

# **Finger Lakes Gymnastics USA Gymnastics Competitive Team Handbook**



## **Introduction to the Finger Lakes Gymnastics USAG Team**

**Welcome To The Team!!**

Finger Lakes Gymnastics would like to welcome your family to our USAG Competition Team. If you are reading this team handbook then your laughter has already impressed us with her gymnastics talent and potential. Through this team handbook, we hope to give you more insight into how our USAG Competitive program operates and answer many of your questions.

First, and most important, providing a fantastic gymnastics experience is what this club is about. We are here for the young athletes, many who have hopes and dreams of being the best they can be in life and in the sport of gymnastics. We are here to support them in that dream.

To make that dream come alive the gymnast, parents and coaches must function as a TEAM.

After reading this manual, if you have any questions about the program, please ASK!

### **Finger Lakes Gymnastics Philosophy**

Gymnastics is inherently a competitive sport and we are a competitive gymnastics team. We measure our success and progress by how we portray ourselves and execute during practice and the competition floor. During all workouts and competitions we strive for excellence. While winning is not the most important, trying to win represents much of what we strive for. Trying to win means the gymnasts train hard and strive for perfection during every practice. It also means that the gymnast respects all of their coaches and teammates. Gymnasts trying to win will overcome fear and keep a positive attitude through every obstacle. Trying to win is an attitude that must be displayed by EVERY Finger Lakes Gymnastics Team Member.

### **Competitive Gymnastics \_ What Does It Mean?**

Before joining Finger Lakes Gymnastics USAG Competitive Team, please take the time to think through the consequences of having a gymnast on a competitive team. 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

We believe that gymnastics teaches life skills along with the greatest overall body conditioning your child could be involved in. Properly taught gymnastics teaches, self-motivation, self-discipline, pride, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for others, poise and grace.

However, competitive gymnastics is a unique sport requiring the backing and support of the family for any gymnast to be successful. Therefore, when making the selection for team gymnasts we also evaluate the parents. We ask "Can they make a commitment to the program?" This should not be a difficult or demanding task, only one that shows each family is interested in and committed to providing their child with a learning experience through the competitive aspect of women's gymnastics.

### **Selection For Team**

Initial placement and subsequent advancement from one team level to the next will be determined by the Finger Lakes Gymnastics Coaching staff. Where possible, objective measures of learning potential will be used. However subjective predictors such as courage, commitment, desire, coachability and integrity will also be considered.

**Keep in mind that team participation is by invitation only. Remaining on team is also by invitation only and is dependant upon the athlete and parent's attitude, behavior, athlete work habits, and coach ability. Each May team athletes will receive the new Team Handbook as an invitation for the next year's competitive season.**

### **Life Changes To Keep In Mind**

Familiarizing yourself with this information will prepare you for the future as your child develops her gymnastics proficiency and competitive success.

- \* At the lower team levels, the number of hours of practice per week is relatively small. As your daughter progresses up the competitive ladder, the hours and days of workout will continue to grow.
- \* You will have to change your schedule to the extent that you are available to drive your gymnast to and from practice. (Carpooling with other Team Parents is always a good idea!)
  - \* There will be gymnastics meets that consume a number of weekends during the competitive season.
- \* 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 students who are involved in our USAG Competitive Team Program tend to have good grades and are better at studying because they have learned to budget their time more effectively than their peers.)*

- \* Times management skills will become a necessity in all areas of your gymnast's life (*and yours*). Your daughter will have less time at home and less time to spend with friends outside the sphere of gymnastics influence.

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 can grow and become a part of your child for life!!!!

### **Safety**

Gymnastics is inherently a very dangerous sport. This fact combined with the high difficulty level many gymnasts at Finger Lakes Gymnastics will achieve only adds to the potential for injury. All parents must be fully aware of the risk involved in the sport of gymnastics. Speed, motion, height, flipping and the difficulty of the skill put our athletes in potentially life-threatening situations on a daily basis.

We at Finger Lakes Gymnastics are very aware of the potential danger and will make every effort to achieve and maintain a safe environment for our athletes. We believe in strength, flexibility and progressions to keep our athletes as safe as possible.

### **Training Content**

In order to understand and appreciate what goes into the development of a competitive gymnast, one must understand exactly what it is we are trying to achieve during training. There are four fundamental areas of development, which need to be addressed during the training: (1) Strength, (2) Flexibility, (3) Skills, (4) Discipline.

- (1) Strength Development \_ As with all sports one objective of the training is to make the difficult look easy. This is much easier to accomplish if the athlete has the strength required to master the skills. In most cases, the stronger the better. This is certainly true of gymnastics. It is also true that strength training can also play a role in the reduction of injuries. Strength development at the beginning or compulsory level focuses on building a base on which to build as the gymnast advances. Sit-ups, push-ups, pull-ups, running and so on are used to achieve this goal. While it may appear that the gymnasts simply repeat these basic exercises over and over again through the course of the year, in fact there are subtle and at times no so subtle variations in the performance of these exercises. Technique may be changed or improved, the number of repetitions change, resistance is altered, the range of motion is increased, and the athlete is continually challenged to complete his/her assignment.

