



EAGLE

Gymnastics

2024-2025

Team Handbook

**“AT EAGLE WE HAVE A VISION TO BE FOCUSED, FEARLESS, TENACIOUS,
COURAGEOUS, FULL OF LIFE, AND TO SOAR HIGH!”**

Team Leotard and Warmups

- Our team leotard has been discontinued this year which means we needed to have a new one designed. All competing team members will need to order a new one. We have worked with Snowflake Designs to make them as cost effective as we could.
- Our leotard and team jackets are “special order”, and it can take months for them to be shipped to us. The money for team leotards and warmups is due by September 8. Joey will let you know the exact price when he receives it from the company.
- Each parent will need to sign off on the size ordered.
- Eagle Gymnastics is not responsible for the wrong size ordered.

Team Fees

- Team fees are used in many ways. New equipment, coaches training, both in and out of house, travel expenses and team parties are just a few.
- Each team member, both competitive and non-competitive (Non-competitive Bronze excluded) is responsible for team fees.
- The team fees are due to Eagle Gymnastics on October 10th. These can be paid for with check or cash at the Eagle office or through your regular payment method.
- There will be a \$20.00 late fee for all team fees that are not paid on time.
- \$150 for non-competitors
- \$200 for competitors

Meet Scheduling

- Our competition season runs December through May.
- Team Members are asked to make a commitment to stay through the entire competition season.
- At the beginning of the season, a preliminary schedule of meet locations and dates will be handed out.
- Meets may be added, changed, or canceled.
- The team travels to USAG competitions from December through May.
- Host clubs will set a deadline for meet entries. After this date, the host club will set the final meet schedule depending on the number of entrants. It is not uncommon for the host clubs to send out final meet information the week of the meet or make last minute changes. Information in many instances is not received until a few days before a competition. It is a good idea to clear the whole weekend of a meet on the chance there will be last minute changes that could conflict with your previous plans.
- There is a very good possibility that your athlete will compete on a Friday.

Requirements for Competitive Eligibility

- An athlete will NOT be registered for a meet until her Meet Entry Fee has been paid. It is your responsibility to make sure this is paid on time.
- Entry fees, once paid to the host gym, are NOT refundable. The only exception may be with a doctor's note up to a certain date. This is solely at the discretion of the host gym.
- Once a Meet Entry date passes, it is too late to pay fees and be entered. Please be sure to keep an eye on due dates.
- Gymnasts must be current on all Eagle Gymnastics financial obligations.
- Athletes must attend practice the week of a meet.
- Athletes must be physically, emotionally, and mentally prepared for competition.

Competition Procedures

- Your athlete is required to be at the competition site 15 minutes before her scheduled warmup. They are required to stay for awards after the meet to support the rest of the team.
- You are also strongly encouraged to attend other sessions to support other Team Members as they compete.
- The average meet can take as long as four hours. Most competitions run in a format similar to the following:
 - Warm Up – The athlete will warm up 15-20 minutes prior to competing. Eagle Gymnastics athletes have a practiced team warm up that prepares the body for competition.
 - Competition – The athletes rotate through the events in Olympic order (Bars, Beam, Floor, Vault), but their starting place will be determined through a draw. The meet will be structured in one of two ways: they either warm up all the events first, or they will warm up and compete events one at a time.
 - Awards – Awards are distributed after the entire competition group has finished competing. Depending on how the organization running the meet has scheduled the rotations, you may only have to wait for five to ten minutes before the awards ceremony begins; however, it has been known to take significantly longer. An athlete's competition is not over until the awards ceremony is complete regardless of her placement!

Athletes As Competitors

- Athletes must wear their team leotard and warm up.
- Athletes must remain in the designated competition area throughout the course of warm-ups and competition.
- Each athlete should accept her place in the line-up and the scores she receives with dignity and without criticism. Athletes cannot control the scores they receive, nor can they control the performances of any other athlete. They can control themselves, and there is no place for crying and uncontrolled emotions.
- Be courteous, respectful, and polite to all meet officials, hosts, competitors, teammates, and coaches.
- Athletes must be verbally dismissed by their coach before they can return to their families.

Athletes As Spectators

- When staying to watch another teammate compete, or upon arriving early, stay seated in the bleachers, and do not wander out onto the competition floor.
- Athletes must remember they are representing their team and family.

Please Note!

- Athletes who do not follow the rules will be given one warning, followed by being scratched from competition on the second offense.
- Coach Joey will speak with the parents before scratching any athlete.
- If an athlete is scratched no refund will be given.
- Disrespectful and argumentative athletes will be scratched without warning.
- Competing for and representing Eagle Gymnastics is an honor and privilege, not a right.

