



Pre-Team Handbook 2019-2020

Welcome to Pre-team!

Sky Gymnastics would like to welcome your family to our Pre-team program. Through this Pre-team handbook we hope to give you more insight into how our Pre-team program operates and answer many of your questions. Our Pre-team is the first step towards our competition team. Gymnasts must complete pre-team before they can join our USAIGC competitive team.

After reading this manual, if you have any questions about our Pre-team program, please ASK!

Sky Gymnastics Team Philosophy

Sky Gymnastics Team is meant to give every gymnast an opportunity to excel not only in gymnastics but in life. When properly taught, gymnastics teaches self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for danger, respect for others, poise and grace. When our students are done turning cartwheels, they will have established a base of life skills that will undoubtedly assist them through all of their non-flipping years.

Competition - It is part of our daily lives. We strive to be the best we can be in whatever we do. This competitive spirit, however, must be learned, nurtured and developed. We are committed to fostering the spirit of competition among our young gymnasts. Gymnasts must always remember to be respectful of teammates as well as coaches and portray sportsmanship in competition by playing fair, learning how to deal with failure, and winning graciously. **IMPORTANT REMINDER** - *Gymnastics excellence means becoming the best you can be individually. Their success is not measured by the trophies on the wall, but by the gifts they receive on their path to personal fulfillment.*

What will they be working on?

Pre-team is the first step for the gymnast to become a competitive gymnast. Competitive gymnastics requires the gymnasts to be strong, flexible, have higher level skills and discipline. A competitive gymnast is also always working on trying to perfect their skills, not just be able to complete them. The gymnasts in Pre-team will be working on:

- Conditioning/Strength Work – This is required to not only complete the skills but also to have the body control to try and perform them perfect
- Flexibility – This is needed to help the gymnast with their skill development and dance elements in their routines
- Perfecting Current Skills – The gymnasts will be working on perfecting the skills they have learned in Girls Super Stars Advanced or Girls Elite Stars
- Learning Routine Parts – Gymnasts will start to learn parts of the routines required for the competition team
- Discipline – The gymnasts will be learning the behaviors expected of a competition team gymnast

Pre-team will not be a place they will be working on a lot of new skills, but rather perfecting what they know and getting prepared to compete.

Pre-team Structure

Starting Pre-team

Pre-Team goes from September through June. Gymnasts may join pre-team anytime up until April 1st of the Academic Session. Once April 1st has past, gymnasts must wait until the following September to join pre-team. We highly recommend reading and going over this handbook with your gymnast so they know what to expect.

What's Next?

Once a gymnast has been a part of our pre-team group they are eligible to move up to our USAIGC Competitive team in July, August or September.

- We recommend all parents read our Team Handbook before starting Pre-Team, so you are aware of what the next step for your gymnast will be. Also you will get an understanding of the time and financial commitment that will come along with being on our USAIGC Competitive Team.
- We highly recommend gymnasts start our USAIGC Competitive team in the summer to get acclimated to our competitive team workouts and be ready for the upcoming competition season. **If gymnasts are not registered in the summer sessions, they may miss out on important team information and meet entries that may come out in the summer months.**
- If a gymnast decides to take the summer off, before they are allowed to register for team they would need to set up a private lesson with the appropriate team coach to evaluate their skills to make sure they are placed in the correct group. It is possible that if a gymnast can no longer do the team level skills they may be placed in the pre-team group.
- If over 90 days have lapsed since a gymnast has been on pre-team, they are no longer eligible to join our USAIGC Competitive team. If they are still interested in becoming a USAIGC Competitive team member they must attend pre-team until the next July, August or September when pre-team members are once again eligible to move up to team.
- Gymnasts are only eligible to participate in Pre-Team for up to 2 Academic Sessions. After 2 Academic sessions gymnast MUST move to either the USAIGC Team or Elite Stars.

Pre-team Is Not For Every Gymnast...and that is OK!!!

Pre-team and Team are not for every gymnast. The training and workouts are very different from the class that your gymnast was previously in. Those classes were focused on fun, fitness and skill development. Not all gymnasts are interested in the structured Pre-team/Team practices that focus on skill perfection and conditioning/strength training. If your child is not happy in Pre-team that is OK! Our Girls Elite Stars might be a better fit for your gymnast. In Girls Elite Stars they will continue to work on high level skills without such an emphasis on skill perfection and conditioning/strength training. Gymnasts may switch to Girls Elite Stars (where there are openings) at anytime. We pride ourselves on having a place in our program for every child and how they would like to participate in gymnastics.

Expectations of Athletes

Listed below are the expectations of our Team gymnasts. In Pre-team we will be helping the gymnasts learn and understand these expectations.

- 1) You are expected to work hard and do your best.
- 2) Arrive at the gym ready to participate with proper attire (Girls – Leotard or Leotard and Bikers), hair pulled back, jewelry off, gum in the trash can and ready to go!
- 3) Practice will begin promptly at designated times and gymnasts must be ready to perform at that time.
- 4) Treat other gymnasts with respect, be kind to those gymnasts younger than you, and do not think to hold yourself out as better than other gymnasts. Everyone has strengths and weaknesses and if you have not found them yet, you WILL.
- 5) Only concern yourself with things that YOU can control, which are YOUR ATTITUDE, YOUR EFFORT ... YOUR GYMNASTICS!!
- 6) Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, fear and defeat. Expect these things, learn from them, face them and overcome them!
- 7) Ask permission to leave the gym. This applies to going to the restroom or getting a drink. The main reason is so that your coaches always know where you are.
- 8) Always act in a way that shows respect for you and for the gym. There is no place in our gym for displays of anger or disgust, talking back to coaches or other adults, or crying because you have given into your frustrations or fears.
- 9) Be honest, cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.
- 10) Show respect for your safety and to the demands of your coaches by staying off the equipment without the specific permission and supervision of a coach.
- 11) Always wait inside the facility for your ride. Gymnasts are not to wait outside for pick-up following practice.