- (2) Flexibility Development \_ Flexibility development is also critical to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.
- (3) Skill Development \_ Skill development falls into two distinct, but related categories: Basics and New Skills. Basics are like the ABCs of gymnastics. The gymnast uses these ABCs to compose their gymnastics sequences and routines. If any of these basic building blocks is missing or defective, the entire performance is weakened. These basic skills, the building blocks of the sport, must be continually refined in order to permit the gymnast and his/her coaches to continually improve their performances. That is why we continually review and drill the basics.
- (4) Discipline \_ Just like strength, flexibility and skill development, discipline plays an integral role when training. Training requires discipline from both the coaches and athletes. The coaches must be constantly keeping all athletes focused and training hard in order to allow them to continually improve their performance. Gymnasts must also keep themselves disciplined by forcing themselves to train harder when they get discouraged and keep focused when they get excited. Without discipline, the strength, flexibility and skills do not come.

### **USA Gymnastics (USAG)**

USA Gymnastics is the sole national governing body for the sport of gymnastics in the United States. It gets this designation for the international Olympic Committee and the International Gymnastics Federation. USA Gymnastics sets the rules and policies that govern gymnastics in this country. Training and selecting the USA Gymnastics Teams for the Olympics and World Championships are just two of the many responsibilities of USA Gymnastics. Competition at USAG sanctioned events is usually very tough and awards are only given to the top gymnasts in each age group. For more information on USA Gymnastics check out the website at [www.usa-gymnastics.org](http://www.usa-gymnastics.org)

### **Description of USAG Junior Olympic Levels**

Compulsory \_ Means that all of the gymnasts perform the exact same routines

Optional \_ Means that gymnasts have their own routines

Level 3: This is an entry-level competitive level. Compulsory routines are competed on all four events. The highest level of competition is local meets.

Level 4: This is an entry-level competitive level. Compulsory routines are competed on all four events. The highest level of competition is the NYS State New York Team Cup.

Level 5: This is also a beginning compulsory level. These routines are designed to help gymnasts develop required skills and technique. The highest level of competition is the New York State Championships.

Level 6: This is a compulsory level very similar to Level 5 but with slightly more difficult skills. The highest level of competition is the New York State Championships.

Level 7: This is a compulsory/optional level. The gymnasts get their own routine but must include certain compulsory elements. The highest level of competition is the New York State Championships.

Level 8: This is a beginning optional level, which means the gymnasts will get their own routines meeting specific difficulty requirements. The gymnasts compete at the New York State Championships and have the opportunity to qualify to the Regional Championships by their placement at the state championships.

Level 9: This is an intermediate optional level. Gymnasts are allowed to do more difficult skills with some restrictions. The gymnasts compete at the New York State Championships and have the opportunity to qualify to the Regional Championship by achieving the All Around score designated by the Regional Chairman. At the Regional Championships if the gymnast is in the Top 7 in her age group she would then qualify to the Eastern Championships.

Level 10: This is the highest level in the USAG Junior Olympic Program. It is an advanced optional level. Gymnasts are allowed to compete in any skills with no restrictions. The gymnasts compete at the New York State Championships and have the opportunity to qualify to the Regional Championship by achieving the All Around score designated by the Regional Chairman. At the Regional Championships if the gymnast is in the Top 7 in her age group she would then qualify to the National Championships.

Elite: This is the top level in gymnastics. Perhaps 1% of all gymnasts compete at this level. Gymnasts compete up to the National and International level and hope to represent the USA in International competitions including the Olympics.

## Competitive Program Policies

### Expectations Of Gymnasts

The way you act in the gym is a reflection of your respect for yourself, teammates and Finger Lakes Gymnastics. Only the highest standard of behavior will be acceptable. The following expectations are expected of a Finger Lakes Gymnastics USAG Competitive Team Member.

- 1) Attend all practices, competitions, and special events. Arrive early and stay the entire time (Practices will begin promptly at the designated times). You are required to attend practice even if you are injured or have a minor illness.
- 2) Call the gym to alert the coaches if you will be absent for any reason. **We want to hear from the gymnast only!!!! It is important that the gymnast learns responsibility and how to communicate with his/her coach.**
- 3) The only acceptable excuses for missing practice are sickness, family vacations, weddings, funerals and school activities required for a grade.
- 4) Unacceptable excuses for missing practice are birthday parties, school dances, school plays and other school activities not required for a grade.
- 5) You are expected to work hard and do your best. This is all that we will ever ask of you and this is always what you should demand of yourself.
- 6) Only concern yourself with things that YOU can control which are YOUR ATTITUDE, YOUR EFFORT, YOUR GYMNASTICS!
- 7) Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, fear and defeat. Expect these things, learn from them, face them and overcome them. Set high goals and achieve them step by step.
- 8) Arrive at the gym ready to participate with proper attire (Girls \_ Leotard or Leotard and Bikers), hair pulled back, jewelry off, gum in the trash can and ready to go! Gymnasts must have a pair of sneakers with them for summer workouts!!!
- 9) Gymnasts who wear grips **MUST** have two pairs of broken in grips in their bag.
- 10) Optional Gymnasts must carry a copy of their music in their bags at all times.

