



DYNASTY GYMNASTICS CLUB

2023-2024

COMPETITIVE TEAM HANDBOOK

Dynasty
Quick References

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USA Gymnastics Website	https://usagym.org
AAU Gymnastics Website	https://augymnastics.org

Welcome to the team!

The Dynasty coaches would like to welcome your family to our program. First, and foremost, this program is about providing a fantastic gymnastics experience to all its members. We are here for the athletes that have hopes and dreams of being the best they can be in life and in this sport. We are here to support them in that dream and reach their full potential.

To make that dream come alive the gymnast, parents, and coaches must function as a team. If we all work together toward common goals, we have a greater chance of achieving something really significant with our program.

Introduction

This team manual is designed to answer questions and explain the rules and policies for the competitive gymnastics program at Dynasty.

Competitive gymnastics is a unique sport requiring the support of the whole family in order for the gymnast to be successful. This need not be a difficult or demanding task, only one that shows each family is interested in and committed to providing their child with a positive learning experience through the competitive aspect of gymnastics.

Life changes to keep in mind

- At the Pre-team levels the number of hours of practice per week is relatively low. As your gymnast progresses up the competitive ladder the hours and days will continue to build.
- You may have to rearrange your schedule so that you are available to get your gymnast to and from practice every day. You may want to start a carpool with other team parents.
- 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 most of our athletes tend to get good grades and are better at studying because they have learned to budget their time effectively.
- Gymnasts are welcome to bring homework and complete necessary work in the break room prior to starting practice.
- Time management skills will become a necessity in all areas of your child's life.
- Depending on the level, league, and clubs hosting meets for the year, there is potential to travel.
- Family participation required for home meets and other additional events.

Attire

Proper workout attire is a must at all times. A properly fitting leotard is the only acceptable workout attire. Hair should be securely pulled up during practice. No jewelry is to be worn. Spandex shorts are allowed and popular for practice.

Cell Phone Policy

Absolutely no cell phones are permitted on the workout floor or at meets after open stretch.

DGC Team Levels

Description of Competitive Programs and Team Levels

USA Gymnastics

USA gymnastics is the governing body for the sport of gymnastics in the United States. It offers deeper levels of competition, more training hours, and specific training programs for aspiring athletes. We compete against the top gymnastics' clubs in the state, and we are also a part of the toughest region. USAG gymnasts compete at meets in Kansas, Missouri, Colorado, Oklahoma, and Texas, also known as Region 3.

This season we will only be competing in 3 Kansas meets.

AAU Gymnastics

AAU Gymnastics is an alternative competitive gymnastics program. AAU gymnastics offers an affordable and more relaxed training schedule to allow your child to participate in other sports in addition to competitive gymnastics. The majority of AAU meets are day-trip destinations.

This season we have 5 meets, with the furthest being a 2hr drive from the gym.

Level Descriptions

Levels 1 through 5 are compulsory levels designed to establish sound fundamentals. Each athlete performs the same routine to a prescribed criterion.

Silver, Gold, Platinum, and Diamond are XCEL levels that offer a broad-based, flexible competitive experience outside the traditional Junior Olympic Program. Gymnasts have skill requirements but are able to choose skills that play to their strengths.

Level 6, 7, 8, 9, & 10 are the optional levels. The gymnasts' routines are their own and designed around their strengths and away from their weaknesses. Optional routines are developed and choreographed individually for each gymnast's strength, style, and difficulty level.

Dynasty Pre-team

Pre-team gymnasts compete in levels 1-2 in AAU meets. They are able to pick which meets they wish to attend but are required to attend 2 meets at minimum with 1 meet being AAU Districts.

Meet Entry Fees must be paid by the deadline in order for gymnasts to register for each meet they wish to attend. AAU Districts can be paid before the deadline or will be automatically drafted on the deadline.

Dynasty Team

Team gymnasts compete in levels 3-10 and Xcel Silver-Diamond. They are required to attend all USAG and AAU meets on our schedule each season. Meet Entry Fees can be paid by cash or check any time prior to the registration deadline or will be automatically drafted on the deadline.

