

SOUTHERN NEW HAMPSHIRE GYMNASTICS ACADEMY TEAM HANDBOOK & CODE OF CONDUCT 2026-2027 SEASON



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INTRODUCTION / OUR MISSION

INTRODUCTION

Welcome! We are thrilled that your gymnast has accepted a spot on the SNHGA Competitive Team for the 2026-2027 season!

The season covers the period from July 2026 to June 2027. This handbook serves as your quick guide to our team program. Please reach out to us anytime if you have questions as you begin or continue your journey with us.

OUR MISSION

The overall mission of our team program is to create a fun, safe and supportive environment where our athletes not only enhance their gymnastics abilities, but also build life skills vital to the successful growth and development of every young person. SNHGA seeks to build a gymnast's self-confidence and unlock the underlying potential of each and every child that passes through its doors!

Our athletes aren't just trained in gymnastics; they are taught valuable lessons about self-discipline, determination, perseverance, teamwork, mental toughness, dedication, time management and respect for others. Our coaches also stress perfecting form and paying strict attention to detail.

Finally, we hope that the friendships and memories created with us will last a lifetime!

If you have any questions, call the Main Office and ask to speak to the appropriate Team Coach or the SNHGA Owners (Coryn or Jeremy). We'll be glad to help in any way possible. Once again, congratulations and welcome to the SNHGA Team!

Sincerely,

Coryn & Jeremy Drown
Owners, SNHGA

TRAINING EXPECTATIONS (PRACTICE)

Joining our team is a wonderful commitment to your athlete's growth. Training combines skill development, strength, flexibility, and conditioning tailored to each level. Practice time naturally increases as gymnasts progress into the higher levels or transition from one of our Pre-Teams.

TRAINING GROUPS: Gymnasts are organized into training groups based on their level and goals. Groups typically consist of athletes competing at the same level, though they may be combined with gymnasts from other teams (Development Program or Xcel), athletes trying out, or gymnasts returning from injury. Combining levels when appropriate helps us ensure every athlete receives efficient and attentive coaching and fosters a team atmosphere.

ATTENDANCE & ABSENCES: Consistent attendance helps gymnasts safely build strength, flexibility, and muscle memory while minimizing soreness and injury risks. Regular practice keeps athletes feeling confident and fully prepared for competitions. Please report any expected absences in advance via the iClassPro App, by calling the Main Office (603-404-6181), or emailing snhgymnastics@gmail.com. Unless due to illness or injury, attending practice during the week of a competition is required so your gymnast feels fully supported and ready. Attendance is highlighted as part of our end-of-season evaluations.

INCLEMENT WEATHER: If practice is canceled due to weather, we will share updates as soon as possible via email, our website (www.snhga.com), Facebook, and the iClassPro Customer Portal. Please ensure your email contact information is up to date and check your spam folder occasionally.

MISSED PRACTICES: We do not offer make-up sessions for missed team practices. If your gymnast is injured, we encourage them to still attend practice for a modified conditioning and mental training plan, helping them stay connected with their team and coaches. A doctor's note may be requested prior to returning to full training.

PRACTICE ATTIRE & PREPARATION: To ensure a safe and comfortable training environment, gymnasts should wear a leotard with the option of fitted shorts or leggings. For everyone's safety, please make sure hair is securely pulled back away from the face and all jewelry is removed prior to practice. A practice leotard is included with your uniform order, though any appropriate leotard is welcome. At times our coaching staff may designate a day/night where the practice leo is mandatory. Please also send your gymnast with a water bottle or electrolyte drink and a healthy snack to keep them properly fueled and hydrated.

TUITION POLICIES

TEAM TUITION: Your monthly tuition supports your gymnast's training hours, professional coaching, utilities, gymnastics equipment, supplies and any other necessary expenses. Please note that tuition does not cover competition entry fees or uniforms (detailed further in this handbook).

To keep payments predictable, annual tuition is divided into 12 equal monthly installments rather than fluctuating based on the number of practices per month. Tuition is paid one month in advance (for example, payments made on October 1st cover all practices for October 1st-31st).

