

Parents please read this with your athlete and then initial agreements under the events tab for 2019-2020 JO Team Registration accessed through the parent portal.



ACE Junior Olympic Team Handbook

- GYMNASTICS sets a wonderful motor skill coordination base for all sports.
- Workout patterns set a positive work ethic, internal discipline and responsibility for their own actions.
- The children learn that real "winning" is doing their best with the tools that they have in a realistic time frame.
- They learn how to work as a TEAM, supporting the whole and being supported by others in turn (athletes, coaches and parents)

PHILOSOPHY - Young athletes need to be brought along at their own pace. This encourages longevity in the sport. Better, longer-term athletes are developed with this approach. Beyond skill-specific techniques and drills, our teaching tools are patience, understanding and mutually-agreed upon goals for the athletes. We feel that full, efficient use of workouts is paramount to teaching time management skills to our athletes.

Unlike school grades, movement from one level to the next does not happen every year and staying at a level to develop skills and competitive aptitude is extremely beneficial in developing a confident young gymnast.

Junior Olympic - COMPULSORY LEVELS

Levels 1-5 gymnasts focus on developing strong basic skills that will lead to future development of the more difficult optional level skills. The routines that they perform are designated by USAG. Gymnasts at these levels may qualify to compete at a State Championship meet.

Junior Olympic - OPTIONAL LEVELS

Levels 6-10 gymnasts use the basic foundation to develop their own routines within the guidelines set by USAG for each level. These levels all may qualify to a State Championship meet, with Level 7 through 10 having the opportunity at States to qualify for a Regional Championship. At Regional Championships Level 9 gymnasts may qualify for Eastern Championships, while Level 10 gymnasts may qualify for National Championships.

Strength and Flexibility are the only "shortcuts" to Gymnastics!

Expectations of Athlete:

1. Come to practice prepared to train
 - a. Attend practices consistently, and arrive on time.
 - b. Physical Necessities: grips, leotard, hair bands, etc.
 - c. Emotional Necessities: be ready to LISTEN & LEARN. If you come to practice w/ the attitude that you will accomplish something, you will.
2. Participate
 - a. Work hard and try your best on every skill and on every turn.
 - b. Be an active part of your learning. If you do not understand the correction, tell your coach! Confusion only increases frustration. Verbalize your thoughts whether they are concerns, fears, lack of confidence, etc.
 - c. Be the ideal teammate! If one of your friends is not listening or goofing off or otherwise being a negative influence in any way, help her refocus! Don't be afraid to be a leader!
3. Be responsible for you
 - a. Being responsible implies that you are in control of what is assigned to you personally...your belongings, your assignments, your attitude, your language, your surroundings (keeping your gym clean), your body (icing, heating, therapy, communication w/ coach to find alternate exercises), YOUR EXAMPLE!
 - b. Being responsible also means that you are efficient in what you are doing. Get to it...whether it is an assignment or rotating events!!
4. Team Spirit

Supporting and cheering for one another will bond you as friends and teammates. Encourage each other to do better, praise each other for accom-

plishments (especially if it's a good attitude through frustrating circumstances), accept each other for who you are individually, and enjoy being an amazing group of athletes sharing in this particular experience!

5. Be Respectful and Responsive to EVERYONE.

Whether coaches, parents, owners, other athletes, siblings of athletes, or any other staff or person you may run into while at ACE, always respond positively and with respect. Everyone can learn something from everyone else.

6. Display good sportsmanship at all times. Be a Team Player - support all teammates even if you aren't having a great day. Display in-practice and meet travel behavior that demonstrates that you are proud to be a member of the ACE Gymnastics Teams.

7. At competitions, gymnasts are expected to accept scores received without criticism or comment. Crying and uncontrolled emotions during competition are not allowed. You cannot control the scores you get nor can you control the performances of any other athlete. You can only control what you do. If you do well and receive a disappointing score, ask your coach about it when the meet is over. The team needs you to be in control and ready to perform. They do not need you bringing the spirit of the entire team down with crying and complaining.

PARENTING A COMPETITION GYMNAST

Your developing gymnast will require lots of encouragement. Practices are WORK! She will experience sore muscles due to repetitions of a particular movement or exercises to develop strength and flexibility. Occasionally your gymnast may be fearful of a particular skill - fear tells us that the gymnast does not have enough information! Sometimes an athlete may take a coach's remarks as negative; but corrections are aimed at the performance, not the performer. Remember that attainment of every new skill was preceded by much effort and repetition.

There will be "plateaus" in development, times when it seems like no progress is being made. These plateaus are natural – please refrain from pressuring your child to reach unrealistic goals. Gymnastic skills require orientation and progression to attain. Each child's body is unique and develops differently from anyone else's.

Gymnastics competition can be stressful. Your presence at meets is a quiet statement of your support. Support your child's efforts, regardless of the score!

