



# **GYMNASTICS**

## **TEAM**

### **HANDBOOK**

## **TUSCARAWAS COUNTY YMCA**

Address: 600 Monroe Street, Dover Ohio 44622

Website: [www.tuscymca.org](http://www.tuscymca.org)

Phone: 330-364-5511

## **TEAM CONTACT INFORMATION:**

YMCA Gymnastics Head Coach: Brianna Stocker

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YMCA Senior Program Director: Kathleen Johnson

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## **WELCOME TO THE 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.

## **CONGRATULATIONS!**

You have shown potential and desire to be a part of this prestigious group. We welcome you! Being part of this team is a huge commitment, and we ask that you read and understand all the expectations set forth in this handbook and make an informed decision about whether joining the team is for you at this time.

By signing the signature page, you are agreeing to the terms of this handbook.

## **YMCA MISSION**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

In addition to our mission statement above, our gymnastics mission is to foster excellence in gymnastics while nurturing Christian values of compassion, integrity, and respect. Through dedicated training, teamwork, and spiritual guidance, we strive to empower athletes to reach their full potential both on and off the mat, embodying the principles of faith, discipline, and service in all we do.

## **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, with an atmosphere where friendship, love, and compassion flourish.

## **OUR VALUES**

The Tuscarawas County YMCA uses the core values of Caring, Honesty, Respect, and Responsibility in all our programs.

## **TEAM PHILOSOPHY**

Our coaches and volunteers 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.

We will instill and reinforce sportsmanship, team bonding, and the importance of making healthy and safe choices both inside 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.

## 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 PARENT COMMITMENTS

- Parents must be prompt in dropping off and picking up your gymnasts from events/practices.
- Parents are not permitted to be on the floor during practice under any circumstances.
- Parents or guardians must be present for gymnasts to leave the facility.
- In-depth discussions/questions/concerns with coach must be addressed by appointment only.
- Interactions with staff must be respectful and positive.
- No flash photography in the facility.
- **One parent or guardian is required to complete 6 hours of volunteer service throughout the season.**

## TEAM COMMUNICATION

**IMPORTANT:** Parents please download the **REMIND 101 APP** to your cell phone– <https://www.remind.com/join/f48cfge>

Remind is our main communication tool. This helps coaches reach 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 and can attach important information and reminders 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 parents need to be made aware of any issue, we will contact you. If a parent or gymnast has a question or concern, we ask that an appointment be made with the Head Coach. In-depth discussions should not be attempted during a meet or practice time.

## **PHYSICAL AND MENTAL HEALTH**

Physical Health: It's important for us to know if your child is being treated for medical conditions (such as asthma) requires an inhaler or requires medication.

Mental Health: 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.

# EXPENSES

## YMCA MEMBERSHIP (Mandatory)

All members of the team must maintain a current Tuscarawas County YMCA membership, per league rules.

Note: If a membership is terminated or on financial hold, the gymnast will not be able to participate in practice or meets until the membership is active. All membership payments are set up on automatic draft at time of purchase.

## MONTHLY GYMNASTICS TEAM FEES (Mandatory)

Gymnastics monthly team fee payments cover practice and coaching. Payment options: Paid in full or Monthly Auto Draft. Please see the form at the end of this packet. Forms are due by June 1-beginning of the team season. Monthly Auto Draft may be done on the 3<sup>rd</sup> or 15<sup>th</sup> of the month. A charge of \$15 will be added if an insufficient fund occurs. All accounts must be in good standing for gymnast to practice or compete.

Gymnastics Season: June 1-May 31

Level	Weekly Hours	Monthly Fee
Level 3	6	\$90
Level 4	6	\$90
Level 5	7.5	\$100
Level 6	7.5	\$100
Level 7	7.5	\$100
Level 8	7.5	\$100
Xcel	6	\$90

## COMPETITION PACKAGES FEES (Mandatory)

This payment covers gymnastics meets and judging fees for the season. Competition payments set up to draft in 3 monthly payments (July/Aug/Sept) or paid in full in September. Please see the form at the end of this packet.

Level	Package Amount	League Meets	Districts	Regionals	Invitationals
Level 3	\$300	6	1	0	1
Level 4	\$375	6	1	1	1
Level 5	\$375	6	1	1	1
Level 6	\$435	6	1	1	2
Level 7	\$435	6	1	1	2
Level 8	\$435	6	1	1	2
Xcel	\$375	6	1	1	1

## CHOREOGRAPHY FEE (Levels 6-8, Excel)

Gymnasts are not required to have a new routine each year. If the gymnast is using a recycled routine, no fee is paid. Each gymnast is required to have their own routine. Due to the volume of choreographed floor routines, an additional fee is charged for each new routine. Choreography Fee is \$50 per routine. Please make payment at the Member Service Center and give the receipt to Head Coach. Fee must be prepaid before routine will be taught.

