

The Elite Gymnastics Academy Team Handbook

CONTENTS

Mission Statement	Page 3
Welcome To The Team	Page 4
Introduction	Page 5
Description of Team Levels	Page 7
Competitive Program Policies	Page 8
Financial Policies	Page 10
TEGA Booster Club	Page 11
Competitive Season Information	Page 13
Gymnast Selection Criteria for Meets	Page 15
Meet Etiquette for Gymnasts	Page 18
Meet Etiquette for Parents	Page 19
Appendix	Page 22
Gym Bag Necessities	Page 23
TEGA Emergency Contact Information	Page 24
Resolution / Clarification Form	Page 25
Glossary of Gymnastic Terms	Page 26
Parent / Gymnast Acknowledgement	Page 28
Mobility Sheets	Page 29
Meet Withdrawal Form	Page 36

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 the athlete 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 more 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!

The Elite Gymnastics Academy would like to welcome your family to our club. If you are reading this team manual it is because your daughter has already impressed us with her gymnastics talent and potential. Through this team manual we hope to give you a better insight into how our program operates and answer many of your questions.

First, and most important, this club is all about providing a fantastic gymnastics experience to all its members. We are here for the young children, many who have hopes and dreams of 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 coaches must function as a TEAM. Team for our purposes means:

Together
Everyone
Achieves
More!

You might have noticed that there is no “I” in TEAM. It does not mean that your child, as an individual or you as a parent, is not important, not at all! 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 really significant with our program.

The purpose of this team manual is to give you a better idea of what our goals are and how we operate as a TEAM called TEGA.

If, after reading this manual, you have any questions about any aspect of the program please ASK! We would be happy to answer any question you may have.

Once again, welcome to The Elite Gymnastics Academy. 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 competitive gymnastics program at The Elite Gymnastics Academy.

Competitive gymnastics is a unique sport requiring the support of the whole family in order for the gymnast to be successful. This need not be a difficult or demanding task, only one that shows each family is interested in and committed to providing their child with a positive learning experience through the competitive aspect of women's gymnastics.

You are to be congratulated because you are taking the time to think through the consequences of team membership. Many parents are so thrilled when their child is asked to be on the team they do not take the time to assess what the consequences will be on the rest of their lives.

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 the child's gymnastics experience. The father may say, *"I want her to be the best, win state championships!"* while the mother says, *"I just want her to enjoy herself"* and the gymnast says, *"I like to go to gym because my friends are there and we have a lot of fun working out."* Which goal should the coach follow? And what about the goals the coach has for the team?

Gymnastics is a specialized sport that demands many hours of hard work and dedication. In this day and age teaching children to delay gratification for the attainment of a worthy ideal is a significant challenge. Everything they see and hear on television can be absorbed and 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 in the real world takes years of hard work and dedication to achieve. Please understand if your daughter says she wants to be on a gymnastics team, or go for the gold at the Olympics, that's great, but it will take lots of hard work and dedication to make it there. It certainly will not happen overnight.

Life Changes To Keep In Mind

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

Welcome to the Team!

- You may have to rearrange your schedule so that you are available to drive your gymnast to and from practice every day (you may want to start a carpool with other team parents, check the Team Roster for others 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. (*It has been our experience that most of our athletes tend to get good grades and are better at studying because they have learned to budget their time more effectively than their peers.*)
- Time management skills will become a necessity in all areas of your child's life (*and yours*). Practice times will be set up to try to accommodate school events, etc. but please keep in mind that they may be inconvenient to family time. Every effort should be made to be present and on time every day.

The rest of this team manual will go over the various aspects of team participation. Please take the time to read this material carefully and discuss it with your family.

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

Description Of Team Levels

Developmental Team

Hot Shots - An introduction to team for children ages 4-6. Referral is made by recreational coaches and/or parental inquiry with team coach approval. This is a non-competitive level.

Preteam 1- This level is a low key, motivating environment for the up and coming gymnast. The focus is on creating a strong physical foundation for the skills necessary for competitive gymnastics. Gymnasts may be introduced to Level 4 compulsory competitive gymnastics after this stage or they may remain in the Preteam system. Athletes who are sufficiently ready to participate in the TOPs program will be invited to participate.

