

Welcome to the Team!



**THE ELITE  
GYMNASTICS  
ACADEMY**

**2016 – 2017  
TEAM HANDBOOK**

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## **The Elite Gymnastics Academy Mission Statement**

Our goal at The Elite Gymnastics Academy is to develop each individual's gymnastic potential in a safe, yet enjoyable atmosphere.

Using specific gymnastics progressions and a highly trained gymnastics staff, each gymnast will learn the correct fundamentals and basic skills which will equip her with the knowledge and ability to progress to whatever level she desires.

As instructors we will use the sport of gymnastics to help every child gain greater self-confidence and a positive self-image.

## **Team Philosophy**

Our goal is to provide the mental and physical discipline needed for competition within a framework of positive reinforcement and encouragement. Learning to be comfortable in a competitive situation is a positive experience and adds to a child's development.

## **Welcome to the Team!**

I would like to welcome your family to our team. Through this team manual we hope to give you more insight into how our program operates and answer many of your questions.

The primary goal of this team is to provide a fantastic gymnastic experience. We are here for the young children, many of whom have hopes and dreams about being the best they can be in life and in this sport. We are here to support them in that dream.

To make that dream come alive the gymnast, parents, and coach (es) must function as a TEAM. Team for our purposes means:

**T**ogether  
**E**veryone  
**A**chieves  
**M**ore!

You might have noticed there is no “I” in TEAM. That does not mean that your child as an individual or you as a parent are not important! It simply means that the whole is stronger than the sum of its parts. If we all work together toward common goals we have a much greater chance of achieving something significant.

The purpose of this team manual is to give you a better idea of the goals and how we operate as a TEAM.

If you have any questions after reading this manual, please ASK! The coaching staff will be happy to answer any question or provide you with options to help you solve your problems.

Once again, welcome! We are glad to have you as part of our TEAM.

## Introduction

This team manual is designed to answer questions and explain the rules and policies for the team program.

Gymnastics is a unique sport in that it requires the support of the family for each player to be successful. This does not have to be a demanding task, only one that shows that each family is interested in and committed to providing their child with a positive learning experience through the sport. You are to be congratulated because you are taking the time to think through the consequences of team membership.

### Gymnastics Goals

Does your daughter plan to make it to the Olympics, get a scholarship to college, or does she just enjoy the achievement of new skills and the companionship of other team members? Any of these may be valid reasons for joining the team, but it may be important to assess her goals in a shorter time frame, such as within the next six months to a year.

Talking to parents reveals that in many instances there is no agreement as to what the actual goal is regarding their child's experience. The father may say, *"I want her to be the best and win state championships!"*, while the mother says, *"I just want her to enjoy herself"* and the player says, *"I like it because my friends are there and we have a lot of fun."* Which goal should the coach follow? And what about the goals the coach has for the team?

In this day and age teaching children to delay gratification for the attainment of a worthy ideal is a significant challenge. Everything absorb from television has potential to be internalized as "real life". If a 30-second commercial can get us to buy a product, a 30-minute sitcom or drama will surely sell us a lifestyle.

The problem with television is that it condenses what would normally take years of hard work and dedication to achieve. Please understand that if your daughter says she wants to be on a soccer team, or go for the gold at the Olympics, that's great, but it will take a lot of effort to accomplish.

### Life Changes to Keep In Mind

- At the lower team levels the number of hours of practice per week is relatively few. As your gymnast progresses up the competitive ladder, the hours and days of workout will continue to build.

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- You will have to change your schedule to the extent that you are available to drive your gymnast to practice and pick her up. Most parents have set up carpools to help with driving responsibilities. Check the Team Roster for other gymnasts who may live in your area.
- Homework will have to be done much more efficiently and with better study habits due to shorter periods of time available. In fact, students who are involved in a team program tend to have good grades and are better at studying because they have learned to budget their time effectively.
- Time management skills will become a necessity in all areas of your child's life (*and yours*). Practice times will be made to try and accommodate school events, etc. but please be aware that practices may be held during "inconvenient" times for the family. Please make the best effort to be present and on time.

