



Xcel Team Handbook 2019-2020

Parents please read this handbook with your gymnast. Then through your parent portal access the event for Xcel Team 2019-2020 Registration and read and initial the agreements.

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)

The Xcel program was designed to offer a competitive team experience without some of the more stringent skill requirements of the Junior Olympic program, and with a less demanding practice schedule. This is a great option for girls to enjoy the competitive experience.

Ace is now offering an in-house Xcel Team, **Copper**, will practice 1 day a week and will have 2 in-house meets during the season.

Bronze is the introductory level of the Xcel program, with the end of the competitive season marked by the State Championship meet. Participation is 2 practices per week, for a total of 6 hours during July and August, and 5.5 hours September through the following June. Bronze teams generally compete in the Massachusetts area, with a total of 5 meets for the season.

Silver and Gold are the next levels of Xcel, with a possibility of qualifying for Regional Championships at the state meet. Silver gymnasts can choose to practice 2 or 3 days a week. Gold gymnasts practice 3 days. **Platinum and Diamond** are the highest levels Xcel and also have the opportunity to qualify to Regional Championships at their state meet. Platinum can choose 3 or 4 days while Diamond will all practice 4 days per week.

Gymnasts are expected to wear a leotard to practice. A long sleeve team leotard is required for competition, at a cost of approximately \$175 and a team warm up suit, approximately \$130.

Bronze and **Silver** gymnasts will be charged a choreography fee of \$30 to pay for the floor routine choreography. **Gold, Platinum** and **Diamond** gymnasts will be having individual floor routines and will be charged for their choreography by the person creating the routine.

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 accomplishments (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 everyoneelse.
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

Participation on an Ace team is a privilege, one that may be revoked if the gymnast or parent continually displays disrespect to the staff or other gymnasts or parents. Disrespect in the form of band mouthing our program without first reaching out to the staff for clarification may be cause for terminating a gymnast's team privilege.

Cell Phone Access

While attending practice at Ace, gymnasts will not be allowed cell phone access. If the gymnast chooses to bring her phone to Ace it will be held in the back office until the end of practice. It is suggested that cell phones be left at home.

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.

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.

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.

Occasionally Ace will have to cancel practice, due to weather, or staffing situations. And we understand that children get ill, or have conflicts at times. Therefore a maximum of 2 open gyms per month may be used as make up classes for team gymnasts. Any more than 2 per month that are attended will be charged the open gym fee.

Xcel meet fees cover the entry to all scheduled meets for that level except districts, states and regionals.

Participation in any Ace Team Program is a privilege and as such may be revoked

Commitment to an Ace Xcel Team is a year long arrangement.
All fees are based on this full commitment and therefore are non refundable.

Team Fees due July – Oct. on the 15th of the month

Copper: \$25, charged only in September & October
Bronze: \$115
Silver: \$145
Gold: \$145
Plat/Diam: \$150

Practice times and Tuitions for 2019-2020

Copper: Wednesday 5:30-7:30
\$117.35

Bronze: Tues 4:00-6:30, Thurs 4:30-7:00
\$238.75

Silver 2 days: Tues 5:30-8:30, Friday 4:00-7:00
\$270.41

Silver 3 days: Mon 5:30-8:30, Tues 5:30-8:30, Fri 4:00-7:00
\$330.32

Gold: Mon 5:30-8:30, Wed 5:30-8:30, Fri 4:00-7:00
\$330.32

Plat 3 days: Mon 5:30-8:30, Wed 5:30-8:30, Fri 4:00-7:00
\$330.32

Plat 4 days: Mon 5:30-8:30, Wed 5:30-8:30, Thurs 5:30-8:30, Fri 4:00-7:00
\$389.28

Diamond: Mon 5:30-8:30, Wed 5:30-8:30, Thurs 5:30-8:30, Fri 4:00-7:00
\$389.28