



# **WGV Gymnastics**

## **Team Handbook**

### **2020-2021 SEASON**

# Welcome to WGV Gymnastics

## 2020-2021 SEASON

### Introduction

Welcome to the WGV Gymnastics Girls Competitive Team! At WGVG each gymnast is a champion. Our goal is to give each child the same quality instruction, regardless of their ability. We believe that gymnastics is a tool to help kids grow into happy, responsible, independent adults. Your child will not only develop physically, but will learn motivation, self-discipline, determination, time management, teamwork, poise, grace, care and leadership. These are skills that they will take with them throughout all of life's endeavors. We believe in the competitive spirit; however it must be learned, developed and nurtured.

With competition comes measurement of results. At WGVG that competitive spirit is welcome. It is not measured by the scores, but by becoming the best you can be and achieving your personal goals. At WGVG our mission is to treat each gymnast as an individual and to help them grow as a person as well as a gymnast.

This handbook was developed to help you understand the expectations of being a team member as both a parent and a child. **It won't answer all the questions, but we will try.** The key to any successful team is cooperation and communication. Most of all we are a family. We at WGVG look forward to working with you and hope to have a lot of fun along the way.

#### Team Rule- (Parent Observation Times) – Please take note:

*We will follow through with this rule about observing the kids practices.*

**You must drop off your child for practice and stay no longer than 30 minutes to see that all is okay. You may come and observe 30 minutes before the end of practice, when you pick up your child.** If you stay longer or come earlier we assume that your child needs to go home early and will send your child home with you!

## Team Structure

USA Gymnastics is located in Indianapolis, Indiana and is the governing body of all gymnastics in the United States. There are 11 levels to USAG Women's program. Each Summer Olympic year, the USAG reviews and produces new optional rules. Compulsory routines are reviewed and reconstructed every eight years.

Level 4-5: Compulsory levels. USAG pre-choreographed routines and series of skills that each competitor must perform. This level competes up to the State Championships.

Level 6-7: This is considered the first step in optional competition. Optional routines are performed with some required skills. The floor music will be passed down from previous routines choreographed. The new routines are given to the girls at the team director's discretion. Beam routines will be choreographed by the coaches or a choreographer. This level competes up to State/Regional Championships.

Level 8: Optional Competition continues at this level, adding more difficult skills and requirements as produced by the USAG. This level competes in States as well as the Regional Championships. Qualification to Regionals' is determined by the USAG board. The number of gymnasts who qualify changes every year. **Brand new floor routines are choreographed with select choreographers. Outside choreographer fee, hotel-air-travel-food is also split by all receiving routines.**

Level 9: The next level of competition, difficulty requirements and expectations are harder than that of level 8. These girls have the opportunity to qualify for State Regional and Eastern national Championships in 16 age groups. At Regional's the top 6 in each age group will advance to Nationals. The age is determined by the number of gymnasts in each age group from all the regions in the US distributed one week after States. **Brand new floor routines are choreographed with select choreographers. Outside choreographer fee, hotel-air-travel-food is also split by all receiving routines.**

Level 10: This is the highest level in USAG Junior Olympic program. These girls have the opportunity to qualify for States, Regional's and Nationals. Athletes who place in the top 4 all-around at nationals will be considered Junior National Team members. At Regional's the top 7 athletes in each age group advance to Nationals. Age groups are determined one week after states.

Elite: This is the top level in gymnastics. Less than 1% of all the athletes in the USAG will compete at this level. Gymnasts compete in Regional, National and International competitions. It asks for total commitment and dedication, many training hours, lots of travel as well as high costs. **Brand new floor routines are choreographed with select choreographers. Outside choreographer fee, hotel-air-travel-food is also split by all receiving routines.**

**Tops:** This is not a competitive level in gymnastics. It is a program that runs alongside the USAG Olympic Program with the goal to identify and train recognized young (ages 7-11) talented athletes at a faster rate. The objective for USAG is to identify these athletes and measure them for physical ability testing and skill testing at the national level. **To join is through invitation only!**

