



**Team D.E.E.N.O.S.**

*Educating Children in a Positive  
Sports Environment*

**Parent Handbook  
2019-2020**

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## **Introduction**

Welcome all of you, new and old! Each year our athletes learn and grow and new aspiring gymnasts join our gym family. This sport requires a lot of hard work and dedication, and the benefits will last a lifetime. I want your competitive gymnastics experience to be everything you are looking for. If after reading the handbook you decide that our program is not for you, I'd be happy to refer you to another gym that may better fit your needs.

I've put this handbook together so that you are fully aware of how our program works and what is expected of you and your daughter as a part of the competitive team. Please read the Parent Handbook in it's entirety. New and old, there is information that you should read over every year.

I'm excited for another awesome year!

-Deena

## **Finding Information**

One of my goals is to make sure that you are fully informed and have no unwelcome surprises during the year. Your first and best resource for information is this Parent Handbook along with the Team DEENOS website, which I am currently unable to update (working on getting it fixed).

The second place you can find information is on the Team DEENOS Facebook group. If you have a Facebook account, send me a friend request and I'll add you to the group. You can find me at <https://www.facebook.com/deena.moore.12> When you're done sending me a request, be sure to also Like the gym page here <https://www.facebook.com/DEENOSGYMNASTICS/>

I have created a Google calendar with important dates for Team. You need a gmail address in order to be 'invited' to the calendar. (There is also a general gym Google calendar that you can access directly from the website, but that calendar does not have all of the Team dates added.) I haven't yet updated the calendar, but I'm working on getting everything added.

My email address is [Deena@DEENOS.com](mailto:Deena@DEENOS.com) If you have questions or concerns, I want to know about it. I also want to hear your concerns from you, not from other parents. Your child and your journey are specific to you. Do not use other parents as an outlet for your issues. Come to me. I've been doing this a long time and I am happy to help you understand the process, but I can't help you if you don't reach out. Also be sure that we have a current email address for you and that our messages don't get sent to your spam folder. You may receive emails from me, or from [office@deenos.com](mailto:office@deenos.com).

## **Staff**

Our Team Coaches are Professional Members of USA and/or AAU Gymnastics and have been certified and background checked. D.E.E.N.O.S. staff members are dedicated to helping your child reach their fullest potential. Much like a teacher spends hours after school preparing lessons and grading papers, our coaching staff spends much of their personal time training, researching, learning and developing new and better ways to help kids learn the sport of gymnastics. The staff attends conferences and training to keep up with our ever changing sport. Many volunteer numerous hours to help ensure that competitions, demonstrations and special events are successful and memorable to all of those who attend. This passion to continually improve ones-self and the program, is a trait that we hope to instill in our athletes.

Most of our team coaches have a pretty full schedule in the gym which makes communication difficult before and after class. It's not that we don't want to keep you informed on your child's progress, we're just busy in the gym! Let us know that you have a question and we'll get in touch with you. It is not appropriate to walk out into the gym and it's unlikely that your coach will be able to speak with you immediately, unless your child is in the last class of the night. If you have a question for your coach, please leave a message with the office.

## **History and Tradition**

D.E.E.N.O.S. has a wonderful history dating back to 1997 in Springfield where we turned an old grocery store into our first gym. The support of the community and parents coupled with the excitement of the children, pushed this drive to even higher levels. What started as a community gymnastics program, grew to include a competitive program in 1999. The continued support of families and the success of the team inspired the Rincon facility, a 20,000+ sq ft dream gym that would be the largest and best equipped gymnastics gym in south Georgia. This dream became a reality when the "New Gym" officially opened in December of 2003.

Some gyms are built to be like other gyms. At D.E.E.N.O.S., we used science first, and put tremendous time, effort and resources into the planning and development of the Rincon gym, rethinking the entire concept of how a gym should be laid out to maximize an athlete's potential. From surfaces offering the highest repetitions with virtually no compression on the joints; to the equipment to aid in the fastest acceleration of skill development; to concepts not even thought of yet, D.E.E.N.O.S. is an aspiring gymnasts' dream come true.

All of this was done under the theory that when state of the art equipment and extreme gymnastics and psychological knowledge joined together with a motivating staff, the young athletes could excel in an environment that appeared fun and exciting, not overwhelming and militant like the 'make it or break it' gyms of the past. This was extremely important to D.E.E.N.O.S.! While the 'make it or break it' style of coaching can produce immediate results, it is also short lived. Most athletes cannot endure those conditions long term and they quit early due to physical or psychological burn out. The greater the number of cycles a gymnast trains, the closer she will get to her dreams. Success in this sport comes from years of training the mind and body that what once was believed to be impossible, is in your power to achieve.

### **Tradition**

From the beginning, D.E.E.N.O.S. set out to offer the wonderful benefits of gymnastics to children outside of the Savannah area. Springfield would prove to be not only the first city on board, but the most excited about our arrival. It was there that we were able to build a foundation for what you see today. Over the years, we have established a program where children are supportive of each other, respectful of their coaches and successful in their competitive careers. At D.E.E.N.O.S., children are supported in their journey by a staff that cares about their future both in and out of the sport and a facility that was designed to help them achieve their dreams. Educating Children in a Positive Sports Environment is not just our philosophy, it's what we love to do everyday. Our greatest achievements are not the numerous State and National Champions, but the outstanding character of the athletes we teach. There is no better reward than to be visited by past students who love to share memories of sleepovers, parades, shows, pool parties, traveling and competing. Their continued love of the sport and of D.E.E.N.O.S. into adulthood is a huge acknowledgment that we are making a positive difference in the lives that we touch.

