

Gym-Kinetics

Girls Team

Handbook

# Welcome To the Gym-Kinetics Girls Gymnastics Team

Congratulations on making our team! You should feel as proud as we do on your accomplishments made to become a Gym-Kinetics team member. Through this manual we hope to give you a better understanding of:

1. How our team works.
2. Responsibilities of the team member.
3. Parent responsibilities.
4. Practice guidelines.
5. Competition guidelines and expectations.
6. Financial responsibilities.
7. Booster club obligations.

If you have any questions after reading this manual, please ask a Gym-Kinetics coach or a member of our management staff.

## Mission Statement

The goal at Gym-Kinetics Gymnastic School is to develop each gymnast's potential individually in a safe, progressive, positive atmosphere. Additionally, through the sport of gymnastics, we will help each gymnast develop a greater work ethic, confidence and a positive self image.

## Team Philosophy

Our goal as your coaches is to provide the best instruction available in the industry and to insure that every team member will train and compete at a level that they will feel success and gratification in a fun safe environment. Furthermore, the competitive staff at Gym-Kinetics will provide a team atmosphere both in the gym and at competitions while still looking at each gymnast individually.

# Introduction

This team handbook is designed to answer and explain the rules and policies for the competitive gymnastic program at Gym-Kinetics Gymnastic School.

Competitive gymnastics is unlike any other sport that you may have previously participated in prior to your acceptance to our team. To be competitive in the sport of gymnastics you must be:

1. Committed to the sport year round
2. Flexible with scheduling during the competitive season
3. Attend practices throughout the year
4. Display the ability to work well with and trust our coaching staff

Our job will be to provide you and your gymnast with the necessary information and instruction that will help your daughter reach her gymnastic potential.

## What Changes to everyday life can you expect?

\*At the lower levels, the number of practice hours is relatively low. As your gymnast moves up in competitive level the practice hours and days will increase.

\*Scheduling transportation to and from the gym, insuring that the gymnast will be on time for workout and picked up promptly. Practice times will be kept consistent during the school year however slight changes might be made to make the practices more efficient. You must be flexible with scheduling for summer workout times.

\*Homework will have to be done much more efficiently and with better study habits due to shorter periods of time available. Most of our gymnasts are among the top in their class because they have learned to budget their time and become more efficient students.

\*Time management skills will become necessary to continue with normal life outside the gym. The staff will understand and accept a missed practice from time to time due to family and school obligations however, every effort should be made to be present and on time to all scheduled practices.

\* Each year we will have many of our gymnasts that are 13 years and younger participate in religious education classes. We will do our best to have the fall schedules published with enough time to schedule religious education classes. If your religious education classes are scheduled during workout times no adjustments in tuition will be made.

## Description of Team Levels

Developmental Team, Stars Program.

Each year the Gym-Kinetics coaching staff will choose approximately 12 bronze, 12 silver and 12 gold star participants for our developmental program. These gymnasts will participate in the stars program for about one year preparing for the following years competitive season.

\*Bronze Stars. This is step one in the stars program. These participants have been chosen for our developmental team based on skill criteria, potential to grow through our competitive program and ability to take instruction in a positive manner. Ages for this program will range between 5 and 10 years. Once the bronze skills are mastered the gymnast will be moved to the silver group.

\*Silver Stars. This is step 2 in the stars program. The gymnasts in this level will have achieved a specific skill criteria and have displayed the ability to progress, correct and understand the program adjustments and tasks that have been presented to them.

\*Gold Stars. This is the final step in the stars program. Our gold star participants will have achieved a specific skill criteria to pass through the bronze and silver levels. The gymnasts in this level will begin preparing for competition for the upcoming season by constructing routines and mastering skills that will make them successful level competitors.

\*Levels 4, 5, and 6 are compulsory levels in which all participants at a given level will perform the exact same routines. Our compulsory gymnasts will compete at USAG sanction competitions 6 to 8 times per year. During that time if the gymnast achieves a state qualifying score they will be invited to the Illinois State Champion meet. Awards at these competitions will vary but are based on age divisions and ranked by score.

The compulsory levels are progressive in nature, building upon skills acquired at the previous level and developing strong basics which will provide the tools to become successful at the optional level.

Mobility requirements for levels 4, 5 & 6: Gym-Kinetics has specific requirements to move from one level to the next. Our standards for level mobility are often higher than other programs that you may have previously experienced or heard about. It has been our experience over the last 25 years that if we follow the correct progressions at the early competitive stages that we will produce better gymnasts at the higher levels. To move from one level to the next, a specific score minimum must be achieved during the competitive season and the individual must be able to perform the major elements of the next level consistently. Gym-Kinetics has a testing procedure to be performed by any compulsory gymnasts that will be moving up in competitive level. Once the gymnast achieves the required score and has mastered the required skills for the next level they will be asked by

the coaching staff to schedule a time for testing. At the testing the gymnast will be asked to perform skills related to the level that they are testing for. If all of the skills performed are done consistently and to requirement the gymnast will then be moved to the next level.

