: Must be signed by all participating parent(s)/guardian(s).

Parent/Guardian _____ Date: _____

Parent/Guardian _____ Date: _____