

FLAGSTAFF GYMNASTICS BOYS TEAM HANDBOOK

WELCOME TO TEAM 2018-2019

The staff and coaches here at Flagstaff Gymnastics would like to welcome your family to the exciting world of competitive gymnastics. If you are reading this manual it is because your son has already impressed us with his gymnastics talent and potential. The following is a compilation of several rules, policies, philosophies and tips that will answer most of your questions about competition. We are glad to have you as part of our team!

OUR PURPOSE AND MISSION

“Flagstaff Gymnastics strives to create opportunities for children to reach their potential through high quality instruction in a positive, caring environment!”

PHILOSOPHY

Our philosophy is to assist each person in reaching their potential, with respect to their goals. We strive to be positive role model leaders, and to bring out the best in each individual within the realms of physical, mental, emotional and social development. Safety, fun and skill acquisition are the keys we use to achieve these goals and to make Flagstaff Gymnastics a wonderful environment for children!

TEAM ACHIEVEMENT BAR

T.E.A.M.

Teachable – As gymnasts develop, we begin to add to the amount of work they do. We are training their muscles, especially their hearts. Gymnasts must have the ability and willingness to learn from coaches and each other.

Encourage – A gymnastics team is a community of gymnasts. To be the best we can be, we must encourage one another, cheer for one another and be respectful of one another.

Achieve – All together you are unstoppable. Practice does not make perfect. Perfect practice makes perfect.

Mental Toughness – We equip gymnasts with the tools to overcome or control their fear through skill progression, technique and support.

TEAM POLICIES

1. Gymnastics **training is exclusive** to this club. Gymnasts may not train at any other gym, camp, or clinic while competing and/or representing Flagstaff Gymnastics without explicit consent from the management.
2. Each gymnast is **required 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 out front. If for some reason you will be late or absent you are required to call the office and notify the coaches.
3. Proper **workout attire** is a must at all times. Shirts must be worn whenever there are other classes, cheer, or girls team in the gym.
4. Absolutely **no food**, drink, candy or cell phone is permitted on the workout floor. All snacks or meals must remain in the lobby area. Water bottles are the only exception to this rule. **NO FOOD IN LOCKERS – ANTS!**
5. Gymnasts **may not leave the workout or competition floor** without the expressed permission of the coaching staff.
6. 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 the front desk or the coach first if you need to communicate with a gymnast on the workout floor or at a competition.
7. All gymnasts are expected to maintain the best **physical condition** possible.
8. All injuries must be promptly reported to the coach. **Injured athletes** are required to attend practice. They will be assigned a modified workout, keeping within doctor's restrictions.
9. No gymnast may be left at the facility unattended. When **dropping off a team member** please do so within a reasonable time frame. Please do not drop off any one more than ten minutes before the start of the scheduled practice and be prompt to pick them up at the conclusion.
10. **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 well being.
11. 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.
12. 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.

TEAM TRAINING

Many things go into developing young gymnasts. There are four fundamental areas of development that are used during training: 1) Flexibility, 2) Strength, 3) Skills and 4) Mental aspects

- 1) **Flexibility development** is crucial to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of performances, allows the athlete to master skills more easily and plays a major roll in preventing and reducing the seriousness of injuries.
- 2) **Strength development** – As with all sports one object is to make the difficult look easy. This is much easier to achieve if the athlete has the strength to master the skills. In most cases the stronger the athlete is the better the athlete is. This is certainly true in gymnastics! Like flexibility, strict strength training can greatly reduce the chance of injury.
 - Strength development can and should be practiced at home. As strength and technique improve, resistance, range of motion and repetitions will increase. The gymnasts will constantly be challenged to improve their strength and should never cheat on their conditioning assignments.
- 3) **Skill Development** – Skill Development should NOT be practiced at home. Skill development falls into two distinct but related categories:
 - a) *Basics* – Basics or core skills are the building blocks of good, sound gymnastics. The gymnasts use these building blocks to construct their sequences and routines. If any of these building blocks is missing or defective, the entire performance is weakened.
 - b) *Skill Acquisition* – After a good core of basics is achieved, advanced skills must be learned and perfected. These skills are the ones that create and fulfill difficulty and connection requirements. The higher the grade of difficulty in the skills the gymnast's talent and courage allow him to achieve, the higher the level he will eventually compete. Often times these skills cause some reluctance and fear in gymnasts. The athlete's ability to trust his basics and his coaches to overcome his fears will determine how successful he will be.
- 4) **Mental Aspects** – *The mental aspects of gymnastics are also very important. We try to build mental toughness and focus using situational training (competition simulation). The creation of stressful situations in the gym helps train the gymnasts for the same feelings they will experience during competition.*