ANNUAL REGISTRATION FEE: An annual registration fee of \$50.00 is due upon initial enrollment and renews every 12 months during your anniversary month. This non-refundable fee covers our administrative costs, facility upkeep and liability insurance. It is charged **per family** rather than per student. If you have already paid this fee through another SNHGA program (such as our recreational gymnastics classes or preschool program), you do not need to pay it again until your original anniversary date.

AUTOPAY: For your convenience, all team families are required to keep a credit or debit card on file for automated monthly payments. Your gym account will be invoiced on the 25th of each month and autopay occurs on the 1st. If you prefer to pay via cash or check, please arrange payment with the Main Office prior to the 1st of the month.

LATE FEES & ACCOUNT STANDING: A \$25 late fee is applied to balances unpaid after the 15th of the month. To ensure financial fairness and smooth operations, accounts that fall 60 days past due will require a pause in practice attendance until the balance is resolved. If an account reaches 60 days past due multiple times in a year, a quick check-in meeting with SNHGA ownership will be required before resuming training.

SIBLING DISCOUNTS & ADJUSTMENTS: Families with multiple children on the team receive a 10% discount on tuition for the younger sibling. While routine missed practices or summer vacations do not qualify for tuition adjustments, we understand that significant unexpected life events or medical emergencies happen. In cases of major injury or illness, please provide a doctor's note so ownership can review options for account adjustments.

MEET SCHEDULES / MEET COSTS

MEET SCHEDULES: We aim to finalize and publish the competition schedule by the end of September each year to assist families with advance planning. If your gymnast is unable to attend a scheduled competition, please notify Jeremy in writing as early as possible.

COMPETITION ATTENDANCE & COMMITMENT: Joining the SNHGA Competitive Team Program reflects a mutual commitment to regular training and meet participation. While we respect that family priorities arise, consistent competition attendance is crucial for both individual progression and team scoring. Please note that "Sectional Meets" serve as qualifiers for the State Championships; missing these events may affect your gymnast's eligibility to compete at any State or Regional Competitions.

SCRATCH POLICY: A "scratch" refers to withdrawing an athlete from an individual event or an entire competition due to injury, illness, or administrative reasons. Host gyms establish firm Scratch Deadlines for each meet. If a gymnast is scratched before the deadline, entry fees are fully refundable. Withdrawals after the deadline result in a forfeiture of entry fees unless the host permits a substitution; partial refunds are not provided for individual event scratches. All scratches prior to a competition must be approved by Gym Ownership or a Team Director. During a meet, coaches maintain full discretion to scratch an athlete if needed to address sudden injury, illness, safety concerns, or behavioral issues.

MEET FEE ASSESSMENT: Competition expenses are managed through each gymnast's Meet Account and cover estimated entry, team, and coaching costs. The Meet Fee Assessment (also referred to as Competition Fees) covers all direct operational and administrative costs for the season, including:

- **"Entry" Fees** - the cost to enter the Individual All-Around Competitions at each meet.
- **"Team" Fees** - the cost to enter the Team Competitions at each meet.
- **"Coaching" Fees** - the costs payable to our coaches for attending the meets. Besides their fee, it may include their mileage (if using their own vehicle), meals, lodging, parking, tolls and any transportation costs (flights, taxis, Ubers, subways, etc.).

Assessments are estimated at the start of the season and include all State Championships. If actual costs exceed initial estimates, additional billing may occur at year end. All participating team families share team entry and coaching expenses equally throughout the season, regardless of individual scratches. Disbursed competition fees are non-refundable.

Note: Mid-season enrollees will have their fee assessments prorated based on the remaining competition schedule.

PAYMENT SCHEDULE & GUIDELINES: Meet assessments can be paid in full upfront or in three equal installments due in August, September, and October. Payments must be submitted to the Main Office via cash or check payable to "SNHGA" (credit/debit cards are not accepted for meet fees). If an athlete leaves the program early, any outstanding tuition or meet fees will be deducted from their remaining Meet Account balance.