- 11) Treat other gymnasts with respect, be kind to those gymnasts younger than you, and do not think to hold yourself out as better than other gymnasts. Everyone has strengths and weaknesses and if you have not found them yet, you WILL.
- 12) Ask permission to leave the gym. This applies to going to the restroom and getting a drink. The main reason is so that your coaches always know where you are.
- 13) Always act in a way that shows respect for you and for the gym. There is no place in our gym for displays of anger or disgust, talking back to coaches or other adults, or crying because you have given into your frustrations or fears.
- 14) Be honest, cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.
- 15) Show respect for your safety and to the demands of your coaches by staying off the equipment without the specific permission and supervision of a coach.
- 16) Always wait inside the facility for your ride. Gymnasts are not to wait outside for pick-up following practice.
- 17) Gymnasts may be sore after a hard workout. You are still required to come to practice.
- 18) Normally there is a snack break during workout. Please bring a small healthy snack to have during that time. Gymnasts are not allowed to share snacks or money during practice.
- 19) Optional Gymnasts should bring a pair of athletic sneakers with them to EVERY practice in the summer. We do run outside in the summer.
- 20) All gymnasts cell phones must be dropped off at the front desk when gymnasts arrive for practice and can be picked up at the end of practice. There is NO cell phone use allowed during practice.

### **Expectations Of Parents**

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

- 1) A gymnast's parents are an instrumental contributor to her success and happiness. Tuition and fees must be paid on time and a commitment to transport your daughter to and from workouts, competitions and team functions must be made. In addition and equally important, parents must help instill the work ethic, values and nutritional knowledge into their child necessary to be successful.
- 2) Attendance is very important if you wish your child to reach her maximum potential. **If your child cannot attend practice, for whatever reason, it is our policy that the GYMNAST calls his/her coach.** We do not want the parents to call in sick for a gymnast. It is important that a gymnast learns to be responsible and communicate with his/hers coach.
- 3) Injured gymnasts and/or gymnasts with minor illnesses are expected to participate in workouts and gym activities to the highest possible extent.
- 4) Understand that all competitions, clinics and camps chosen by Finger Lakes Gymnastics are mandatory unless otherwise stated. Parents and gymnasts do not get to pick and choose which events to attend.
- 5) Please do not talk to your gymnast or any other gymnast during practice, including if they are on the bleachers or on break. It is important for the gymnast to stay focused on what they are doing during practice. Hand signaling is also not permitted.
- 6) If you need to get a message to your gymnast during practice, please talk to the office staff and they will relay the message.
- 7) Parents are not permitted on the gym floor and must refrain from coaching or commenting during any training session. If your child is not paying attention or messing around, we realize it is tempting. This is the job of the coaches.
- 8) Understand that we have a large gym and face-to-face progress reports are not practical. In the absence of us contacting you, you can assume that everything is okay and your daughter is working hard and progressing satisfactorily. If something comes up about which we need to speak to you, be assured that we will do so promptly.
- 9) We feel that communication with the parents of our team members should be open and flowing. We email all important team information.
- 10) Parents are expected and encouraged to show proper respect for our sport at all times. Rude, belittling, or negative comments about coaches, parents, and other gymnasts are always inappropriate and have no place in our program.
- 11) If you have a problem or concern, please speak to the coach. Complaining to other parents cannot solve your problem, nor can we solve them if we do not know about them. If you respect us enough to allow us to play a large roll in your child's life, please respect us enough to know that we have your child's best interest at heart. Meaning, that decisions that are made in regards to your

child's training, level and group are made in what we gymnastics professionals feel will best help your child be successful. So save your self the time and aggravation and come to us.

- 12) Be encouraging and positive to your child. Be careful of comparisons, because each child is an individual with different talents and capabilities.
- 13) **Parents may watch practice on the designated dates listed below. During the other dates watching will be prohibited in order to keep our athletes 100% focused on their workout and goals. Parents are not allowed to stay once practice has started unless it is during your watch dates. Parents may come and watch the last \_ hour of all practices, regardless if it is on your watch dates or not.**

**Dates For Watching:**

**Level 3 & 4 \_ 1<sup>st</sup> \_ 10<sup>th</sup> of the month**

**Level 5 & 6 \_ 11<sup>th</sup> \_ 20<sup>th</sup> of the month**

**Level 7 and up \_ 21<sup>st</sup> \_ 31<sup>st</sup> of the month**

- 14) If you have any questions regarding the gym or your gymnasts please contact the gym via phone 273-5187 or email [FLGA10@aol.com](mailto:FLGA10@aol.com). Under no circumstances should a coach get a call on their personal lines. Please remember that this is our job and our free time or personal time is important to us.
- 15) Parents are expected to help with any in-gym competitions that we host during the year.
- 16) Parents must attend Team Parent Meeting. We hold approximately 2-3 per year. The meetings are an opportunity for coaches to communicate detailed information with plenty of time for questions and answers.