Inquires about your child's progress are welcomed by the coaching staff. For a full discussion of your gymnasts' progress, make an appointment with the child's principle coach first. Communication is a two-way street. If your child is experiencing difficulty not associated with gymnastics, please let the coach know; the coach can then adjust his or her interaction with your child accordingly.

FULFILLING PARENT RESPONSIBILITIES

Membership on the ACE TEAM is a full year commitment from July through to June and requires payment of all tuition, team fees and meet entry fees and uniform fees. A gymnast whose fees are not paid will not be permitted to participate in any club activities until fees are paid. In addition -

- Please keep discussion in the observation areas POSITIVE; if you need to express a concern, please contact either the coach, the office or owner for a meeting. Remember that we humans usually “see” what we are “looking” for; so look for the POSITIVE first!
- Providing transportation to practices, all meets, and special events. Promptness is expected - set a good example!
- Notifying the office and/or coaching staff of any absences from practices

DISCIPLINE PROCEDURE

Whether in the school classroom or in the gym the best environment for learning is a disciplined one. Discipline in this context means that students follow the rules.

The coaching staff will discuss appropriate behavior in the gym with each gymnast. If a discipline problem occurs the procedure is as follows:

First, the coach will discuss the problem with the gymnast.

Next, upon a second occurrence the parents are called and the gymnast may be sent home for the day.

Finally, if discipline problems persist, a conference with the gymnast, the parent, and the head coach is held. A solution that is suitable for all should be reached.

Refusal to work, rudeness to coaches/gymnasts or any inappropriate attitude will be cause for disciplinary action.

Use of alcohol, tobacco or illegal drugs or possession of drug paraphernalia will result in immediate dismissal from the team.

ATTIRE & EQUIPMENT

For practice: A leotard is required, (with bike shorts on top for Level 5 & up). Occasionally gymnasts will be asked to practice in leotard only. Hair must be securely fastened and out of the way. No jewelry, except stud earrings.

For Meets: Team Leotard & Team Warm up. Cost for all of this is between **\$250-500**.
Team Sneakers (you purchase yourself) and Team Backpack **\$65-\$70**

“Extra Expenses”: For Optional Girls Levels 6-10 and Xcel Gold - Diamond gymnasts

- Floor Music
- Routine Choreography

GRIPS & THE GRIP BAG

HAND GRIPS are optional beginning at Level 4 or 5. The Grip Bag should include a pair of long wristbands, your grips (consider a backup pair of grips), a roll of pre-wrap, a roll or two of athletic tape.

ATHLETIC TAPE

Any Athlete who requires taping of an ankle or other body part on a regular basis must provide his or her own tape, or purchase a roll from Ace for \$3.00. This charge will be added onto your Ace account. Athletic tape can be easily ordered by the case from DGS 9.9, <http://www.gymsupply.com/trainerstape-2.aspx>.

INSURANCE

Competitive Team families are expected to carry personal Medical Insurance on their athletes for everyday training. The annual USAG Membership does provide an excess Accident/Medical policy for athletes while at any USAG-sanctioned event, or traveling to or from the event.

INJURY

If an accident happens at the gym, the coaching staff will assess the situation, notify the parents, and follow ACE injury / first aid procedures. The coach will document the incident, then follow up with a phone call the next day.

Injured athletes are expected to continue to attend practices and work out to the best of their ability. There are no refunds or tuition discounts due to injuries.

If an accident occurs at a USAG competition, treatment will be administered by an on-site physician or by a local hospital. In the case that you cannot attend an away meet, a medical release needs to be filled out in advance to authorize medical attention.

Team Fees Schedule for the 2019-2020 Season

The team fees cover the annual USAG membership for coaches and club, the entry fees to the pre sectional, theme and local invitational meets for each level, and cover coaches time and other expenses to attend these meets. The team fees are not adjusted for a gymnast being unable to attend a given meet, nor are they refundable, as the gymnast has made a commitment to be part of the team and to support the other team members which includes competition and the finances to do so.

The following meet entry fees are not covered by the team fees and are the responsibility of the athlete's family.

- State championship meets
- Regional championship meets
- National championship meets
- Travel meets requiring airfare, which also require a
- **Non-Refundable \$200** over the meet entry fee to help cover Coach Travel costs.
- There is an additional fee of **\$250** for any athlete who qualifies for **Easterns** or **Nationals** to help cover the cost of coaches travel

The Junior Olympic Teams Levels 2-10:

Have a **Deposit at time of enrollment of \$100** which will be part of the total team fees. The remaining 5 team fees are due **July 15th, August 15th, September 15th, October 15th, and November 15th.**

The following is the Team Fee amount due on each of those dates.

Level 2	\$150
Level 3	\$200
Level 4	\$250
Level 5	\$250
Level 6-10	\$325