Preteam 2 – This level further prepares the gymnast for competitive gymnastics. While the focus remains on creating impeccable physical ability, more time is spent on skill development than in the two previous Preteam levels. From this level, athletes may progress to Level 4, Level 5, or Preteam 3. Athletes, who are sufficiently ready to participate in the TOPs program, will be invited to participate.

Levels 4, 5 & 6 – this is the compulsory competitive level. The focus is on learning how to compete while they begin training on more advanced optional skills. Gymnasts will compete at USAG Invitational meets receiving awards based on scores on each event in their age level and division.

Levels 7-10 - Advanced optional level routines are developed and choreographed individually by the coaches for each gymnast's strength, style, and difficulty level.

All Stars – Recreational Team

Compulsory Levels 4-5

The compulsory levels are progressive in nature, building upon skills acquired at the previous levels. More emphasis is placed on skill development than physical development since these gymnasts will enter the competitive arena sooner as they tend to be older, more mature and thus ready to perform safely. Competitive opportunities are provided up to and including local League Championships working mainly within the AAU sporting system.

Prep Optionals

The Prep Ops., like the optional level athletes, are gymnasts who have demonstrated a proficiency in the compulsory levels and are ready to try new skills better suited for their unique style.

COMPETITIVE PROGRAM POLICIES

One Month Trial Phase

- All incoming competitive gymnasts will be interviewed and evaluated by the coaching staff concerning acceptance and placement in the competitive program.
- After evaluation new competitive gymnasts may be able to enroll for a period of one month on a trial basis, and then be re-evaluated at the end of the month concerning final acceptance.
- Parents of potential team members will be informed of club policies and philosophies concerning the competitive program. Parents are required to join the booster club, which helps support and promote the competitive program.

Team Guidelines

1. **Gymnastics training is exclusive to this club. Gymnasts may not train at any other gym, camp, or clinic while competing and/or representing this facility without explicit consent from the management.**
2. Each gymnast is required to attend and be on time for all regularly scheduled practices. That means on the floor ready to go when practice begins and not talking or hanging around out front. If for some reason you will be late or absent you are required to call the office and notify the coaches.
3. Proper workout attire is a must at all times. A properly fitting leotard is the only acceptable workout attire. Hair should be appropriately tied so as not to interfere in any way during practice. No jewelry of any kind may be worn during the workout.
4. All gymnasts are required to bring to each workout a gym bag with the appropriate equipment as listed by the coaching staff.
5. Absolutely no food, drink, candy **or cell phone** is permitted on the workout floor. All snacks or meals must remain in the lobby area. Water bottles are the only exception to this rule.
6. Gymnasts may not leave the workout or competition floor without the expressed permission of the coaching staff.
7. Interaction between gymnast and parent (visually or verbally) during workouts or at gymnastics competitions **is not appropriate**. A distracted gymnast is a prime candidate for injury. Contact the front desk or the coach first if you need to communicate with a gymnast on the workout floor or competitive site.
8. All gymnasts are expected to maintain the best physical condition possible.

9. All injuries, no matter how small, must be promptly reported to the coach. Injured athletes are required to attend practice. They will be assigned a modified workout, keeping within doctor's restrictions.
10. No gymnast may be left at the facility unattended. When dropping off a team member please do so within a reasonable time frame. Please do not drop off any one more than ten minutes before the start of the scheduled practice and be prompt to pick them up at the conclusion.
11. Coaching technique and discipline are not subject to compromise with parents or gymnasts. 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.
12. All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition. In addition, the gymnast must be in good health and have attended every workout the week prior to any competition. Special situations should be discussed well in advance of the competition with the coach.
13. The majority of this section has focused on the gym and competition; however, the coaching staff believes that **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 is 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 any gymnastic facility. 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.**" 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 even 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 PROGRAM - FINANCIAL POLICIES

Team is a year round commitment.