A new tradition was recently added that came with having Senior gymnasts on our team. In order to make their final year extra special, Seniors now get to design their own leotard and choose a destination meet they'd like to attend.

## Team D.E.E.N.O.S. Competition Levels

We compete in both the XCEL and Junior Olympic Programs through USA Gymnastics and AAU Gymnastics. The XCEL and JO Programs are separate and have different rules and mobility regulations, each with their own benefits. Mobility is the term used for advancing from one level to the next. USA Gymnastics sets minimum requirements for mobility beginning in Silver for XCEL and Level 4 for JO. That means that an athlete can START as high as Silver or Level 4 with no previous competitive experience. In order to advance forward from those levels, however, there is a minimum score that must be met in competition.

We choose to utilize the XCEL Program at the beginning levels rather than the Compulsory Program (Levels 1-5) for many reasons. The XCEL Program offers more choice and flexibility. Coaches can determine what skills athletes use to meet the requirements set by USAG/AAU. This makes for a more fun experience for parents and athletes! At competitions, you witness a variety of gymnastics and hear several different pieces of music. Athletes of a broader skill spectrum can be grouped together to form a team. That's good news for small teams, like ours. In the JO Program, Levels 1-5 are compulsory, meaning every gymnast in a level competes the exact same routines as every other child in that level. At a meet, you will see 60 kids do the same floor routine to the same music. The routines are set by USAG/AAU and no modifications can be made without deduction. When an athlete advances to Optionals (Levels 6-10) she can finally have routines built around her strengths and choice of music.

There is no crossover from XCEL into JO without meeting the mobility requirements beginning at Level 4. For example, a gymnast can't compete in the XCEL Program from Bronze through Platinum and then jump into Level 7. An athlete can go back and forth between the two Programs as long as she meets the requirements in each. Ex: A gymnast competes Bronze, Silver, Level 4, Gold, Level 5, Platinum, Level 7 and so on. This is fine as long as the minimum mobility is met at each level.

Simply obtaining the minimum mobility score does not mean that your child will automatically advance to the next level. We take a lot of factors into consideration when placing athletes in levels for the year. A few examples are:

- Ability to perform the requirements of the next level
- Performance ability under pressure
- Age and Maturity
- Attendance
- Work Ethic
- Strength
- Discipline
- Goals

Level selection typically takes place at the end of summer camp in July. Don't get caught up in levels as though they determine your child's worth. Every child is amazing in their own way and each progresses differently. Gymnastics isn't like school, everyone doesn't move up each year. It's not a punishment to repeat a level. My daughter competed 3 years of Bronze, because that's what she needed to do :) I'm happy to discuss level placements if needed. Just set up a time to meet with me!

### Our Basic Yearly Cycles

May-July	Summer	Build Strength, Train New Skills, Increase Difficulty
Aug-Oct	Pre-Season	Selecting Skills/Combinations, Choreography, Build Strength
Nov-Jan	Early Season	Consistency, High Numbers of Routines, Execution, Build Strength
Feb-Apr	Peak Season	Quality Routines, Pressure Sets, Maintain Strength

The following guidelines are set by USA Gymnastics. Again, meeting these minimums does not automatically mean that a child will move up in our program. The minimum standards are far below the scores that will place at competitions in our Region.

**XCEL Program:**

<b>Level</b>	<b>Minimum Age to Compete</b>	<b>Pre-Requisite Score</b>
<b>Bronze</b>	Reached 5 <sup>th</sup> Birthday	None
<b>Silver</b>	Reached 6 <sup>th</sup> Birthday	None
<b>Gold</b>	Reached 7 <sup>th</sup> Birthday	31.00 AA at Silver
<b>Platinum</b>	Reached 8 <sup>th</sup> Birthday	31.00 AA at Gold
<b>Diamond</b>	Reached 9 <sup>th</sup> Birthday	31.00 AA at Platinum

**Junior Olympic Program:**

<b>Level</b>	<b>Minimum Age to Compete</b>	<b>Pre-Requisite Score</b>	<b>Mobility Score to Advance to next JO Level</b>
<b>1</b>	Reached 4 <sup>th</sup> Birthday	None	None
<b>2</b>	Reached 5 <sup>th</sup> Birthday	None	None
<b>3</b>	Reached 6 <sup>th</sup> Birthday	None	None
<b>4</b>	Reached 7 <sup>th</sup> Birthday	75% Proficiency at Level 1-3	34.00 AA at Level 4
<b>5</b>	Reached 7 <sup>th</sup> Birthday	34.00 AA at Level 4	32.00 AA at Level 5 Mobility between Levels 5&6 is allowed
<b>6</b>	Reached 7 <sup>th</sup> Birthday	32.00 AA at Level 5	32.00 AA at Level 6 Level 6 may be skipped if a 32.00 AA was achieved at Level 5
<b>7</b>	Reached 7 <sup>th</sup> Birthday	32.00 AA at Level 5 or 6	32.00 AA at Level 7
<b>8</b>	Reached 8 <sup>th</sup> Birthday	32.00 AA at Level 7	34.00 AA at Level 8
<b>9</b>	Reached 8 <sup>th</sup> Birthday	34.00 AA at Level 8	34.00 AA at Level 9
<b>10</b>	Reached 9 <sup>th</sup> Birthday	34.00 AA at Level 9	None

## Practices

Gymnastics is a sport that requires constant repetition to create muscle memory in order to perform skills from basic rolls to advanced flipping and twisting. As athletes progress, the skills become more challenging and the need for repetition increases. There is no set rule or standard in our sport for the number of training hours a gymnast should have at each level. We try and balance what the girls need while still allowing time for family and fun outside of the gym. With that in mind, it is even more imperative that the girls are here for their scheduled practices. They cannot be successful without putting in the hours that we're asking of them. We are already on the low end of the training time spectrum.