The rest of this team manual will go over the various aspects of team participation. Please take the time to read this material and then set a time to discuss the goals and objectives of the team program with the team coaches and how they fit with your child's goals. You can then discuss with your family more exact goals and whether they can be achieved in this setting.

Be warned that once a child has developed a taste for the sport (*especially the competitive aspect*) it is an addiction that will grow and become a part of your child for life!

## **Competitive Program Policies**

### **Team Guidelines**

1. Each gymnast is required to attend and be on time for all regularly scheduled practices. This includes being in the gym and ready to workout when your workout begins, not talking or hanging around. If for some reason you will be late or absent, you must notify the coach of the reason for your potential absence.
2. No gymnast may be left at the facility unattended. When dropping off a team member for practice, please do so within a reasonable time frame. Please do not drop off gymnasts more than ten minutes before the start of the scheduled practice.
3. Your cell phone must be turned off in the gym. Please keep it securely in your bag while at practice.

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4. Absolutely no food, drink, or candy is permitted during practice. Water bottles are the only exception to this rule. All snacks or meals must be left for after practice.
5. Gymnasts may not leave the workout without the expressed permission of the coaching staff. Likewise, at the completion of practice no gymnast may leave the gym unless accompanied by his or her ride home.
6. Interaction between gymnasts and parents during workouts or at meets **is not appropriate**. A distracted player is a prime candidate for injury. Contact the coach first if you need to communicate with a player.
7. All gymnasts are expected to maintain the best physical condition possible.
8. All injuries, no matter how small, must be promptly reported to the coach.
9. Coaching techniques and discipline are not subject to compromise with parents or players. The coaching staff has the final say in all competitive program matters, as they are ultimately responsible in the eyes of the law for each child's well being.

**The order of importance always needs to be family, education, and then gymnastics.** If you choose to be a member of our program, we make the assumption you have allowed appropriate time for family functions and that your child's study habits and schoolwork are of exemplary quality. We do not advocate the use of this statement as an excuse for coming late to workouts, missing practices, etc. As with all things in life, it is your responsibility to fulfill your commitments.

## Communication

Rumor, innuendo, and just plain backstabbing tend to occur when there is a vacuum created by a lack of information - this is detrimental to the successful operation of the team. If you need or want to know any information please see the coaching staff (except during workout). Any of the above could be cause for dismissal from the program.

All questions regarding your child's progress, discipline etc., may be discussed by appointment only with the coaching staff. To implement a meeting please see the front desk for a copy of the "**Resolution / Clarification Form**" (pg. 22). This form is the first line of communication you can use to make the coaches aware of any problems or suggestions you may have.

From time to time the coaches may have discussions in which they seek the opinion of team members and parents. There may even be a vote, but it is opinion only - the coach has the final word on any decision that affects the competitive gymnastics program.

This will be most evident in determining workout structure and training styles, but also includes routine construction, choreography, choice of music, choice of leotards and warm ups, what meets we attend, and workout times.

### **Termination of Enrollment**

Discipline and gymnastic technique are determined only by the coaching staff. Workouts are not for socializing; they are for skill development. Idle chatter and horseplay is not acceptable during workout.

The coaching staff has the right to suspend or ask a gymnast and/or parent to terminate enrollment due to continuous disciplinary problems, which impair the safety and progress of the other program participants.