1. The tuition for the competitive program is determined on a yearly basis with gym closings and holidays taken into account; however, payments may be made on a monthly schedule. If tuition is paid on a monthly basis, payment must be received in the office by the first of each month. Payments after the fifth (5th) 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 previous to the gymnast's final workout. If you choose not to notify the office you will be charged for the month following your gymnasts' 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, illnesses, 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.
2. Check the bulletin board and team mailboxes regularly to stay current with team activities. Make sure we have a valid email address and that you are set up to receive emails from us.
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 team information.

TEGA Booster Club

All members of our team, **regardless of their level and including Pre-team**, must be current members of the "Boosters Club". Membership, and ultimately participation, in the "Club" is **NOT** an option but rather a requirement. The sole purpose of the "Club" is to provide assistance in the operation, management and development of its members. The "Club" will operate 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 bylaws. The "Club" will conduct various fund-raisers, activities and events as its 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, equipment specific to the team, hosting social activities for the gymnasts and their families, awards at the end of the season, and hosting meets at TEGA.

The Booster Club conducts various fundraising activities throughout the year. ***All families are expected to participate in these activities.***

Booster Club Fees

Preteams	\$10.00 annually
Competitive Team (Level 4 and up)	\$40.00 annually

Booster Club fees should be paid in September of each competitive year.

Why should I get involved with the Booster Club?

Whether your gymnast is at a competitive level or not 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 through its efforts has created the potential for this club to have a successful gymnastics team by offsetting those costs. Whether your child is entry level or 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 and AAU competitive systems. USAG dues are \$56 per year (August 1 – July 31) and are **included with TEGA's Team Fee**. AAU fees will be collected for those athletes competing in AAU competitions as well. 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 4 and continues to Level 10.

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

TEGA Registration Form: TEGA's registration form along with its corresponding Team membership fee – currently \$120 – is also due in July of the competitive year. This fee covers your child's TEGA, USAG and AAU registration fees, if applicable. This fee also goes to off-set various certifications and fees we have to pay for our staff to attend competitions, camps, etc.

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 and/or AAU 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: For the most part each competitive season will begin with our ***Annual Elite All-Star Classic*** scheduled for mid October. Every team member and 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. Pay careful attention to the information, in particular arrival time. **Arriving late to a meet could cause your child to be disqualified from participating in that meet.** This is a safety issue as insufficient warm-up time can

cause injury and no one wants to assume that liability. It is not uncommon for host clubs to send out meet information late or make last minute changes. It is a good idea to clear the whole weekend of a meet on the chance there will be last minute changes that could conflict with your previous plans.

Meet Withdrawal Form: Per our rules and policies, written notification of your child's inability to compete in any scheduled competition must be submitted, in writing, immediately. Failure to do so will result in being entered into meets you were not intending on going thus losing your meet entry fee and being charged for all pertinent fees associated with that meet.

In most cases **meet entry fees are due months in advance** of the actual competition date and are non-refundable. Very rarely will we be able to obtain a refund, in most we will not. Therefore, knowing which meets you will not attend ahead of time will eliminate the confusion and the loss of non-refundable meet fees.

The Meet Takes How Long?

The average meet can take as little as 3 ½ hours or as long as 6 hours. Some competitions begun back in the 80's are still not finished. All right, that is an exaggeration, but I suggest that you bring reading material or some other project with you to help pass the time while at a one of your child's competitions.

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

Open Warm Up – Usually a half-hour long. This time is for general stretching and getting equipment settings specific to the gymnast.

Traditional Timed Warm Up - Every gymnast warms up on each of the apparatus. This procedure can take from an hour to an hour and a half, depending on the number of gymnasts competing.

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 – all the gymnasts line up and march in to the gym to be presented to the audience and judges. Usually the National Anthem is played. This takes about ten to fifteen minutes.

Competition – the gymnasts now actually compete and receive scores from the judges at each event. This may take an hour and a half to two hours to complete. Longer if it is an optional meet and one touch warm ups are necessary.

Awards – 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. Once they are prepared it can take from fifteen minutes to half an hour to hand out the awards. Are you sure you brought enough to read?

Gymnast Selection Criteria for Meets

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; 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 and as a result deficits in strength development occur. This makes itself known in skills requiring explosive repulsion and general endurance.