Gymnasts should not be practicing skills at home. Gymnastics is unlike many sports where spending extra time on it at home is helpful. Repetition creates muscle memory, poor technique repeated, creates bad habits. Those habits can last throughout the lifetime of your gymnast. A wise coach used to say 'Practice doesn't make perfect. Practice makes permanent. Perfect practice makes perfect.' If your athlete wants to do 'extra', she can stretch and strengthen at home. Practicing splits, bridges, push ups, sit ups, pull ups, presses, etc., at home is great and will help if done properly.

The only time girls should miss practice is in the event of an emergency or contagious illness. That being said, we also don't want them here getting everyone else sick. Please be fever free (without medication) for 24 hours before returning to gym. Gymnasts with absences within two weeks of a competition may be scratched. Private lessons can be arranged with a coach to make up missed practice and maintain eligibility. If a child is too sick to practice the week of a competition, they will be scratched from the meet. It's not safe to compete when your body is trying to recover from an illness. You don't want to put your child in a position to get injured and miss more of the season. Does it stink to miss a meet and lose out on the fees paid? Yes, I get it. But it would be far worse to send her in to compete and end up at the ER when she takes a bad fall.

If your gymnast becomes injured, it is very likely that she can still participate in part or most of her practice. We expect the girls to be here to condition and stretch and participate to the extent that they can while resting an injury.

Gymnasts should be at the gym and ready to begin practice on time. We understand that traffic, school pick up lines, etc, can make it difficult to get to the gym at times. Do your best to get your child here so that she is able to properly warm up and practice as planned. Girls are expected to practice in leotards. That is the competition requirement so they should be comfortable and used to wearing one. **New this year, fitted athletic shorts/bike shorts can be worn to practice except for the two weeks preceding a competition when practicing in a leo will be required.** Your child's hair needs to be up at every practice. Hair can be a safety hazard in our sport. If hair is in your face while you are upside down on a balance beam, you have a problem. We have hair ties at the front desk if you forget one. Your account will be charged \$0.25 anytime your child needs to get a hair tie from us. Jewelry can also cause a safety issue. Only small stud earrings are allowed during workouts. In competition, only one earring is allowed in each ear and it must be a stud.

Parents are welcome to watch practice any time. However, I encourage you to limit your observation time. If you watch practice day in and day out, you will likely become frustrated. It's hard to see progress when you watch all the time. Kids won't be productive 100% of the time and as a parent, that can easily become upsetting. In reality, none of us are productive all the time, but we're not standing back watching ourselves ;) Keep your observation time to a minimum and you will see progress more clearly. Gymnastics is a marathon, not a sprint, it takes years to become great. Also, we will not allow children back into the gym to show you something when practice is over or they've moved on from that event. It's not safe, so please don't ask. If your child wants you to see something new they've learned, ask her coach when she'll be working on it again and come by at that time to see it in action. It's not that we don't want you to see it, we just want to keep everyone as safe as we can. You can also see if her coach is able to video it the next time and share it with you.



## **Conduct and Behavior**

Participating on the Team is an honor and a privilege. Every gymnast is expected to be respectful to herself and of those around her in the gym. The following is a short list of things that we expect from your child while they are here. Please go over it with them.

- Listen to instructions
- Make eye contact with coaches when they are speaking
- Don't speak when coaches are speaking
- Don't roll your eyes or display negative body language
- Keep your hands to yourself
- Attempt to do what you are being asked to do
- Ask questions when you don't understand instructions
- Communicate if you have a problem (something hurts, you don't feel well, etc)
- Cheer for your teammates successes
- Have only kind and encouraging comments for your teammates
- No bullying
- Don't lie or cheat

Coaches will give a verbal warning if an athlete is behaving poorly and allow them the opportunity to change their behavior. If the negative behavior continues, the gymnast will be sent to sit out for a short time to reflect on her behavior. In extreme cases, an athlete may be sent home early.

Much like we expect the girls to behave in a way that allows for growth and learning, we expect parents to behave in a way that represents the gym well. Here is a short list for parents.

- Don't gossip
- Speak well of the gym and coaches
- Support your coach
- Be kind to others in the lobby and at gym functions
- Be hospitable to everyone at home meets (even when people are rude)
- Display good sportsmanship
- Communicate issues with the appropriate person

## Competitions

We will compete at 5 meets in the regular season. All gymnasts are expected to attend all of the meets scheduled for their level. **You will not be refunded if you choose not to attend a competition.** Meet fees (Quota) must be paid on time for your child to be guaranteed to be entered in all competitions.

The following are the competitions that we plan to attend but is subject to change.