## **Competitive Financial Policies**

### **Team is a year-round commitment.**

1. The competitive program tuition is determined on a yearly basis with gym closings and holidays taken into account; however, payments may be made on a monthly schedule, or can be made in advance for multiple months. If tuition is paid on a monthly basis, payment must be received in the office by the first of each month. Payments made after the 5<sup>th</sup> of each month must include a \$25.00 late fee. Any gymnast who carries a balance over to the following month will not be permitted to participate in any gymnastics activities until their balance is brought current. Competitive program accounts must be current and paid in full to enable your gymnast to participate in the competitive season.
2. Notice of intent to cancel enrollment must be made in person, and reduced to writing at least one month prior to the gymnast's final workout. If you choose not to notify the office you will be charged for the month following your gymnast's last workout.
3. There are no make-ups, discounts, or prorated accounts due to absence of any nature. This includes, but not limited to injuries, vacations, illness, etc. The competitive program is already greatly discounted in comparison to other gym programs and is in fact effectively subsidized by the class programs.
4. Meet expenses for all coaching fees (i.e., gas, mileage, food, lodging, and session fees) must be shared by all gymnasts competing or by the parents' Booster Club.
5. As a member of this competitive program all gymnasts are required to attend and be actively involved in all gymnastic activities related to this facility (i.e., fundraising projects, exhibitions, meets etc.).



## Parent Commitment

1. Make sure gymnast attends all regularly scheduled workouts, meets, and special functions. Communicate with the coaches regarding any problems or issues that may arise.
2. Check the bulletin board and team mailboxes every day you attend practice to stay current with team activities. This is a must. Any correspondence from the coaches to you and your child will be written and placed here. Make sure to check these two places before **and** after every practice. If you are part of a carpool and do not come to the gym for every practice, be sure to check with your child to see if any new information has been made available. Also, information is available and updated as necessary on the Team page of our website: [www.elitegym.com](http://www.elitegym.com)
3. **Membership in the Booster Club is mandatory.** Please attend the scheduled Booster Club meetings. Notice will be posted in the gym and sent home with the gymnasts. Check gymnasts mail slots for all Booster Club information.

## TEGA Booster Club

All members of our team, **including Pre-team**, must be current members and participants of the Booster Club. The sole purpose of the club is to provide assistance in the operation, management and development of its members. The club operates independently from the management of TEGA, but not without its input, advice and cooperation. The club has its own board of directors and will meet regularly as prescribed by its board. It will conduct various fundraisers, activities, and events as the board sees fit. The board of directors sets its own fees and dues, with input from the management. **All parents are highly encouraged to attend all meetings.**

The primary function of the Booster Club is to support the team financially. This includes, but is not limited to: coaches' travel expenses, team-specific equipment, hosting social activities for the gymnasts and their families, awards at the end of the season, and hosting meets at TEGA. All families are expected to participate in the various fundraising activities throughout the year.

### Booster Club Dues

Pre-Teams	\$25.00 annually
Competitive Team	\$50.00 annually

***Booster Club dues are to be paid in August of each competitive year.***

## Why should I get involved with the Booster Club?

Whether or not your gymnast is at a competitive level, you benefit greatly from the fundraising activities of the Booster Club. The high cost of maintaining a high quality program requires the Booster Club to assist in its operation. Very few clubs can afford to totally subsidize the cost of a competitive team program.

The recreational gymnastics class program with higher student to instructor ratios and higher per hours fees make recreation classes a viable program. In order to have the quality of coaching necessary to produce successful team gymnasts, the competitive program gymnast to coach ratio is lower, the coaches cost more and the cost per hour is also lower. In effect, teams get the higher paid professionals for less than the cost of recreational training. In addition, several pieces of equipment in the gym are specialized and are only necessary for competitive programs. This is another expense that benefits primarily the team programs.

The Booster Club has created the potential for this club to have a successful gymnastics team by offsetting those costs. Whether your child is entry-level or an accomplished gymnast, the Booster Club already has and will continue to create the conditions for every gymnast to have the best possible instruction and training equipment.

We ask that you join with your fellow parents and support the efforts to continue this successful program by lending the Booster Club your thoughts, ideas, and abilities in their fundraising activities.

## Competitive Season Information

**Medical Clearance:** Each year your child will be required to have a physical and a letter stating his/her ability to participate from a physician. Your child will not be allowed to participate in our program without this letter on file.

**USAG Fees:** TEGA Teams compete in the USAG competitive systems. USAG dues are approximately \$60 per year (August 1 – July 31) and are included with TEGA's Team Fee. These dues are subject to change and must be paid in July of the year in which your gymnast is ready to compete. Competition begins at Level 2 and continues to Level 10.