## Gymnast Guidelines

The following actions show respect and are expected of all WGVG Gymnast Team members:

1. **Attend all practices, competitions, expos, clinics and special events, regardless.**
2. Call the gym if you cannot attend a workout or the team director. No make-ups allowed.
3. **Be punctual**...Arrive on time and be in workout attire, hair up, no loose clothing, 5 minutes prior to start time and stay until practice is over.
4. **Be happy**...Come into the gym with a good attitude every day.
5. **Respect** your teammates in and outside the gym; treat each other the way you would want to be treated. Always act in a way that shows respect for yourself, your teammates and your coaches. We want the gym to be a happy and motivating place for all.
6. **Be patient** with yourself and others; **everyone excels at a different rate**. Do not compare! Everyone is an individual. Be supportive of your teammates.
7. Ask permission from your coach to leave the gym floor. This applies to leaving early, going to the restroom, getting something from your bag etc. The main reason is so that your coaches always know where you are and that you are safe.
8. **HONESTY! Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, your teammates, and most important to yourself.** If you cannot or will not complete an assignment, be honest about it.
9. **Be healthy**...eat and sleep well. Wear clean leotards every day. Wash your wristbands frequently. Tell your coaches when your body is telling you to stop and slow down. If you are sick injured or on medication we need to know. Inform each coach on every event and repeat it.
10. When injured you are still required to come to practice. This is of upmost importance to maintain strength and flexibility. If participation is cleared from the doctor to do skills without use of the injured limb it helps keep the feel of the skills. No tuition reduction will be given for injuries (season contract).
11. Provide your body with proper food and drink at all times. Maintain a healthy weight; this is appropriate for the sport of gymnastics and a proper balance of your body. Being overweight or underweight will put you at risk of injury.
12. **Always wait inside the gym for your ride.** Be sure that your parents always know what time your workout starts and is over. Drop off/pick up is inside the gym and mandatory.
13. **The coaches determine your level. Levels are just numbers. Remember, being at a higher level does not make you a better gymnast....Executing skills more precisely makes you a better gymnast.**
14. Hair should be cut short, up and neat at start of and throughout the practice. Hairclips or hair bands are required if hair is not in order. Athletic tape is not free and can be bought through the office for \$5.00. Your grip bag should have a zip-loc bag with RipBalm, Band-Aids and tape in it. A small towel to dry your hands after you wash your hands is recommended. Please have deodorant in your bag as well and re-apply frequently.
15. Social media is not the place to post negative things about other teammates, WGVG, its staff and inappropriate pictures. Talk to the team director if there are concerns. Inappropriate postings will lead to immediate dismissal of the team program. Athletes please do not befriend WGVG employees. And please, college bound athletes, understand that future schools look at your pages and postings. Make smart decisions before you post anything.

## Gymnast Competition Guidelines

*Competition is a reward for all the hard work you have put in at practice. It should be a fun experience for everyone. It is your opportunity to show that you have learned and experience team and individual satisfaction.*

