



2019-2020 Sky Gymnastics Competitive Team Handbook

Welcome to the Team!

Sky Gymnastics would like to welcome your family to our Competitive Team. Through this team handbook, we hope to give you more insight into how our Competitive Team program operates, and answer many of your questions.

First, and most importantly, providing a fantastic gymnastics experience is what this club is about. We are here for the young athletes, many who have hopes and dreams of being the best they can be in life and in the sport of gymnastics. We are here to support them in that dream. To make that dream a reality, the gymnast, parents, and coaches must function as a TEAM. After reading this handbook, if you have any questions about the program, please feel free to 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, respect for others, responsibility, integrity, hard work and so much more! 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. Success should not be measured by the number of trophies received or ribbons on the wall, but by the gifts they receive on their path to personal fulfillment.*

Sky Gymnastics USAIGC Team Training Content

There are four fundamental areas of development, which need to be addressed during training: Strength, Flexibility, Skills, Discipline.

- (1) Strength Development – Strength development at the beginning, or compulsory level, focuses on building a base on which to build as the gymnast advances. Sit-ups, push-ups, pull-ups, running and so on are used to achieve this goal. While it may appear that the gymnasts simply repeat these basic exercises over and over again through the course of the year, in fact there are subtle and at times not so subtle variations in the performance of these exercises. Technique may be changed or improved, the number of repetitions change, resistance is altered, the range of motion is increased, and the athlete is continually challenged to complete his/her assignment.
- (2) Flexibility Development – Flexibility development is also critical to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.
- (3) Skill Development – Skill development falls into two distinct, but related categories: Basics and New Skills. Basics are like the ABC's of gymnastics. The gymnast uses these ABC's to compose their gymnastics sequences and routines. If any of these basic building blocks are missing, or defective, the entire performance is weakened. These basic skills, the building blocks of the sport, must be continually refined in order to permit the gymnast and his/her coaches to continually improve their performance. This is why we continually review and drill the basics.
- (4) Discipline – Just like strength, flexibility and skill development, discipline plays an integral role when training. Training requires discipline from both the coaches and athletes. The coaches must be constantly keeping all athletes focused and training hard, in order to allow them to continually improve their performance. Gymnasts must also keep themselves disciplined by forcing themselves to train harder when they get discouraged and keep focused when they get excited. Without discipline, the strength, flexibility and skills do not come.

Please Note: The 2019-2020 USAIGC Rules & Policies have not yet been released. Any information regarding USAIGC levels, qualification scores, skill requirements, etc., are subject to change when the new rules come out. All headings will an * are subject to change based on the 19-20 USAIGC Rules.

USAIGC Competitive Program*

All of our competitive team gymnasts are members and compete under the rules of the United States Association of Independent Gymnastics Clubs (USAIGC). Please check out their website to learn more information www.usaigc.com. The Competitive Levels are designated as follows: Copper 1, Copper 2, Bronze, Diamond, Silver, Gold, Platinum and Premier. Sky Gymnasts will have the opportunity to compete in a minimum of 3 competitions each school year, and all gymnasts will have the opportunity to compete in local meets. The gymnasts must meet certain requirements to qualify for States, Regionals & Worlds. Qualifying requirements and descriptions of the levels are in the next part of the Handbook.

USAIGC Program at Sky Gymnastics – How Does It Work??*

Copper 1; Copper 2; Bronze; Diamond Score Qualifier– Each of these Competitive Levels has routines that are choreographed by the Sky Gymnastics Coaching Staff. Each gymnast at these levels will perform the same routine as the other Sky gymnasts from the same level. The coaches may modify some of the skills in the routines to highlight the gymnast's strengths. It is our choice as a gym to have our gymnasts perform the same choreography. You will see other gyms that choose to have each gymnast have their own routines.

Diamond, Silver, Gold, Platinum & Premier – Each Competitive Level has requirements that must be fulfilled. The gymnasts at these levels will have their own individual routines choreographed to fulfill the requirements.

Descriptions of USAIGC Levels*

Sky Gymnastics may mandate skill requirements for each level above and beyond what USAIGC requires. This helps ensure the gymnasts will be successful at competitions, especially for the States/Regional/Worlds competitions the gymnasts may choose to attend.

Copper 1 – This is the beginning level of competition at Sky Gymnastics, and is the level that gymnasts will move to after completing Pre-Team. *(The only exception would be if a gymnast was in Girls Premier before pre-team, then they may start in a higher level based on their skill level and the Coaches discretion.)* All Gymnasts at this level will compete the same routine that is choreographed by Sky Gymnastics Staff (what we call the “Green” Copper Routine). The gymnasts compete their vault onto a stack of mats and stay only on one bar for their bar routine. They have short beam and floor routines. Gymnasts in this level will have the opportunity to compete in Local Competitions & at the State Championships.

Copper 2 – This is also an entry level of competition. All Gymnasts at this level will compete one of two routines that are choreographed by Sky Gymnastics Staff (what we call either the “Green” or “Purple” Copper Routine). The gymnasts compete their vault over a stack of mats and stay only on one bar for their bar routine. They have short beam and floor routines. After a gymnast competes as a Copper 1, they must move to Copper 2 the next competitive season. Gymnasts in this level will have the opportunity to compete in Local Competitions & at the State Championships.

Bronze – This is a beginner/intermediate level. All Gymnasts at this level will compete the same routine that is choreographed by Sky Gymnastics Staff (Bronze Routines). The coaches may modify some skills in the routine to highlight each gymnast's strengths. The gymnasts will now compete their vault of the Vault Table. They will also use both the low and high bars for their bar routine. The gymnast's routines on beam and floor will be longer. Gymnasts in this level will have the opportunity to compete in Local Competitions, State Championships & Regional Championships.