ADDITIONAL COSTS & ACCOUNT BALANCES: Assessments do not cover optional travel meets or Regional Championships; qualifying athletes will be billed separately. Negative Meet Account balances must be settled immediately.

COMPETITION ELIGIBILITY: Gymnasts with pending meet balances may continue attending practice; however, all meet fee payments must be fully satisfied prior to competing in any event.

TEAM UNIFORMS

To maintain team consistency and professional standards, all gymnasts are required to wear the official SNHGA Team Uniform during competitions. Exceptions are granted solely at the discretion of SNHGA Ownership.

GIRLS UNIFORMS: The girls' competitive uniform package includes a custom competition leotard with a matching hair bow, a warm-up jacket and pants, a team backpack, and a sleeveless practice leotard. Uniform shorts are optional.

BOYS UNIFORMS: The boys' competitive uniform package includes a branded competition shirt, competition pants, competition shorts, a warm-up jacket and pants, navy blue crew socks, and a team backpack.

UNIFORM CYCLE: Uniforms follow a multi-year design cycle set by SNHGA management. If a manufacturer discontinues an item during this cycle, a replacement will be selected as needed.

ORDERS & PAYMENTS: All families must submit a completed Uniform Order Form annually. Payments are divided into two equal installments due in June and July. Uniform items from the current design cycle may be reused if they fit properly. Production and shipping take approximately 10-12 weeks. Orders placed after the deadline may incur vendor surcharges or rush shipping fees, and delivery prior to the first meet cannot be guaranteed.

RESALE OF USED UNIFORMS: Families may independently buy or sell pre-owned uniform items from the active design cycle. SNHGA does not facilitate or assume liability for peer-to-peer sales. We recommend confirming sizing and condition before purchasing used items.

OTHER PROGRAM COSTS

RETURNED CHECK FEE: A \$25 fee will be applied to any returned checks.

SPECTATOR ADMISSION FEES: Most host venues charge spectator admission fees at the door, typically ranging from \$10 to \$20 per session (discounts are often offered for children and seniors). Venue admissions are usually cash-only. SNHGA does not set or collect these fees for external meets, and participating athletes and coaches are exempt from spectator admission.

USA GYMNASTICS (USAG) MEMBERSHIP: SNHGA is a USA Gymnastics member club. All coaches and team athletes must maintain an active annual USAG membership to participate in sanctioned competitions. Memberships run from August 1 through July 31 and carry an annual fee charged directly by USAG (\$75 as of August 2026; \$27 for first-time athletes). Parents are responsible for keeping athlete memberships current to prevent eligibility delays.

PRIVATE LESSONS (OPTIONAL): One-on-one instruction is available for athletes seeking targeted skill development. Rates and schedule availability vary by coach and are paid directly to the Main Office directly. Private lessons with a coach other than your athlete's primary coach require prior approval from the Program Director or SNHGA Ownership. Accounts must be in good standing to schedule private instruction.

TEAM COMMUNICATIONS

IMPORTANT COMMUNICATIONS: We communicate key updates regarding competitions, practice schedules, facility closures, and account billing through email, iClassPro app notifications, the lobby bulletin board, and the Team page on our website (www.snhga.com). Families are expected to review these channels regularly. Please reach out to the Main Office with any questions.

WEBSITE AND FACEBOOK PAGES: Competition schedules and meet results are published on our website's Team page as soon as they become available. Schedules remain subject to change, so please verify details periodically. We also maintain a private Team

Facebook group for family connections; we ask that all posts maintain a supportive and constructive tone.

COACH DISCUSSIONS: To keep training on schedule, coaches are unavailable for extended discussions between classes. If you need to speak with a coach or owner privately, please schedule an appointment through the Main Office or connect with them after the final practice of the evening.

HOSTED EVENTS: When SNHGA hosts competitions, all member families are expected to assist with event setup, staging, and cleanup.

GYMNAST - CODE OF CONDUCT

To maintain a safe, positive, and productive environment, all gymnasts and families must adhere to this Code of Conduct. Mutual respect and discipline ensure athlete safety, maximize training efficiency, and support every gymnast in reaching their full potential.

