



# Finger Lakes Gymnastics Team Xtreme Handbook



Finger Lakes Team Xtreme was developed by the owners and coaches of Finger Lakes Gymnastics to give every gymnast an opportunity to excel not only in gymnastics but in life. When properly taught, gymnastics teaches self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for danger, respect for others, poise and grace. When our students are done turning cartwheels, they will have established a base of life skills that will undoubtedly assist them through all of their non-flipping years.

Competition - It is part of our daily lives. We strive to be the best we can be in whatever we do. This competitive spirit, however, must be learned, nurtured and developed. We are committed to fostering the spirit of competition among our young gymnasts. Gymnasts must always remember to be respectful of teammates as well as coaches and portray sportsmanship in competition by playing fair, learning how to deal with failure, and winning graciously.

**IMPORTANT REMINDER** - *Gymnastics excellence means becoming the best you can be individually. Their success is not measured by the trophies on the wall, but by the gifts they receive on their path to personal fulfillment.*

## Fees

**Gymnasts are required to register for a minimum of 2 days. They can also register for 3 days. Along with monthly tuition the competitive attire fee will be due their 1<sup>st</sup> day of class.**

Competitive Attire Fee - \$185 \_ Due the 1<sup>st</sup> day of class

Team Xtreme Level 3 Monthly Tuition - Two Days-\$145, Three Days-\$170

Team Xtreme Level 4/5 Monthly Tuition - Two Days-\$145, Three Days-\$170

Team Xtreme Level 6 and up Monthly Tuition - Two Days-\$155, Three Days-\$180

**Monthly Tuition** - Tuition will be collected MONTHLY instead of by session. Tuition is due by the 1<sup>st</sup> of the month. The monthly tuition will include gym time, coaching, Team Xtreme administration, supplies and coaches' fees. (Coaches' fees cover the cost of sending the coaches to competitions). Team Xtreme tuition is based on a full school 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 gym closings. Finger Lakes Gymnastics may also cancel team workouts for competitions, clinics, in-house competitions, special events or team outings. Since the tuition is based on a full-school year, we do not increase monthly tuition when there are 5 weeks in a month as compared to 4.

- **Meet Entry Fees** \_ You will receive meet information via email. If your gymnast wishes to attend that competition the entry form and fee will be due by the deadline given. Each meet has a different fee which is designated by the host gym. Your gymnast will not be able to attend the competition if the entry fee is not paid by the deadline or is late. A \$2 administrative fee will be added to the entry fee. There will be NO refunds after the competition deadline.

- **Competitive Attire Fee - \$185 (For Leotard & Warm-up), \$90 (For Just Leotard)** \_ All Team Xtreme members will be required to purchase a Long Sleeve Competition Leotard & Warm-up. This fee is due by their first class. We will be changing leotards and warm-up style approximately every 2-3 years. We will be purchasing new leotards for the 2010-2011 school year. Gymnasts have the choice if they would like to purchase the new leotard or keep the old leotard style. Gymnasts will be required to have the new leotard by the 2011-2012 school year. We will be keeping the same warm-ups as last year.

- **Beam & Floor Routines** -Prep Op and higher gymnasts will need floor and beam routines choreographed. Jayme will handle this. The gymnasts will be required to arrange three (1 hour) private lessons to learn their own routines. The cost is \$45 per hour for each private. (This fee is paid directly to Jayme via cash or check) There will also be a \$65 fee for the music (This fees paid to the gym via cash, check or credit). Gymnasts and their parents will pick their floor music. We have floor music sample CDs at the gym. Families will be able to "sign" these CDs out to listen to at home.

## Description of Levels

### Compulsory Gymnasts \_ Level 3, 4, 5 & 6

- Level 3, 4, 5 & 6 are considered compulsory levels. This means that all of the gymnasts perform the same routines.

### Optional Gymnasts \_ Prep Op, Level 7, 8, 9 & 10

- Prep Op, Level 7, 8, 9, & 10 are considered optional levels. The gymnasts in these levels will have their own routines.

## Gym Rules and Policies

### Expectations of Athletes

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

- 1) You are expected to work hard and do your best.

