



Finger Lakes Gymnastics Team Handbook



2011-2012

Welcome To The Team!!

Finger Lakes Gymnastics would like to welcome your family to our Competition Team. Through this team handbook, we hope to give you more insight into how our Competitive Team 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 Team Philosophy

Finger Lakes Gymnastics Team is meant 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 .*

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 time 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 ABC's of gymnastics. The gymnast uses these ABC's 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.

NEW PAYMENT POLICIES & FEES PLEASE READ CAREFULLY!!

Sessions

Beginning Fall Of 2011 we will offer only two sessions each year:

Academic Session - September 2011-June 2012

Summer Session - June 2012-August 2012

Terms & Tuition

Tuition is paid every 4 weeks (the first day of the each 4-week term). A valid credit or debit card is required for registration.

Once you start your child in our program and pay membership, we consider your child enrolled. This means that ALL students are automatically enrolled for ALL future terms unless the office receives written notice of withdrawal 15 days prior to the start of the next 4-week term. ****No automatic re-enrollment for Summer Session****

You may withdraw and re-enroll at any time throughout the year. (As previously stated, written notice of withdrawal is required 15 days prior to the start of the next 4-week term). Your child may make-up a missed class (see Make-up Policy). However, missed classes can not be transferred to future terms in place of tuition. There are no tuition adjustments for missed classes.

Academic Session Terms

2011-2012 Terms	Closed for Holidays <i>(May Do Make-Up for Missed Classes)</i>	Holiday Break <i>(Closed – No Make-Ups)</i>
Sept 5 - Oct 1	Labor Day (Sept 5)	
Oct 3 - Oct 29		
Oct 31 - Nov 26	Thanksgiving Break (Nov 23, 24, 25, 26)	
Nov 28 - Dec 24	Christmas Eve (Dec 24)	
Dec 25 - Jan 1 (Gym Closed)		Holiday Break (Dec 25 – Jan 1)
Jan 2 - Jan 28	New Year's Day Federal Holiday (Jan 2)	
Jan 30 - Feb 25	Winter Break (Feb 20, 21, 22, 23, 24, 25)	
Feb 27 - Mar 24		
Mar 26 - Apr 21		
Apr 23 - May 19		
May 21 - Jun 16	Memorial Day (May 28)	

Summer Session Terms (**No automatic re-enrollment for Summer Session**)

2011-2012 Terms	Closed for Holidays <i>(May Do Make-Up for Missed Classes)</i>	Holiday Break <i>(Closed – No Make-Ups)</i>
Jun 25 - Jul 21	Independence Day (Jul 4)	
Jul 23 - Aug 25		

Payment Procedures

Automatic Payment System - Our program is changing to our new automatic payment system. Tuition is paid every 4-week term on a continuous basis for the entire session. On the first day of each 4-week term, we will charge the credit/debit card number we have on file for you in our secured system. ****No automatic re-enrollment for Summer Session****

Alternate Payment Methods - If some months you'd rather we didn't use your card on file, simply pay before the first day of the 4-week term with a check, cash or an alternate credit card. Please make checks out to "Finger Lakes Gymnastics"

Returned Check Fees - There is a \$30 charge when a check is returned to us. We will NOT redeposit your check. The only remedy for this oversight is CASH or CHARGE, and must be paid by your child's next class meeting.

FEES

Gymnasts are required to register for a minimum of 2 days per week. They can also register for 3 days per week. In addition to the 4 Week Term tuition, the competitive attire fee will be due their 1st day of class.

Annual Membership Fee - \$30

Competitive Attire Fee - \$195 – Due the 1st day of class

4-Week Term Tuition

Level 3/New Level 4's - Two Days-\$150, Three Days-\$190

Level 4's (competed Level 4 last year), Level 5 and UP- Two Days-\$165, Three Days-\$200

*Registration for certain days is on a first come, first serve basis. There are limited spots in each day/time. Please get your registrations in early for the days/times you want!!

Registration

You can register online, in person, by phone or by mail. Our sessions run on 4-week terms. Once your child is registered they will be automatically re-enrolled for the same class on the same day/time every four week term. To register a valid credit/debit card is required.

Registration requires the following:

- 1) Completed registration form with 3 signatures – Acknowledgement of Waiver and Release; Acknowledgement of Policies and Procedures; Credit/Debit Card Information & Authorization
- 2) Annual Membership Fee (\$30.00) and Tuition for the first four week term paid in full.