TEAM MEETS

Each meet will have a gymnast fee attached and a due date. Payment for meets cannot be late. Information will be distributed to gymnasts and parents as soon as it is available from the meet host. The parents are responsible for transportation to and from the meets as well as the fees and uniform. All meets also charge a door fee for spectators.

What to take to meets

- 1) Team uniform
- 2) Warm-up suit
- 3) Gym Bag
- 4) Approximately \$7 to \$25 per person for the spectator door fees

Before the meet begins...

- Provide your gymnast with a healthy meal one hour prior to arrival time.
- Arrive 15 minutes before the Open-Warm-up time completely dressed.
- Locate the gymnasts check-in station
- Help your gymnast find their coach. DO NOT hand them over to anyone other than their coach.

During the meet...

- Once your gymnast is on the floor, they are the coaches responsibility. Do not talk to them, text them, or approach them until the awards ceremony.
- The coaches focus during the meet is solely on the gymnasts and the competition before them. Do not talk to, text, call, or approach them during the meet.
- Never approach a judge.
- Cheer for all members of our team.
- Your gymnast becomes your responsibility at the beginning of the awards ceremony. The coaches will escort your gymnast to the awards area. Watch your gymnast during the awards and arrange a meeting place.
- Be supportive of your gymnasts no matter if they win or lose. The important thing to remember is this is only one meet. You want to build confidence so they can compete another day.

MEET EXPENSES

-Participation is Scheduled Meets. All team gymnasts should compete in ALL meets to which they are invited unless they are sick or injured.

-Meet expenses include competition fees, coaching fees, insurance, and all expenses the gym incurs to send athletes to competition. Gymnast's hotel and travel expenses are paid individually.

-Gymnasts who are unable to attend a scheduled meet should contact the coach, in writing, as soon as possible. Most meets require that the fees be paid in full months before the competition in order to prevent being closed out. Meet fees are non-refundable for any reason after the due date.

NUTRITION

Good nutrition is the key to a healthy gymnast. Well-balanced meals throughout the week are vital, as is staying hydrated.

Gymnasts should eat light and healthy at least 45 minutes prior to practice.

The night before meets, gymnasts should be fed a high carbohydrate and protein meal. Good sources of carbs are: pastas, rice, breads, and fruits. Protein sources that should be considered are: meats, dairy, beans, eggs, and grains.

The day of the meet, sweets, heavy foods, and carbonated drinks should be avoided.

SPORTSMANSHIP

Team members are taught to pursue victory with honor. Gratification comes through improvement and striving to achieve personal best.

GOALS

Our goal for each gymnast is:

- To gain self-confidence
- To learn to be a team player
- To learn to be competitive and have fun at the same time
- To learn from successes and failures
- To learn to budget free time wisely
- To learn to have fun in a safe, educational program

SPECIAL EVENTS

Special events are held to foster unity. Most events are attendance optional, but we encourage all gymnasts and families to be as involved as possible. A variety of events throughout the season may include but are not limited to: Water Day, Lunch Pot Luck, Coconino County Fair, Christmas Party, Awards Celebration. Information will be distributed to gymnasts and families in a timely manner.

MONTHLY TUITION

Team is a year round commitment.

The tuition for the competitive program is determined on a yearly basis with gym closings and holidays already taken into account.

1. Team tuition is charged through an autopay system at the beginning of each month. Those who use autopay receive a 15% discount off the normal monthly team tuition.
2. Team tuition at Flagstaff Gymnastics is designed to benefit team members who are dedicated to the sport of gymnastics. The competitive team is already greatly discounted in comparison to other gym programs and is in fact effectively subsidized by the recreational program.
3. There are no make-ups, discounts, or prorated accounts due to absence of any nature. This includes, but not limited to injuries, vacations, illnesses, etc. Since team members pay a fraction of the hourly rate that recreational students pay, we DO NOT PRORATE for missed days, weeks, or months. Gymnasts who miss weeks and months at a time are encouraged to go to the recreational program so they can pay for the classes they attend.
4. Team members need to stay active in the sport to progress at a safe rate.