Gymnasts leaving early not only miss end of workout stretch but flexibility also suffers. Deficits in flexibility shows in split leaps and several skills that demand a wide range of dynamic movement.

Obviously, this 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 making a determination whether a gymnast in this circumstance will compete. No coach would willingly send a gymnast into a competition knowing the gymnast is 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 have perfect 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 attitude and showing respect to 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 different meanings and the training for each will differ accordingly. 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 that 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 in full months before the competition in order to prevent being closed out. Gymnasts canceling or becoming ineligible may be subject to loss of moneys already spent on entry fees and travel arrangements. (see Meet Withdrawal Form section on page 13)

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 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 everyday they walk in 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 is meet scores, the scores alone does not qualify them to move to the next level.

Meet Etiquette for Gymnasts

The following guidelines will help each gymnast make competition a fun and successful experience.

- Be friendly and use sportsmanlike conduct at all times.

Everybody has a unique way of experiencing gymnastics competition. Some people look for the fun in the experience; others 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 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? The answer is you will become more nervous and uptight because you do not know where to place your focus. During workouts and competition pay attention to the coach.

- 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 stay in their rotation group sitting quietly until the last competitor has finished. Gymnasts are **NOT** dismissed until the last athlete is done competing in the whole meet. Encourage your athlete to be respectful of the other's efforts by watching them and applauding their efforts.
- Gym bags, warm up suits, grips, and any other stuff 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. They 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. 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 95th 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 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. Even the coach is not 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 you just made a remark about*).

5. Once a gymnast has walked into the competition area for warm-up, they **ARE NOT ALLOWED** to talk or have contact with their parents until the competition is over. This has less to do with control than it does with FOCUS. Any distraction could disturb the focus necessary to have 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 calms her down. If the gymnast is too complacent, the coach pumps her up and motivates 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 off 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. **YOU MUST** remain in the spectator's area. This also includes other relatives and friends. Your child could be immediately scratched from the meet, by the meet director or her coach, if a parent is in the competitor's area.

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 changing 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 out your camera in advance. Many cameras come with an automatic flash that will go off if it detects low light levels. If you cannot manually disable this device, 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 they are receiving an award or not. 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.

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 isn't just about coming in 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 those elements that need work and congratulate her on the elements she competed correctly.

Any score she receives during a competition is no 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 contribute to her development as a competitor and as a person.

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

Appendix

Gym Bag Necessities

For Practice:

- Uneven bar grips, wrist bands, gymnastics tape and hand lotion.
- Extra leotard.
- Therabands
- Water Bottle or Sports drink
- Hair care, make-up, and personal hygiene items.
- Any vital medical braces, supports, or bandages.
- Fruit, crackers, or pretzels for snack break

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 working copy of her Optional 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 to snack on when the meet runs long.

The following are optional items the gymnast may wish to have with her during away meets:

- An extra leotard (clean).
- Hand towel (especially when its hot)
- Small first aid kit for the care of rips, scrapes, etc. ¹
- Sneakers or running shoes
- Jump rope (to facilitate stretching exercises as well as cardiovascular work and warm up drills).

¹ (Band-Aids, gauze pads, nail clippers, antibacterial spray, and soap)

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:** _____

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

Mother's First & Last Name: _____

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **Email:** _____

Father's First & Last Name: _____

Home Phone: _____ **Work Phone:** _____

Cell Number: _____ **Email:** _____

Emergency Contacts:

Name: _____ **Phone:** _____

Name: _____ **Phone:** _____

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 or legal guardian signature

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

This is only to be used if you feel a problem/conflict exists that needs our attention.

Glossary of gymnastic terms

AAU - American Athletic Union

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 (I.E. 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 round 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.

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.

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

The Elite Gymnastics Academy Level 5 Requirements

The decision to compete a gymnast will be made by the coaching staff and will be based on the following criteria: 1) 100% proficiency of required skills and routines, 2) minimum of 75% proficiency of added skills, 3) all three splits or a "real" effort to attain them, 4) attendance at practice, work ethic, and attitude while at practice.