Annual Membership Fee

\$30 per family for the school year

This fee helps cover the administrative costs incurred in running the programs we offer. This is a family fee and covers everyone in your immediate family.

What Your 4 Week Term Tuition Covers

Tuition will be collected in 4 Week Terms. The 4 Week Term tuition will include gym time, coaching, Team administration, supplies and coaches' fees. (Coaches' fees cover the cost of sending the coaches to competitions). 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.

Meet Entry Fees

You will receive meet information via email. If your gymnast wishes to attend that competition the meet entry 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 - \$195 (For Leotard & Warm-up), \$90 (For Just Leotard), \$105 (For Just Warmup)

All Team 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 changed leotards last competition season- gymnasts were given a choice whether or not to purchase them. Gymnasts are required to have the new leotard during this 2011-2012 competition season. We will be changing Warmups for the 2011-2012 season. Gymnasts have the option to purchase the new warmup or wear their old one. New warmups will be required for the 2012-2013 season.

Beam & Floor Routines For Prep Opt And Level 7 and up

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 is also a fee for the music. 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. Once the gymnast finds the piece of music they like, it can be ordered off the website at www.floorexpressmusic.com. When you receive them put your gymnast's name along with the gym name on both CD's. Place one CD in your gymnast's bag and bring the other CD into the gym.

Once your gymnast brings her music into the gym it will be time to set up her private lessons to choreograph her beam and floor routines with Jayme. Please either see Jayme at the gym or you can email her at figa10@aol.com to arrange these privates.

Withdrawing From the Program

To deactivate your enrollment, simply notify the office, in writing 15 days prior to the start of the next four week term. Written notice to withdraw must be received by 15 days prior or your credit card will be charged. Please don't rely on communicating verbally to the coaches or even the office staff. Written notification is your responsibility.

If you withdraw your child, please be sure ALL make-ups are done prior to withdrawing. NO MAKE-UPS will be honored after your child has withdrawn from the program. All make-ups are forfeited after withdrawing from the program.

IMPORTANT: NOTICE MUST BE IN WRITING TO PROPERLY PROCESS YOUR REQUEST!

Make-up Policy

Just like college, your tuition pays for a class spot, REGARDLESS OF ATTENDANCE. However, as a courtesy, our program offers make-ups when doing so does not jeopardize the safety or integrity of the class.

- We offer unlimited make-ups to currently enrolled students. (Make-ups must be done in the session that the class was missed - either the academic session or summer session)
- Make-ups are offered for certain holiday closings (check gym calendar) and inclement weather closings.
- Make-ups must be taken while a child is enrolled. Once a child withdraws from the program, all make-ups are forfeited.
 - Make-ups are not drop-in situations and MUST be scheduled at least 24 hours in advance.
- Once a make-up is scheduled, it is up to you to get your child to that class; if you miss that make-up class, it still counts as a make-up.
 - . If the gymnast misses a practice she can make up on a different day of her level team or in Elite Stars

Make-ups are a privilege. We reserve the right to refuse to offer a makeup if we feel it will affect safety or lessen the experience of those children who have registered for and paid for that class.

Refunds

Tuition pays for your child's spot in class regardless of attendance. Refunds are only given within your child's first two weeks of their first term. Refunds or Credits will not be given at any other time.

There will be no refunds given for gym closings including holidays and inclement weather.

Once we have re-enrolled your child in class there are no refunds. If you would like to withdraw your gymnast from the program and not have your credit card on file charged, simply notify us in writing 15 days prior to the start of the next four week term. WRITTEN NOTICE to drop must be received 15 days prior to the start of the next term or your credit card will be charged.

General Policies

- It is your responsibility to update us of any address, contact phone number, email changes when they occur.
 - We are not responsible for lost, stolen, or damaged items.
 - **For your child's safety and in consideration of others:**

Children must be supervised at all times by a parent when not in class.

Children are not allowed on the gymnastics equipment/mats except for their designated class time.

Children are not allowed on the gymnastics equipment/mats without instructor supervision.

Parents are solely responsible for their children prior to and following scheduled class times.

Please do not drop your children off early and please pick them up promptly at the end of their class. We do not offer supervision nor do we take responsibility for your child before or after scheduled class times.