The score requirements listed below must be achieved in order to be considered to be moved to the next level.

Level 4	35.50 All Around twice.
Level 5	35.00 All Around twice.
Level 6	35.00 All Around twice or 36.00 once.
Level 7	35.50 All Around twice or 36.00 once.

\* Levels 7, 8, 9 &10 are beginner through advanced optional levels. Routines are developed and choreographed individually by the coaches for each gymnast's strengths, style and difficulty level.

Mobility for the optional levels are based on achieving the skills that will make for a successful gymnast at that level.

## Team Guidelines

1. All team members must attend scheduled workouts regularly and on time. In the event that you will be late or missing a scheduled workout you must call the office so the coaching staff will be informed. Missing workouts regularly may result in removal from the team.
2. Each gymnast must come to practices prepared for their workout. Leotards are the only acceptable workout attire. Hair should be neatly put up, no gum, and no jewelry. Any workout equipment needed for practices should be neatly stored in the cubbies provided in the gym.
3. Gym-Kinetics reserves the right to cancel workout (with notice) due to the lack of available staff. This generally will only happen during competition season when the coaches may be at meets. There will be no rate adjustments for cancelled workouts.
4. Proper athlete conduct at workouts and competitions. The Gym-Kinetics coaching staff expects to be treated with respect from all of our team members. If a team member is disrespectful to any staff member or teammate she may be removed from the gym and not allowed back until a meeting with that gymnast's parent occurs. At meets the gymnast is expected to be on their best behavior. If we have a gymnast that is emotionally unstable at workout or at a meet she may be asked to leave. Disrespectful conduct or bad sportsmanship will also result in removal from a meet or practice.
5. Gymnasts must have permission to leave the gym during practice and also to leave the competition floor during a meet.
6. Interaction between the gymnast and the parent (visually or verbally) during workouts or meets is not tolerated.
7. No parents are allowed in the gym for any reason. If you need to speak to a coach that is in the gym you must have another staff member go into the gym to ask if that coach is available. You may leave a message in the office if you need to schedule a meeting with any coach.
8. Parents conduct at workouts or competitions: Your role at meets is to cheer and encourage your daughter and her teammate's period! Any unsportsmanlike conduct will result in the removal of your daughter from that meet. During workouts please do not disturb our coaches. If you need to speak to a coach please leave a message at the office to have a meeting scheduled. Do not approach a coach during competitions unless asked to do so. For no reason should you approach a judge before, during or after a competition.
9. Rumors! Listen to them if you wish. If you have a question ask a Gym-Kinetics staff member that is qualified to answer. If you ask another parent you may get an answer that may or may not be factual. Start or spread rumors that are negative to our program and you may be asked to leave our team.

10. Drop off and pick up. Please do not drop off your daughter more than 10 or 15 minutes before scheduled workout times and be prompt when picking up after.

## Parent Commitment

1. Make sure your daughter attends scheduled practices meets and special functions on time.
2. Communicate with the coaching staff alerting them of any problems that may arise inside or outside of the gym that may affect a safe workout or competition.
3. Check bulletin board, team mail box, email and the team blog to keep current with team news and activities.
4. Keep positive, trust our staff.
5. Membership in the booster club is mandatory.

## Tuition and Fees

1. The tuition for our stars program and for our competitive team program is based on a calendar year. The hours for a year have been calculated with gym closings, holidays and meets taken into consideration and broken down into monthly payments. All new team members must be on an auto debit system (credit card on file or bank draft) which is charged on the 1<sup>st</sup> of each month. Credit cards which are declined or bank drafts that are denied will incur any return fees charged to Gym-Kinetics. Any payments made after the 5<sup>th</sup> of the month will be charged a \$20.00 late fee. Any gymnast who carries a balance over to the following month will not be permitted to participate in any gymnastic activities.
2. Notice of intent to cancel enrollment: If any gymnast chooses to exit the program we must have a written intent to cancel prior to the 1<sup>st</sup> of the month. No refunds for tuition or fees paid will be refunded without proper notification or once tuition is paid.
3. Gym-Kinetics does adjust tuition for summer vacations of a week or more. You must request an adjustment in writing to the office prior to the 1<sup>st</sup> of the month. No rate adjustments will be made after tuition is paid.
4. If tuition or booster club fees are not current you will not be entered into upcoming meets. If the entry had already been sent and your account is not current, the gymnast will be scratched from that meet.
5. There are no make ups for missed work outs.