Diamond – Diamond gymnasts have the same Vault & Bars requirements as Bronze, but they are also permitted to do extra skills on beam and floor. These gymnasts are permitted to do one or both of the following skills - 1) Acro skill on beam (Round-off or Back Handspring) & 2) Salto on Floor (Back Tuck). There are two ways a gymnast can compete in the Diamond Level. They can be a Diamond Score Qualifier or a Diamond. Please read the difference between these two Diamond designations. Regardless of how a gymnast reaches the Diamond Level, these gymnasts will compete at the Diamond level at competitions and will be in the same division for awards. Gymnasts in this level will have the opportunity to compete in Local Competitions, State Championships, Regional Championships & World Championships.

Diamond Score Qualifier – Gymnasts who are at the Bronze Level and score a 36.4 AA are required by USAIGC to move to Diamond. If a Sky gymnast is a Diamond Score Qualifier, they will continue to compete their Bronze routines and will be able to add in the permitted Diamond skills into their Bronze routine. They will only be allowed to add in the extra skills if they are able to be performed safely and will enhance their current Bronze routine.

Silver – This is an intermediate/Advanced level. A gymnast will get their own routines meeting specific requirements outlined by USAIGC and Sky. The difficulty of the requirements will also increase. Sky is requiring gymnasts in this level to not only have the USAIGC requirements, but the Sky's extra requirements. The extra requirements are 1) Two different “B” level bar skills, 2) 2-skill beam dismount 3) Layout on floor 4) Front pass with a salto on floor. These extra requirements are put in place to ensure the gymnast can be successful at the States/Regionals/Worlds level. Gymnasts in this level will have the opportunity to compete in Local Competitions, State Championship, Regional Championship & World Competitions.

Gold – This is an intermediate/advanced optional level. The gymnast will have their own routines and are allowed to do more difficult skills. The gymnast’s individual vault will determine the start value. Sky is requiring gymnasts to be able to perform a twisting or flipping vault. It will be up to the Coaches discretion if a gymnast competes that vault at competition based on the safety of the gymnast. Along with their requirements on bars, beam & floor they have the opportunity to gain bonus (maximum - 1 tenth). Gymnasts in this level will have the opportunity to compete in Local Competitions, State Championship, Regional Championship & World Championships.

Platinum – This is an advanced level. The gymnast will have their own routines and are allowed to compete any skills with no restrictions. The gymnast’s individual vault will determine the start value. Along with their requirements on bars, beam & floor they have the opportunity to gain bonus (maximum - 3 tenths). Gymnasts in this level will have the opportunity to compete in Local Competitions, State Championships, Regional Championships & World Competitions.

Premier – This is the highest level in the USAIGC program. This level has their own routines and follows the NCAA rules to prepare the gymnasts to compete in college. Gymnasts in this level will have the opportunity to compete in Local Competitions, State Championships, Regional Championships & World Competitions.

Team Placement and Mobility between Levels at Sky Gymnastics*

Our coaches determine the placement of athletes on our team based on their skill level. The gymnast will stay at the same level for the whole competitive season. Gymnasts need to have all of the skills mastered for the next level in order to move up. (*Moving from Copper 1 to Copper 2 is an exception, as well as gymnasts moving from Bronze to Diamond Score Qualifier.) Mastery of a skill is determined by doing the skill by themselves on competition equipment.

The mission of Sky Gymnastics Team is to develop healthy and confident gymnasts. One way in which we can help meet this goal is to place the gymnasts at the level where they can be most successful. This means that every gymnast must be able to perform the skills and routines required at a given level comfortably. The skills should not be beyond their ability level.

We would like to remind all of our parents and gymnasts that Gymnastics is not the same as school. In school, children move up a grade per year and that is seen as a sign of success. However, that does not apply to gymnastics. Gymnasts should **NOT** expect to move up one level per year. Sometimes it can take multiple years to master new skills. With that, gymnasts may compete the same level for multiple years (while continuing to work on mastering the next level skills). Again, the coaches determine the placement of athletes on our team.

As the gymnasts move through the levels, especially Silver and up, there are requirements that can be fulfilled using different skills. The amplitude and execution of the skills will be considered by the coach when determining mobility (Please understand – a gymnast performing the bare minimum skills with poor execution and/or amplitude could result in a disappointing competitive season. Our goal as a gym is to put our gymnasts at a level where they feel successful and confident in their gymnastics. This may mean staying at their current level for multiple seasons while they are working on the execution and/or amplitude of the next level skills). At some levels Sky requires more than the bare minimum set by USAIGC to move to the next level. This is to ensure our gymnasts can be successful on the States/Regionals/Worlds levels.

With the season ending late in the school year (May for Copper 1, 2 and Bronze, and the end of June for Diamond & Up), the gymnasts have until the end of September (September 30th) to try and master their skills for the next level. In order for your gymnast to move to the next level, they must have ALL of the skills mastered for that level. You will need to see your gymnast’s coach to find out which level you should be registering her for as we get closer to September.

There will be 2 opportunities to move to the next level group:

- If your gymnast has **ALL** of the skills for the next level by August 19th, you will then register her for the next level for September. If she does not have all of her skills by that date, you will register her for her current level for September. If she gets **ALL** of her skills (by the end of the summer session) to move to the next level, we will transfer her to the new level and adjust any fees as appropriate.
- If your gymnast gets **ALL** her skills for the next level during September, she can move up to the next level group on Oct 1. (If this happens after we have charged cards for Oct tuition, we will transfer her to the new level and adjust any fees as appropriate).

How will we know if our gymnast has all of their skills?

Over the summer, each gymnast will have a skill card with the required skills for each event listed. The gymnast will have to successfully perform the required skills at 3 different workouts. The coaches will record the date each time they successfully perform the skill. When they have 3 dates on their skill card, it is then considered that they “have completed that skill” Once the skill card is complete, the gymnast will know that she is ready to move up. Please feel free to check in with your coach to check on your gymnast’s progress.