<u>Inappropriate Comments</u>	<u>Appropriate Comments</u>
Ag You finally beat Sally!Ah	Ag You scored your highest yet!Ah
AgHow many (current skill) did you make today?Ah	Ag How was practice?Ah
Ag I'll give you \$20 if you win today.Ah	AgDo your best and have fun.Ah
AgThat judge always scores you low.Ah	AgWork hard and you will do better next time.Ah
AgI cannot believed they moved Sally up and not you!Ah	AgAs long as you are happy, safe and still progressing, I'm happy.Ah

- 17) Ensure that your child gets enough sleep, proper nutrition, gets to and from the gym on time and has proper clothing and equipment.
- 18) Please be on time to pick your gymnast up after practice. We are not babysitters.
- 19) Please familiarize yourself and your gymnasts with the team handbook. It is importance you to help your child understand they are making a commitment to the team for the entire competitive season.

**Some Guidelines for Parents Feeling Stress**

**Danger signs- watch for these.** If you recognize yourself in these descriptions you probably need to reevaluate your actions, your role, and your attitudes.

- Finding your sense of worth and happiness dependent on the success of your gymnast.
- Constantly comparing your child and her progress to others in her group, on her team, or in competition.
- Verbally abusing the gym, the coaches, and the program while still placing your child under our control.
- Video taping each competition and requiring your child to review it at home with you.

**Other  
Policies and Procedures**

- 1) **Attendance.** We expect team members to be at every practice. Gymnasts are expected to arrive 5-10 minutes early so they are ready the minute that practice starts. Athletes must stay for the entire duration of the practice session. Gymnasts are expected to attend all practices the week prior to any competitions. Failure to do so can result in the gymnast being scratched from the meet. Please remember there is a strong correlation between success at competitions/moving through the levels and attendance.

Remember, the six week summer requirement is a minimum, the more workouts your gymnast comes to the faster they will progress. Please do not drop your child off more than \_ hour early for workout and please be on time to pick them up.

- 2) Emergency Procedure. In the unlikely event of a medical emergency, this will be the procedure. Emergency First Aid will be administered, including requesting of emergency medical technicians and an ambulance if needed. If you are at the gym when an injury occurs do not come onto floor until the coach gives you the appropriate signal. If you are not at the gym, you will be contacted using the emergency contact information located on your registration cards. Your instructions will be followed from that point on. In the event we are unable to make contact with a parent, we will make arrangements to contact the medical staff and hospital closest to the facility.
- 3) Inclement Weather Procedures. In the event of inclement weather, if the Ithaca School District is closed, we will be closed. If you are uncomfortable driving in the weather, please stay home.
- 4) Make-ups for Missed Practices. There will be no make-ups for missed practices. We expect the gymnasts to be at practice during their scheduled time. This may include days missed when coaches are out of town for competitions, holidays or vacation days.
- 5) Team Information: We email all team information. Please make sure to include your email address on the signed handbook form
- 6) Coach Contact: If you need to contact your gymnast's coach, the best way is usually email. You can also try to speak with them before or after workout if they are available. If you need to get a message to a coach, please call the gym. Please remember this is the coach's job and they should not be contacted at home.
- 7) Behavior: Gymnasts behavior at both practices and competitions must be impeccable. Any behavior problems will result in the gymnast being sent home or possibly scratched from the next competition. There is no reimbursement of fees lost.
- 8) Summer Camps: Gymnasts are NOT allowed to attend Gymnastics Summer Camp (ex. Woodward, IGC, ETC.)
- 9) Family Vacations: When planning family vacations, please try to schedule them in the summer or during a week that the gym will be closed. This will allow for minimal time out of the gym.
- 10) Private Lessons: Private lessons are available. The fee for privates are \$25/\_ hour and \$45/1 hour. If you are interested in private lessons please see your gymnast's coach.

### **Team Placement and Mobility between Levels**

Our coaches determine the placement of athletes on our team based on the following criteria:

- Skill Level
- Success at Current Level
- Individual Desire
- Coach ability
- Age
- Attendance
- Team Orientation and Spirit
- Work Ethic
- Physical Abilities
- Strength and Flexibility
- Parental Support
- Mental Attitude

The mission of FLGA is to develop healthy and confident gymnasts. One way in which we can help meet this demanding goal is to place the gymnasts at the level where they can be most successful. What this means is that every gymnast must be able to perform the skills and routines required at a given level comfortably. The skills should not be at the edge of or beyond her ability level. We can never ask or expect our athletes to perform skills or routines in a competition that they cannot perform consistently in practice. Again, the coaches determine the placement of athletes on our team.