- Be on time. Arrive at competition 15 minutes prior to the scheduled stretch time.
- Arrive with a good attitude! Show good sportsmanship for all gymnasts in the competition. Cheer on your teammates as well as your competitors. You will make lifelong friends during your tenure in this sport by doing so. If you see a skill or routine that you like, let them know.
- WGVG Gymnastics Team leotard must be worn.
- Hair must be tied back in a short pony tail or braided and a matching scrunchie must be worn.
- All jewelry must be removed except for a single pair of post earrings (one in each ear) or a deduction is taken.
- Contact the coach immediately upon arrival to the competition.
- No gymnast is allowed to leave the competition floor for any reason unless given permission from the coach.
- Be courteous, respectful, and polite to all judges, officials, meet directors, host clubs competitors and coaches. The only time you should approach a judge is to thank them for hosting or judging a meet and at the start of the event to present to the judge.
- Only gymnasts competing in the event are allowed to be on the competitive floor (USAG rule).
- Away meets: when you are traveling to a meet you are representing WGVG. You must behave appropriately inside and outside the arena. No yelling or playing around in the hallways in hotels or the coaches will send you home, scratched from the competition and all coaches fees will be paid in full. No refunds.
- You are not to swim or sit in the hot tub, or be out in the sun the day before a meet. This includes Theme parks. It could prevent you from doing your best in competition.
- REST before competition. Get a good night sleep the night before. Curfew is 9:00pm for 8:00am meet; 10pm for 11:00 am meet.
- Gymnasts should stay at their last event until the last athlete has finished the competition.
- Gymnasts are expected to stay for awards and always wear their team uniform for the ceremony with good sportsmanship and attitude. Jackets must be zipped, no t-shirts showing. Barefoot, clean socks or athletic flip flops.
- Strive to do your routines/skills to the best of your ability. Scores are not always indicative of your best performance. Concentrate on achieving your goals, for example, if you are performing a new skill in competitions for the first time, and did it...You won that day!
- Accept your scores with dignity and without comment or criticism. You cannot control the scores you get, nor can you control the scores of the other gymnasts. You can only control what you do. You are

not permitted to look at your scores! So don't signal parents, tell your teammate or daughter till after the meet!

- There is no place for crying, disrespect and uncontrolled emotions on the floor. It affects your performances and those of your teammates. This type of behavior will not be tolerated and could result in being scratched from the meet without any restitution of fees.
- Parents, when you are in the audience, please be respectful. Keep your opinions of our gym, other gyms and gymnasts to yourself. You never know who is listening.
- "Good Luck and Have Fun!"

## WHAT TO BRING TO COMPETITION

- Team leotard
- Team Warm-up suit
- White wrist bands and wrist guards (white or tan)
- Grips and a spare set of grips
- Athletic tape and pre wrap (tan/white), Rip Balm, Band-Aids, in a zip-lock bag
- Team scrunchie
- Hair spray/gel/glitter in different zip-lock bag
- Hair clips and brush (hair should be out of the eyes: mandatory)
- Socks, flip flops or athletic shoes
- Deodorant and wet naps to clean up after bars
- Floor music on iPod or mp3 player (parents should have a backup on their phone)
- Lip balm, cough drops and necessary medicine
- Feminine care products
- Water bottle that locks and does not leak
- Light Snacks (fruit, crackers, vegetables, etc....**No candy!**)
- Towel to dry off hands after washing up
- Do NOT bring cell phones onto the competition floor (USAG rule)

**(Keep all products that can spill in separate zip-lock or water tight bags.)**

**BIG SMILE, GOALS AND A POSITIVE ATTITUDE!**

## WGV Gymnastics Parents Guidelines

*Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gymnast or of the coaches. It is also every bit difficult. That is why we welcome your presence at every team function, and at every competition. We try to be very family friendly and oriented. We want your input and your support, because we want your child to succeed.*