Copper Mobility – Copper 1 is the beginning level of competition. All Copper 1’s will perform our “Green” routines that were choreographed by Sky Gymnastics on each event. Copper is different than the other levels because once a gymnast competes in Copper 1, the following year they must move up to Copper 2 regardless of their skill level. This is a rule that comes from USAIGC not from Sky Gymnastics. Once a gymnast moves to Copper 2, the gymnasts will be performing either our “Green” routine or “Purple” routine. The “Purple” routines are slightly more advanced Copper routines. The

coaches determine what routine a gymnast will compete based on their skill level. A gymnast **MUST** have **ALL** of the skills for the “Purple” routine in order to compete that routine. What routine a gymnast competes depends on their skills on each particular event. For example – A gymnast may compete the green routine on Bars, but the purple routines on Vault, Beam and Floor. This is the only level that a gymnast can switch routines mid-year. For example – if the same gymnast from above gets all of her skills for the purple routine on bars mid-year, she will be able to perform the purple bars routine at the next competition.

Diamond Score Qualifier Mobility – A Bronze gymnast that scores a 36.4 is required by USAIGC to move the Diamond Level. This is a rule that comes from USAIGC, not Sky Gymnastics. If a Sky gymnast is a Diamond Score Qualifier, they will continue to compete their Bronze routines and will be permitted to add in the permitted skills into their Bronze routine. They will only be allowed to add in the permitted skills if they are able to be performed safely and will enhance their current Bronze routine. It will be the Coach’s discretion if a gymnast adds in a permitted skill. If a gymnast is a Diamond Score Qualifier that will automatically put her as a Diamond for the following season regardless if she has one or both of the permitted skills.

Recommended Training Days

All Copper 1, Copper 2, Bronze, Diamond, Silver gymnasts must attend a minimum of 2 days per week during the school year. Gold and above gymnasts must attend a minimum of 3 days per week during the school year. For gymnasts in Bronze Level and higher we **strongly** recommend training more than the minimum 2 days per week. This is especially true for Silver and up gymnasts. By adding the additional workouts, the gymnast can potentially learn and improve at a faster rate. Gymnastics is a sport of repetition, and the more repetition the better. By working out just one extra day per week, the gymnast will train approximately 100 hours more during the year when compared to the gymnast who just attends the minimum. This is especially true for gymnasts who are looking to move to the next level. It is very difficult for gymnasts to move to the next level, if their attendance is sporadic. It is almost impossible to move up to the next level if the gymnast does not attend the summer session.

USAIGC Event Specializing*

At Sky, gymnasts leveled Diamond and higher will have the opportunity to “Event Specialize” on up to two events at the next level, provided they meet the following criteria:

1. Mastery of the skills for that level on the desired event
2. Diamond gymnasts must have already competed in at least one competitive season as a Diamond to be eligible to event specialize.
3. Routine choreography for the desired event for the next level (there may be additional fees associated with this choreography)
4. Payment of meet entry fees for both the all-around and event(s) that the gymnasts participate in.
5. In order to event specialize at the next level, gymnasts must also compete all-around at their current level.

USAIGC Qualification Scores*

Local to State Championships Qualification Requirements – To qualify to the State Championships Copper, Bronze, Diamond, Silver & Gold gymnasts must attend a minimum of 3 USAIGC local competitions. Platinum & Premier gymnasts must attend a minimum of 2 USAIGC local competitions. The qualification score must be achieved at least once.

States to Regionals Championships Qualification Requirements – Gymnast must compete in the State Championships to qualify to the Regional Championships. Gymnasts must achieve the qualification score listed in the table below at the State Championships to qualify to the Regional Championships.

States/Regionals to World Championships Qualification Requirements – Gymnast must compete in the State or Regional Championships to qualify to the World Championships. Gymnasts must achieve the qualification score listed in the table below at the State Championships or Regional Championships to qualify to the World Championships. Only gymnasts at Diamond, Silver, Gold, Platinum and Premier from Sky Gymnastics will be eligible to qualify/compete at Worlds.

<u>Level</u>	<u>Local to State</u>	<u>States to Regionals</u>	<u>States/Regionals to Worlds</u>
Copper 1	28.5 AA	29.5 AA	N/A
Copper 2	30.0 AA	31.0 AA	32.0 AA
Bronze	32.0 AA	33.0 AA	34.0 AA
Diamond	33.5 AA	34.0 AA	34.5 AA
Silver	31.5 AA	32.5 AA	33.5 AA
Gold	31.0 AA	32.0 AA	33.0 AA
Platinum	31.0 AA	31.0 AA	33.0 AA
Premier	32.0 AA	32.0 AA	33.0 AA

Financial Commitment

Please visit the “Fees, Info and Policies” for general Sky policies not specifically for team. We do our best to let our families know all of the fees associated with being a part of our competitive team. We understand competitive gymnastics is a big financial commitment and we like to give our families an estimate of all of the fees associated with being on team so you can plan accordingly. We know that this list can be overwhelming at first, but we like you to know everything that goes along with team so there are no surprises later on.