### **Clinics**

There are times during the season that the gymnasts may be invited to go to a clinic or one is held at our gym. A clinic is where a different coach is either brought into our gym or we go to a different gym for education for the gymnasts and coaches. These are great opportunities for all the gymnasts to improve and have some fun. **Attending clinics is not mandatory but is strongly recommended.**

### **Disciplinary Actions**

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

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

#### **Examples of Disciplinary Actions**

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

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

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

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

### **Actions or Inaction of Parents**

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

**It is also possible for a parent to be suspended from attending watch weeks and competitions due to their actions.**

# Financial Obligations

## Overview of Financial Policies

Your child's involvement in gymnastics will cost you time, money and effort. The gymnasts train in a large and well-equipped gym under the direction of an educated, experienced and professional staff. The overhead incurred in running a large gymnastics club includes rent, utilities, insurances, taxes, supplies in addition to wages and equipment.

The coaches spend an enormous amount of time planning, training, traveling and supporting the gymnasts. This is all in addition to the time they spend actively coaching. Further, the coaches return phone calls, email, set up competitions, work to maintain and improve the facility and organize and administer the competitive program.

Team tuition is based on a full year. There will be vacations and closings during the year. These are already factored into your tuition. There are no prorated fees due to missed/cancelled practices. These may include vacations, days missed when coaches are out of town for competitions, or days missed because of inclement weather. Finger Lakes Gymnastics may also cancel team workouts for competitions, clinics, in-house competitions, special events or team outings.

Finger Lakes Gymnastics may hold extra practices on weeks when the gym is closed for all other activity. We offer this extra practice at no charge.

## Fees

- Monthly fees are due by the 1<sup>st</sup> of the month. There will be a late fee of \$10 charged if monthly tuition is not received by the 10<sup>th</sup> of the month. Please use your checklist that was provided to ensure that this does not happen. There are no exceptions to this rule!**

### Level 4

Monthly Fee (September _ June) Classes will be three times a week.	\$165/month
Summer Fee (July-August) Must complete a minimum of 6 weeks of classes. Classes will be three times a week.	\$170/month
Team Registration Fee	\$65
Competitive Attire (incl. Warm-up, leotard, bag, embroidery)	Approx. \$95
USAG Registration Fee	\$54
Meet Fees - Approximate	\$450
Coaches Fees	\$500

**Level 5-7**

Monthly Fee (September - June) Classes will be four times a week.	\$185/month
Summer Fee (July-August) Must complete a minimum of 6 weeks of classes. Classes will be five times a week.	\$265/month
Team Registration Fee	\$65
Competitive Attire (incl. Warm-up, leotard, bag, embroidery)	Approx. \$95
USAG Registration Fee	\$54
Meet Fees-Approximate	\$450
Coaches Fees	\$550

**Level 8-10**

Monthly Fee (September-June) Classes will be four times a week	\$220/month
Summer Camp (July- August) Must complete a minimum of 6 weeks of summer camp. Classes will be 5 times a week	\$265/month
Team Registration Fee	\$65
Competitive Attire (incl. Warm-up, leotard, bag, embroidery)	Approx. \$95
USA Gymnastics Registration Fee	\$54
Meet Entry Fees - Approximate	\$800
Coaches Fees	\$600
Girls Floor Routine Fee	\$175 + music (music Approx. \$65)

**All Fees Must Be Current Before Your Child Is Allowed To Start Summer Workouts!!!!**

**\*\*\*If you have more than one child on team the second, third, etc., will get \$50 off the summer fee and \$20 off the monthly fee**

**Description of Fees**

Monthly Tuition & Summer Fee- This fee covers your gymnast's practices, coaches wages, and gym & equipment usage. This fee will not be prorated in any way regardless of competition status or injury.

Team Registration Fee - This fee covers team administration and insurance.

Competitive Attire - Girls are required to buy a long sleeve competition leotard, a bag, and warm-up. You will get notice as soon as possible for the exact amount of the competitive attire fee.

USAG Gymnastics Registration Fee - This fee must be paid in order for your gymnast to register with USAG Gymnastics and participate in USAG sanctioned competitions.

Meet Entry Fees \_ These are the fees designated by the hosts of the competition for entry in the competition. We will collect these also and have debit accounts set up for each athlete. There must be enough money in your account to cover the cost of the entry fee before we will enter the athlete. These fees are spread out over a couple of months. Please look at your checklist for when these payments are due. If there is any money left in the account at the end of the year, it will be credited towards your June tuition. If the entry fees are going to be more than the approximate fees we will calculate the final payment and have it due on June 1<sup>st</sup>. All meet entry fees will also have a \$2 administrative fee. Once entries are sent in there will be no refunds. If your child decides to stop gymnastics before the end of the school year, any outstanding meet entry fees will be due.

Coaches Fees \_ This fee covers the cost of sending coaches to competitions, including a session fee, meals, housing, mileage, airfare, car rental and clinics. These fees are spread out over a couple of months. Please look at your checklist for when these payments are due. (This fee will not be prorated or adjusted in any way, regardless of competition status or injury.) If your child decides to stop gymnastics before the end of the school year, any outstanding coaches fees will be due.