## REQUIRED UNIFORM

Team Leotard - \$200 /Team Warm-up - \$65 /Team T-shirt - \$20  
Order by contacting Head Coach. Order must be paid before items will be received. Payment made at Member Service Center. Please provide receipt for Head Coach at pick up. The team leotard and warm-up are updated every 2 years. If you are purchasing the leotard/warm-ups in the first year of use, we will do our best to size your child so that the leotard/warm-ups will fit for two seasons. Team Gym Bag available but not required.

## ADDITIONAL INFORMATION ON 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 leotards with skirts like you would wear for dance. Spandex shorts may be worn in practice over the leotards but cannot be worn during competitions. Do NOT wear pants or baggy shorts, these 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 every practice and meet.

Please include the following item in your Gymnastics Bag: Water bottle, deodorant, hand sanitizer, small pack of tissues, extra hair bands, hair clips, Chapstick, Band-aids, athletic wrap, athletic tape, and grips. Gymnast should not share personal items with others. If your child has an injury, the appropriate brace or support should also be in the bag. Ice packs are also recommended.

Do not carry or share personal items with others, especially medication like ibuprofen/acetaminophen.

Parent Reminder: If gymnast requires medication, please contact the Head Coach for further information and documentation.

**Grips:** **Grips are mandatory for levels 4 and up.** 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 type of grip. Beginners use a simpler non-dowel grip.



Grips are purchased privately online, not through the Y. 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.

Reminder: 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.

## GYMNASTICS 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.
- Gymnasts are not to leave the gym unless given permission by a coach. This includes restroom breaks, drink/snack breaks, etc. Gymnasts will be required to use a bathroom pass when leaving the gym. This is implemented to ensure each child is accounted for in the event of an emergency.
- The following actions are considered 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.

## DISCIPLINARY ACTIONS

If gymnast or parent fails to follow gym rules and/or exhibits behavior not in accordance with the gymnastics rules/safety, the following actions may take place.

- **First Offense:** Verbal Warning.
- **Second Offense:** Removal from practice/ asked to leave premises.
- **Third Offense:** Parent Conference with Head Coach and Program Director.

**Serious or repeat offenses can result in suspension or dismissal from the team. Refunds will not be issued if dismissal occurs.**

## ATTENDANCE

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

## ABSENCES

Absences listed below are considered excused if the coach is notified in advance.

- Family Emergencies
- School Commitments (Concerts, Plays, Sports, Etc.)
- Vacations
- Illness

Unexcused absences are not acceptable. Team practice and meets are a commitment. If attendance becomes an issue, a parent meeting will be set up and improvements must be made, or the gymnast will be removed from team status. Gymnasts will not be allowed to compete at a meet if they miss practice the previous week.

## **CELL PHONES/ELECTRONIC DEVICES**

Gymnasts are not allowed to access personal cell phones during practice. Phones must be stored in their bag. Coaches may grant permission for use on a case-by-case basis. The YMCA is not responsible for lost, stolen, or damaged items.

## **ADDITIONAL STRENGTH TRAINING & FLEXIBILITY**

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.

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.

Strength & flexibility are often done as warmups or extra stations, so it is very important that the gymnast be on time and focused during the entire practice.

## **LEVEL DETERMINATION**

The Tuscarawas County YMCA Gymnastics staff determines when and at what level each athlete will compete based on the following guidelines. A major factor is safety! Gymnastics can be a very dangerous sport. The Head Coach will make the final decision.

1. Consistent and safe performance in the gym is essential before allowing routines in a competitive setting. Consistency is shown within several weeks of time. The coaching staff determines the safety of the athlete.
2. Is the child going to feel good about their performance and have a shot at a reward for their efforts? Whether we want them to or not, they will compare themselves to others. Self-esteem is a most fragile and important factor in years of progress. This is a difficult choice sometimes, as we do not really know what the other teams are going to put on the floor.
3. Another important factor is our own gymnastics team standards of quality. To move a gymnast up, we will look at the type and quality of the skills being performed plus the work ethic and desire of each gymnast. The gymnast must prove they can be successful at the next level.

## **SKILL PREREQUISITES FOR LEVEL DETERMINATION**

Prerequisites are the skills/scores that the gymnast needs prior to advancing to the next level. Prerequisites are in place for consistency when advancing gymnasts to the next level.