Mandatory Fees for Team Members	Cost	Due Date	Explanation
Summer Session Tuition Broken into Two Payments – Gymnasts must register for the entire Summer Session & the summer session tuition will not be changed/pro-rated in any way.	Varies by level – See website for fee.	6/20/20 & 7/20/20 Card on File will be charged.	Tuition is broken into two payments and will include gym time, coaching, team administration and supplies. There are no prorated fees due to missed/cancelled practices (including vacations, days missed when coaches are out of town for competitions, holidays or scheduled gym closings). Sky Gymnastics may also cancel team workouts for competitions, clinics, in-house competitions, special events or team outings. There are no make-ups or discounts for these days off. *Summer Tuition – Gymnasts are not required to attend practices in the summer, but it is STRONGLY encouraged! Summer is the time when gymnasts get more time to work on new skills. <u>Some Meet registrations may occur in the summer. If your gymnast is not registered in the summer, they will miss registering for those meets in the upcoming season.</u>
USAIGC Membership Fee	Posted on USAIGC Website.	August	The USAIGC membership fee allows your gymnasts to attend USAIGC competitions. This registration and fee must be paid in order for your gymnasts to participate on our team. You will receive an email with instructions on how to register your gymnast with USAIGC in August.
Annual Membership Fee	\$35	8/20/19 Card on File will be charged	The Annual Membership fee helps cover the administrative cost incurred in running the programs we offer. This is a family fee and covers everyone in your immediate family.
Academic Session Monthly Fee (September – June)	Varies by level – See website for fee.	8/20/19 - 5/20/20 Card on File will be charged	Tuition is collected monthly. The Monthly Team Tuition will include gym time, coaching, team administration and supplies. There are no prorated fees due to missed/cancelled practices (including vacations, days missed when coaches are out of town for competitions, holidays or scheduled gym closings). Sky Gymnastics may also cancel team workouts for competitions, clinics, in-house competitions, special events or team outings. There are no make-ups or discounts for these days off. Academic Monthly Tuition – Gymnasts MUST attend a minimum of two days per week. (Three days minimum for Gold and beyond.)
Competitive Attire	Full Attire - \$295 Leotard – \$160 Warmup Jacket - \$100 Warmup Pants - \$35	9/20/19 Card on File will be charged for items needed	Team members will be required to purchase and wear a Competition Leotard & Warm-up to every competition. We will be changing leotards and warm-up style approximately every 2 years. Every gymnast must order a new leotard and warmup for the 2019- 2020 season. Attire sizing/ordering will take place in September/October. <u>Our competitive attire are special order items. Parents will be in charge of picking the sizes and signing off on them.</u> Once the competitive attire is ordered there are no returns, refunds or exchanges.
Choreography Camp (Copper 1, Copper 2 & Bronze only)	<u>\$20</u>	October or November	Copper and Bronze Gymnasts are required to attend the Mandatory “Choreography Camp.” During this camp, your gymnast will learn their floor routine along with all of the other gymnasts at her level. The Choreography Camp will be held in the fall. Gymnasts who are repeating a level must attend the camp as a “refresher” and to learn any changes. (Some years the routine/music might change altogether.)
Beam & Floor Choreography Fee (Diamond, Silver, Gold, Platinum & Premier only)	\$150 Floor/\$75 Beam	TBD	USAIGC gymnasts will need their own floor and beam routines choreographed. Your head coach will work with you to set this up. Your head coach may or may not be the person choreographing your gymnast’s routine. It may be another coach on staff or an outside choreographer contracted by Sky Gymnastics. The gymnasts will arrange a time with their head coach and/or choreographer to learn their routines. The costs are \$150 for the floor routine and/or \$75 for the beam routine. There is also a fee for the music. Gymnasts should change routines approximately every 2 years.
General Coaches Fee	\$200/year	5/19/20 Card on File will be charged	This fee will be charged to the card on file on 5/19/20 to cover the costs associated with sending Sky Coaches to competitive meets throughout the competitive season.
Mid-Year Join Fee	\$150	Due at the time of registration	If a gymnast registers for team after 10/19/19 there will be a \$150 mid-year join fee assessed. This fee covers the extra administration required to register for USAIGC, Competitive Attire ordering, etc.

Financial Commitment – Continued

Competition Fees (These fees will vary based on the actual competitions a gymnast attends.)	Cost	Date	Explanation
Meet Entry Fee	Varies Approx. \$75-\$175 per meet	Spread throughout the school year	You will receive meet information via email. If your gymnast wishes to attend that competition the meet entry fee (cash or check only) will be due by the deadline given. Each meet has a different fee, which is designated by the host gym. Your gymnast will not be able to attend the competition if the entry fee is not paid by the deadline, or is late. There will be NO refunds after the competition deadline for any reason including injury, illness or bad weather.
Team Entry	\$15/meet	After meet entry deadline	Competitions that offer a team award usually have an additional Team Entry fee above the meet fee. Based on the number of gymnasts attending, if your gymnast's level qualifies for a team award you will have the Team Fee added to your meet entry fee. This fee is mandatory if there are enough gymnasts to qualify as a team. This fee will be capped at \$15 per competition.
Team Admin	\$10/meet	At time of meet entry fee	This fee covers the administration of registering the gymnasts for competitions.
AllGymnastics.com Fee	Included in Meet Entry Fee Above	-	This fee covers the 3% fee for using AllGymnastics.com for meet registrations. Allgymnastics.com is the mandatory registration website for all USAIGC Competitions.
Regionals Coaches Fee	\$100	At time of Regionals Meet Entry	Regionals comes with the higher cost of coaches' travel expenses for this meet (mileage, long hotel stay and coaches time). We will be assessing a Regional Coaches Fee. Along with your Regionals Entry Fee, there will be a \$100 Regionals Coaches Fee due at the time of meet registration.
Worlds Coaches Fee	\$250	At time of Worlds Meet Entry	Worlds comes with higher cost of coaches' travel expenses for this meets (mileage, airfare, rental car, long hotel stay and coaches time). We will be assessing a Worlds Coaches Fee. Along with your Worlds Entry Fee there will be a \$250 Worlds Coaches Fee, due at the time of meet registration.