1. **GYM FLOOR SAFETY & FOOD POLICY:** Food and non-water beverages are restricted to the lobby and cubby areas. Gymnasts must bring water in a sealed container and obtain coach permission before leaving the training floor.
2. **ATTENTIVE BEHAVIOR & INSTRUCTION:** Gymnasts must listen attentively to coaches, follow instructions promptly, and minimize side conversations during training.
3. **EQUIPMENT CARE:** Team members must assist with setting up, moving, and packing away mats and equipment throughout practice.
4. **ACTIVE ENGAGEMENT:** When not on an apparatus, gymnasts must work diligently on assigned drills, side stations, or conditioning. Idle standing is not permitted.
5. **SPORTSMANSHIP & ANTI-BULLYING:** Athletes must demonstrate kindness, encouragement, and good sportsmanship. Bullying or actions compromising safety will result in immediate disciplinary action. Outside interpersonal issues must not enter the gym.
6. **RESPECTFUL COMMUNICATION:** Disrespect, arguing, or disruptive behavior toward coaches or teammates is unacceptable. Gymnasts must receive coaching corrections constructively.
7. **PEER SUPPORT:** Gymnasts should offer constructive peer encouragement and must never criticize or judge another athlete's performance or progress.

8. **PROACTIVE COMMUNICATION & SAFETY:** Gymnasts should communicate openly with coaches if they require spotting, skill adjustments, or support with mental blocks or safety concerns.
9. **HYGIENE & ATTIRE STANDARDS:** Personal hygiene is essential. Hair must be neatly secured, clean training attire worn, deodorant applied as needed, and all jewelry removed prior to practice.
10. **COACHING CORRECTIONS:** Gymnasts are expected to apply and retain technical corrections provided by staff to ensure continuous, safe improvement.
11. **PERSONAL DEVICES & PARENT CONTACT:** Mobile devices must remain stowed in cubbies during practice. Gymnasts may not use devices or contact parents during training without coach authorization.
12. **ORGANIZATION OF PERSONAL ITEMS:** Personal gear, grips, apparel, and water bottles must be kept organized and cleared after every session.
13. **RE-ENROLLMENT POLICY:** Athletes who transfer to another facility may apply to return to SNHGA a maximum of one time, subject to ownership approval. A second departure is final.
14. **LEVEL PROGRESSION AUTHORITY:** SNHGA Ownership retains final authority on level advancement. Evaluations weigh qualifying scores alongside attitude, discipline, physical conditioning, attendance and skill readiness.
15. **DUAL-ROSTER HIGH SCHOOL ATHLETES:** High school gymnasts must inform coaches of schedule conflicts immediately. Full attendance at SNHGA practices and meets remains mandatory unless explicitly excused.
16. **SEASON TENURE AT LEVEL:** Gymnasts typically complete one full season (July-June) per level. Accelerated advancement requires coach recommendation, fulfillment of USAG requirements, and ownership approval.
17. **COMPETITION READINESS:** Athletes compete only when routines are performed safely and correctly, level requirements are met, and competitive discipline is demonstrated.
18. **COMPETITION REPRESENTATION & ATTIRE:** Athletes must represent SNHGA professionally by arriving punctually, wearing the full official uniform, grooming hair to team standards, and refraining from wearing jewelry.
19. **PROFESSIONAL SPORTSMANSHIP:** Respect toward judges, officials, coaches, and competitors is mandatory. Unsportsmanlike conduct or derogatory remarks will result in disciplinary action.