Children are to remain in the building at all times.

Do not ask your child to wait for you outside the building or along the curb.

When dropping students off, it is your responsibility to make sure they are safely inside the building.

The use of inappropriate language by children or adults at the facility will not be tolerated.

- We reserve the right to ask anyone not observing these policies to leave at any time.
- We will make every effort to provide a consistent coach for your class on an ongoing basis; however we reserve the right to change instructors for any classes at any time.
- It is your responsibility to inform us of any changes regarding your Auto Pay (new card issue, new address, etc.)
 - Additional Team Rules and Policies apply to students when they move to team.
- If you are unable or unwilling to adhere to our Rules & Policies, we reserve the right to revoke your membership.

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.

Team Program 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 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) Only concern yourself with things that YOU can control, which are YOUR ATTITUDE, YOUR EFFORT....YOUR GYMNASTICS!!
- 8) 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!
- 9) Ask permission to leave the gym. This applies to going to the restroom, getting a drink or talking to parents. The main reason is so that your coaches always know where you are.
- 10) 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.
- 11) Be honest, cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.
- 12) 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.
- 13) 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 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 gymnast to and from workouts and competitions must be made. In addition and equally important, parents must help instill work ethic, values and provide support for your gymnast to be successful.
- 2) Please try not to talk to your gymnast during practice, including if your gymnast is getting a drink. It is important for the gymnasts to stay focused and with their group.
- 3) If you need to get a message to your gymnast during practice, please talk to the office staff and they will relay the message.
- 4) 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.

- 5) We feel that communication with the parents of our team members should be open and flowing. We email all important team information
- 6) 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.
- 7) 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.
- 8) Be encouraging and positive to your child. Be careful of comparisons, because each child is an individual with different talents and capabilities.
- 9) Please be on time to pick your gymnast up after practice.
- 10) Please familiarize yourself and your gymnast with the Team Handbook. It is important that the parent and gymnast understands the rules and policies of the competition team.
- 11) If you have any questions regarding the gym or your gymnasts... please contact the gym via phone 273-5187 or email 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. This MUST be scheduled through the office at least 24 hours in advance.
- 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) **Incident Weather Procedures** We will be closed when the Ithaca City School District and/or Ithaca City School District After-school Activities are cancelled. Cancellations due to the weather will be on the gym answering machine at least 1 hour before classes start. Make-Ups can be arranged for missed classes due to weather as long as the child is currently enrolled.
- 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. All Makeups MUST be scheduled through the office at least 24 hours in advance!!
- 6) **Team Information:** We email all team information. Please make sure to provide us with your email address. If there is a change in your contact information/email, please let us know as soon as possible.
- 7) **Summer:** We highly recommend the gymnast attends our summer camp/Team 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/ ½ 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 1st month of Team during that school year. The gymnast will stay the same level for the school year. The gymnasts need to have all but one skill mastered of the next level to move up. Mastery of a skill is determined by doing the skill all by themselves on competition equipment.

The mission of Finger Lakes Gymnastics Team 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.

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 to 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.

Gymnast Health

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

Competitions

Finger Lakes Gymnastics Team 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 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.

Entry Into A Competition

We will send out entry information (including place, date & meet entry fee) via email. If you would like to register your gymnast for that meet the meet entry 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.

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!!)

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 gymnast 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 ½ 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 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 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. 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.
11. Remain seated at all times when not performing.
12. 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.
13. Cheer for all members of the Finger Lakes Gymnastics Team.
14. 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.
15. 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.
16. 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 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 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. Be positive at all times!! It may require extra work sometimes, but your attitude will determine your child's attitude and their success both in gymnastics and in life.
13. If you have concerns or comments about the meet see your gymnast's coach after their next practice or email the gym.
14. Every gymnast must come prepared for the competition. Girls: Competition leotard, warm-up, bag, grips, hair pulled back, no nail polish, no jewelry
15. Once you say goodbye to your gymnast before warm-ups he/she is our responsibility. Please do not plan to meet or talk to you gymnast during the competition.
16. 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.
17. If your gymnast gets injured at a competition, please stay in the stands. The coach will signal for you if you are needed.
18. 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.
19. 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.
20. 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.

**Finger Lakes Gymnastics welcomes you to
Team and Our Gymnastics Family!!!!**