Non-Mandatory Fees	Cost	Date	Explanation
Team Practice Leotard	\$50	9/20/19 Card on File will be charged if item is ordered	Gymnasts have the opportunity to order a team practice leotard. This leotard is different every competition season. This leotard can be worn to regular practices, special events and finals at Worlds. The fee for this will be due at the same time as competitive attire and can only be ordered at that time.
Gym Bag	\$60	9/20/19 Card on File will be charged if item is ordered	Gymnasts have the opportunity to order a gym bag with the Sky Gymnastics logo on it. The fee for this gym bag will be due at the same time as competitive attire and can only be ordered at that time.
Private Lessons	Depends on Duration	Anytime	Private lessons are available. The fee for privates is based on the duration of the lesson, and range from 30 minutes to 1 hour. Group Team Private Lessons are also available. If you are interested in private lessons please see the front office. Team Gymnasts are only be permitted to do a maximum of one (1 hour) Private Lesson during weeks where we have regular practice schedules.
Skill Clinics	Varies	Anytime	Gymnasts will occasionally get invited to attend a skills clinic. These events are optional and gymnasts are not required to attend.

Team Guidelines

Expectations of Athletes

The way you act in the gym is a reflection of your respect for yourself, for teammates, and for Sky Gymnastics. Only the highest standard of behavior will be acceptable. The following actions show respect and are expected of a Sky Gymnastics Team member:

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 biker shorts), hair pulled back, jewelry off, gum in the trash can, and ready to go!
3. Diamond, Silver, Gold, Platinum and Premier Gymnasts must have a copy of their music at all times.
4. If grips are worn, we recommend having 2 pairs in case one breaks.
5. Practice will begin promptly at designated times and gymnasts must be ready to perform at that time.
6. Treat other gymnasts with respect, and be kind to those gymnasts younger than you. Everyone has strengths and weaknesses and if you have not found them yet, you WILL.
7. Only concern yourself with things that YOU can control, which are YOUR ATTITUDE, YOUR EFFORT YOUR GYMNASTICS!
8. 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!
9. Ask permission to leave the gym. This applies to going to the restroom, getting a drink, or talking to parents. The main reason is so that your coaches always know where you are.
10. 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.
11. Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.
12. 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.
13. Always wait inside the facility for your ride. Gymnasts are not permitted 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 Team member's parents:

1. A gymnast's parents are an instrumental contributor to her success and happiness. Tuition and fees must be paid on time and a commitment to transport your gymnast to and from workouts and competitions 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. 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.
4. We 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.
5. We feel that communication with the parents of our team members should be open and flowing. We email all important team information
6. 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.
7. If you have a problem or concern, please speak to the coach. Complaining to other parents cannot solve your problem, nor can we solve them if we do not know about them. Please save yourself the time and aggravation and come to us.
8. Be encouraging and positive to your child. Be careful of comparisons, because each child is an individual with different talents and capabilities.
9. Please be on time to pick your gymnast up after practice.
10. Please familiarize yourself and your gymnast with the Team Handbook. It is important that the parent and gymnast understands the rules and policies of the competitive team.
11. Should you need to speak with the gym or your child's coaches you must use the main Sky Gymnastics email or phone number. **Do not call/text coaches on their personal cell phones or email them personally.** The office will pass on your message and the coach will reach out to you. If you need to get a message to your gymnast during practice, please talk to the office staff and they will relay the message.

12. Stay informed by checking your email daily! We email ALL team specific information and meet information. You can also check out our website, www.skygymnastics.com, and our Facebook page at www.facebook.com/SkyGymnasticsLLC for general gym news. When in doubt – ask your coach!

Attendance

We encourage gymnasts to be at every practice. The coaching staff understands there will be occasional conflicts with practice times such as school events, school work, special events, family vacations and sickness. Please see below for our Team Make-Up Policy.

Our Team Make-Up Policy keeps our gymnasts on track with their competitive goals by maintaining their skills, focus, strength and flexibility when unforeseen circumstances arise.

If a gymnast does not attend practice the week of a competition, it is the coach's discretion to change/take out elements or scratch her from a particular event. If this is done, it is solely to try and ensure the gymnast's safety. There will be no refunds of the entry fee if a gymnast gets scratched from an event.

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. 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.
- Team Make-Up Policy – Team Make-ups may only be done in Girls Premier Gymnastics Classes
- 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 closings 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.
- 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. 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.

Extended Time off Policies and Procedures

If a gymnast decides to take the summer off, before they are allowed to register for team, they are required 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 perform the necessary skills, they may be placed in a lower level group or the pre-team group. **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 time off during the school year, they may or may not be able to return to Team immediately. The Head Team Coach will determine the appropriate time for them to return. This could be based on many factors such as group size, space in the gym, meet timing, etc. It could be during the season, or the gymnast may have to wait until the summer session. 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 perform the necessary skills, they may be placed in a lower level group

Injury Policy and Procedures

Unfortunately, injuries are a part of any competitive sport. Our number one goal is to teach good gymnastics based on sound fundamentals in the safest environment possible. However, injuries can happen anytime a person involves motion, speed and height.

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 a gymnast becomes injured outside of the gym, your gymnast's coaches need to be kept informed of information from their doctor and any rehabilitation process.

Injured gymnasts, if possible, are to continue attending all scheduled practices. It is necessary for competitive athletes to continue their strength, flexibility and limited training without the affected injured body part. Please understand that for every week a gymnast is out of practice, an average of 2 ½ weeks are needed for the gymnast to regain flexibility, strength and skills. Gymnasts may only attend partial practices while healing from an injury. Your gymnast's coaches will inform you how long a gymnast should stay at practice.

Monthly fees will not be altered due to an injury if the gymnast plans to remain on the team after the injury is rehabilitated. This includes if a gymnast is only attending partial practice. If your gymnast is injured and cannot attend a competition, you must submit a written Dr.'s note before the meet entry deadline has passed. Once a meet entry deadline has passed there will be no refunds, even with a Dr.'s note.

Rips and Grips

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 (i.e. Neosporin, or 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.

Gymnasts moving up into USAIGC Bronze level should start wearing dowel grips. Gymnasts should always have 2 pairs of grips broken in. The gymnast will also need to have wristbands to go under their grips. The gymnasts should alternate between the pairs for each bar workout. It is the gymnasts and parents' job to check and make sure the grips have no rips, tears or the leather is too thin. Grips should be replaced every 6-12 months. Gymnasts should also be re-sized periodically. Please make sure your gymnast is checking their grips periodically, they can be dangerous if they are worn out. Gymnasts should not wear a used pair of grips or borrow another gymnast's grips. This can be dangerous!