Meet Etiquette for Parents

- Under NO circumstance is a parent allowed to contact another club for any reason in regard to your daughter in a competition. The proper line of communication is to go through our gym and we will make any corrections or concerns for you.
- Team Spirit is a big help.... Wear the team colors, or better yet one of our team t-shirts.
- Please show proper respect to all officials and coaches at every competition. They are all there for one reason, to support your child's interests. Under no circumstances should you attempt to contact any official during or after the meet (judges, score keepers, etc.). If you have any questions regarding the meet or your child's scores, you must contact your coach. Breaking this rule will be considered resignation from Eagle Gymnastics.
- Please show proper respect to all competitors. Aside from the bad character it displays to speak badly of any child, you never know who is sitting near you.
- You are an ambassador for our gym in the gymnastics community. Your attitude is expected to reflect positively on our team and gym for the entire duration of all meets.
- In any competition, parents, friends, and relatives of the gymnasts are NOT allowed onto the competitive floor. You must remain in the spectator's area. Violation of this rule can result in our entire team losing our sanction, and all Eagle Gymnastics' scores will be forfeited without entry fee refund.
- In case of injury during warm-up or competition, you must stay in the spectator area until your coach flags you onto the floor.
- Do NOT coach your child. Coaches should coach, everyone else should encourage. Injury may result from changing the gymnast's focus away from the coach's technique.
- Per USAG rules, NO FLASH PHOTOGRAPHY during a meet. The sudden flash of light could cause a gymnast to be distracted. Check out your camera in advance. Many cameras come with an automatic flash that will go off if it detects low light levels. If you cannot manually disable this device, please do not take pictures during the competition.
- Feed your athlete for success! They should not drink or eat a lot during the three hours prior to competition. Competition is difficult with a full stomach or bladder.
- Your athlete is required to stay for awards regardless of how you think they placed.
- Coaches may or may not be at awards. The awards ceremony is for the girls who competed and there may be times where the coach only has time to eat between sessions or needs to address other things.
- If your athlete is scratched as a disciplinary measure, do not attempt to fight their battles for them. Counsel them on how to be humble, to apologize, and demonstrate an attitude of willingness to learn and a desire to correct their mistake.
- Although there may be time for pictures on the floor at some competitions, this is not to be expected.

Family Volunteer Commitment

- Each family is required to donate a minimum of 3 Adult volunteer hours to Eagle Gymnastics.
- There will be numerous volunteer opportunities during the year including gym clean up, moving equipment and during our in-house meet and parade.
- Those unable to volunteer must pay a "buy out" fee of \$50.00 by June 10, 2025.
- Any children that are present during volunteer hours must not be a hindrance to either the volunteer or the goals we are trying to accomplish.

Make-up Classes

- Your athlete must attend the class they are sign up for.
- If a scheduling conflict occurs, please contact Eagle gymnastics as soon as possible to sign up for a make-up class.
- No shows for make-ups will not be rescheduled.

Levels and skills

- Your athlete will be put in the level that best fits their skills.
- All level choices will be made by Joey.
- All skills must be passed in class.
- All routines must be passed in class.
- NO EXCEPTIONS

At the Discretion of Eagle Gymnastics

- Competitive status of an athlete
- Levels
- Skills taught
- Routines
- Floor music
- Meet selection
- Leotard and warm up design

Team Guidelines for the Athlete

- Treat everyone - coaches, athletes, & parents – the way you want to be treated.
- Only work the events and skills you are directed to work by your coach.
- No cell phones are allowed to be on during workout. NO EXCEPTIONS!!
- Attempt to attend all regularly scheduled workouts.
- Gymnasts must come to class on time, wear the proper workout attire (a properly fitting leotard) and have all braces and tape on.
- Confine hair appropriately to avoid affects it can have on vision, balance, etc.
- Work hard and try your best. This is all we will ever ask of you, and this is always what you should demand of yourself.
- Do not compare yourself with other athletes. You are all different and will advance at different rates. Only concern yourself with things YOU can control, which are your own attitude and your own effort!
- No food or drinks is permitted on the workout floor and must remain outside the training area.
- Gymnasts may not leave the workout or competition floor without specific permission by the coach.
- Alert a coach when your body is telling you to slow down or stop. If you are sick, on medication, or are injured, we need to know, and you need to listen to your body. Pain is the body's warning system.
- Treat coaches and teammates with respect. Be kind to those athletes younger than you and NEVER hold yourself out as better than others. THERE IS NO PLACE IN THE GYM FOR RUDE OR BELITTILING COMMENTS, DISPLAYS OF ANGER OR DISGUST, OR TALKING BACK TO COACHES OR OTHER ADULTS.
- Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to coaches, teammates, parents, and most importantly, to yourself.
- Maintain a positive attitude when facing fears and frustrations. All athletes suffer setbacks, frustration, fear, and defeat. One of the most important things you can learn from this sport is to expect these things, learn from them, face them, and overcome them.
- Accept the scores you receive with dignity and without criticism. YOU cannot control the scores you receive, nor can you control the performances of any other athlete. You can only control yourself, and there is no place for crying and uncontrolled emotions.
- Be courteous, respectful, and polite to all meet officials, hosts, competitors, teammates, and coaches.
- Set high goals and achieve them step-by-step: Dream, Plan, Work, Persevere, Succeed!

By signing below, I agree that I Have read and agree to follow the rules and conditions set by this handbook.

Due August 25-30

Parent or Guardian

Printed: _____

Signed: _____

Date: _____

Athlete

Printed: _____

Signed: _____

Date: _____