Floor Routine Fee \_ Level 7 and up gymnasts will need their own floor routine choreographed. The floor routine fee will go directly to the choreographer on the day the floor routine is made. You will also need to purchase floor routine music that is picked out by the coaches. The floor music fee will either go to the choreographer or the gym depending on where we purchase it from. That will also be due the same day the floor routine is made.

## Gymnast Health

### Injuries

Please speak with your gymnast's coach before bringing them to a doctor. There may be gymnastics specific questions that need to be asked. Injured gymnasts are expected to be at practice. When an athlete becomes injured it is our goal to concentrate on the areas of the body or the areas of training that we can improve while the gymnast is recovering. This philosophy is vitally important in staying on top of the game. It is for this reason that we expect injured athletes to participate in practice. We encourage injured athletes to come and support their teammates at competitions. If an injury is serious enough that a gymnast must see a doctor, please talk to the coaches about what questions should be asked. Please make sure to give authorization for the Doctor to speak to the coaches directly. **Injured athletes will be required to pay full tuition, unless a prolonged absence is necessary. If prolonged absence due to injury is necessary please speak with Dean.**

### In case of an injury

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

## Care of an injury

Remember the acronym **R.I.C.E.**

**R = Rest** the injured body part

= Apply Ice

**C = Apply Compression**

**E = Elevate** the injured extremity above heart level

Apply ice for 20 minutes at a time 3-4 times a day for 48 hours after the injury. The application of ice in this manner can cut the healing time for minor injuries in half

Please do not wrap the injured extremity in an ACE bandage for workout. The ACE bandage should only be used in applying compression to the injury.

## Grips

It is the coach's discretion when the gymnast starts wearing grips. Grips should be purchased through the gym to ensure the right fit. Gymnast should always have 2 pairs of grips broken in. The gymnast should alternate between the pairs for each bar workout. It is the gymnast and parents job to check and make sure the grips have no rips, tears or the leather is too thin. Grips usually have to be replaced every 6-12 months. Gymnasts should also be re-sized periodically. Please make sure your gymnast is checking their grips periodically, they can be dangerous if they are worn out. Gymnasts are permitted to come to practice early to break in grips.

## Treatment of Rips

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

1. Before going to bed the gymnast should put ointment on the rip (Neosporin, Preparation H), followed by a band aid and a sock over the hand. They should keep this on while they sleep to keep the moisture in.
2. Hand lotion, vitamin E or aloe vera can also help heal a rip.
3. Trimming calluses is also recommended. (Younger gymnasts must have help with this)
4. The gymnast should not come to practice with band aids or tape on their rips.

## Nutrition

As in any competitive sport, nutrition is a major contributor to performance. Below are several tips on how we can try to make a difference. After all, we all want what is best, and good nutrition can greatly affect health, happiness and success in athletes.

- Read labels and teach your child to read labels at the store. Choose healthy, low-fat items.
- Choose lean cuts of meat, fish and poultry that are grilled, broiled or baked.
- Limit servings of fried foods to 1-2 per week.
- Choose baked chips instead of regular chips
- Choose turkey breast, low-fat ham or chicken breast luncheon meats over salami or bologna.
- Limit soda intake. Drink water instead.
- Eat more fruits and vegetables everyday.
- Drink Milk!!! Use skim, 1 % or 2% milk.
- Try whole grain breads and cereals.
- Keep high fat desserts such as ice cream, cookies, cake, chocolate, etc as a treat
- Consider adding a multivitamin to your child's diet. Calcium and Vitamin C are important in your athlete's health.
- Avoid fast food restaurants. If you must eat fast food, choose healthier menu items like grilled chicken, baked potatoes, salads, turkey breast subs, etc.
- Eat healthy low-fat snacks like apples, bananas, celery sticks, carrot sticks etc.

Please remember, these are only suggestions and will not work with every child and lifestyle. Your growing athlete lives a rigorous lifestyle and proper nutrition is a must. Please help us instill these valuable principles into your child. We are confident that with a proper diet your young athlete will be happier, healthier and more successful. For more information on proper nutrition for your athlete, please speak to your child's physician.

## **Competitive Season Information**

### **Competitions**

Winger Lakes Gymnastics sets a high priority on rewarding the effort and accomplishments of our gymnasts by providing them with an opportunity to participate in great competitions in exciting places. Traveling is a reward for the athlete's efforts, a motivation for continued excellence and an educational opportunity.

Winger Lakes team gymnasts compete in the Junior Olympic program, which was developed by USA Gymnastics, the governing body for gymnastics in the United States.

Gymnasts compete on four events. These events (in Olympic Order) are vault, bars, balance beam and floor exercise.

It is our philosophy that the coaches, the gym, the parents, and the gymnasts are all part of the team. Please remember gymnasts and parents alike, the gym is noted by judges, coaches and other gym parents for a number of things. Appearance, behavior, manners, etc. and especially the manner in which the gymnasts conduct themselves at all times. Sportsmanship is important in this sport both from the gymnasts and parents.