**Athlete Registration Form:** To be registered for competition each gymnast must complete and sign a USAG Athlete Registration Form.

**TEGA Registration Form:** TEGA's registration form along with its corresponding Team membership fee is also due in July of the competitive year. This fee covers your child's TEGA and USAG registration fees, if applicable. This fee also goes

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to off-set various certifications and fees we have to pay for our staff to attend competitions, camps, etc.

**Your TEGA Boosters account must be current in order to participate in any competitions.** If you are not sure of your status please see the Booster's Treasurer for assistance.

Competitive gymnasts – or soon to be – will require a USAG membership. This fee will be collected in July with TEGA's registration and Team fees.

**Meet Expenses:** Meet expenses for all coaching fees (i.e. transportation, lodging, meals and session fees) must be shared by all gymnasts scheduled to compete as set by the Booster's Club.

**Meet scheduling:** At the beginning of each season (August or September), a preliminary schedule of meet locations and dates will be handed out to the gymnasts. Meets may be added, changed, or canceled.

**Home Meets:** Each competitive season usually consists of an Elite sponsored meet. Every team member and his/her parents are required to participate in this event.

**Meet information sheet:** 1-2 weeks before a competition, participating gymnasts will receive a meet information sheet that includes dates, times, gymnasts & coaches attending, host hotel (if needed), phone numbers, a map, and web address when available. Gymnasts invited to a meet will be given only one notice. For your convenience, the Front Desk will also have a copy of the meet information. Please do not contact the host gym directly. Any and all information will be given out as soon as it is made available to TEGA.

It is not uncommon for host clubs to send out meet information late or make last minute changes. In many instances, information is not received until the night before a competition. It is a good idea to clear the whole weekend of a meet in case of last minute changes that could conflict with your previous plans.

### **The Meet Takes How Long?**

An average meet can take as little as 3 ½ hours or as long as 6 hours. Reading materials or some other project is suggested to help pass the time at the meet.

Most competitions run in a format similar to the one listed below.

**Open Warm Up** (30 min) – This time is for general stretching and getting equipment settings specific to the gymnast.

**Traditional Timed Warm Up** (60-90 min) – Each gymnast warms up on each apparatus. This length of this procedure depends on the number of gymnasts.

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Capital or Modified Capital Cup is also known as “Warm-Up/Compete” format. This combines the above format where the athlete warms up on a specific event and readily competes at that event before moving on to the next event and so on.

**March In** (10-15 min) – all the gymnasts line up and march in to the gym to be presented to the audience and judges. The National Anthem is usually played.

**Competition** (60-120 min) – the gymnasts now actually compete and receive scores from the judges at each event. This may will take longer if it is an optional meet and one touch warm-ups are necessary.

**Awards** (15-30 min) – if the organization running the meet is on the ball you may only have to wait five to ten minutes before the awards are handed out. It has been known to take significantly longer to get the awards ready.

Are you sure you brought enough to read?

### Gymnast Selection Criteria for Meet Invitations

All gymnasts do not go to every meet. Meets should be a positive experience and therefore gymnast selection is made very carefully. Coaches make the decision on who competes based on the following criteria:

- 1. Eligibility** - Gymnast must have all necessary fees paid and be considered an active and eligible gymnast.
- 2. Performance Level** - Mastery of skills is based on performance in workouts. ***A gymnast will not be sent to a meet unless she can perform ALL required skills as per compulsory and/or optional guidelines published by USA Gymnastics, TEGA Mobility Sheets and possibly specific state guidelines at least 2 weeks prior to the meet. This is a matter of safety.***

**3. Attendance** - Gymnasts missing an excessive number of practices may not be selected for competition. The same could be true for gymnasts that consistently arrive late or leave early from workouts.

Arriving late and leaving early may seem insignificant at first glance, however, gymnasts arriving late miss strength training which detracts from strength development. This will become apparent in skills that require explosive repulsion and general endurance.

Gymnasts who leave early will miss not only the final stretch and their flexibility will suffer as a result. Deficits in flexibility affect split leaps and several skills that demand a wide range of dynamic movement.

