



GYMNASTICS

TEAM

HANDBOOK

Tuscarawas County YMCA

WWW.TUSCYMCA.ORG 330-364-5511

Welcome to the Tuscarawas County YMCA Gymnastics Team. This handbook was designed to give gymnasts and parents a better understanding of the Tuscarawas County YMCA Gymnastics Team Program. Included in this handbook is information gymnasts and parents will need to make their gymnastics experience a positive one.

OUR MISSION

The Tuscarawas County YMCA is committed to enriching the lives of everyone in our community by the development of healthy spirit, mind and body through membership services and programs based on Christian principles and values of caring, honesty, respect and responsibility.

OUR VISION & PROMISE

A sense of belonging, a feeling of trust, a celebration of diversity and a mission of service. The Tuscarawas County YMCA strives to be a place for everyone to belong without judgment, an atmosphere where friendship, love and compassion flourish. Individuals can celebrate who they are and Christian principles can be put into practice daily.

OUR VALUES

Values: By definition are beliefs of a person or social group in which they have an emotional investment; a principle, standard, or quality considered worthwhile or desirable. The Tuscarawas County YMCA uses the core values of Caring, Honesty, Respect, and Responsibility in all our programs.

TEAM PHILOSOPHY

The Tuscarawas County YMCA Gymnastics Team will work as a team to build strong, confident, and capable children through the sport of gymnastics. We strive to provide an atmosphere where gymnasts can learn the physical and mental skills necessary for each level of gymnastics as well as learning our core values, to grow spiritually, mentally, and physically.

We know that the key to effectively nurturing the potential of children, improving our community's health and well-being and supporting our neighbors is a passionate, experienced and diverse array of staff, volunteers and members who value what everyone brings to the table. Our coaches, or other volunteers the gymnasts will be working with or coming in contact with, will instill and reinforce sportsmanship, team bonding, and the importance of making healthy and safe choices both in and outside the gym. Each child's unique learning style and needs will be respected.

Every gymnast has the opportunity to progress at their individual rate. Our program is a progressive goal setting environment for gymnastics training, emphasizing teamwork. We believe the attainment of personal goals is the first step in the development of an all-around athlete. Success is the achievement of goals.

GYMNAST PRIORITIES

Family first, academics second, gymnastics third. There will be sacrifices. There will be times when gymnasts will have to pass on dances, parties, and sleepovers in favor of practices and meets. This is part of the commitment an athlete makes to herself, her family, and her team.

TEAM COMMUNICATION

REMIND 101 APP – <https://www.remind.com/join/f48cfge>

Remind is our main communication tool. Remind is a communication platform that helps educators/coaches reach students/athletes and parents. Messages are sent in real time to the entire team, a small group, or just a single person. It allows for two-way communication, reminders, and can attach important information for viewing at any time.

ISSUES AND CONCERNS

It is our policy to try to resolve any issue that may come up with the gymnast first. If it is something we think parents need to be made aware of, we will contact you. If a parent or gymnast has a question or concern relating to potentially controversial or confidential subjects, we ask that an appointment be made. During a meet or practice is not the time for an in-depth discussion.

PHYSICAL AND MENTAL HEALTH

Please inform the coach of any conditions your child has that may be important to know. It is imperative that we know if your child has asthma, even if he/she doesn't carry an inhaler. It's helpful to know if your child is being treated for ADD or psychiatric conditions. Allergies or food limitations are extremely helpful for us to know as well. If your child is going through a tough time at school or at home, please know that you can share that information with us. We care and will help as we are able. We want to assist in the development of the whole child.

When we hear your child complaining of the same thing over a few nights, we will let you know as well. It may be a nagging injury, or it may be an annoying used-to-be friend at school. If we hear it repeatedly, we'll let you know about it.

PROGRAM LEADERSHIP CONTACT

All team communication and questions should be directed to:

Rachel Cummings, Team Head Coach, rachel@tuscymca.org

TEAM TUITION/Y MEMBERSHIP

All members of the team must maintain a current Y membership, as per state rules. If a membership is terminated or on hold, the gymnast will not be able to participate in practice or meets until the membership is active.

Monthly team tuition payments cover all practices and coaching. Registration fees for all meets including districts and regionals is a separate fee commonly referred to as judges fees.

Tuition can be paid in full or can be bank drafted monthly. Bank drafts may be placed on hold due to injury or illness with proper documentation. Payments will not be adjusted because of vacations or other personal activities.

UNIFORMS, APPAREL AND ACCESSORIES

REQUIRED UNIFORM

Team Leotard (\$180-\$200) and Warm-ups (\$65): The team leotard and warm-ups are updated every 2 years. If you are purchasing the leotard/warm-ups in the first year of use, your child will be sized so that the leotard/warm-ups will fit for both seasons. The team has a fundraiser each year to allow gymnasts to raise part of the leotard/warm-ups cost. If a family raises funds beyond the allowable amount toward the leotard/warm-ups, the additional funds go into the team general fund.