# Booster Club

1. All team members are required to participate in the Gym-Kinetics team Booster Club.
2. The Booster Club and Gym-Kinetics are independently operated but support each other (not financially).
3. The Booster Club officers will outline all club fees.
4. Meet expenses for coaches (gas, mileage, food, lodging, and session fees) are shared by all team members and paid by the Booster Club.
5. The Booster Club and Gym-Kinetics communicate closely together to make sure our participants are current with tuition and club fees. To be entered into competitions or participate in special events you must be current with tuition and club fees.

## Competitive Season Information

1. All team members are required to attend and will automatically be entered into all scheduled meets. We do understand that school obligations and some family functions will prevent you from occasionally participating in a scheduled meet. In the event that you are unable to compete in a scheduled meet you must submit in writing to the office a request to be kept off the official entry. (Deadlines will be posted on the girl's team board and the girl's team website.) If the official meet entry is sent with your daughter's name on it you will be responsible for any meet fees, no refunds for any reason.
2. Meet entries and deadlines will be posted on the girl's team board and on our girl's team website ([gymkineticsgirlsteam.org](http://gymkineticsgirlsteam.org)). If you are late turning in fees to the booster club your daughter's name will be left off team entry forms. We will not send in late entries for anybody who hasn't made an effort to pay their team fees on time. If tuition is not current at the time that the entries are sent your daughter's name will be left off those entries. If an entry had been sent with your daughter's name on it and your tuition or booster club fees become delinquent your daughter will be scratched from any meets until your account becomes current.
3. All meet info will be posted on the team board and the team website. An address of the meet location and session times will be provided. If you have trouble with obtaining directions to the meet site please contact a staff member several days prior to that meet.
4. If your daughter arrives late to a competition it will be left up to the coaches whether or



not to allow her to compete. Arriving late may put added stress on the gymnast which could increase the risk of injury not to mention inadequate warm up time.

5. Parents are at meets for support purposes only. Any coaching, disruptions or distractions by parents during competitions will not be tolerated.

6. All team members must enter the meet site in full team issued warm up attire. Hair must be neatly put up, no gum, no jewelry and no nail polish. If you have not entered the meet site with your leotard on please allow yourself enough time to change into it!

7. What if I do not see my daughter competing on one or more events during a competition? This usually means that the gymnast most likely did not warm up the necessary skills to perform her routine safely. Do not approach the coach until after the meet.

8. All team members are required to stay for the entire awards presentation or until 100% of our team's awards has been presented.

9. Injuries at a competition. If your daughter sustains an injury please do not run out onto the competition floor. By doing so you may cause another injury. This could also result in voiding of the meet sanction which then could disqualify the injured gymnast from any medical benefits. If your daughter is injured at a meet our coaching staff will alert you if it is necessary for you to come onto the competition floor. Please wait to be escorted to your daughter. If we do not feel that it is necessary for you to come onto the competition floor we will give you the thumbs up confirming that your daughter is ok.

10. USAG fee's. Gym-Kinetics Gymnastics teams compete in the USAG competitive system. The USAG membership dues are \$49.00 per year (August 1<sup>st</sup>- July 31<sup>st</sup>) These fees are paid by the booster club and deducted from your account.

# Do's and Don'ts

1. Do ask the coaches questions.  
Don't ask another parent your question.
2. Don't coach from the lobby.  
Do ask a coach if there is something you can do to help.
3. Don't assume that your daughter is ready to do skills that another is currently doing.  
Do ask a coach when she may be ready.
4. Do leave messages at the registration desk for any of our coaches.  
Do not enter the gym for any reason unless you have been asked to by a staff member.
5. Do not feel it necessary to pass on information to others for this usually gets mixed up in translation.  
Do inform other that its best to ask a coach their question.
6. Do cheer on your daughter and her teammates at competitions.  
Do not coach from the stands.
7. Do drop off your daughter on time and prepared for work out.  
Do not arrive late when picking up from work out.
8. Do not spread rumors.  
Do tell those who do, not to.
9. Do not show up to a meet with fees unpaid, you may be there just to cheer on teammates.  
Do ask if you are not certain if you have been entered into a competition.

I \_\_\_\_\_ have read and understand the content in this Gym-Kinetics Girls Team Manual.

I have explained the necessary topics to my daughter \_\_\_\_\_ who is a level \_\_\_\_\_ and she also understands the rules and policies set by Gym-Kinetics Girls Team.

Parent Signature \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_