Obviously, the slacking gymnast's routines will be fair to average at best. The concept of ***“it's not what you do, but how you do it”*** is the overriding principle in determining whether a gymnast in this circumstance will compete. No coach would willingly send a gymnast into a competition knowing the gymnast is

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not prepared to do her best. The child would have an unsuccessful experience, which could shatter her self-confidence and ruin the competitive experience.

**Gymnasts must be in attendance the week previous to a meet or they could be removed from competition.** Please see coaches well in advance regarding extenuating circumstances.

Removal from a competition roster for any reason will be at the gymnast's expense. Refunds will not be issued under any circumstance.

**4. Attitude** - A positive and respectful attitude and toward coaches and teammates is important. Gymnasts must be emotionally ready for the competitive arena. An excessive show of emotion will result in dismissal from the competition and/or awards ceremony.

### Participation in Scheduled Meets

All team gymnasts should compete in ALL meets to which they are invited unless they are sick or injured. On occasion, a meet will be scheduled at the last minute. In this case, gymnasts will not be expected to compete.

Meets have varying significances and the training for each will differ accordingly. For some meets, the focus may only be on obtaining a **qualifying score** for the state championship meet; therefore, a coach may tone down the power and focus on higher quality execution. Another meet might be used to **develop confidence** and the coach may allow the gymnast to attempt new skills while removing the worry of scoring high from the gymnast's mindset. **Mobility meets** are set up for a gymnast to obtain a specific score so she can move to the next competitive level. The coach may not be focusing on awards in such a meet. Finally, there is the meet at which everyone hopes the coach and gymnast will pull out all the stops – state **championships**, where everyone hopes their efforts from the past year will make them a winner.

### Missing Meets

Gymnasts who are unable to attend a scheduled meet should contact the coach, **in writing**, as soon as possible. Most meets require that the fees be paid months before the competition in order to prevent being closed out. **Gymnasts who cancel or become ineligible for any reason or who separate from the gym will be subject to loss of money already spent on entry fees and travel arrangements.**

### Meet Fees & Travel Expense

Each gymnast is responsible for paying her own meet fees. These fees will vary depending on the type of meet (*I.E. local qualifying meet, invitational or state meet*). Meet fees are generally between \$50 - \$125. Each gymnast is

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responsible for her own transportation to the competition, hotel (*if needed*), and all meals.

(The management of TEGA has dedicated limited amount of funds from its general account to assist those families in financial hardship with their meet and travel fees. Please see the management for details.)

Admission is charged to spectators at meets.

**LATE FEES:**

Many gym leagues have instituted a \$175 late fee per club plus \$25 per gymnast. If your fees are not paid on time this cost will be divided among those paying late!

**Moving from Level to Level**

At the end of every competitive season, gymnasts will receive 2 copies of the appropriate TEGA Mobility Sheet. One copy is for the gymnast and one copy is to be signed and returned to TEGA. Mobility sheets will clearly list all the requirements necessary for movement to the next level. The final decision of placement rests solely with the coaching staff. Please do not make this a difficult process. You trust us with your child every day they walk into the gym. Trust that we will do what is in their best interest.

Moving up from one level to the next is decided by the coaching staff based upon scores from the meet season, attendance at workouts, skill level, and the attitude of the gymnast. If necessary, the coaches will discuss the TEGA Mobility Sheet with the parent(s) before a final decision is made. This decision will be made in the best interest of the child. As a gymnast moves up, her responsibility to workout and to participate in scheduled meets increases.

Although one criterion used to advance gymnasts from one level to the next are meet scores, gymnasts whose scores qualify them to move to the next higher level are not necessarily required to do so.

**Meet Etiquette for Gymnasts**

- Be friendly and sportsmanlike at all times.

Everybody has a unique way of experiencing gymnastics competition. Some people look for the fun in the experience; some are simply hoping to cope with their fears, while others are focused to the point of excluding everything else around them – including you!

At times this may make it seem difficult to be friendly with some gymnasts at

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a meet. Just remember, everyone is doing the best they are capable of at that moment.