If you have an important life event that conflicts with our schedule, please contact Dakota Bridle as soon as possible.

Financial Structure, Costs, and Payment

The primary costs of being a part of the competitive team can be categorized under monthly tuition, meet entry fees, and uniform costs.

Annual membership fees

Family \$25

The fiscal year for the Gymnastics Team is September-August. There are fundraising opportunities available to gymnasts and their parents to raise money to support uniform costs, league membership fees, and meet fees. An additional coaches traveling fee is applied to each meet entry fee. The travel fee pays for coaches mileage, food and lodging.

Tuition Policies

The competitive team is a bank draft program. Each level is a flat monthly fee based on number of hours per week. Tuition is drafted every 4 weeks in accordance with our session dates.

Monthly Tuition Fees for 2023-2024 School Year:

Pre-team 1 Day Tuition \$105

Pre-team 2 Day Tuition \$160

Team 2 Day Tuition \$225

Team 3 Day Tuition \$300

Team 4 Day Tuition \$350

Private Lessons \$50.00/HR May be scheduled as needed.

Paying for Meet Entry Fees

Meet fees can be paid in advance through the customer portal, or in person via check to the coaching staff. All meet fees include an individual registration and coaches travel fees. Meet fees that have not been paid for in advance will be automatically drafted on the day of the deadline.

For Competitive Season the following must be met:

AAU Membership Fee \$22

USAG Membership Fee \$25(new athletes)-\$69(returning athletes)

Competition Leotard \$157.47

Meet Entries \$85-\$155

Team Guidelines

Gymnastics training is exclusive to this club. We ask that gymnasts not train at any other gym or attend a camp or clinic while competing and/or representing this team without consent from the Owners.

1. Each gymnast is expected to attend and be on time for all regularly scheduled practices. That means on the floor ready to go when practice begins and not talking or hanging around in other building areas. If for some reason your gymnasts will be absent, please let a coach know in advance.
2. Proper workout attire is a must at all times. A properly fitting leotard is the only acceptable workout attire. Hair should be appropriately tied so as not to interfere in any way during practice. No jewelry.
3. All gymnasts are required to bring to each workout a water bottle, a healthy snack, running shoes, grips, and any other needed items for practice.
4. Gymnasts may not leave the workout or competition floor without the expressed permission of the coaching staff.
5. Interaction between gymnast and parent (visually or verbally) during workouts or at gymnastics competitions is not appropriate. A distracted gymnast is a prime candidate for injury. Contact a coach first if you need to communicate with a gymnast on the workout floor or competitive site.
6. All gymnasts are expected to maintain the best physical condition possible.
7. Injured athletes should attend practice. They will be assigned a modified workout, keeping within doctor's restrictions.
8. Coaching technique and discipline are not subject to compromise with parents or gymnasts. The coaching staff has the final say in all competitive program matters, as they are ultimately responsible in the eyes of the law for each child's wellbeing. The way an athlete is disciplined on this team is to remove the gymnast from the activity or competition at the time of the problem for a period of time. Usually, the gymnast is invited to rejoin the activity. If necessary, the athlete may be dismissed from the remainder of the session. If an athlete's behavior warrants further disciplinary action, the coaching staff may request a meeting with the parents and the gymnast before the gymnast returns to the next practice session.
9. All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition. In addition, the gymnast must be in good health and have attended every workout the week prior to any competition. Special situations should be discussed well in advance of the competition with the coach.

The majority of this section has focused on the gym and competition; however, the coaching staff believes that the order of importance always needs to be family, education, and then gymnastics. If you choose to be a member of our program, we make the assumption you have allowed appropriate time for family functions and that your child's study habits, and schoolwork is of exemplary quality. We do not advocate the use of this statement as an excuse for coming late to workouts, missing practices, etc. As with all things in life, it is your responsibility to fulfill your commitments.

Communication

Team morale is one of the most treasured elements of a smooth operating cooperative group of parents, coaches, and athletes. In the interest of preserving team morale, we have a policy of zero tolerance for viewing room grumbling. Confront your conflicts only with those who can help resolve your problem.