November 2-3	November to Remember	Home Meet	All Levels
January 18-21	Hilton Head Island Invite	HHI, SC	AAU
January 24-26	Ultimate Beach Classic	Myrtle Beach, SC	USA
February 7-9	Paws 4 a Cause	Atlanta, GA	All Levels
February 28-Mar 1	Charleston Cup	Charleston, SC	USA
March 6-8	Kupets Pink Invitational	Savannah, GA	All Levels
May 31	Road to Gold	Home Meet	All Levels

The following post season meets are NOT part of Quota and require qualification.

March 27-29	USA 6, 9, 10 State Championships	Dacula, GA
April 3-5	USA 7, 8 State Championships	Marietta, GA
April 17-19	USA 9-10 Regionals	Greenville, NC
April 24-26	USA 6-8 Regionals	Myrtle Beach, SC
April 24-26	AAU State Championships	Marietta, GA
May 15-17	JO Nationals (Level 10)	TBD
Jun 17-21	AAU Nationals	Savannah, GA

### What to Expect at a Meet

When preparing for a meet, be sure to pack the entire uniform (competition leo, jacket, capris and gym bag), extra hair ties, a water bottle and a small snack. Bring some cash, not all competitions accept credit/debit cards. Some meets charge for parking, some don't. Admission fees are charged by the host at every meet. This can range from \$6-\$25 for adults and less for children. There are often vendors selling food and snacks, T-Shirts, Leotards, meet photos and other gymnastics trinkets at competitions.

In most situations, your child will compete in one session over the duration of a competition that may last 1-4 days. One session can be between 3-5 hours. Your child's regular coach will typically coach her during competitions, but occasionally another coach may have her group. If your child's regular coach is not going to be coaching at an upcoming meet, they will inform the substitute of your child's settings, routines, music and so on.

There are two main formats for competitions and the entire meet can take up to 5 hours. Modified Format (sometimes referred to as Modified Capital Cup) has a stretch time, followed by a warm up of the first event only, then introduction. After introduction, athletes will compete the event they warmed up, then rotate and warm up and compete each event until all four are done. Most competitions are scheduled this way.

Traditional Format has a stretch time, then athletes warm up all four events, then an introduction followed by competition on each event and then awards. In this format (which is not used as frequently anymore) spectators (friends/family) may not want to arrive until the introduction.

Plan to arrive at competitions 15 minutes prior to the General Stretch so that you can check in,

find bathrooms and get seated. Athletes will be called to the floor for General Stretch at which time they will go through warm up and stretching for 20-30 minutes. If you are late to a competition, your gymnast may not be allowed to compete. All athletes must be on the competition floor by the time the first event begins, or they will be scratched from the meet. Depending on the circumstances, our gym requires that gymnasts be present for warm up or they will be scratched from the competition. It's not safe to compete without a proper warm up. Plan accordingly, leave extra time for traffic issues and unexpected delays.

Once your athlete is on the competition floor, you should make no attempt to get her attention. It's important that she is focused and following instructions from her coach. Occasionally, a coach may send an athlete to her parent. Usually, this occurs if the gymnast needs to use the restroom and it's far away. In that event, get her to the bathroom and back as quickly as possible.

Parents are not allowed on the competition floor. Most meets are roped off signifying 'no go' areas. If you fail to comply, you can cause the competition sanction to be void. That means that scores don't count for any athletes trying to qualify to a level or competition, there is no insurance coverage in the event of an accident/injury, our team will be disqualified, etc. Only athletes, coaches and officials/volunteers are allowed beyond the seating area.

Be a good sport and a wonderful representative of D.E.E.N.O.S. Do not speak poorly about any athletes (ours or others), the judges, the volunteers or anyone at a meet. People are listening, children are listening, be a good role model. When you talk about another child's performance, her family could be sitting right behind you listening so all you better have to say is how amazing she was! Gymnastics competitions are judged by human beings and none of us are perfect. I promise you, the judges are doing their best and they know a lot. They are trained to see far more than you can imagine. Do they sometimes get it wrong? Sure, but it's not intentional. Your actions and reactions to situations that you may encounter are being watched. Behave in a way that would make us all proud.

In large meets, there are two sets of equipment (or more!). In these situations, your daughter will compete on the equipment she warms up on. So if you aren't sure where to watch, pay attention to where they are warming up.

At the conclusion of competition, athletes will be released to their parents to go to awards. (Coaches are not always available after a competition to go to awards.) Gymnasts are not supposed to leave the competition area until ALL athletes are finished competing. In large meets, awards will be held in a different area than the competition. In small meets, awards are usually given in the same area as the competition. Awards can take a long time, please be patient. Children are divided into age groups at competitions and awarded based on that. For example, if 100 girls compete in the Silver Session, they may break into 4 age groups of 25 kids per group. In this scenario, the youngest 25 would be in one group, then the next 25 by age and so on. Awards are usually given to half of the kids in each age group. That means in a group of 25 they would award 13 places on each event. In the All-Around, everyone usually gets an award. At each competition, girls have the chance to earn 5 medals if they compete every event.

Typically, individual awards will be given before Team Awards are given. If you are part of a Team (3 or more girls in your level), you need to stay until Team awards are concluded. The Team Score in gymnastics is configured by adding your team's top 3 scores from each event. At some meets, all Teams are awarded. At most meets, the top half of teams entered are awarded. If your team earns an award and there isn't a coach present, be sure someone gets a picture of the girls with their award and email it to [DEENOSGYMNASTICS@gmail.com](mailto:DEENOSGYMNASTICS@gmail.com). Someone also needs to take the team award home and bring it to the gym at the next practice.