Prerequisites ensure the safety and success of all gymnasts. See skill lists on pages 16 & 17 in the handbook for more details.

## LEVEL ADVANCING TIMELINE

Gymnasts will participate in pre-season tryouts in May. The gymnast will be performing/showcasing their skills to create a baseline for each gymnast and assess their current skill level.

Gymnasts will use the summer to build and work on their skills.

Their level will be decided by the head coach, with input from other coaches, by August 1<sup>st</sup>.

Details that can play a role in level assignments:

- Attendance
- Skills
- Attitude
- Willingness to Work

## MEET INFORMATION

### GENERAL

- **This is a year-round commitment** - June to May.
- The competition season typically begins in August.
- The average time for a meet competition is 4 hours. Gymnasts are required to arrive before their listed start time and stay at the meet until the awards for their session is complete.
- Gymnasts are not to leave the competition area unless they need to use the restroom.
- Gymnasts must be prepared and ready once they are on the floor for stretching.
- Gymnasts are expected to stay with their teammates after stretching has begun until the completion of competition, and then rejoin the team for awards. Reminder: Please do not ask gymnasts 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.
- Warmups will be in groups prior to going to the first event.
- Team Introductions: gymnasts march in and begin a timed warm up on the first event. (This is the time for warming up skills and routines.)
- Competition will begin immediately after warm up.
- 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 the awards.

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

Gymnasts are expected to stay at the meet (on the floor mat) until 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 contact the Head Coach after the completion of the meet if you have any questions.

## **NATIONALS**

Nationals is NOT a guarantee each season and are not included as part of your competition payment package. Many factors play into whether our team will attend nationals such as location, cost, eligible athletes, etc. The Head Coach and YMCA will determine if the team would benefit from attending Nationals each year.



## LEVEL PREREQUISITES

These are the prerequisites for advancing to the next level. These requirements are important to ensure the safety and success of our gymnasts. All skills must be mastered by August 1st in order to advance. Case by case scenarios may be implemented at the discretion of the level coaches.

## PREREQUISITE SCORES

Level 5	34.0 All Around at Level 4
Level 6	32.0 All Around at Level 5
Level 7	32.0 All Around at Level 5 or Level 6
Xcel Gold	Compete full season at Level 3
Xcel Platinum	31.0 at Xcel Gold or Full Season at Level 5,6,7

## FLOOR

Level 3	Standing or Running Back Handspring
Level 4	Round-off 2 Back Handsprings
Level 5	Front Tuck and Round-off Handspring Back Tuck
Level 6	Front Tuck and Round-off Handspring Back Tuck
Level 7	Front Layout or Back Layout
Xcel Gold	Round-off 2 Back Handsprings
Xcel Platinum	Front Tuck and Round-off Handspring Back Tuck

## VAULT

Level 3	Squat on
Level 4	Front Handspring
Level 5	Front Handspring
Level 6	Half-on
Level 7	Half-on or Chenko
Xcel Gold	Front Handspring or Half-on
Xcel Platinum	Front Handspring or Half-on

## **BEAM**

Level 3	Mount and Snap Turn
Level 4	Round-off Dismount and Split Jump
Level 5	Cartwheel and Back Tuck Dismount
Level 6	Back Tuck Dismount and Acro Connection or Flight Skill
Level 7	Arco Serie and Flight Skill
Xcel Gold	Cartwheel or Back Walkover
Xcel Platinum	Flight Skill or Connection

## **BARS**

Level 3	Pull Over
Level 4	Kip on High Bar or Low Bar and Squat On
Level 5	Fly Away and Free Hip or Baby Giant
Level 6	Free Hip and Fly Away
Level 7	Free Hip on High and Low Bar
Xcel Gold	Double Back Hip Circle and Squat On
Xcel Platinum	Free Hip and Fly Away

# GYMNASTICS TEAM HANDBOOK SIGNATURE PAGE

I have read the terms and conditions above.

I have read and agree to the terms listed in the Level Prerequisite List above and understand that these are implemented for the safety of our gymnasts. I also understand that case by case scenarios may be decided at the coach's discretion.

I agree and understand that this handbook is applicable for the duration of the season.

I also understand that if I have any questions or concerns, I must contact Brianna Stocker, Head Coach, for an appointment.

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<b>Parent Signature</b>	<b>Print Name</b>	<b>Date</b>
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<b>Athlete Signature</b>	<b>Print Name</b>	<b>Date</b>
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