APPAREL & ACCESSORIES

Practice Leotards: Practice leotards should be purchased at your discretion, as needed. The gymnasts tend to prefer sleeveless leotards for practice. Gymnasts may wear traditional leotards or the one-piece kind that fit like shorts on the bottom. Do NOT purchase ones with skirts like you would wear for dance. Spandex shorts may be worn in practices over the leotards, but cannot be worn during competitions. Do NOT wear pants or baggy shorts that can create safety issues. Leotards may be found and purchased online, from second hand stores, from older team gymnasts, and from any store with dance supplies.

Gymnastics Bag: It is important for each gymnast to have essential items with them at practices and meets. Each gymnast needs to have a bag specifically for gymnastics that is brought with them to practices and meets. The following items need to be included: water bottle, deodorant, hand sanitizer, small pack of tissues, extra hair bands, hair clips, chapstick, bandaids, athletic wrap, athletic tape, ibuprofen/acetaminophen (with parent/guardian approval), and grips. All personal items should be kept in bags throughout practice.

If your child has an injury, the appropriate brace or support should also be in the bag.

Grips: There are two types of grips: dowel grips and non-dowel grips. Dowel grips are used by competitive gymnasts doing high level circling elements like giants. The dowel is a rod near the gymnast's fingers that helps her get a better grip on the bar. Beginner gymnasts don't need this so they use a simpler non-dowel grip.

Grips can be purchased online. To purchase grips online search for "gymnastics uneven bar grips". You will need to purchase grips that wrap around the wrist and extend to the tips of the fingers. You can determine the size your child needs by measuring, in inches, the distance between the base of the palm and tip of the middle finger. Grips may last multiple years, depending on how quickly your child's hand grows or the grip wears out.

You will want to purchase wristbands, also known as sweat bands, to go underneath the grips. The wrist bands provide padding and eliminates rubbing between the grips and the skin.

FOLLOWING RULES/SAFETY

All team rules and USAG policies and procedures must be followed. Gymnasts are expected to show respect for coaches, teammates, parents, other gymnasts and coaches, judges, equipment, and all facilities. The following actions are disrespectful and will not be tolerated:

- **Bullying** of any nature will not be tolerated, including in person bullying or bullying done via social media.
- **Using angry or vulgar language**, including swearing, name-calling or shouting.
- **Harassment or intimidation** with words, gestures, body language or any other behavior deemed inappropriate, threatening, frightening or offensive in nature.

Gymnasts are expected to wear appropriate attire, including tying hair back & removing jewelry (studded earrings are allowed). Gymnasts must get coaches' approval before trying new skills. All cuts and wounds must be bandaged and covered. Horseplay in any facility is not acceptable.

ATTENDANCE

Gymnasts should arrive on time and be dressed and ready when practice begins. Full participation in stretching is expected. If you are late, join stretching and be sure to complete the stretches that were missed. Gymnasts are expected to stay in the gym for the duration of practice, unless it was discussed with a coach in advance.

CELL PHONES/ELECTRONIC DEVICES

Gymnasts are not allowed to access personal cell phones during practice, but may have them in the facility. Coaches may grant permission for use on a case by case basis. If a gymnast chooses to bring a cell phone or other electronic device into the gym it will be at their own risk. The Y is not responsible for lost, stolen, or damaged items.

STRENGTH

Strength is an important part of gymnastics training. In most cases, the stronger the better. Strength training can also play a role in the reduction of injuries. Strength development includes but is not limited to, sit-ups, push-ups, pull-ups, running, etc. Any may be used to achieve this goal.

FLEXIBILITY

Flexibility development is also critical to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.

Due to a limited amount of time in the gym, strength & flexibility are often done as warmup or extra stations while training for an event.

MEET INFORMATION

GENERAL

The team practices year-round to be prepared for competition. The competition season runs from August to May. Gymnasts will either compete on Saturday or Sunday. The average time for competition is 4 hours. Gymnasts are required to arrive before their listed start time and are expected to stay until the awards for their session is complete.

Gymnasts are not to leave the competition area unless they need to use the restroom. They should be prepared and ready, once they are on the floor for stretching. Parents/guardians - Gymnasts are expected to stay with their teammates after stretching has begun until the completion of competition, and then rejoin for awards. Do not ask them to leave the competition area for any reason.

MEET FORMAT

Arrival/Stretching - This is the general stretching and warm up period. At this time the girls should be in the gym and ready to begin. They will also have an opportunity to get bar settings. Warm ups will be in groups prior to going to the first event. Next will be team introductions/march in, immediately followed by a timed warm up on the first event. This is the time for warming up skills and routines. At the end of warm up competition will begin

immediately. Gymnasts will be grouped according to their competitive level and go to each event. When an event is complete, gymnasts will move to the next event and repeat the warm up process.

AWARDS

Awards are distributed after the entire competition group has competed. Some levels may have more than 1 competition rotation. Awards will begin 15-30 minutes after the last competitor has finished. Gymnasts are required to wear their full warm-ups to awards.

Each gymnast should accept his/her place in the line-up and the scores he/she receives with dignity and without criticism.

Gymnasts cannot control the scores they get nor can they control the performances of any other athlete.

Gymnasts are expected to stay at the meet (on the floor mat) until all awards for all participants have been given out. You may leave after all age groups have received their awards.

JUDGING

Gymnasts and parents may not have any discussion with judges relating to routines and scores. Please see a coach after the meet if you have any questions.