If you plan to go out to eat before or after a competition, try and plan ahead so the girls can enjoy the time together. Let other parents in your level know what your plans are and make it a fun and memorable time for the kids. 10 years from now the girls won't remember what they scored on beam at a random meet, but they will remember when Janie laughed so hard she fell out of her chair and dinner afterwards. Help make fun memories with your group!

## Fees

This is a section that I truly hope to over inform you with. Competitive sports are expensive. I've tried to compile a list of everything that you'll need to pay for during the year so that you can plan and budget accordingly. I add due dates on the team google calendar and the team website. We don't send reminders before fees are due. It is your responsibility to keep up with deadlines and due dates.

Tuition for Team practices is set for the entirety of the season from August to May. There are scheduled closings, there will potentially be practices that are canceled due to competitions/travel. That is expected. Missed/canceled days are not pro-rated or credited back. The scheduled gym closings are already configured into tuition. Team Tuition payments begin July 20<sup>th</sup> and continue each month on the 20<sup>th</sup> with the final payment on April 20<sup>th</sup>. Typically, the July 20<sup>th</sup> payment is made at the desk. All competitive team athletes must have an EFT (Electronic Funds Transfer) set up to cover tuition.

If more than one child in a family is on a team, only the child with the highest tuition pays full price. Each additional team member from that family receives a 25% discount on tuition. Families with additional children in the recreational program only pay full tuition on their team athlete and all other registrants receive a 20% tuition discount.

All members of D.E.E.N.O.S. are subject to an Annual Fee of \$50 per athlete, or \$80 per family. This fee is due on the anniversary of your child's initial registration at the gym each year.

All of the following fees can be paid with cash/check at the front desk by their due date. If you choose to pay any of these expenses with a credit card, you will be charged an additional 5% processing fee.

Quota is a combination of individual and team meet entry fees and coach's fees. Quota this season is \$765 which will be broken into 3 installments of \$255 each due on September 27<sup>th</sup>, October 14<sup>th</sup> and November 13<sup>th</sup>.

The Team Fee contributes to continuing education and materials for team coaches, decorations and supplies for the Team sleepover, Christmas Party, Awards Banquet, etc. The Team Fee is \$85 and is due by September 27<sup>th</sup>.

The Music & Choreography Fee for XCEL Bronze, Silver and Gold is \$35 and due on October 14<sup>th</sup>. XCEL Platinum and up purchase their music once approved by Deena and send her a copy. Choreography for Platinum and up is \$125 each for new floor routines and is also due October 14<sup>th</sup>.

USA and AAU memberships are required by all competing athletes. These organizations govern the competitions that we will attend. The USA Membership for Levels 4-10 is \$61. The AAU Membership for all Levels is \$16. These memberships are due by September 27<sup>th</sup>.

Uniform fees are due by September 27<sup>th</sup>. If you're a returning team member, you only need to order the parts of the uniform that have changed due to a level change or that your child has outgrown. Pictures of the uniform pieces are on the Team Website if available. Used uniforms may be available from other parents on the Team Facebook page. Here is a breakdown of what each level needs:

	Competition Leo (NEW!)	Practice Leo	Jacket	Capris (Plain Black)	Bag (NEW!)
Bronze-Platinum	\$80.00 (Gold leo last year)	\$45.00	\$75.00	On Own	\$30.00

We will put together some street apparel options throughout the year. You are not required to purchase anything, but it's nice for parents to have at least one DEENOS shirt to wear at meets. You are not allowed to have DEENOS printed on any apparel on your own.

The CK Pink Meet in March is a breast cancer awareness meet. It would be great if some crafty moms got together to make some pink hair ribbons for this meet! We are NOT planning on ordering a special leotard for this meet this year.

We plan to have the Awards Banquet at The Clubhouse in Statesboro again in the summer. The cost was approximately \$15 per person and included salad, pizza, tea/lemonade and use of the private bowling lanes for two hours.

In years past, parents have contributed about \$5 per meet to go toward a goody bag for the kids to receive at each meet. Goody bags are the responsibility of each level to agree upon. Often times, a different parent volunteers to purchase items for the bags each meet. That's an additional \$25 or so that you may be spending throughout the season. The level as a whole needs to be in or out on goody bags. You cannot have half of the girls getting them and half not. If your team level decides to do goody bags, everyone needs to participate.

Each year we do a Secret Santa gift exchange at the Team Christmas party. The girls will draw the name of a teammate on December 2<sup>nd</sup> that they will be responsible to purchase a gift for. We have the girls fill out a form and list things that they like to help you find the perfect gift. You're asked to spend \$15-\$20 on this gift and keep it a secret until the gift exchange.

Parents may also choose to participate in a White Elephant gift exchange at the Christmas party. If you want to take part, you bring a wrapped gag/silly/goofey gift to exchange with other parents.

We also do a sibling gift exchange that is optional for any siblings that are attending the party. Just pick up a \$5 gift that your child would like and wrap it up. Sometimes there are several kids to exchange with, some times not. The idea is that little ones aren't left out of gift giving/opening.