PARENT & SPECTATOR CODE OF CONDUCT

1. **SPECTATOR & LOBBY SAFETY:** All parents and spectators must remain in the lobby during practice sessions. Entering the gymnastics floor without staff supervision is strictly prohibited for safety reasons. In the event of an emergency involving your athlete, a staff member will contact you immediately.
2. **NON-INTERFERENCE & COACHING:** Parents must refrain from coaching, signaling, or attracting the attention of gymnasts during practice. Communication from the viewing area creates dangerous distractions and undermines coaching instruction. To minimize distraction while monitoring progress, parents are encouraged to observe the first and last 15 minutes of practice.
3. **POSITIVE ENVIRONMENT & RESPECT:** Parents and spectators represent SNHGA at all times. Negative or derogatory remarks regarding athletes, coaches, judges, staff, or other families are strictly prohibited in the lobby, at competitions, and on public forums.
4. **COMPETITION ETIQUETTE & SPORTSMANSHIP:** Spectators must model proper sportsmanship at all meets. Unsportsmanlike conduct can result in team score deductions or removal from the event. Prohibited behaviors include:
 - Booring judges and/or interfering with a judge's ability to do their job.
 - Screaming/cheering so loudly that other gymnasts' routines are disrupted.
 - Being in the competitive area. (This includes photographers!)
 - Approaching the head table (scoring table) asking for your child's score.
 - The use of flash photography (this is dangerous and strictly prohibited).
 - Making inappropriate comments about a judge, coach, or a gymnast at a meet.
5. **COMMUNICATION & CONFLICT RESOLUTION:** Program Directors and Coaches-in-Charge maintain authority during training and meets. Concerns regarding coaching decisions must be addressed privately by scheduling an appointment through the Main Office. Coaches will not discuss concerns on the gym floor or during competitions. SNHGA Ownership has the final say on all disciplinary decisions.
6. **CHOREOGRAPHY POLICY:** Optional level gymnasts (Level 6-10; Xcel Gold and above) require custom routine choreography. Choreography must be conducted by an approved staff member or guest choreographer through private lessons, with fees paid at the time of service.
7. **STUDENT PICKUP & SAFETY:** Gymnasts must remain inside the facility while waiting for transportation. Outdoor waiting is strictly prohibited.

8. **YEAR-ROUND COMMITMENT & VACATIONS:** Competitive team training operates year-round (July through June). Consistent summer attendance is essential for skill development and safety. Teams observe a designated rest week during summer (typically around July 4th). Tuition remains fixed year-round and is not prorated for missed sessions or personal vacations.
9. **MANDATORY PARENT MEETINGS:** Attendance at scheduled parent informational meetings is required to ensure consistent communication across the program.
10. **DIRECT CONTACT BOUNDARIES:** Parents must not contact coaches via personal phone calls or text messages. All communications must go through the Main Office or official email address.
11. **SOCIAL MEDIA CONDUCT:** Publicly posting negative or disparaging content regarding SNHGA, staff, athletes, or opponents on social media or messaging platforms is prohibited.
12. **24-HOUR COOLING-OFF RULE:** Parents must wait at least 24 hours following a competition before contacting coaches or management to discuss results or issues that arose during the event.

DISCIPLINARY ACTION

SNHGA maintains a progressive disciplinary system to ensure safety, sportsmanship, and structure. Infractions are formally documented in the athlete's record.

1st Infraction (Verbal Warning): Official verbal warning issued to the athlete, potentially accompanied by a brief cool-down period. Parents will be notified after practice.

2nd Infraction (Removal from Practice): Immediate dismissal from practice. A mandatory parent-leadership conference is required prior to resuming training.

3rd Infraction (Suspension): Temporary program suspension. Reinstatement requires explicit approval from SNHGA ownership.

4th Infraction (Dismissal): Permanent dismissal from the team program.

SNHGA Ownership reserves the right to expedite disciplinary action, up to immediate dismissal, for severe breaches or safety violations.

Competition Disqualification: Disruptive or unsportsmanlike behavior by athletes or spectators may result in event scratches without refund.

EVALUATIONS & MOBILITY GUIDELINES

MOBILITY: In USA Gymnastics, "mobility" is the process of advancing through levels in the USAG Development and Xcel Programs. Gymnasts must meet minimum score requirements to move to the next level.