When the opportunity presents itself, introduce yourself to the other gymnasts and coaches in your competitive rotation. Most of the time you will have the chance to develop some new relationships. However, when another gymnast is being given directions by her coach or preparing to compete, you must allow her time to concentrate without distraction.

- Stay focused on the competition. Talking with parents, relatives, or friends is **inappropriate** during the meet.

Even with the best of intentions, relatives and friends may give advice that conflicts with what your coach says. What will you do when you receive advice from Mom that differs from what Dad told you, then the coach says something different? You will inevitably become more nervous and uptight because you do not know where to place your focus. Pay attention to the coach during workouts and competition.

- Before leaving the competition, notify the head coach.

Always let the coach know when you are going to leave the facility. You should never leave the competition facility without specific permission from the coach. You should always be accompanied by another team member or coach when leaving the competition floor.

- There is absolutely no reason for you to be on any piece of gymnastics equipment unless you are warming up or currently competing.

If you are staying to watch another teammate compete, or you have arrived early for warm ups, stay seated in the bleachers. Do not to wander out onto the competition floor.

- Competing gymnasts must sit quietly in their rotation group until the last competitor has finished.
- Gym bags, warm-up suits, grips, and anything else you brought with you should be placed inside your gym bag and kept near you or under your chair.
- Warm-ups should be worn when accepting awards. The jacket must be zipped up with no sleeves or t-shirts hanging out.
- Hair must be up and out of the face for competition.

The meet is not complete until **ALL** the awards have been handed out. The other gymnasts have waited patiently to receive their awards and have applauded your efforts, so you owe them the same consideration.

## Win, Lose, or Wipeout

It is important to remember that a score for any routine is an evaluation of one single performance in your career as a gymnast, not a label you must live up to (*i.e. winning the all around this time means you must win it every time*), or hang around your neck for the rest of your life (*a 95<sup>th</sup> place ribbon for falling off the beam 20 times*). Each meet teaches you more about your abilities as a gymnast, competitor, and human being, and are necessary ingredients for success at higher levels of competition and life in general.

Regardless of the outcome of a routine or overall competition, you must learn that crying and feeling sorry for yourself is not an appropriate response to this situation or to most learning situations in the gym or normal life.

Excessive crying and/or pouting can result in your immediate disqualification from the remainder of the meet, awards, and future competitions.

## Meet Etiquette for Parents

1. Team Spirit is a big help. Wear the team colors, or better yet, one of our club T-shirts.
2. Remember, your gymnast is part of the TEGA team. She competes not only for herself but also for her teammates, parents, coaches, the Booster Club, and TEGA.
3. Please show proper respect to all Officials and Coaches at every competition. They are all there for one reason, to support your child's interest in gymnastics. **Under no circumstance should you attempt to contact any official on the competition floor during or after the meet (*judges, score keepers, etc.*)** If you have any questions regarding the meet or your child's scores you must contact your coach. Not even the coach is allowed to approach the judges regarding routines or scores during the meet, but must submit an inquiry through the Meet Director. Points could be deducted not only from your gymnast but the team score as well for failure to follow these rules.
4. Please show proper respect to all competitors. You NEVER KNOW who is sitting near you (*I.E. parents of the gymnast about whom you just made a remark*).
5. Once a gymnast has walked into the competition area for warm-up, she is **NOT ALLOWED** to talk or have contact with her parents until the competition is finished. This has less to do with control than it does with FOCUS. Any distraction could disturb the focus necessary to perform a successful routine. The coach's job at the meet is to monitor the gymnast's condition and teach her to respond appropriately. If the gymnast is too excited, the coach will calm her



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down. If the gymnast is too complacent, the coach will pump her up and motivate her to do her best. The emotional dynamic is fluid in a competition. An excellent vault score may cause a gymnast to be over-confident. A terrible bar routine may actually provide an educational moment. At these times the gymnast needs to focus on her coach's advice, not distractions from outside of the competitive floor.