## Home Meets

We will be holding two home meets this year. The November to Remember is scheduled for November 2-3, 2019. As a team parent, your help is needed to run the meet. Set up will begin on Thursday or Friday evening and requires people to help with cleaning and moving equipment. During the competition, there are several jobs that need to be filled throughout the day. We will split up the jobs into time blocks of about 4 hours. Depending on the duration of the competition, you may be asked to help with one or more time block over the weekend. We are also responsible to feed the coaches and judges that come to the competition. A menu will be set once we get the schedule finalized. Everyone pitches in to supply food based on the menu. Make sure you sign up for food that you can bring when listed. We don't have a full kitchen or refrigerator, so some items cannot be dropped off early. Meet clean up is immediately following the last session. All hands on deck make setting everything back in order very quick and painless.

Keep in mind that you can send someone in your place. We just need the man power, if you can't do it personally, you are absolutely welcome to send a friend or relative. If you cannot physically be here to do your part and cannot send someone in your place, you will be charged \$50 per time block. (If everyone is only asked to work one time block, you'd be charged \$50. If everyone is asked to work 2 blocks, you'd be charged \$100, etc.) That money will go toward paying for help in your absence. If you are able to volunteer more than asked, please do! We always have a few amazing parents that go above and beyond during meets and stay the whole time. They make it fun and we certainly appreciate all of their help!

Profits from our home meet go toward keeping the gym running. The costs of running our facility are continually rising. One myth that I'd like to debunk for you is that we make a ton of money. Though I hope that one day we are able to serve enough kids in the community to turn a profit, we've been fighting to break even every year since we started. We don't do this because it's making us financially rich. We do this because we love it and we know the positive effects that we're able to make in the lives and futures of these kids. Your help at the home meets is vital to our ability to continue doing what we do. On a side note, another way you can help is to promote the program on social media and in your day to day lives. Tell people about us, get your friends kids coming, spread the word!

Last year the parents chose to take on the responsibility of running concessions during the home meets. Profit from concessions will go toward coach's fees for post season competitions.

Each year we put together a program for at least one of our home meets. Each team member is asked to sell a minimum of one full page worth of ads for the program. There is a program ad form on the website as well as one included on the next page. You can seek out support from local businesses, family and friends. Most girls have a color photo of themselves in the program with good luck wishes from either a business or family. There are many options for ads. Selling a page worth should not be too hard. Ask grandparents and other relatives to go in on one if you don't feel comfortable asking businesses for help. Programs will be sold at the competition.

**PROGRAM  
ADS!!!**



**FULL COLOR  
AD SPACE!!!**

Support D.E.E.N.O.S. with a Business Ad or Good Luck Wish to your favorite gymnast/team! Our competition in Rincon is coming up on November 2-3, 2019 and we will have a **FULL COLOR** program. Get the word out for your business with a coupon to entice people to your store or website. **Artwork must be submitted in .jpg or .pdf format to [DEENOSGYMNASTICS@gmail.com](mailto:DEENOSGYMNASTICS@gmail.com) no later than Noon on October 14, 2019.** If you'd like us to make your ad, send an email with images/logos you'd like to include with your basic message and we'll put it together for an additional \$10 fee. Thank you for your support!!!

**\$25**  
**Business Card**  
**3.5" w x 2.5" h**

**\$35**  
**Quarter Page**  
**4.25" w x 5.5" h**

**\$55**  
**Half Page**  
**8.5" wide x 5.5" high**

**\$100**  
**Best Value!**  
**Full Page**  
**8.5" wide x 11" high**

Name/Business Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

Name of Gymnast you are supporting: \_\_\_\_\_

Choose Your Ad Size: \$25 Business Card    \$35 Qtr Page    \$55 Half Page    \$100 Full Page

Check here if you'd like us to create your Ad for an additional \$10    TOTAL DUE \$ \_\_\_\_\_

All artwork and logos must be emailed by noon on October 14, 2019 to  
[DEENOSGYMNASTICS@gmail.com](mailto:DEENOSGYMNASTICS@gmail.com)

Make Checks payable to DEENOS  
Mail or return to: DEENOS 355 Commerce Dr Rincon, GA 31326

## **Parenting an Athlete**

The role that parents play in the development of a successful gymnast is profound. Every parent wants to help their child be great! I've been the athlete, the coach, the judge and now the mommy. I can share what my parents were like with me and tell you that I had an awesome experience in the sport and (clearly) still love it to this day.

### **Deena's Story**

I was tumbling around and bouncing off the walls as a kid. My parents realized that it was probably better for me to do that in a gymnastics class and signed me at a local recreation program. I loved it! I always wanted to do more, stay longer, try something else. The coaches encouraged my mom to take me to the local gym, where they had a full fledged program including a competitive team. I promptly sat by the head coach on my first day at the new gym and told her that the rec program coach told me I should be on the team! I can only imagine what she was thinking, but fortunately, she didn't just laugh in my face! She showed me what the team was working on and explained that I had to work up to it. Where was my mom throughout this conversation? Walking the track around the gymnastics area. She diligently brought me to classes, one day a week, then two and three and so on. She sat and read her book some days. She walked the track on others. She dropped me off and ran errands when the hours got longer. She drove me to meets, she helped me with fundraisers, she flashed scores at the home meet, brought cookies and brownies to the bake sale, she fixed my hair and made sure I had a water bottle before I went out on the floor, they did all of those things that moms and dads do for their little gymnasts. And I thrived! I passed classes, made the team, started to win meets, move up levels and most importantly, I absolutely LOVED gymnastics. When skills got harder and scores got lower, she was still there with a hug and a smile.