GYMNAST EVALUATIONS: A gymnast must at a minimum make the USAG qualifying score the required number of times before becoming eligible to move to the next level. These scores must be obtained in a USAG sanctioned meet. Besides the necessary scores, a gymnast's attitude, discipline, strength, flexibility, skills and age are all factors considered when making decisions on level progression. The Owners, with recommendations provided by the Coaching Staff, have the final say in any gymnast's progression. The chart below, while not absolute, is used as a guide by our coaching staff when performing evaluations for mobility:

SNHGA MOBILITY GUIDELINES

LEVELS (SCORE REQUIREMENT)	PERFORMANCE REQUIREMENTS	PHYSICAL REQUIREMENTS	ATTITUDE REQUIREMENTS
PreTeam to Level 1	Can run and hit the board Straight jump (vault) Pullover (or close to) Cast w/ hips off bar All walks (F/B/S) Forward kicks Understands releve Handstand (at least $\frac{3}{4}$) Cartwheel (H/H/F/F) Backwards roll Forward roll	(2) chin ups (2) leg lifts Rope climb to top Chin up - hold 30 seconds Has bridge Understands splits Close to one flat split	Looks forward to practice Tries hard to do what is asked Good listener Follows directions
Level 1 to Level 2 Minimum 34.00 2x in Level 1	HS-FB onto 3 mats (24") Pullover (UB) Side HS from stand T - touch (BB) Cartwheel - step-in (FX)	(3) chin ups (3) leg lifts Rope climb with scissor legs Good bridge - can kick over Flat good leg split	Looks forward to practice Tries hard to do what is asked Good listener Follows directions
Level 2 to Level 3 35.00 2x in Level 2	Level 3 vault Front hip circle Squat-on, straight jump dismount Handstand on beam RO BHS on floor	(5) chin ups (5) leg lifts Can hold handstand Flat good leg split	Looks forward to practice Tries hard to do what is asked Respectful of teammates & coaches

Level 3 to Level 4 35.50 2x in Level 3	Kip Cast to horizontal Jump to high bar Cartwheel on beam Handstand on beam (hold 2 seconds) RO 2 BHS on floor FHS on floor FHS over table on vault	Rope climb; No legs (8) leg lifts (good form) (5) half leg lifts (8) chin-ups (unassisted) (5) chin-up; candles (5) straddle-ups Flat good leg split (10) Hollow body push-ups Handstand hold for 3 sec. Press handstand from stand	Enjoys gymnastics & competing Understands hard work Can overcome fear Respectful of teammates & coaches
Level 4 to Level 5 35.50 2x in Level 4	Straight arm kip Cast above horizontal Clear hip circle Baby giant Flyaway drills Back walkover on beam Level 5 beam dismount RO BHS back tuck (FX) Front Tuck or side aerial (FX)	Rope climb; No legs (10) leg lifts (good form) (8) half leg lifts (10) chin-ups (unassisted) (10) chin-up; candles (10) straddle-ups Flat split 2 sides Handstand hold for 5 sec. Press handstand from straddle sit	Enjoys gymnastics & competing Willing to work hard Willing to try new skills Can overcome fear Respectful of teammates & coaches
Level 5 to Level 6 34.00 2x in Level 5	Cast to handstand (UB) Clear hip almost to handstand (UB) Flyaway Dismount (UB) Round-off or BHS on beam Salto Dismount on beam Layout & FHS FT on floor 120° leap $\frac{1}{2}$ On Vault	Rope climb; No legs (12) leg lifts (good form) (10) half leg lifts (12) chin-ups (12) chin-up; candles (12) straddle-ups Flat split 3 sides Handstand hold for 10 sec. Press handstand from straddle sit	Enjoys gymnastics & competing Willing to work hard Willing to try new skills Can overcome fear Respectful of teammates & coaches Does more than the minimum
Level 6 to Level 7 36.00 2x in Level 6	Giant on Bars Clear hip to handstand $\frac{1}{2}$ pirouette - bars BWO-BHS series - beam RO-tuck dismount - beam Layout - floor Connecting flight pass into acro 2 Somersault pass - floor Tsuk Timer	Rope climb; No legs (15) leg lifts (good form) (10) half leg lifts (15) chin-up (15) chin-up; candles (15) straddle-ups Handstand hold for 20 sec. Press handstand from straddle sit	Works very hard Self-directed and motivated Courageous Can overcome fear Respectful of teammates & coaches Does more than the minimum
Pre-Bronze to Bronze	Connection on floor Half turn Leap/Jump connection Jump to FS Back Hip Circle Cast dismount T-Touch (BB) Stretch Jump (BB) BB Dismount HS-FB onto 3 mats (24")	Rope climb $\frac{1}{2}$ way with legs (3) leg lifts (good form) (3) chin-ups (assisted) Close to flat good leg split (5) Hollow body push-ups	Looks forward to practice Tries hard to do what is asked Respectful of teammates & coaches