Expectations of Parents

Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gym, coaches and the athlete. The following actions and ideas are expected of Sky Gymnastics Pre-team/ Team member's parents.

- 1) A gymnast's parents are an instrumental contributor to her success and happiness. Tuition must be paid on time and a commitment to transport your gymnast to and from workouts must be made. In addition and equally important, parents must help instill work ethic, values and provide support for your gymnast to be successful.
- 2) Please do not talk to your gymnast during practice, including if your gymnast is getting a drink. It is important for the gymnasts to stay focused and with their group.
- 3) If you need to get a message to your gymnast during practice, please talk to the office staff and they will relay the message.
- 4) Parents are not permitted on the gym floor and must refrain from coaching or commenting during any training session. If your child is not paying attention or messing around, we realize it is tempting. This is the job of the coaches.
- 5) We **strongly** encourage our Pre-team parents not to stay and watch every practice. Just like it is difficult to see if your child has gotten taller because you are with them every day, it will be hard to see the progress they are making if you watch every practice. We do encourage you to watch your gymnasts practice a few times a month to see her progress and work ethic. It is also important to let your gymnast practice without you present to allow them to completely focus on the instruction from their coach.
- 6) We feel that communication with the parents of our Pre-team members should be open and flowing. We email all important Pre-team information.
- 7) Parents are expected and encouraged to show proper respect for our sport at all times. Rude, belittling, or negative comments about coaches, parents, and other gymnasts are always inappropriate and have no place in our program.
- 8) If you have a problem or concern, please speak to your gymnast's coach. Complaining to other parents cannot solve your problem, nor can we solve them if we do not know about them. So save yourself the time and aggravation and come to us. The best time to speak to your gymnast's coach is either before or after practice. Once practice starts the coach must have their focus on the gymnasts in her group.
- 9) Be encouraging and positive to your child. Be careful of comparisons, because each child is an individual with different talents and capabilities.
- 10) Please be on time to pick your gymnast up after practice.
- 11) Please familiarize yourself and your gymnast with the Pre-team Handbook. It is important that the parent and gymnast understand the rules and policies of Pre-team. We also recommend you read our USAIGC Team Handbook to familiarize yourself with what the next step is for your gymnast and if it is the right fit for you and your gymnast.
- 12) If you have any questions regarding the gym or your gymnast... please contact the gym/coach via gym phone or gym email. Under no circumstances should a coach get a call on their personal lines. Please remember that this is our job and our free time or personal time is important to us.

SKY Make-Up Policy

Just like college, your tuition pays for a class spot, REGARDLESS OF ATTENDANCE. However, as a courtesy, our program offers make-ups when doing so does not jeopardize the safety or integrity of the class.

- We offer unlimited make-ups to currently enrolled students within certain restrictions. (This does not include Team Gymnasts) Please read the restrictions and scheduling procedure below.
- Make-ups must be done in the session that the class was missed - either the academic session or summer session
- Make-up classes MUST be scheduled within 30 days of your child's absence. After 30 days, a make-up class will no longer be available.
- Only 2 make-ups may be scheduled at a time
- **Pre-Team gymnasts may attend a make-up class in Girls Elite Stars**
- We will make every effort to provide a make-up in a class at your child's level. There are some classes that are so advanced or specialized that we only offer one class a week. In order to make-up one of those classes you will need to take the make-up in a closely related class.
- Make-ups are offered for inclement weather closings. All holiday closings are factored into the monthly tuition and make-ups for these breaks cannot be scheduled.
- Make-ups must be taken while a child is enrolled. Once a child withdraws from the program, all make-ups are forfeited.
- To schedule a make-up for your child, your account must be in good standing.
- If your child is enrolled in multiple classes and your child withdraws from one of the classes (but still stays enrolled in the other), the make-up classes for the withdrawn class will be forfeited.
- Make-ups are not drop-in situations and MUST be scheduled at least 24 hours in advance.
- Once a make-up is scheduled, it is up to you to get your child to that class; if you miss that make-up class, it still counts as a make-up.
- If you cancel a makeup with less than 24 hours' notice you forfeit that make-up.

Make-ups are a privilege. We reserve the right to refuse a make-up if it will affect safety or lessen the experience of those children who are registered for that class.

Gymnast Health Treatment of Rips

Gymnasts should expect to get rips on their hands from the bars from time to time. Gymnasts are expected to still do bars when they have a rip or get a rip. Here are some treatment methods that the gymnast can do at home to help heal and prevent rips.

1. Before going to bed the gymnast should put ointment on the rip (Neosporin, Preparation H), followed by a band aid and a sock over the hand. They should keep this on while they sleep to keep the moisture in.
2. Hand lotion, vitamin E or aloe vera can also help heal a rip.
3. Trimming calluses is also recommended. (Younger gymnasts must have help with this)
4. If rips are a problem for your gymnast we do sell palm guard grips at the office to help prevent rips.

In case of an injury

In case of an injury during workout or competition, please wait for your coach to give some indication that you should come onto the floor. In most cases you will not be invited onto the floor, because the injury will be relatively minor and the coach will take care of it. Your gymnast will continue training or competing and will need to maintain his/her focus. In cases of more serious injuries where the gymnast will be finished for the day the coaches will let you know what course of action to take.

If you have any questions, please do not hesitate to ask. Sky welcomes you to our Pre-team and Our Gymnastics Family!!!