I continued to train, compete and began to coach in high school. To say that I developed time management skills is an understatement. I trained before and after school most days, while also maintaining a high GPA with honors classes. I had great friends and managed social activities while never getting caught up in drugs or alcohol. I never burned out, I never wanted to quit, I never felt like I was missing out on something better.

It took me awhile as a team coach to realize what my mom (and dad) had really done right. They left the coaching to the professionals and simply supported my desire to learn and grow through this sport. They never once asked me why my leg was bent. They never insinuated that I should have tried harder to stay on the beam. They never questioned what level I competed or what score I got from that judge. They simply let me do what I loved and let my coaches do their job. I am living proof of the impact that has. I have never stopped loving this sport. It taught me so much more than gymnastics along the way. It showed me that hard work does pay off, that setting goals is important in all things, that the things that you want in life are worth working for. I can never thank my parents enough for giving me the opportunity to participate in this amazing sport. Coupled with some awesome coaches that were able to keep the atmosphere both fun and focused, I had an amazing journey that I will always remember with joy.

So here's my advise to you as you journey with your child in this great sport. Give her a high five when she tells you what she accomplished at practice. Jump up and down with her when she is so excited to tell you she learned a new skill, that she can't stand still. Kiss her sore wrist when she tells you she fell down and let her know it's ok, she'll get it if she keeps trying. Tell her how proud you are that she got back up and finished her routine after a fall at the meet. Let her tell you all about her practice in the car ride home, or let her sit quietly if she doesn't feel like talking that night. As long as she knows you are there to support her, she'll let herself try and fail and try again. And that is what it takes to be a great gymnast. The bravery to try something new and unknown, the courage to do it again after falling short and the tenacity to push on until you get it right. The drive to endure the conditioning and stretching day in and day out because in the end it helps you get one step closer to your goal. Gymnastics takes GRIT!



You have a fantastic opportunity to be your child's biggest fan! Take advantage of it, you'll be so glad that you did. Then when your child is grown and she looks back on her time in the gym, she too will realize how your support paved the way for her to grow into the person she's become. #thanksmomanddad :)

The following excerpt was taken from:

<https://www.competitivedge.com/parentscoaches-guides-13-steps-being-winning-parent>

## **13 Steps to Being a Winning Parent**

If you want your child to come out of their youth sports experience a winner (feeling good about themselves and having a healthy attitude towards sports), then they need your help! You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play your position well, then your child will learn the sport faster, perform better, really have fun and have his/her self-esteem enhanced as a result. Their sport experience will serve as a positive model for them to follow as they approach other challenges and obstacles throughout life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that's the good news! Further, your relationship with him/her will probably suffer significantly. As a result, they will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, feelings that will generalize to other areas in their life. Your son/daughter and their coach need you on the team. They can't win without you! The following are a list of useful facts, guidelines and strategies for you to use to make you more skilled in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

### **STEP ONE**

#### **UNDERSTAND YOUR CHILD'S COMPETITION IS THEIR MOST VALUABLE TRAINING PARTNER**

When defined the right way, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin words "com" and "petere" which mean together and seeking respectively. The true definition of competition is a seeking together where your opponent is your partner, not the enemy! The better he/she performs, the more chance you have of having a peak performance. Sports is about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges, sports is not so much fun. The more the challenge, the better the opportunity you have to go beyond your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are "seeking together", challenging each other to enhanced performance. Your child should never be taught to view his/her opponent as the "bad guy", the enemy or someone to be hated and "destroyed". Do not model this attitude! Instead, talk to/make friends with parents of your child's opponent. Root for great performances, good plays, not just for the winner!

## **STEP TWO**

### **ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIM/HERSELF**

The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best you can do, separate from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential (i.e., Peter and Patty Potential). That is, the boys should focus on beating "Peter", competing against themselves, while the girls challenge "Patty". When your child has this focus and plays to better themselves instead of beating someone else, they will be more relaxed, have more fun and therefore perform better.

## **STEP THREE**

### **DON'T DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING A**

corollary to TWO, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to their potential and loses, it is criminal to focus on the outcome and become critical. If a child plays their very best and loses, you need to help them feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is not cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!

## **STEP FOUR**

### **BE SUPPORTIVE, DON'T COACH!**

Your role on the parent-coach-athlete team is as a Support player with a capital S! You need to be your child's best fan. Unconditionally! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., but... do not coach! Most parents that get into trouble with their children do so because they forget to remember the important position that they play. Coaching interferes with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, and, if by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles (i.e. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent"). Don't parent when you coach and don't coach at home when you're supposed to be parenting.

## **STEP FIVE**

### **HELP MAKE THE SPORT FUN FOR YOUR CHILD**

It's a time proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better they will perform. Fun must be present for peak performance to happen at every level of sports from youth to world class competitor! When a child stops having fun and begins to dread practice or competition, it's time for you as a

parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: If your child is not enjoying what they are doing, nor loving the heck out of it, investigate! What is going on that's preventing them from having fun? Is it the coaching? The pressure? Is it you?! Keep in mind that being in a highly competitive program does not mean that there is no room for fun. The child that continues to play long after the fun is going will soon become a drop out statistic.