Parents are in charge of ordering their own gymnasts grips. Go to www.ten-o.com and go under "Grips". We recommend either Pixie Grips w/ Buckles (for very small gymnasts under 9 years of age) or 501 Blues Buckle Uneven Bar Dowel Grips. You can find a sizing chart on the website. Please remember to order 2 pairs. Gymnasts will also need wristbands to go under the grips (you can get these on the website) If you have any questions, please see your gymnasts' coach.

Social Media

The use of social media is now a normal part of our life and it is used for entertainment, communication and self-expression. In addition to protecting Sky Gymnastics gymnasts, staff and officials, parents have the responsibility to maintain a positive image of our gym. This extends to the use of social media publications (especially Facebook) and YouTube. The following guidelines refer to any posts, photographs, videos, status update and any other item that can be published on social media which directly, or indirectly, mentions or directs attention to Sky Gymnastics. If any of these guidelines are broken by a gymnast or parent, they gymnast may be asked to leave our program:

- We encourage gymnasts and parents to include Sky Gymnastics in the title of any posts/videos of practice and/or competition, and "tag" Sky Gymnastics if possible. Our Sky Family is our best advertisement!
- Gymnasts and parents are not allowed to create a Facebook page/Instagram/Snapchat etc. in the gym's likeness. Accounts must not look like it is an official Sky Gymnastics page.
- Gymnasts and parents should avoid posting any remarks, photographs or videos that could be disparaging, embarrassing or damaging to our club, our gymnasts, our staff, or volunteers on any social media site.
- Gymnasts and parents should avoid posting remarks, photographs or videos that could be disparaging to another gymnastics club, its members, coaches or officials. This includes commenting or posting negatively about a competition. Gymnasts and parents should inform Sky Gymnastics if at any point they notice these guidelines being broken.

Gym Communications

Sky Gymnastics believes that communication is the key to any successful athletic training program. We will work very hard to get important information out to you in a timely and consistent manner. We utilize email as our primary mode of communication with our Sky team family. It is absolutely critical that you stay current on what is happening within our competitive program. We email all our competition information, so please pay careful attention to make sure you are reading all communication. It is your responsibility to check your email for the most updated information including meeting times, volunteer info, meet information, etc. Please make sure you have a current email on file. If there is a change in your contact info/email, please let the gym know as soon as possible.

Official Gym Contact Information

Office Phone: 607-739-7080, Official Email: Info@SkyGymnastics.com, Official Website: www.SkyGymnastics.com

General Sky Policies and Procedures

Please see our website under Info, Policies & FAQ for Sky Gymnastics general policies not specifically team related. This includes, but is not limited to, payment policy, withdrawal policy, weather policy and important dates/gym closings.

Team Events

Not only are we a team, but we are a family. Along with the normal training and competition we like to host fun events throughout the school year for our gymnasts. These include our Team Season Kickoff Party and our Holiday Party.

Team Season Kickoff Party – This fun event is usually held in September, and is a great way to kick off our competition season. This is a fun event where gymnasts get to work on skills, work with different coaches from the gym, team bonding, learn fun team dances, etc. We like to start our season off with this event to help get the kids excited for the upcoming season with their team!

Holiday Party – The week before Christmas we like to host a Team Holiday Party, as a way to celebrate the end of the year.

Parents Events

We know that as parents you love your children and want to support them in all of their endeavors. We also know you are all very busy. With that we try to make it easy and only ask for our parents support once a year:

- **Mandatory Team Parents Meeting** – This is usually held in conjunction with our Team Season Kickoff Party. This meeting reviews our current team handbook, meet schedules and everything involved with being on our Competitive Team. We require at least one representative from each family attend.

Policies Regarding Other Clubs

Remember that Sky Gymnastics is a member of the larger gymnastics' family, and we must be committed to having a positive reputation at all times. With this reputation in mind we have the following policies regarding how we interact with other Gymnastics Clubs.

1. Gymnasts are not allowed to participate in any classes, practices, private lessons or open gym times at other gymnastics clubs while they are members of our USAIGC competitive team. Gymnasts may be asked to leave our USAIGC competitive team if this policy is not strictly followed.
2. Gymnasts and parents are not allowed to post any remarks, photos, or videos that could be disparaging or embarrassing to another gymnastics club, its members, coaches or officials.
3. Parents are not allowed to contact a host club (email, phone, Facebook, website, etc.) for ANY reason. This includes, but is not limited to asking about entering their gymnast into a meet, meet schedule, scores, inquiring about awards, etc. If you have any questions, please contact Sky or your gymnast's coaches and we will gladly get you the answer.
4. Gymnasts and parents are not allowed to post/email any negative remarks regarding competitions at other gyms. This includes remarks about scoring, spectator area, fees, etc. If you have any feedback you would like to share regarding a competition we attend, please contact Sky directly.

Disciplinary Actions & Program Expulsion

The rules and policies, which govern the gymnasts and their parents, have been outlined here and in other sections of the Handbook. In the event that there is an ongoing pattern of disruption, or there are major rule infractions, it may become necessary to impose some disciplinary action in an attempt to improve the situation.

The list and the procedures noted below are not intended to be all-inclusive. They are presented as an expression of our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our gymnasts and gym parents as individuals and will seek to impose the most effective disciplinary actions based on each unique set of circumstances.