### **Here is what you can do to help your daughter achieve her dreams:**

1. Team Contract: At the beginning of each season (end of June) you will receive a contract which outlines tuition, medical forms, insurance and obligations as a team member. Read it carefully. No gymnast will be allowed in the gym unless this paperwork is filled out by (Aug 1<sup>st</sup>).
2. Tuition is due on the first of each month and a credit card must be on file with the gym. If not paid by the 7<sup>th</sup> your credit card will be charged automatically and a late fee will be applied.
3. USAG Membership: each competitive gymnast must pay a membership fee to USAG. Look for an email in August from USAG asking you to sign up and pay your membership. All other registrations for meets will be done by the gym.
4. Team Uniform: You are responsible to purchase warm-up suit, team leotards & all related team apparel.
5. Meet Fees: Must be paid prior to competition by our gym deadline or your child will not compete. We try to give you a 2 week notice when fees are due (to the best ability) however they are all posted on our team website. You must e-mail the team director and team registrar at [wgvabc@gmail.com](mailto:wgvabc@gmail.com) that your daughter will not be competing prior to the due date. Please call or text the team director only for emergencies. Respect privacy.
6. Schedule for meet fee payments will be listed on your meet schedule.
7. Meet Schedule: A schedule is listed on [wgvabc.com](http://wgvabc.com). Although we try to adhere to this schedule, it is tentative and meets could be added or deleted throughout the year. You are expected to attend all meets.
8. Invitational Meets: These meets are team competitions as well as individual. Each team member is required and expected to participate in these competitions, unless otherwise specified. When traveling several hours to a competition, it is recommended that you stay overnight before your competition. Out-of-State invitational meets will also be scheduled. We urge you to participate at these meets to prepare for future acknowledgements.
9. Transportation: you are responsible for providing transportation to and from meets. We encourage car-pooling with other team members. If there is a problem getting to a competition or practice please try to make alternative transportation arrangements.
10. Please make sure your daughter is on-time to competition and practice 15 minutes prior to check-in/stretch time. It is upsetting to coaches and it creates unnecessary anxiety for your child in an already intense situation.
11. Call the office or email the team director if your child can not attend a workout (for important reasons). Do not call or text the team director. There are no make-ups or discounts on tuition!
12. Sit together, cheer respectfully loud and often for all the members of our team, and for any good performances that you see.
13. Never ever speak in a negative way about our club, our gym, another club, coach, judge or gymnast as this leads to dismissal from the gym. I hear everything and the judges never forget a face and will look for what child



goes to you. Do not say anything, especially to our children. Be good supportive parents and not a complainer or pretend to be a gymnastics expert.

**14. Never ever call the host gym for competition times or complaints! Instant removal from team!**

**15. Under no circumstances should a parent approach a judge, host or meet official before or after competition to comment on, complain about, or even ask about a score or anything else. Instant removal from team!**

Contact the team director after the competition about concerns!

16. Please do not talk to your gymnast once they are on the competitive floor. We want the gymnast to focus all their energy on the competition with as few distractions as possible.

17. Under USAG rules, only USAG professional members, judges and people assigned to assist with the competition are allowed on the competitive floor. Parents must never come on the competitive floor.

18. Please do not coach your child. When a parent tries to coach their child they actually interfere with the very performance they are trying to improve. Please let the coaches do their jobs in the gym and on the competition floor. In addition to causing confusion for the child as to whom they should listen to, it also interferes with the development of the coach/athlete-bond which is critical to any long term success in the sport. Of course you may ask reasonable questions after competition so you can set up a meeting with the team director for this.

19. A gymnast can see negative frowns on their parents' faces in the stands. SMILE no matter what! Coaches will work with your child the next practice on anything that happened during the meet.

20. Eligibility for competition and travel:

- a. Gymnasts must be current on all gym tuition and Booster Club meet fee obligations and accounts.
- b. A gymnast may not be sent to competition if they have not mastered all the skills required. We would never want to put a gymnast in a situation in which they do not feel confident or could get hurt.
- c. Attendance-missed practices can mean missed competitive opportunities with loss of all fees paid. Mandatory immaculate attendance 2 weeks prior to competition. (Illness/injury are reviewed)
- d. Attend all team meetings!

21. In case of injury, tuition is still due in full. Gymnasts are expected to come to work out to do conditioning and flexibility and if cleared by the physician minimal other activities. Total incapacitation is the only exception. Doctor's notes are required.

22. Athletic tape is not free and can be bought through the office for \$5.00. Please supply your own Rip Balm and Band-Aids for rips. Tan tape can be bought through the office as well for taping of ankles and other body parts that are visible during competition at the cost of \$5.00. We prefer this in competition over white (visible) tape (not applicable for under bar grips).

**Please take note:**

*We will follow through with the rule about observing the kids practices.*

**You must drop off your child for practice and stay no longer than 30 minutes to see that all is okay. You may come and observe 30 minutes before the end of practice, when you pick up your child.** If you stay longer or come earlier we assume that your child needs to go home early and will send your child home with you!

*Also, don't forget, we are the experts – you are the parent. If you step in our area, our jobs are done. We hope you let US coach your child. We definitely don't want to be in YOUR parenting shoes.*