

Team Gymnastics Handbook



2018-2019

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 mental characteristics as well as the physical strength and skills required of a competitive gymnast.

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 hand book 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. Mid-season mobility will be kept to a minimum. Most mobility will be announced in August of each year!

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 should 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.
Level 4 and optional: If you have a planned absence, please continue to fill out the absent forms & place them in Coach Jerry's folder. For any absence, please expect a phone call from Jerry just to confirm & touch base.
Level 2 and 3: If you have a planned absence, please continue to fill out the absent forms & place them in Coach Melissa's folder.
- 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 will not be able to compete in said competition.
- Failure to attend the scheduled practice on a regular basis will result in a verbal warning from the coaches. If the absences continue, the coaches will 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 regards 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 school work and competitive gymnastics successfully. ***Your support of our philosophy is critical.***

Injuries

- If a gymnast is injured and has sit out of practice or has to 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 at the time of injury to discuss the gymnast either returning to practice or parent coming to pick up the child or other protocol.
- 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.

Injuries Cont....

- 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.
- Your competition may be discounted depending on when we must register meets to when your gymnast was injured. If we catch it in time we will not register them for a meet until we know your gymnast is cleared from injury. 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.
- ***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.
- During competition season, some practices may be canceled. Depending on what days the gymnasts compete & coaches schedules. We will do our best to keep cancellations to a minimum.

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. Cheating on assignments or conditioning will not be tolerated. Poor attitudes will not be tolerated at any time.
- **Control your emotions.** Crying is not allowed in the gym or at a competition (unless due to an injury). Our philosophy is that effort and attitude are more important than

performance. Team coaches may remove a gymnast from practice for inappropriate behavior including crying, pouting, arguing with coaches, or laziness.

- **Keep the gym clean.** Your locker area is your responsibility, please throw away any water bottles or trash at the end of every practice.

Competition

- The coaches determine whether a gymnast competes based upon physical and psychological readiness and attendance.
- The coaches reserve the right to remove a gymnast from competition due to unsportsmanlike conduct, negative attitude, discouraging remarks, disrespect to a coach or judge, and crying.
- 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.
- Gymnasts **must** compete in every scheduled meet excluding injuries.
- Gymnasts are required to stay for awards, and their warm-ups fully on and zipped.

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 daughter (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.

Gym 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 e-mail**. Please check your email often.
- Please come to your child's coach if you have a problem or concern. **For Level 4 and Up your communication should be Coach Jerry, and for Level 2-3 your communication should be with Coach Melissa.** 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 workout 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 signs of disrespect for the coaches or others, will be asked to leave the lobby. If the problem persists, the parent will not be allowed to attend practice. We cannot emphasize enough how disruptive parent coaching, complaining or disrespect can be to the team program. It will not be tolerated.**

Please feel free to email anytime

Coaches Email:

Coach Melissa: Melissa@summitsportscenter.com

Coach Jerry: Jerry@summitsportscenter.com

Management/Ownership:

Leslie Brady: Leslie@summitsportscenter.com

Schedule

The practice Schedule is decided by the coaches and is subject to change. We will do our best not to change it in the middle of the school year in consideration of schedule conflicts. If for any reason a practice has to be cancelled you will be informed **by e-mail**. For this reason, please make sure that you have access to your email and check it often.

Financial Obligations

Tuition

- Tuition covers the training/coaching your gymnast receives. None of your tuition payment is used for any competition-related expenses. Tuition is paid on a monthly basis to Summit Sports Center. Tuition is not pro-rated and is a yearlong commitment, including summer months. Tuition is due on or before the 1st of the month for the next training month. If your gymnast is injured or becomes injured, tuition is still owed.
- If tuition is more than one month behind, we will sit your gymnast, which will affect her participation on the team. Please talk to management before you get more than a month behind.
- Summit Sports Center also offers a discount of **40%** on an additional tumbling class for all competitive gymnasts. If you have questions regarding the tuition bill, please contact our front desk at (615) 776-2550.

Competitive Program Fees

- The competitive program 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 may not be able to 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.
- The Summit Gymnastics Booster Club will have more information regarding payments, as they are a separate entity.

Summit Sports Center Team
Agreement

2018 – 2019 Season

We (Please list gymnast & at least one parent/guardian)

_____ ,

have read and fully understand the complete contents of the Summit Sports Center
Gymnastics Team Handbook. We agree to fully abide by all policies in the handbook.

***This contract is due in by Friday 18th 2018 in order to be considered an active member of
the Summit Sports Center Competitive Gymnastics Team.***

Print Gymnast's Name: _____

Parent's Signature _____ Date _____

Parent's Signature _____ Date _____

Gymnast's Signature _____ Date _____