Examples of Disciplinary Actions

1. The gymnast may not be permitted to rotate with his/her group at the designated time. He/She will have to stay and finish his/her work or repeat the entire assignment on a particular piece of equipment.
2. The gymnast may be asked to sit and watch.
3. The gymnast may be given appropriate conditioning to perform which will help focus attention, and build strength to accomplish the task at hand.
4. The gymnast may be asked to leave the gym and go home early.
5. The coach may request a meeting with the parent.
6. The gymnast may be suspended from the team for one or more days or may be scratched from a competition. Please note that if the gymnast is suspended from a competition due to poor attendance, a poor work ethic or negative attitude (or for any other reason) the entry fee is nonrefundable.
7. The gymnast may be asked to leave the program if we cannot get him/her to conform their behavior to the expectations of the team, coach, or the gym.

The first three items on the above list are fairly common and we will not generally communicate these disciplinary actions to the parent of the gymnast. The development of the coach/gymnast relationship is paramount. We cannot and will not run to the parents every time we have a problem. We will attempt to build our own relationships with our athletes. Those relationships are built on time shared, ups and downs that are part of all-important ventures. The downs include discipline problems and we will attempt to solve them within the framework of building a relationship.

The fifth item on the list, requesting a conference, signifies a need to work outside the coach and athlete relationship. In this instance, we need your help to overcome a challenge that is too much for us to accomplish on our own. It does not necessarily mean that we are confronted with a serious problem. It only means that we need your help.

The final two items on the list are reserved for the most serious violations of our rules and policies. They are seldom used. They are reserved primarily for times when there is an ongoing problem with disruption and disrespect within the gym that has proven resistant to improvement. We will not let the bad attitude of one gymnast bring down the spirit and work ethic of an entire group.

Actions or Inactions of Parents

It is also possible that a gymnast will have to leave our program because of the actions or inaction of their parent(s). While we never want to punish a child for the actions of the parent(s), we will not tolerate parents who by their words and actions do not support the policies and values of our team program.

Competition Stuff

Sky Gymnastics Team philosophy is that the coaches, the gym, the parents, and the gymnasts are all part of the team. Please remember gymnasts and parents alike, the gym is noted by judges, coaches and other gym parents for many things. Appearance, behavior, manners, etc. and especially the way the gymnasts conduct themselves at all times. Sportsmanship is important in this sport both from the gymnasts and parents. We try our best to give a tentative meet schedule in September/October for the upcoming school year. (In gymnastics Competitions and Meets are the same thing and we use the word interchangeably.)

Competition Schedule & Entry into Competitions

At the beginning of the school year (September/October), a tentative meet schedule will be handed out with Meet dates and locations. Meets may be added, changed or canceled at any time.

- Families will have the option to select what competitions they attend.
- Please note that USAIGC still requires the gymnasts to register and attend 3 competitions in order to be eligible for States, Regionals and Worlds.
- Sky reserves the right to cancel a competition by level, based on the number of gymnasts registered. If we decide to cancel a competition because of low registration, we will let everyone know & your meet fee will be refunded.
- Each Competition has a different Entry Fee, which is designated by the host gym. Along with the fees that are designated by the host gym, there is also the Sky Team Administration Fee, and the www.AllGymnastics.com fee. (Allgymnastics.com is the mandatory registration website for all USAIGC Competitions.). The meet entry fee includes all of these items.
- Regional Championships – Bronze, Diamond, Silver, Gold & Platinum Gymnasts are eligible to enter this Competition, if qualified. The Meet Entry Fee and Coaches Fee will be charged to the card on file.
- World Championships – Diamond, Silver, Gold & Platinum Gymnasts are eligible to enter this Competition, if

- qualified. The Meet Entry Fee and Coaches Fee will be charged to the card on file.
- There will be NO refunds of Meet Entry Fees for any reason, including but not limited to sickness, scheduling issues, etc.

Competition Information

Meets are usually held during the weekend with an occasional meet on Fridays. (With the exception of Worlds – which can be on a weekday). We are not informed of the exact day/time for each meet until 1-2 weeks before the competition. The gymnastics club hosting the meet sets the final meet schedule. When we receive the information from the host club, we will email you the meet information, along with specific days/times, hotel names and the meet address. Parents are NOT allowed to call the host gym or their coaching staff. We will send out the information as soon as we receive it. Occasionally clubs will post a competition schedule online – please do not go by that schedule. We get sent the most up to date information, and we will get the info out to you as soon as we receive it from the host gym.

Is There Practice on a Meet Weekend?

Depending on the meet schedule, there is a possibility that gymnasts will not have practice the weekend of a competition. Since this is a competitive team, we make the assumption that most gymnasts will attend the meets and schedule accordingly. Sky will determine if/when any practices will be cancelled, to ensure proper rest and/or travel time if a competition happens to take place on the day of a scheduled practice. Also, please remember even if your gymnast doesn't have to be at the meet, there is a possibility their coach does. There are no prorated fees due to missed/cancelled practices. This includes days missed when coaches are out of town for competitions. If your gymnast is not attending the competition, they may not have practice. There are no make-ups for this.

Parents Obligation for Meets

It is the parent's responsibility to make sure the gymnast is on time to the competition - 1/2 an hour earlier than time given. It is the responsibility of each individual gymnast's family to make and pay for travel, hotel (if needed) and meal arrangements for all competitions, clinics, and other team events unless otherwise stated by the team staff. We do encourage all of the gymnasts and their families to go out for a meal together after the competition. This promotes team bonding, unity and FUN! Admission is charged for all spectators at meets, and most of the time it is "cash only".

The Meet Takes How Long?

The average meet can take as little as three and a half hours, or as long as six hours. Most competitions run in a format similar to below:

1. **Warm-up** – Usually 15-30 minutes. This time is for general stretching and getting equipment settings specific to the gymnasts
2. **March In** – 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. This takes about ten to fifteen minutes.
3. **Competition** – The gymnasts now actually warm-up on the events and compete. They receive scores from the judges on each event. This may take approximately 2 hours to complete.
4. **Awards** – If the host club running the meet is on the ball, you may only have to wait five to ten minutes before the awards are handed out; however, it has been known to take significantly longer to get the awards ready. Once they are prepared it may take approximately half an hour to hand out awards.