## **STEP SIX**

### **WHOSE GOAL IS IT? IT'S YOUR CHILD'S SPORT!**

Number FIVE leads us to a very important question! Why is your child participating in the sport? Are they doing it because they want to, for THEM, or because of YOU? When they have problems in their sport, do you talk about them as "OUR" problems, i.e., "our jump isn't high enough", "we're having trouble with our flip turn" , etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to YOU? Are they playing for rewards and "bonuses" that YOU give out? Are their goals and aspirations YOURS or THEIRS? How invested are YOU in their success and failure? If they are competing to please you or for your vicarious glory, then they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone will lose. It is quite normal and healthy to want your child to excel and be as successful as possible. But, you cannot make this happen by pressuring them with your expectations or by using guilt or bribery to keep them involved. If they have their own reasons and own goals for participating, they will be far more motivated to excel and therefore far more successful.

## **STEP SEVEN**

### **YOUR CHILD IS NOT THEIR PERFORMANCE - LOVE THEM UNCONDITIONALLY**

Do not equate your child's self-worth and lovability with their performance. The most tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from them. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval. CAUTION: Only use this strategy if you want to damage your child emotionally and ruin your relationship with them. When Olympic diver, Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was, "If I don't make it, my mother will still love me".

## **STEP EIGHT**

### **REMEMBER THE IMPORTANCE OF BUILDING SELF-ESTEEM IN ALL OF YOUR INTERACTIONS**

Athletes of all ages and levels perform in direct relationship to how they feel about themselves. When your child is in an athletic environment that boosts self-esteem, he/she will learn faster, enjoy themselves more and perform better under competitive pressure. One thing we all want as children and never stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make them feel good about themselves, they will, in

turn, learn to treat themselves this very same way. This does not mean that you have to incongruently compliment your child for a great effort after they have just performed miserably. In this situation being empathetic and sensitive to his/her feelings is what's called for. Self esteem makes the world go round. Make your child feel good about themselves and you've given them a gift that lasts a lifetime. Do not interact with your child in a way that assaults their self-esteem by degrading, embarrassing or humiliating them. If you continually put your child down or minimize their accomplishments not only will they learn to do this to themselves throughout their life, but they will also repeat your mistake with their children!

## **STEP NINE**

### **TEACH YOUR CHILD THE GIFT OF FAILURE**

If you really want your child to be as happy and as successful as possible in everything that they do, then teach them how to fail! The most successful people in and out of sports do two things differently than everyone else. First, they are more willing to take risks and therefore fail more frequently. Second, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment, and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling ENOUGH times. Each time that you fall, your body gets valuable information on how to do it better. You can't be successful or have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given them the key to a lifetime of success. Failure is the perfect stepping stone to success.

## **STEP TEN**

### **CHALLENGE, DON'T THREATEN**

Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long term costs in terms of mental health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to your child performing terribly. Implicit in a threat, (do this or else!) is your own anxiety that YOU do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".

## **STEP ELEVEN**

### **STRESS THE PROCESS, NOT THE OUTCOME**

When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance (i.e., win/lose, instead of the process). In any peak performance, the athlete is totally oblivious to the outcome and instead

is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will raise their anxiety to a performance inhibiting level. So if you truly want your child to win, help get their focus away from how important the contest is and have them focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

## **STEP TWELVE**

### **AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES**

Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common! One may physically have the build and perform like a 16 year old while the other, a late developer, may have the physical size and attribute of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model only! For your child to do his/her very best, he/she needs to learn to stay within themselves. Worrying about how another athlete is doing interferes with them doing this.

## **STEP THIRTEEN**

### **TEACH YOUR CHILD TO HAVE A PERSPECTIVE OF THEIR SPORT**

The sports media in this country would like you to believe that sports and winning/losing is larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.

## Gym Events & Team Events

There are a few events that we participate in each year as a whole gym and also several special events that we hold for the Team. We'd like to see all of the girls participate in them. Here is a list of what I know at this time.

October 21	Effingham County Fair Parade 4pm	Springfield
November 8	Team Sleepover 7:30pm-8am	DEENOS
November 23	Christmas Parade 10am	Macomber Park, Rincon
December 14	Team Christmas Party 5pm	DEENOS
May 29	Gym Jam Rehearsal	DEENOS
May 30	Gym Jam 10:00am	DEENOS
July 10	Team Awards Banquet 6:00pm	The Clubhouse, Statesboro

I encourage you to organize fun things that you can do outside of the gym as a team. It may be difficult to get everyone together, but those that can, should! You can also organize fun things for just your level to do. However, it's not ok to leave people out. Don't invite all but two people from your level to do something, for example. If you arrange an event, invite your whole level or the whole team. Or invite two levels. Whatever the situation, don't leave anyone out of the mix on purpose. We expect the girls to get along and work out their differences in a positive way and we expect parents to do the same.

## Agreement

I have read the 2019-2020 Team Handbook in full and understand its contents. I agree to abide by the rules and guidelines included in the Handbook. I also agree to be a supportive member of D.E.E.N.O.S. both in the gym and in public. If at any time I feel unable to support D.E.E.N.O.S. program or staff, I will address my concerns with Deena in a private meeting. I understand that by signing below, I am committing to participate for the entire year, beginning in August and ending in May. I understand that I am responsible for all of the fees associated with my commitment to the team for the year.

Print Child's Name: \_\_\_\_\_

Print Mother's Name: \_\_\_\_\_

Mother's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Father's Name: \_\_\_\_\_

Father's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**To be signed and returned to the front desk by September 23, 2019**