Gymnasts are expected to participate in all competitions. Competitions may be on a Friday, Saturday or Sunday. The entry fee will come out of your gymnast's meet fees account.

### **Eligibility for Competition**

Since it is our philosophy that each athlete feels successful at every competition, we have rules for the eligibility of our team gymnasts to compete. In order for a compulsory athlete to compete in a competition outside of this gym, she must have ALL of the skills on every event. In order for an optional athlete to compete she must have the set of skills given to her by the coaches. All of the athletes must then score a certain core (to be announced at the beginning of the season) at an in-gym competition. When these requirements are met, they can then compete outside of the gym. These requirements are in place to make the gymnasts strive for success.

### **Types Of Competitions**

**Local & Invitational Meets:** These are the first tier of competitions. Usually there are mostly gymnasts from New York State but may include competitors from out of state as well. Gymnasts may qualify to the State Championships at these competitions if they are designated as state qualifiers.

**Team Cup:** This is the final competition for the Level 4 athletes. It consists of athletes only from Upstate New York and is a team competition with no individual awards.

**State Championships:** Gymnasts from Level 5-10 can qualify to this competition. This is the season ending competition for Level 5-7. These competitions include gymnasts from all over New York State. The State Championship is the Regional Qualifier for Level 8-10.

**Regional Championships:** Regional Championships are for gymnasts in Level 8-10. Regionals involve the best gymnasts from each state within the region. Region 6 is comprised of the following states: New York, Connecticut, Vermont, Maine, New Hampshire and Massachusetts, Rhode Island. There are eight regions in the United States. At Level 8 the gymnasts must qualify to the Regional Championships by their placement at the State Championships. At Levels 9 & 10 the gymnasts must qualify to the Regional Championships by score.

**Eastern Championships:** This is the Eastern Regions of the United States best Level 9 athletes. At Level 9 the gymnast must qualify to the Eastern Championships by their placement at the Regional Championships.

**Junior Olympic National Championships:** National Championships are offered by USA Gymnastics to the top Level 10 gymnasts in the country. At Level 10 the gymnast must qualify to the National Championships by their placement at the Regional Championships.

### **Meet Schedule**

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

### **Meet Information**

The gymnastics club that is holding the competition will set the final meet schedule. Approximately 2 weeks before the competition we will give you a meet information sheet with times, hotel names and directions. Please do not call a host gym for meet information as we will be happy to provide everything you need to know. Sometimes the meets have website, but many times that information is not current or updated. Please do not go by the schedule on the website. **Please note: We get the info out to you as soon as we receive it from the host gym. (So please don't email us asking about the info!!)**

### **Parents Obligation For Meets.**

It is the parents responsibility to make sure the gymnast is on time to the competition.

It is the responsibility of each individual gymnast's family to make travel, hotel (if needed) and meal arrangements for all competitions, clinics and other team events unless otherwise stated by the team staff.

We do encourage all of the gymnasts and their families to go out for a meal together after the competition. This promotes team bonding, unity and FUN!

Admission is charged for all spectators at meets.

### **The Meet Takes How Long?**

The average meet can take as little as three and a half hours or as long as six hours.

Most competitions run in a format similar to below

Warmup \_ Usually 15-30 minutes long. This time is for general stretching and getting equipment settings specific to the gymnasts

March In \_ All the gymnasts line up and march in to the gym to be presented to the audience and judges. The National Anthem is usually played. This takes about ten to fifteen minutes.

Competition \_ The gymnasts now actually warmup on the events and compete. They receive scores from the judges on each event. This may take approximately 2 hours to complete.

Awards \_ If the host club running the meet is on the ball, you may only have to wait five to ten minutes before the awards are handed out. It has been known to take significantly longer to get the awards ready. Once they are prepared it may take approximately half an hour to hand out awards.

### **Meet Etiquette for Gymnasts**

1. Arrive at the competition the competition site \_ hour before open stretch time. Stay with your parents until the coaches signal to you or come and get you.
2. Remain on the competition floor at all times during the competition.
3. The gymnast must have proper attire on including Finger Lakes Gymnastics competition leotard and warm-ups. The Finger Lakes Gymnastics bag should be taken to all competitions.
4. It is the gymnast's responsibility to make sure that they have two pairs of broken in grips in their bag (if grips are used).
5. Optional gymnasts must bring their own floor music.
6. **All gymnast's hair should be very neat and in a neat straight ponytail.** If makeup is worn, it should be worn in moderation. No jewelry permitted except for very small stud earrings. No nail polish or toenail polish permitted.
7. Behavior of FLGA gymnasts should always be one that they and their coaches will be proud of. Discussions regarding your teammates, other teams, coaches, etc. should all be done with respect. Gossip and negative talk are unacceptable.
8. Discipline at competition should be impeccable: just like training.
9. **There is no place for crying and uncontrolled emotions during a gymnastics meet.**
10. Be courteous, respectful, and polite to all meet officials, hosts and hostesses, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging the meet.
  1. Remain seated at all times when not performing. Keep all belongings in your competition bag.
  2. Stay with the team the entire competition. Once the gymnast has entered the competition area there should be no contact between the gymnast and her parents.
  3. Cheer for all members of the FLGA competition team.
  4. We encourage all gymnasts to stay and support their teammates at competitions. Even if your gymnast is not participating we encourage them to come and watch the competitions. If you are stay to watch another teammate compete or you have arrived early for warm-ups, stay seated in the bleachers, do not wander out onto the competition floor.
  5. Stay for awards dressed in your FLGA warm-ups. As a participating athlete you have an obligation to stay for all awards and to accept any presented to you with courtesy and gratitude. Remember that you are not just representing yourself. You are acting as a representative of Finger Lakes Gymnastics as well. (That also means no gum chewing or candy in your mouth during awards) If the gymnast does not win an award there is no place for crying. We need our gymnasts to have good sportsmanship in winning and defeat.
  6. Gymnasts are allowed to put a small healthy snack and a drink in their bag for competition.  
(Please be sure to store the drink in a different pocket than grips)