- 2) Arrive at the gym ready to participate with proper attire (Girls \_ Leotard or Leotard and Bikers), hair pulled back, jewelry off, gum in the trash can and ready to go!
- 3) Optional Gymnasts must carry a copy of their music in their bags at all times.
- 4) If grips are worn we recommend having 2 pair in case one breaks.
- 5) Practice will begin promptly at designated times and gymnasts must be ready to perform at that time.
- 6) Treat other gymnasts with respect, 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.
- 7) 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.
- 8) 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.
- 9) Be honest, cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.
- 10) 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.
- 11) Always wait inside the facility for your ride. Gymnasts are not to wait outside for pick-up following practice.

### Expectations of Parents

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

- 1) If you need to get a message to your gymnast during practice, please talk to the office staff and they will relay the message.
- 2) 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.
- 3) We feel that communication with the parents of our team members should be open and flowing. We email all important team information
- 4) 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.
- 5) 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. So save your self the time and aggravation and come to us.
- 6) Be encouraging and positive to your child. Be careful of comparisons, because each child is an individual with different talents and capabilities.
- 7) If you have any questions regarding the gym or your gymnast's 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.

### Other Policies and Procedures

- 1) **Workout attire.** Girls must wear a leotard or leotard and bikers. No jewelry is permitted and hair should be pulled tightly away from gymnast's face.
- 2) **Attendance.** We encourage the gymnasts to be at every practice. If a conflict arises the gymnast can do a makeup class on a different day of their level or in Elite Stars.
- 3) **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.
- 4) **Inclement Weather Procedures.** In the event of inclement weather, we will be closed if the Ithaca School District is closed. If the gym closes, there will be a message on the machine.
- 5) **Make-ups for Missed Practices.** If the gymnast misses a practice she can make up on a different day of her level or in Elite Stars. **Please call or email the office to schedule your makeup!!**
- 6) **Team Information:** We email all team information. Please make sure to provide us with your email address.
- 7) **Summer:** Team Xtreme will not meet in the summer. We highly recommend the gymnast attends our summer camp/Team Xtreme classes to keep up with their skills, learn new skills and stay in gymnastics shape.
- 8) **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 their skill level. This will be done within their 1<sup>st</sup> month of Team Xtreme during that school year. The gymnast will stay the same level for the school year.

The mission of Finger Lakes Gymnastics Team Xtreme is to develop healthy and confident gymnasts. One way in which we can help meet this goal is to place the gymnasts at the level where they can be most successful. This means that every gymnast must be able to perform the skills and routines required at a given level comfortably. The skills should not be beyond her ability level. Again, the coaches determine the placement of athletes on our team.

\*\*Please note- It is very difficult for the gymnasts to move to the next level if their attendance is sporadic. It is also a challenge if the gymnast does not attend the summer session.

## **Team Xtreme FUN!!!!**

Team Xtreme will have their own bulletin board to celebrate their accomplishments!!

Holiday Party in December!!

End Of The Year Party in June!!!

### **Competitions**

Finger Lakes Gymnastics Team Xtreme's philosophy is that the coaches, the gym, the parents, and the gymnasts are all part of the team. Please remember gymnasts and parents alike, the gym is noted by judges, coaches and other gym parents for 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. We try and give a tentative meet schedule out in October for the upcoming school year.

### **Competition Information**

The average meet can take as little as three and a half hours or as long as six. Approximately 1-2 weeks before the competition we will email you a meet information sheet with specific days/times, hotel names and meet address. The gymnastics club that is holding the competition will set the final meet schedule. Please do not call a host gym for meet information as we will be happy to provide everything you need to know.

**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!!)**

### **Competition 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. We will be attending 4-5 meets throughout the school year.

### **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

**Warm-up** \_ 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 warm-up 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.

### **Insight To Judges At A Competition**

Scoring at a gymnastics competition can sometimes not be the easiest thing to figure out.

Here are some pointers to remember:

- All judges are different. This is a very subjective sport. Your gymnast's scores from meet to meet can vary greatly, even if the routine they perform is similar. It is very hard to compare scores from meet to meet since it can vary on how hard or easy the judge is, the level of other competitors and sometimes for no reason at all. It is better to focus on your gymnast's performance and if they improved.
- Compulsory Gymnasts (Level 3-6) routines all start from a 10.0  
Optional Gymnasts (Prep Op, Level 7 & up) routines have different start values. This start value depends on what skills are in your gymnast's routine. Each level has different requirements that the gymnasts must fulfill in order to get the maximum start value.
- Once the gymnast starts her routines judges will then take tenths away from the gymnast start value.  
Examples of Items that the judges can deduct for:  
Falling

Stopping (if it is not supposed to in the routine)  
Bent Arms  
Bent Legs  
Flex Feet  
Spotting  
Those are just to name a few!!!!

