

Team Gymnastics Handbook



2023-2024

Introduction

Summit Sports Center would like to welcome you and your family to our competitive gymnastics program. Please read the handbook carefully. After reading this handbook, if you have any unanswered questions about any aspect of our program, please feel free to ASK! The coaching staff will be happy to answer any questions that you may have.

Competitive gymnasts are among the most successful adults, because they have learned and developed positive thinking, self-motivation, patience, goal setting, courage, dedication to a task, overall work ethic, sacrifice/commitment, and time management. We are committed to helping each gymnast work to develop these characteristics as well as the physical strength and skills required of a competitive gymnast as well as a successful adult.

As part of our commitment to the gymnasts and their parents, we are providing you with this handbook on team expectations, policies, and financial obligations. We, in turn, require each gymnast to have on file, a Team Contract signed by the gymnast and their parents or legal guardians acknowledging that they have read and fully understand the handbook and agree to abide by all policies. The Team Contract is located at the back of this handbook.

Team Placement/Mobility

Placement on the Summit Sports Center Team is by invitation only. The SSC coaching staff will determine the placement of each gymnast and subsequent advancement from one level to another. Each individual is different and, therefore, not all will advance at the same rate. It is not uncommon for a gymnast to compete at one level for more than one season. When your gymnast can safely and consistently complete skills required for the next level, the coaching staff will make decisions on the gymnast's mobility accordingly.

Gym Mission Statement:

At Summit Sports Center, we are devoted to providing outstanding sports training to inspire our students to achieve more than they ever thought possible in a safe environment that nurtures the whole athlete to flourish in health, wellness, and vitality.

Gym Philosophy

Our philosophy is based upon the belief that every child can learn not only the skills of gymnastics, tumbling, or any of our other programs, but also a variety of skills necessary for success in life. Independence & self-reliance, goal setting & achieving, failure & strife, listening & correcting, discipline & repetition all go hand in hand with individual sports training. As coaches, we are charged with helping to develop these specific attributes & character traits in our students, in ourselves, and co-workers. It is through this mindset that all of our programs will thrive, and our athletes will develop and advance at optimal rates. To maintain this philosophy, we must hold ourselves to a high standard and encourage our athletes in a direction of personal fulfillment.

Attendance

- A consistent regimen is required to help maintain safety and progression in the program. The coaches reserve the right to remove a gymnast from the team based on continual poor attendance, attitude or work ethic.
- **Parents must notify the coaches if practice will be missed for any reason. Please call and let a coach know as soon as you discover your child will be absent from practice.**
- Social activities and other sports are not excused absences and should not regularly interfere with practices and never with a competition.
- During competition season, if your gymnast misses practice for any reason the week of the competition, they may not be able to compete in said competition. Coaches will determine if your athlete competes. If they do not compete, comp fees will NOT be credited or refunded.
- Failure to attend the scheduled practice on a regular basis is not acceptable, and coaches will need to meet with the gymnast and her parents. If the problem remains unresolved, the gymnast will be removed from the competitive team.
- We understand & agree that academics are extremely important, and a main priority in a child's development and preparation for life. Your gymnasts should be aware that being a competitive gymnast means agreeing to manage time wisely in regard to academics. Missing practice to finish homework or study falls under the same guidelines as stated above. We will be more than happy to meet with your gymnast and help them develop a time management plan that will help them balance schoolwork and competitive gymnastics successfully. **Your support of our philosophy is critical.**
- ***There are no make ups or special considerations for missing practice.***
- ***There are no monetary credits, discounts or transfers of money for missing practice for any reason, including an injury. You pay tuition and comp fees to be a part of the team.***

Practice Schedule

- The practice schedule is decided by the coaches and is subject to change. We will do our best not to change the regular practice schedule.
- If for any reason the schedule must change, you will be notified via team app. Please make sure you also check you emails from Summit regularly to stay informed.
- Holiday practice schedules are on the team app as well.
- Practices Scheduled around meets may not be decided until the week of the meet. We will announce as soon as we know the final competition/coaches' schedule

Injuries

- If a gymnast is injured and has sit out of practice or must ice anything for any amount of time (unless it is a continuous problem in which the parents have already been notified), the coach will call the parent to discuss the following: what is the injury, how did it happen, recommendations on medical follow up, protocols if medical follow up is needed.
- If a gymnast would like ibuprofen during a practice for any reason, they must bring their own. We will not administer any ibuprofen.
- If your gymnast is injured for more than a day or two, it is necessary to meet with a Coach and agree upon a conditioning & flexibility schedule that the gymnast will maintain during practice.
- Depending on the severity of the injury, we may need to communicate with the gymnast's doctors on a plan of action to maintain strength & a plan to ease back into training.
- Full tuition must be paid during this time. There are no refunds/credits for missed team practices for any reason.
- Assume that you will not get any competition fees returned to you. We will always put in a request with a doctor's note, but we cannot guarantee a refund of any competition fees due to an injury or any other reason.

Tuition & Competition Fees

- Full tuition fees must be paid at all times. There will be no prorating for missed practices for any reason, and no refunds or credits for any reason. This is also true if we have to shut down the gym again for any reason, even due to a pandemic.
- ***Late Pay Policy: Tuition is due on the 1st of each month. If tuition is not received by the 15th, a \$25 late fee will be assessed. At the end of the month if you have not paid your tuition along with the additional late fee, your gymnast will not be allowed to practice until the balance is paid. Please contact us before the 15th if any issues arise to prevent this action.***
- Competition fees must be paid on time or we may not be able to register your gymnast for a competition. All competitions fees are paid to the booster club, not to the gym. The gym does not have access or control of the bank account and cannot accept payments or authorize anything regarding payments to the booster club.
- The competition fees are determined on a yearly basis and primarily depend upon the number and location of the meets selected by the coaches and the number of gymnasts on the team.
- These fees are **non-refundable**.
- All fees must be paid on time, or we cannot register your gymnast for a competition, therefore she may not be able to compete.
- If a check is returned/bounced for insufficient funds, the signer of the check will be responsible for the return check fees/penalties on top of the original payment.