Vault

Level 5 - Front Handspring

Additional Skills: Straight Jump onto Trainer Table with Underswing
 $\frac{3}{4}$ Front Layout to Back on Tumble Track (TT)
Front Handspring over Trainer with repulsion drill (Tap – Tap)
Front Tuck on TT

Bars

Level 5 - Kip – Front hip circle
Cast above Horizontal
Squat on tight jump to high bar
Long hang kip
Cast above Horizontal on High Bar
Back Hip Circle to underswing
2 Tap Swings to horizontal, $\frac{1}{2}$ turn dismount

Additional Skills: Cast Handstand (HS) with Help
Back Hip Circle without cast
Kip Cast to 30 degrees above horizontal, with Minimal Help
3 Swings to pull over on Single High Bar

Beam

Level 5 - **Handstand, 2 seconds hold**
 $\frac{1}{2}$ turn on one foot in forward coupe'
Scale – Arabesque
Straight leap (120 degrees)
Cartwheel
2 Pivot turns
Straight jump - split jump (120 degrees);
Cartwheel to handstand (2 seconds) to $\frac{1}{4}$ turn dismount.

Additional Skills: Large leaps (150 degrees) on LB
BWO on LB
Standing BK HSPG on floor line
Full turn on toe on LB

Floor

Level 5 - Straddle Jump (120 Degrees)
Dive Roll
Front Handspring
Split Leap (120 Degrees)
Back Extension Roll **HS**
Full Turn
Back Walkover (150 Degree Split)

Round Off Back Handspring, Back Handspring

Additional Skills: HS Snap-Down to BK HSPG Series
Front Handspring to Flyspring or Front Tuck (Shoulder Height) on TT
Front tuck onto 8" Mat

Level 6 Requirements

The decision to advance a gymnast will be made by the coaching staff and will be based on the following criteria: 1) minimum score of **36.00 all-around at 2 sanctioned events in the previous level** 2) 100% proficiency of required skills and routines, 3) minimum of 75% proficiency of added skills, 4) **split leaps to 180 degrees**, 5) attendance at practice, work ethic and attitude while at practice.

Vault

Level 6 - Front Handspring

Additional Skills: Straight Jump onto Table
Front Handspring to feet with mats Table high
Front Layout onto 8" mat
RO over Trainer Table or
RO onto board to 8" Mat

Bars

Level 6 - Kip Cast 45 Degrees above Horizontal
Clear Hip Circle to 30 Degrees above Horizontal
Cast 30 Degrees above Horizontal on High Bar
Long Hang Pullover to underswing
2 Tap Swings to a Tuck, Pike or Layout Flyaway bar height

Additional Skills: Cast to Handstand with Minimal Help
Clear Hip Circle to 3/4 Handstand, with Minimal Help
Cast Clear Pull-Over (Baby Giant)
Giants on Strap Bar
Toe Circle

Beam

Level 6 - Back walkover
Full turn on one foot in forward coupe'
Straight leap (120 degrees)
Tuck Jump - split jump (120 degrees);
Cross handstand (**2 seconds**) 1/4 turn to side handstand (**2 seconds**) to 1/4 turn dismount

Additional Skills: CW to straight jump dismount on Low Beam
Flight on Low Beam (LB) - BK HSPG, FR HSPG, RO
Standing Back Tuck on FX
HS BK HSPG on floor line

Floor

Level 6 - Straddle Jump (150 Degrees) Back Handspring
Front tuck – shoulder height
Front Handspring Step-Out Front Handspring to Two Feet
Split Leaps, Side Leap (150 Degrees)
Back extension HS
Full Turn
RO Back Handspring Back Tuck Salto

Additional Skills: Round off Back Handspring Layout Salto (Head Height) on TT
Front Tuck to CW
Front Handspring to Flyspring or Front Tuck (Shoulder Height) on TT
1 ½ Turn on Toe
Switch Leap

Level 7 Requirements

The decision to advance a gymnast will be made by the coaching staff and will be based on the following criteria: 1) minimum score of **36.00 all-around at 2 sanctioned events in the previous level**, 2) 100% proficiency of required skills and routines, 3) minimum of 75% proficiency of added skills, 4) attendance at practice, work ethic and attitude while at practice.