### **Meet Etiquette for Parents**

1. Get your gymnast to the meet on time, No Exceptions.
2. Parents are required for transportation to and from the competition. Parents are responsible for travel expenses to and from the meets.
3. Under USAG rules the only adults allowed in the competitive area are judges, those helping run the competition, and coaches.
4. Please do not contact or talk to your gymnast or the coaches once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over they will come and see you.

- i. Please do not coach your gymnast in the gym or at meets. This is the coach's job.
- ii. As you watch your gymnast try to focus on improvement in skills, do not compare scores to other gymnasts.
- iii. Cheer for all members of the FLGA team and feel free to cheer for fine performances turned in by the gymnasts of other teams. Please show respect for all competitors: you never know whose parents are sitting near you.
- iv. Take responsibility for promoting Finger Lakes Gymnastics reputation. Never make negative comments about other gyms, coaches, gymnasts, or judges. As a FLGA team parent you also represent us and your behavior will reflect on our whole family.
- v. We encourage you to sit with other FLGA team parents and form a cheering section. Wear the team colors, or better yet Finger Lakes Gymnastics apparel.
0. Be positive at all times!!!! It requires extra work sometimes but your attitude will determine your child's attitude and their success both in gymnastics and in life.
  1. If you can not see or hear something going on at a competition (a certain event, see a score, hear awards) it is inappropriate to yell or speak loudly towards any meet official. We will be able to provide you with the information you need after the meet. Please remember most of the times it is volunteers from the host gym and they are doing the best they can.
  2. Never speak negatively to a coach or question them in front of your gymnast or another gymnast. As long as you publicly support the coach's authority your child will continue to have respect for them.
  3. Under no circumstances is a parent ever to approach a judge or meet official before, during, or after a competition to comment on, complain about, or even ask about a score.
  4. If you have concerns or comments about the meet see your gymnast's coach after their next practice or email the gym. It is inappropriate to discuss Finger Lakes Gymnastics business or issues at a competition.
  5. Every gymnast must come prepared for the competition. Girls: Competition leotard, warm-up, bag, grips, hair pulled back in a neat straight ponytail, no nail polish, no jewelry
  6. Once you say goodbye to your gymnast before warm-ups he/she is our responsibility. Please do not plan to meet or talk to your gymnast during the competition.
  7. If a gymnast has a crisis during the meet and starts crying he/she will be sent to the restrooms to compose themselves. We appreciate how hard it is to watch your child cry, but we think it is important for them to learn how to deal with setbacks during competition without parental help. Please help us to help them grow and let them learn to cope with both success and failure- do not meet them in the restroom during the meet.
  8. If your gymnast gets injured at a competition, please stay in the stands. The coach will signal for you if you are needed.
  9. It is inappropriate to write down scores for gymnasts from other clubs. At the competition you should be focused on your child's performance and supporting Finger Lakes Gymnastics.
  10. No Flash Photography is permitted during a meet. The sudden flash of light could cause a gymnast to be injured. Please check your camera in advanced.
  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.
  12. Never contact a host club before, during or after a competition. If you have a question or comment please direct them to your coach.

#### Ag Away Meets

1. Away meets (competition that requires flying) are not mandatory.
2. Any gymnast that attends an away meet is REQUIRED to follow the team itinerary that is given for the trip.
3. Please remember this is NOT a family trip. You will have to follow the itinerary given to you. It is very hard on siblings since we do everything as a TEAM! (Parents & siblings are welcome to come, but gymnasts must follow the itinerary)
4. Gymnasts will be required to watch every gymnast competing. This can be exhausting, but it is great way to have your gymnast support and be supported by their teammates.
5. Please be on time to everything on the team itinerary. While traveling in such a big group it is very disrespectful to everyone in the group to have to wait for you!
6. Gymnast should use their gym bag as their carry on. Please make sure the gymnast's leotard, warmup, grips and floor music is in the bag.
7. If any problems occur during the trip (ex. Not following itinerary, excessive lateness) we cannot have you attend the next trip.