Competition

- The coaches determine whether a gymnast competes or scratches an event based upon physical and psychological readiness, attendance, or other factors.
- The coaches reserve the right to remove a gymnast from competition for any reason. Unsportsmanlike conduct, negative attitude, discouraging remarks, disrespect to a coach or judge, are some examples.
- Gymnasts are expected to be on time to meets, showing up fully dressed competition attire, with any necessary grips, tape, braces, etc....in their competition bags and in a positive state of mind.
- **Competitions are not optional, and gymnasts are required to compete at all meets.**
- Gymnasts are required to stay for awards, and their warm-ups fully on and zipped.

Gymnast Responsibility

- You have made the **commitment** to be on this team and with every commitment comes sacrifices.
- You are required to attend practices and meets, as well as possible demonstrations and fundraisers to help offset the entire team's expenses.
- Our team will not develop to its full potential without full **participation of our gymnasts**.
- Show up to every practice prepared and in the correct practice wear. Leotards are the **ONLY** practice wear that is acceptable.
- Your hair must be up and pulled out of your face for practices.
- **Demonstrate a positive attitude and good work ethic.** While winning is great, pushing yourself to your personal best every practice and every meet is more important.
- All assignments, stretching and conditioning must be carried out to the fullest.
- **Keep the gym clean.** Your locker area is your responsibility, please throw away any water bottles or trash at the end of every practice. Along with this includes cleaning & putting back mats at the end of practice, as well as your personal belongings like grips, bags, tape, etc...

Parent Responsibility

Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gymnast and coaches. The following is based on our professional experience about how parents can best support their gymnast:

- Tuition and all competitive fees must be paid in full and on time.
- No parent coaching in the gym or at home. Any parent violating this rule may be asked to leave the gym.
- When parents observe practice, it is critical that they refrain from interacting with their gymnast (giving corrections, pulling them out of practice to talk).
- It is extremely important that the parent NOT interact with the gymnasts directly at any point during the meet. Encouragement from the stands is tremendously desirable, but direct conversation is not.
- At competitions, parents are expected to act in a way that shows respect for the gym. In public, you are a representative of the gym. Cheer loudly and often but do so in a courteous manner.
- If parents have concerns during a meet about a coach's decision or their child's performance, these must be addressed with the coaches by appointment at some point after the day of the meet. The coaches are not to be confronted during or immediately following the meet.
- It is the parent's job to ensure that your daughter gets enough sleep, eats a healthy diet on a regular basis, gets to and from the gym on time and has the proper clothing and equipment.
- Having your gymnast on time & prepared for all practices and meets
- Staying up to date on communication from the gym & booster club
- Helping your gymnast manage their time for schoolwork, and other "outside of the gym" activities
- Communicating with coaches
- Supporting coaches & gym policies in front of your gymnast is crucial. We know not everyone is going to agree 100% with everything your coaches do & say. We are always willing to hear your thoughts/concerns/praise/ideas/etc..... However, those are conversations we would like to have as adults in a private meeting.

Summit Staff will be happy to assist or point you in the right direction of a professional who can help with nutrition, tutoring, medical doctors or therapy of any kind.

Communication

- Communicating effectively with everyone on our team is a challenge, however; we work very hard to get information out to you in a timely manner by sending information via Team App. Please check your email & Team App often.
- Please come to your child's coach if you have a problem or concern. Your thoughts are important to us. We cannot help you solve a problem if we are unaware that there is a problem. Meetings should be scheduled before or after practice hours. Coaches are not available once workout has started.
- When questions or concerns do arise, please understand that complaining to other parents cannot solve your problem. Parents who consistently complain or show disrespect toward the coaching staff or another gymnast in the lobby or at competitions or any public forum (including social media) will be asked to leave the lobby and a meeting will be scheduled with the possibility of removal from the team.
- Emails/Texting: Please reserve emailing & texting for quick, concise, and clear communication. Please consider not emailing/texting concerns, situational conversations, or complaints. We want to address them, but we would appreciate discussing them over the phone or in person meetings. Much can be misconstrued over text & emails.

Coaches' Contact Info

Coach Jason Parker	JasonSummit591@yahoo.com	480-307-4412
Coach Peyton Parker	peytonparker591@gmail.com	480-299-9028
Coach Jack Siri	surinhjs@gmail.com	615-462-8910
Coach Stone Caillier	alstonecaillier@gmail.com	901-896-7238
Coach Logan Crowley	loganalexacrowley@gmail.com	615-772-7287
Coach Corinne Morse	corinne@nestingproject.com	615-293-8542
Coach Stephen Upshur	coach.stephen.upshur@gmail.com	615-414-3744
Coach Rosey Doetzer	ebdetz@icloud.com	615-569-2611

Summit Sports Center Team
Agreement

2023-2024 Season

https://docs.google.com/forms/d/e/1FAIpQLSeKG9W4TqbOrB7Io3RZNQtj-K97PnVgs6dpF8nSQBDEkciOLA/viewform?usp=sf_link

ELECTRONIC RESPONSE REQUIRED!