As coaches, we know that you mean well with your comments, but they may not be appropriate for the long-term training of your gymnast. If you have any questions about what happens at a meet, talk to the coach after you have returned to the gym and you have had time to reflect.

**6.** In any competition, parents, friends, and relatives of the gymnast are **NOT ALLOWED** onto the competitive floor. They **MUST** remain in the spectator's area. If a parent is in the competitor's area, the meet director or coach may immediately scratch your child from the meet.

**7.** In case of injury during warm-up or competition, **YOU MUST** stay in the spectator area until your coach flags you onto the floor.

**8. DO NOT** coach your child. Coaches should coach; everyone else should encourage. Injury may result from distracting the gymnast's focus away from the coach's technique. Even the most helpful comment from you could have disastrous consequences.

**9. NO FLASH PHOTOGRAPHY** is permitted during a meet. The sudden flash of light could cause a gymnast to be injured. Check your camera in advance because many cameras come with an automatic flash that will go off if it detects low light levels. If you cannot manually disable the flash, please do not take pictures during the competition.

**10.** On the day of competition your child should eat a well-balanced meal about three hours prior to the actual competition. This energy will carry them through the entire competition. If necessary, a gymnast may carry crackers, pieces of fruit, or energy bars to curb hunger.

**11.** All gymnasts are expected to stay until the end of the awards ceremony whether or not they are receiving an award. They need to cheer all award recipients - especially their teammates.

### Expectations

Problems occur when a parent expects too much from an athlete who is new to the competitive arena. (*New is defined as having only competed for two or three years.*) It takes a number of years of quality competition for a gymnast to develop the poise and grace to continuously take top honors in a gymnastics competition.

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The key is to recognize when your child is working up to her potential. If she completes all her skills for the first time, without a fall, that is a winning routine regardless of what score she receives. Winning is not just about placing first. Comments from you should be congratulatory and positive. No mention should be made at that time of what she can do better, that would lessen the effect of this "victory" for her. The week after the meet your daughter's coach will go over elements that need work and congratulate her on the elements she competed correctly.

Any score she receives during a competition is not a reflection on you as parent. There is no reason for you to feel embarrassed if your child is having a bad meet. Everyone has good days and bad days, and it is how she learns to react to them that contributes to her development as a competitor and as a person.

Remember that a given score in a gymnastics competition is an evaluation of one single performance, not an evaluation of the child.

## APPENDIX

### Glossary of Gymnastic Terms

**ACTIVE** - A gymnast in good standing who is current in payment of TEGA fees and Booster Club fees, and attends all regularly scheduled training sessions.

**ALL AROUND SCORE** - A gymnast's total score from all events (vault, bars, beam, and floor).

**BOOSTER CLUB** - A non-profit club involved in furthering the participation of young people in the sport of gymnastics and defraying the costs of the competitive gymnastics team at TEGA.

**COMPULSORY ROUTINES** - A series of skills on each event that are put together with clearly marked timing, amplitude, and body position. The USAG develops a set of routines for Levels 4, 5, 6. All gymnasts compete using the routines developed by USA Gymnastics.

**ELIGIBLE** - an active gymnast, current with USAG, club, and Booster fees, who, with coaches' approval, may participate in all activities including meets and exhibitions.

**INACTIVE** - A gymnast who has officially dropped or voluntarily chosen not to compete, or whose TEGA fees are 30 days delinquent.

**INELIGIBLE** - A gymnast who is not current with the Booster Club, TEGA fees, or USAG fees, has had some disciplinary problems, or is considered not ready by the coach.

**INVITATIONAL MEET** - A meet, usually with a specific theme, hosted by any gymnastics club. These may or may not be qualifying meets for state championships, but scores may usually be used to move a gymnast from one level to the next.

**MOBILITY SCORE** – The score needed to move from one competitive level to the next. For example, a score of 31.00 all around may be needed to move from Level 4 to Level 5. The mobility score should not be confused with a “qualifying score” even if they are numerically the same.

**MOBILITY SKILL SHEET** - A skill sheet listing all of the skills required at TEGA to move up to the next competitive level.