Vault

Level 7 - Front Handspring

Additional Skills: Round off (RO) kaboom off panel mat onto 8" mat
RO to Back over Trainer or
RO onto Board straight jump onto Pit or Trainer
RO FF onto Pit

Bars

Level 7 - Kip Cast $\frac{3}{4}$ HS
Circling element to 60 Degrees above Horizontal – Clear Hip, Giant, Stalder, Toe Circle
Cast $\frac{3}{4}$ HSTD or Clear Hip $\frac{3}{4}$ HSTD to Flyaway

Additional Skills: Cast to Handstand on Low Bar
Cast to Handstand $\frac{1}{2}$ turn with Minimal Help
Kip Cast To Handstand, with Minimal Help
Giants on Single Bar

Beam

Level 7 - Large Leap, Jump OR Hop to 180 degrees
Acro series of 2 or more elements W or W/O flight –
i.e. HS-BWO, HS FF, BWO-BWO, CW-CW, HS CW, BWO FF,
CW RO, FF FF
One element with flight – BK HSPG, RO, FR HSPG

Salto Dismount – CW or RO Back Tuck or Front Tuck
Split Jump 180

Additional Skills: BK HSPG - BK HSPG on Low/Middle Beam
RO straight jump dismount
Salto or Aerial of Choice on floor line
Switch leap on LB

Floor

Level 7 - RO Back Handspring Back Layout
FR HSPG FR Tuck, Pike of Layout, or FR Tuck FR HSPG
1 1/2 Turn on one foot
180 Split Leap, Switch Split
Straddle Jump to 180

Additional Skills: 2 Salto Pass – FR TK FR TK, RO Whip Back on TT
Front Handspring Front Layout (TT)
Working RO FF 1/1 on TT

Level 8 Requirements

The decision to advance a gymnast will be made by the coaching staff and will be based on the following criteria: 1) minimum score of **36.00 all-around at 2 sanctioned events in the previous level**, 2) 100% proficiency of required skills and routines, 3) attendance at practice, work ethic, attitude while at practice and a proven desire to advance.

Vault

Level 8 - Tsuk Tuck or Pike
Yurchenko Tuck or Pike

Additional Skills: Tsuk or Yurchenko Layout drills and with turn

Bars

Level 8 - Kip Cast HS on Low and High Bar
Giants
Clear Hip HS
Straddle back, Shoot over OR Cast HS ½ turn, Clear Hip HS ½ Turn
Flyaway from HS or Giants

Additional Skills: Working Release Skill – Shoot Over, Straddle Back, Up Hill, Pak Salto
Blind Change Drills on Single Bar, Tramp Bar
Double BK Dismount drills

Beam

Level 8 - BWO – FF, FF FF or Similar
Jump Series
Full Turn
Leap, Jump OR Hop to 180 degrees
Salto Dismount – CW Back Tuck, RO Back Tuck, FR Layout

Additional Skills: Switch Leap to 180
Turning Jump, Hop or Leap
Salto or Aerial of Choice on LB
BK HSPG – BK HSPG

Floor

Level 8 - RO FF 1/1
A Series with 2 saltos
1 ½ Turn or 2/1
FR HSPG FR Tuck, Pike or Layout to Tuck, Pike or Layout
Leap Series one with 180
Switch Leap – Straddle Jump, Pike Jump, Wolf Jump or similar

Additional Skills: Working DBL BK, 1 ½ , 2/1, FR Twisting on TT
Bonus Dance Series

Level 9 Requirements

The decision to advance a gymnast will be made by the coaching staff and will be based on the following criteria: 1) minimum score of **36.00 all-around at 2 sanctioned events in the previous level**, 2) 100% proficiency of required skills and routines, 3) **attendance at practice and a total commitment to perform at this level.**

START VALUE = 9.70 + 0.30 BONUS

Vault

Level 9 - FR HSPG Front Tuck or Pike
Tsuk Pike or Layout
Yurchenko Pike or Layout

Bars

Level 9 - Giants and with Turn
Release Skill from HB to LB: Shoot Over, Straddle Back, Pak Salto
1 skill with ½ turn or more: Cast HS ½ turn, Clear Hip HS ½ Turn
Min. of “B” Dismount – Layout ½, 1/1, DBL Back

Additional Skills: Blind Change to Front Giants
CH HS, Toe Shoot HS or Stalder HS
Training Major Release Skill – Geinger, Tkachev, etc.