- If you have any questions on what your gymnast needs to improve on to increase her scores talk to her coach. It is best to talk to your gymnast's coach at the gym where it will not be as hectic!!

### Meet Etiquette for Gymnasts

1. Arrive at the competition the competition site \_ hour before open stretch time.
2. Find his/her coach as soon as she arrives.
3. Remain on the competition floor at all times during the competition.
4. The gymnast must have proper attire on including Finger Lakes Gymnastics Team Xtreme competition leotard and warm-ups.
5. It is the gymnast's responsibility to make sure that they have their grips in their bag. (if grips are used).
6. Optional gymnasts must bring their own floor music.
7. All gymnast's hair should be very neat .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.
8. Behavior of Finger Lakes Gymnastics Team Xtreme 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.
9. Be courteous, respectful, and polite to all meet officials, hosts and hostesses, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging the meet.
10. Remain seated at all times when not performing.
11. Stay with the team the entire competition. Once the gymnast has entered the competition area there should be no contact between the gymnast and her parents.
12. Cheer for all members of the Finger Lakes Gymnastics Team Xtreme competition team.
13. 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 FLGA as well.
14. 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.
2. Pay the meet entry fee by the deadline. Your child will not be able to attend the competition if the entry fee is not paid by the deadline. No exceptions.
3. Parents are required for transportation to and from the competition.
4. Parents are responsible for travel expenses to and from the meets.
5. Under competition rules the only adults allowed in the competitive area are judges, those helping run the competition, and coaches.
6. Please do not contact or talk to your gymnast or the coaches once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over they will come and see you.
7. Please do not coach your gymnast in the gym or at meets. This is the coaches' job.
8. As you watch your gymnast try to focus on improvement in skills, do not compare scores to other gymnasts.
9. Cheer for all members of the Finger Lakes Gymnastics Team Xtreme and feel free to cheer for fine performances turned in by the gymnasts of other teams. Please show respect for all competitors: you never know whose parents are sitting near you.
10. Take responsibility for promoting Finger Lakes Gymnastics reputation. Never make negative comments about other gyms, coaches, gymnasts, or judges. As a Finger Lakes Gymnastics Team Xtreme parent you also represent us and your behavior will reflect on our whole family.
11. **Under no circumstances is a parent ever to approach a judge or meet official before, during, or after a competition to comment on, complain about, or even ask about a score.**
12. If you have concerns or comments about the meet see your gymnast's coach after their next practice or email the gym.
13. Every gymnast must come prepared for the competition. Girls: Competition leotard, warm-up, bag, grips, hair pulled back, no nail polish, no jewelry
14. 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.
15. 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.
16. If your gymnast gets injured at a competition, please stay in the stands. The coach will signal for you if you are needed.

17. Do not call a host gym for meet information. We will be happy to provide everything you need to know. Please note: We get the info out to you as soon as we receive it from the host gym. Sometimes we do not get the info until 2 weeks before the meet.
18. Do not call a host gym for a copy of the scores. Your coaches will have that information and can provide you with it after the meet.

### 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 bandaid 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. If rips are a problem for your gymnast we do sell palm guard grips at the office to help prevent rips.

### 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.

### Injuries

We highly recommend all gymnasts see our team doctor \_ Andy Getzin (info below) for any sports injury. We have been working with Dr. Andrew Getzin (Cayuga Sports Medicine) for the past few years. He specializes in sports medicine and has a good deal of experience working with gymnasts. We recommend that our gymnasts see Dr. Getzin for any injuries. We also would recommend that parents give Dr. Getzin permission to speak to us personally, so we can all have a clear understanding of your gymnast's injury and how we will proceed in the gym.

Cayuga Sports Medicine-Dr. Andrew Getzin- 310 Taughannock Boulevard \_ Suite 5A \_ 607-252-3580

### Care of an injury

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

**R = Rest** the injured body part

**I = 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

# Finger Lakes Gymnastics welcomes you to Team Xtreme and Our Gymnastics Family!!!!