Insight to Judges at a Competition

Scoring at a gymnastics competition can sometimes be difficult to figure out. Here are some pointers to remember:

- All judges are different, and gymnastics is a very subjective sport. Your gymnast's scores from meet to meet can vary greatly, even if the routine they perform is similar. It is very hard to compare scores from meet to meet since it can vary on how hard or easy the judge is, the level of other competitors and sometimes for no reason at all. It is better to focus on your gymnast's performance and if they improved.
- Copper 1, Copper 2, Bronze, Diamond & Silver routines all start from a 10.0 if a gymnast fulfills all of the requirements.
- Gold, Platinum & Premier routines have different start values. This start value depends on what skills are in your gymnast's routine. Each level has different requirements that the gymnasts must fulfill in order to get the maximum start value. Gold, Platinum & Premier can also receive bonus points.

- Once the gymnast starts their routine, judges will then take tenths away from the gymnast's start value. Examples of items that the judges can deduct for are as follows:
 - Falling
 - Stopping (if it is not supposed to in the routine)
 - Bent Arms
 - Bent Legs
 - Flexed Feet
 - Spotting
 - Not performing a skill
 These are just to name a few!
- If you have any questions on what your gymnast needs to improve on to increase her scores, talk to her coach. It is best to talk to your gymnast's coach at the gym where it will not be as hectic.

Meet Etiquette for Gymnasts

1. Arrive at the competition site ½ hour before open stretch time.
2. Find your coach as soon as you arrive.
3. Remain on the competition floor at all times during the competition.
4. The gymnast must have proper attire on, including the Sky Gymnastics Team competition leotard and warm-ups. (World Championships – Coaches will designate what gymnasts will wear during workouts and/or event finals).
5. It is the gymnast's responsibility to make sure that they have their grips in their bag, if applicable.
6. Gymnast's hair should be very neat, & styled in a bun. If makeup is worn, it should be worn in moderation. No jewelry is permitted except for very small stud earrings. No nail polish or toenail polish is permitted.
7. Behavior of Sky Gymnastics Team gymnasts should always be one that they and their coaches will be proud of. Discussions regarding your teammates, other teams, coaches, etc. should all be done with respect. Gossip and negative talk are unacceptable.
8. There is no place for crying and uncontrolled emotions during a gymnastics meet.
9. Be courteous, respectful, and polite to all meet officials, hosts and hostesses, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging the meet.
10. Remain seated at all times when not performing.
11. Stay with the team the entire competition. Once the gymnast has entered the competition area there should be no contact between the gymnast and her parents.
12. Cheer for all members of the Sky Gymnastics Team.
13. Stay for awards dressed in your Sky Gymnastics warm-ups. As a participating athlete, you MUST stay for all awards and to accept any presented to you with courtesy and gratitude. Remember that you are not just representing yourself, you are acting as a representative of Sky Gymnastics as well.
14. If the gymnast does not win an award there is no place for crying. We need our gymnasts to have good sportsmanship in winning and defeat.
15. Gymnasts are allowed to put a small healthy snack and water in their bag for competition. Please be sure to store the drink in a different pocket than with grips.

Meet Etiquette for Parents

1. Get your gymnast to the meet on time.
2. Ensure your Sky Account is current. Your child will not be able to attend competitions if there is a balance due.
3. Parents are required to make arrangements for transportation to and from the competition.
4. Parents are responsible for travel expenses to and from the meets.
5. Under competition rules the only adults allowed in the competitive area are judges, those helping run the competition, and coaches.
6. Please do not contact or talk to your gymnast or the coaches once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over, they will come and see you.
7. Please do not coach your gymnast in the gym or at meets. This is the coaches' job.
8. As you watch your gymnast, try to focus on improvement in skills, do not compare scores to other gymnasts.
9. Cheer for all members of the Sky Gymnastics Team, and feel free to cheer for fine performances turned in by the gymnasts of other teams. Please show respect for all competitors - you never know whose parents are sitting near you.
10. Take responsibility for promoting Sky Gymnastics positive reputation. Never make negative comment about other gyms, coaches, gymnasts, or judges. As a Sky Gymnastics Team parent, you also represent us and your behavior will reflect on our whole family.

11. **Under no circumstances is a parent ever to approach a judge or meet official before, during, or after a competition to comment on, complain about, or even ask about a score.**
12. Be positive at all times!! It may require extra work sometimes, but your attitude will determine your child's attitude and their success both in gymnastics and in life.
13. If you have concerns or comments about the meet, see your gymnast's coach after their next practice or email the gym. Please do not approach the coach during the competition about these comments or concerns.
14. Every gymnast must come prepared for the competition. Girls: Competition leotard, warm-up, bag, grips, hair neat & styled in a bun, no nail/toenail polish, and no jewelry.
15. Once you say goodbye to your gymnast before warm-ups, he/she is our responsibility. Please do not plan to meet or talk to your gymnast during the competition.
16. If a gymnast has a crisis during the meet and starts crying, he/she will be sent to the restrooms to compose themselves. We appreciate how hard it is to watch your child cry, but we think it is important for them to learn how to deal with setbacks during competition without parental help. Please help us help them grow, and let them learn to cope with both success and failure - do not meet them in the restroom during the meet.
17. If your gymnast gets injured at a competition, please stay in the stands. The coach will signal for you if you are needed.
18. No flash photography is permitted during a meet. The sudden flash of light could cause a gymnast to be injured. Please check your camera in advance.
19. Do not call a host gym for meet information. We will be happy to provide everything you need to know. We promise to get the information you need out to you, as soon as we receive it from the host gym. Sometimes we do not get the info until 2 weeks before the meet.
20. Do not call a host gym for a copy of the scores. Your coaches will have that information and can provide you with it after the meet.