Beam

Level 9 - Flight Series w/ 2 skills
Full Turn
Series of Leaps, Jumps OR Hops to 180 degrees and with turn
Switch Leap 180 plus other Jump, Hop or Leap
B Dismount or higher: FR Layout, RO Layout 1/1 or more

Additional Skills: FF BK Tuck, Pike or Layout
D Skill
Salto or Aerial of Choice on HB
Bonus Dance or Series: turning jumps or leaps

Floor

Level 9 - A Series with 2 saltos
RO FF 1 ½ to Tuck, Pike or Layout
FR HSPG Layout to Tuck, Pike or Layout and with turn
D tumbling skill
1 ½ or 2/1 Turn
Leap Series with one to 180

Additional Skills: Double Back or Pike on TT
FR HSPG Layout 1/1 or more
Bonus Dance

Level 10 Requirements

The decision to advance a gymnast will be made by the coaching staff and will be based on the following criteria: 1) minimum score of **36.00 all-around at 2 sanctioned events in the previous level**, 2) 100% proficiency of required skills and routines, 3) attendance at practice and a total commitment to perform at this level, **i.e. no extra curricular activities that directly conflict with training and competitions.**

START VALUE = 9.50 + 0.50 BONUS

Vault

Level 10 - FR HSPG Front Tuck or Pike and with turn
Tsuk Pike or Layout and with turn
Yurchenko Pike or Layout with ½ or 1/1 Turn

Bars

Level 10 - Turning Giants: Blind Change to Front Giants
Release Skill from HB to LB: Shoot Over, Straddle Back, Pak Salto,
Major Release Skill – Geinger, Tkachev, etc
CH HS, Toe Shoot HS, Stalder or Endo, Uphill to HB
Giant 1/1 Turn
C Dismount or higher: 2/1, DBL Pike or Layout, Twisting

Beam

Level 10 -
Flight Series w/ Bonus: FF FF BK Tuck, Pike or Layout
Full Turn
Salto or Aerial of Choice
Leap Series w/ bonus, one skill to 180 degrees
C Dismount or higher: RO Layout 2/1, DBL BK, FR 1/1 or more
Bonus Dance

Floor

Level 10 -
RO FF 1 ½ or 2 ½ to Salto of Choice
DBL Back or Pike
FR HSPG Layout 1/1 to FR Pike or Layout or vice versa
D/E tumbling skill
2/1 Turn
Leap or Dance Series w/ Bonus

THE ELITE GYMNASTICS ACADEMY
30500 CARTER STREET
SOLON, OH 44139
440-498-1770

MEET WITHDRAWAL FORM

Per our rules and policies, written notification of your child's inability to compete in any scheduled competition must be submitted, in writing, immediately. Failure to do so will result in being entered into meets you were not intending on going thus losing your entry fee and being charged for all pertinent fees associated with that meet.

In most cases *meet entry fees are due months in advance* of the actual meet date and are non-refundable. Very rarely we may be able to obtain a refund, in most we will not. Therefore, knowing which meets you will not attend ahead of time will eliminate the confusion and the loss of non-refundable meet fees.

GYMNAST'S NAME: _____
TEAM LEVEL: _____

MY DAUGHTER CANNOT COMPETE IN THE FOLLOWING MEET(S):

<u>NAME OF MEET:</u>	<u>DATE OF MEET:</u>
_____	_____
_____	_____
_____	_____
_____	_____

PARENT'S SIGNATURE: _____

DATE OF NOTIFICATION: _____

Please turn this form in to the Front Desk as soon as possible to avoid being entered into a meet you cannot attend (keep a copy for your records). Turning this form in DOES NOT guarantee you will not be entered into a meet unless it is done in a timely manner.