**Welcome to the Team!**

**OPTIONAL ROUTINES** - Routines developed and choreographed by the coaches for each gymnast to be used primarily in levels 7, 8, 9, 10, & Elite. The routines will be individualized for each gymnast's strength, style, and difficulty.

**QUALIFYING MEET** - A sanctioned meet where the scores are used to qualify for the State Meet. The number of meets actually scheduled will be determined by a gymnast's ability to successfully complete the appropriate level routines and receive the score necessary for state competition.

**QUALIFYING SCORE** – The all around score (total of vault, bars, beam, and floor) needed for entry into the state competition. Normally this score is determined by USA Gymnastics, but in some cases may be changed according to a particular state or region's needs.

**STATE MEET** - In most cases, the season finale, where qualified gymnasts compete with other gymnasts throughout the state. Higher level gymnasts may go on to compete in regional or national level competitions.

**USAG** - USA Gymnastics

## Gym Bag Necessities

\* Shinning Stars & Hot Shots are not required to bring a Gym Bag as defined below.

### For Practice:

- Uneven bar grips, wrist bands, gymnastics tape and hand lotion.
- Extra (clean) leotard
- Therabands
- Water bottle or Sports drink
- Personal hygiene items
- Hair care items
- Any vital medical braces, supports, or bandages
- Appropriate, healthy foods for snack break
- 1 ½ lb. Ankle Weights

### For Meets:

\*At the end of your last practice before leaving for a competition each gymnast must make sure the following items are in her gym bag:

- Uneven bar grips, wrist wraps, gymnastics tape and hand lotion
- A copy of her Optional (and/or compulsory) Floor music
- Team competition leotard
- Team warm-up suit
- Water bottle
- Hair care, make-up, and personal hygiene items
- Any vital medical braces, supports, or bandages
- Emergency phone numbers
- Change for telephone calls and money for meals on the road
- Fruit slices or crackers for long meets

### Optional:

- An extra leotard (clean).
- Hand towel (especially when its hot)
- Small first aid kit to care for rips, scrapes, etc. (Band-Aids, gauze pads, nail clippers, antibacterial spray, and soap).
- Sneakers or running shoes
- Jump rope (to facilitate stretching exercises as well as cardiovascular work and warm up drills).

## Problem Resolution/Clarification Form

To: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

From: \_\_\_\_\_ Phone: \_\_\_\_\_

### I would like to talk to you about:

Please state the comment, idea, suggestion, problem, or concern as succinctly as possible in this area.

In my opinion:

(Check appropriate box and list at least 3 ways to address the situation presented above. Use the back of this sheet if you need more room to write.)

- possible solutions to this situation are (list 3 below):
- ways to implement these ideas are (list 3 below):

1.
2.
3.

- No meeting is necessary.
- I would like to meet with you on:

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ am / pm

**TEGA Emergency Contact Information & Medical Release Form**

**Gymnast Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

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

**Family Physician:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Blood Type:** \_\_\_\_\_ **Known allergies or medical conditions:** \_\_\_\_\_

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(Continue on the back of this sheet as needed.)

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**Mother's First & Last Name:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Father's First & Last Name:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_

**Cell Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

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**Emergency Contacts:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

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I hereby give permission for certified and licensed medical personnel to use appropriate procedures to aid my daughter, \_\_\_\_\_ and prevent further injury and/ or death. If possible, I wish to be contacted before any procedures are initiated, however, if the injuries are catastrophic and life threatening, I give permission to the emergency care physicians and support personnel to do what they deem necessary in the best interests of my child.

**Parent Signature:** \_\_\_\_\_

**Parent / Gymnast Acknowledgement**

I have read the document titled "Welcome to the Team!" from cover to cover and understand and agree to the guidelines set forth.

I also understand that the policies and procedures may change throughout the year. Modifications and additions to this document may be made via letters or communications from the Team Coach and / or Gym Director.

Should I have any questions regarding any policies or procedures, I understand that I should contact the Gym Director for the appropriate answers.

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Gymnast Signature

\_\_\_\_\_

Date