All questions regarding your child's progress, discipline etc., may be discussed by appointment only with the coaching staff. Please contact Dakota Bridle to set up an appropriate time.

From time to time the coaches may have discussions in which they seek the opinion of team members and even parents. There may even be a vote, but it is opinion only – the coaching staff has the final word on any decision that affects the competitive gymnastics program. This will be most evident in determining workout structure and training styles, but also includes routine construction, choreography, choice of music, choice of leotards and warmups, what meets we attend, and workout times.

All information about meets and upcoming events will be communicated through email or on the team tab on our website. It is highly recommended that you check your email regularly to keep informed of all gymnastics team information.

Competition Day Expectations

Be Prepared:

- Gymnasts are to eat a healthy meal and should be well rested prior to the day of the meet.
- Double check your gym bag and make sure you have your leotard, warm up, grips, low-sugar, mess-free snack, and water.
- Hair securely pulled up and away from face and done before you arrive to meet. Feel free to send your gymnast with extra hair ties, pins, or spray.
- No nail polish may be worn. No undergarments may show.
- Only 1 pair of stud earrings is allowed. No hoops or dangly earrings. No bracelets, necklaces or any other jewelry is allowed.

Be Early:

- Allow time to get lost and found again. Gymnasts should be ready 15 minutes before open stretch.
- Give your athlete time to find her way around, acclimate, and get comfortable before starting warmups.
- **BE ON TIME!** It is up to the host if the gymnast will be allowed to compete upon late arrival.

Be Ready To:

- Drop your gymnast off and say good-bye. Wish 'good luck' and coordinate for after awards prior to your child entering the competitive area.
- Be a spectator and supporter only. Do not expect to communicate with your child until after awards. The girls will not be allowed to go back and forth to their parents, and parents are not allowed in the competition area.

Gymnasts stay with their coaches through the entire meet through awards:

- Gymnasts may not leave the competitive floor without permission from their coach until the last squad competes.
- Gymnasts are encouraged to be fierce individual athletes as well as team players. Once their final event is complete, they are to watch and encourage their teammates and/or their competitors.
- Gymnasts may visit parents after they are dismissed from their final event by their coach. As the event proceeds to awards, all gymnasts must sit as a team through the entirety of the awards ceremony.

Refrain from all communication with the athletes, meet officials, judges, and coaches during the meet:

- You may go through your coaches if you need to communicate something to an athlete.
- Refrain from coaching your child before, during or after the meet:
 - **Before:** Trust your professional coaches to coach your child. **Offer support not specifics.**
 - **During:** Support your team! Keep it general and positive! GO DYNASTY!
 - **After:** Support, not specifics. Let your daughter collect, relax, and lead the discussion. Share in her joy, or console her in her disappointment. Competitive gymnastics comes with many life lessons.
 - ***Should there be specific questions about the meet results, contact the coaches after the meet weekend.***

Keep all comments positive regarding clubs, gymnasts, coaches, judges, or keep your comments to yourself:

- Expect to see others with different philosophies, techniques, standards, focus, and rules.
- **Public criticism of any competitors, coaches, judges, or clubs is prohibited.**

Receiving awards in public:

- Gymnasts are expected to demonstrate courtesy to all athletes, officials, and volunteers.
- Disappointment will come at some point in your gymnast's career. All Dynasty gymnasts will receive awards with grace and respect.
- Congratulate the other athletes receiving awards as well.
- Regardless of the type of awards offered at a competition, it is important to remember that it is not the winning that counts, but the effort and sense of personal accomplishment that an athlete feels when doing her personal best.

Competitive Season Phases

- January through April- Competition Season
- May through July- New levels; new skills
- August through December- Prepare for Season

Information about meets

All information for meets will be emailed out as soon it is available to Dynasty. Do not contact the host club for this info. Schedule and admissions information is usually received at least 2-3 weeks in advance of a competition.

Arrival at meets on time is a MUST! By not arriving on time and/or notifying the coach, the coach has the right to scratch the gymnast from the competition. Once scratched the athlete will not be able to compete and a refund will not be given. Plan accordingly! It is recommended that you arrive 10-15 minutes prior to your start time. If an unforeseen illness or emergency occurs, contact Dakota on her cell 620-388-2626.