Bronze to Silver 36.50 2x in Bronze	Connection on floor with flight Full turn on toe Leap pass (min. 90°) Pullover on UB UB Dismount (underswing, sole circle, squat on) Circling element on UB $\frac{1}{2}$ turn on one foot on BB Split leap or split jump on BB Acroskill on BB (HS, CW, roll, walkover) BB Dismount: side HS, roundoff Silver Vault	Rope climb with legs (5) leg lifts (good form) (5) chin-ups Flat good leg split (8) Hollow body push-ups Hold handstand	Enjoys gymnastics & competing Understands hard work Respectful of teammates & coaches
Silver to Gold 36.50 2x in Silver	(2) Connections on floor with flight Leap pass (min. 90°) Cast to horizontal on UB UB Dismount (high bar $\frac{1}{2}$ turn) Squat On (UB) Jump and catch high bar Split leap series on BB (2) Acro Skills on BB Beam DM: side HS, $\frac{1}{2}$ turn HS Vault over table Full Turn (floor)	Rope climb with legs (10) leg lifts (good form) (10) chin-ups (unassisted) Flat good leg split (10) Hollow body push-ups Hold handstand for 3 sec.	Enjoys gymnastics & competing Understands hard work Respectful of teammates & coaches Performs with confidence
Gold to Platinum 37.0 2x in Gold	UB - 6 "A" and 1 "B" skills Kip 360-degree circling skill Cast above horizontal High bar dismount BB - 6 "A" and 1 "B" skills; 1 "C" dance skill Full turn Acro-flight element or Acro-series Floor - 6 "A" and 1 "B" skills; 1 "C" dance skill (2) acro-flight elements w/ salto 150° leap	Rope climb - scissor legs (12) leg lifts (good form) (12) chin-ups (unassisted) Flat left & right leg splits (15) Hollow body push-ups Hold handstand for 5 sec.	Works hard Willing to try new skills Does more than the minimum Self-directed and motivated Courageous Respectful of teammates & coaches Performs with confidence

COMPETITION BAG CHECKLIST

Each team member is responsible for packing and transporting their competition bag to every meet. To help you get organized for the competition season, we are providing you with the following checklist of suggested items.

While you may arrive at a meet with your meet attire on and your hair appropriately styled, you may wish to consider packing extra items as recommended for emergencies.

- **Team uniform**
 - * Warm-up jacket
 - * Warm-up pants
 - * Competition leotard
 - * Team hair bow
 - * Team backpack
- **Socks-** to keep your feet warm while you wait to perform
- **Hair accessories - these should be kept together in a small bag inside your competition bag**
 - * Elastics
 - * Bobby pins
 - * Hair clips
 - * Hair spray
 - * Brush
 - * Comb
- **Bar Accessories (for upper levels)**
 - * Grip bag and grips
 - * Wristbands
 - * A grip brush
 - * A small spray water bottle
 - * Chalk
- **First Aid Items / Medical Devices**
 - * Athletic tape
 - * Inhaler
 - * Band-aids
 - * Medical jewelry
- **Water bottle** with a tight seal or cap.
- **A small box** that can be securely closed to place jewelry or other items inside of.
- **A healthy snack** that is quick and clean to eat, such as a granola bar, protein bar, fruit, vegetables, or crackers. Please avoid snacks containing peanuts or tree nuts to protect individuals with severe allergies at competitions.