PARENT SUPPORT

Be supportive of the coaches and gym. Help your gymnast attend practices and be on time.

Inspire your gymnast to overcome obstacles. In every gymnast's career there is a wall they will need to climb over. Inspire them with encouragement.

Teach your gymnast to be dedicated. Help them to overcome issues and compete for the full season. A quitter never wins and a winner never quits.

Watch practice periodically.

Participate in fundraisers and special events.

FUNDRAISERS

Team members are encouraged to participate in fundraisers. They will help us build unity and funds for competitions. Fundraisers may include but are not limited to:

- Banners
- Recruiting Funds

- Gymnasts will receive \$25 for every new person they recruit to gymnastics or cheerleading for the fall. New people are defined as those who have not attended FGC in 2012.
- Gymnasts will receive \$65 for every new student they recruit to Flagstaff Christian Preschool. New students are 3 and 4 year olds who have not attended FGC or FCP.

Parent Volunteers for a Special Event and Fundraising Committee are needed and greatly appreciated.

MISCELLANEOUS

- Except in the case of an emergency, team coaches should not be called at home or on their cell phones. Please leave all messages on the voice mail system at the gym or in the coach's message box. The coaches will check their boxes periodically and return your calls at their earliest convenience.

- During the winter break, Flagstaff Gymnastics will have an awards banquet for the compulsory and optional team gymnasts. Each gymnast will be recognized for their accomplishments by his coaches. Please make every attempt to attend.

- When planning for family vacations, please try to schedule them for early in the summer or during a week that the gym is closed. This will allow for minimal time out of the gym.

- It is the gymnast's responsibility to help keep the gym clean. Tape, pre-wrap, ice, bottles and other garbage should always be thrown away after its use.

Flagstaff Gymnastics Team Agreement

Both the parents (if applicable) and/or guardian including the gymnast should read the Flagstaff Gymnastics Team Handbook before signing this form.

I/We have thoroughly read and understand the Flagstaff Gymnastics Team Handbook. I/We have gone over the handbook with my/our child, and we support the philosophy of the Flagstaff Gymnastics team. We hereby agree to follow all of the rules, procedures and policies presented in the team handbook.

I/We understand that my/our child agrees to be actively involved in practices, competitions, clinics, camps and fundraisers scheduled by the team unless excused by the coach or front office.

I/We understand that all team members are expected to act in a mature, responsible, uplifting and honorable manner at all times by following the rules below. Failure to adhere to any of these rules may result in dismissal from the team:

1. Gymnasts must observe good health practices including following healthy eating habits and getting sufficient sleep.
2. Safety first. All safety rules governing USA Gymnastics will be adhered to during all gymnastic activities undertaken by Flagstaff gymnasts.
3. Inappropriate dress, disruptive behavior, emotional outbursts, abusive or foul language and any other sort of misconduct are strictly prohibited and are ground for immediate dismissal from team.
4. Team members are expected to carry out all assignments and conditioning given to them immediately and to the best of their ability. Cheating and/or sitting around will not be tolerated.
5. Members of our team have a responsibility to set a good example for other gymnasts. Always strive to be courteous, respectful, helpful, **encouraging** and enthusiastic.
6. Always call before being absent from any scheduled workout. Frequent unexcused absences and tardiness are grounds for removal from the team.

I/We understand that if, at any time, we cannot be a *supportive* and *positive* force in and outside of the gym and in the life of our child we will relinquish our place on the team. **Negative talk to other parents outside of facility, in the lobby or seating area will not be tolerated.**

I/We understand that if I/we approach a judge or meet official before, during or after any competition to question, comment on, complain about or discuss a score or the judging of a meet we are making the decision to remove our child from the team.

I/We understand that as the parent(s) of a Flagstaff Gymnastics Team member, I/we have agreed to fulfill all of the time and financial obligations such as tuition, registration fees, meet fees, uniforms, and other obligations related to my/our child's participation.

Parent Signature Date _____

Gymnast's Signature Date _____

The front desk will make a copy of this Team Agreement for the gymnast and her family