Meet Refunds

Refunds for injuries and illness are very rare and are only acceptable with a written doctor's note. It is then up to the **host club** to refund the money back to the team. If the host club refuses to give a refund, you will not get your money back. It is best to clear the entire weekend when entering your gymnast for meets.

The Meet Takes How Long?

The average meet can take as little as 2.5 hours or as long as 6 hours.

Most competitions run in a format similar to the one listed below.

Open Warm Up – Usually a half-hour long. This time is for general stretching and getting equipment settings specific to the gymnast.

Traditional Timed Warm Up - Every gymnast warms up on each of the apparatus. This procedure can take from an hour to an hour and a half, depending on the number of gymnasts competing.

Capital or Modified Capital Cup is also known as “Warm-Up/Compete” format. This combines the above format where the athlete warms up on a specific event and readily competes at that event before moving on to the next event and so on. (Most of our meets are ran this way)

March In – all the gymnasts line up and march in to the gym to be presented to the audience and judges. Usually the National Anthem is played. This takes about ten to fifteen minutes.

Competition – the gymnasts compete and receive scores from the judges at each event. This may take an hour and a half to two hours to complete. Longer if it is an optional meet and one touch warm ups are taken.

Awards – if the organization 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 can take from fifteen minutes to half an hour to hand out the awards. All gymnasts need to stay for all individual awards. Team awards are handed out at the completion of individual awards. Competition Etiquette

All meets are sanctioned by USA and/or AAU Gymnastics and therefore all participants must abide by the Women's Program Rules and Policies.

The competition is set up for the benefit of the competing gymnasts. There are specific requirements for ethics and behavior.

- As a spectator, you are a guest of the gym hosting the meet. You are required to pay the entrance fee for all individuals to the facility and abide by the rules of the meet host. Please respect their facility, stay off all equipment and control all children. The following regulations are for audience and spectators.
- Only authorized USA or AAU members are allowed in the competitive area. Spectators are not allowed to enter the competitive field. They may use only the area designated for the public. This includes siblings and parents throughout competition and awards. **(Teams can be fined for spectators not following the sanction rules.)**
- Spectators are prohibited from the use of flash photography during the competition at all times, as this may endanger the athletes. Any videotaping must be done from the spectator seating or designated area. No unauthorized person may stand on the competition floor to record.
- Spectators shall not disturb the order of the meet, its competitors, or its officials. Individuals causing violations will be asked to leave the competition premises.
- Parents, gymnasts and family members will also refrain from brash cheering or any negative behavior.
- **At no time will any parent approach or speak to any meet official or judge.** Any immediate problems should be directed to your team representative only. Parents and spectators will act in a courteous, respectful manner to all officials, competitors, meet hosts and other clubs.

Guardian Code of Conduct

Always remember, your behavior at meets is a direct reflection of the team, poor sportsmanship will not be tolerated. Cheer for every athlete, respect all calls and officials, thank all volunteers, and remember the most important expectation for your athlete is to have fun, winning is secondary.

1. **Sanctions:** Should I conduct myself in such a way that brings discredit or discord to the team, I voluntarily subject myself to disciplinary action. Dynasty maintains the right to terminate any registration with/without cause in the interest of our staff and athletes. The coaching staff will deal with unacceptable conduct at their sole discretion, imposing warnings, suspension, or expulsion as they deem appropriate. **Any suspension or expulsion from the team based on violations of the code of conduct will not be accompanied by any refunds.**
2. Medical attention: I hereby give my consent to the Dynasty staff to provide first aid services. I also give my consent to medical staff, if necessary, to provide customary medical/athletic training attention or emergency medical services as warranted in the course of my participation.
3. I understand that pictures of the team and their accomplishments at meets will be shared on the teams Facebook and Instagram page. I will reach out to the staff if I do not consent to my gymnasts' pictures being shared.

Gymnast's Name _____

As legal parent or guardian of this participant, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in classes, events, and activities conducted by Dynasty Gymnastics Club.

Parent/Guardian Printed Name _____

Parent/Guardian Signature _____ Date _____

