



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.

CONGRATULATIONS!

Congratulations to all of you for being a part of the Tuscarawas County YMCA Gymnastics Team! You have all shown potential and desire to be a part of this prestigious group. We welcome you! AS you hopefully realize, being a 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.

OUR MISSION

Our 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, 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

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

TEAM PHILOSOPHY

The Tuscarawas County YMCA 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 as well as learning our core values, to grow spiritually, mentally, and physically.

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 practice and meets. This is part of the commitment an athlete makes to herself, her family, and her team.

TEAM PARENT COMMITMENTS

- No flash photography in the facility.
- Parents are not permitted to be on the floor during practice under any circumstances.
- Parents must be prompt in dropping off and picking up your gymnasts from events/practice
- Parents or guardians must be present in order for gymnasts to leave the facility.
- Interactions with staff must be respectful and positive.
- In-depth discussions/questions/concerns must be addressed by appointment only.
- **One parent or guardian is required to complete 4 hours of volunteer service throughout the season. If not completed, a \$50.00 fee will be collected at the conclusion of the season**

TEAM COMMUNICATION

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

Remind is our main communication tool. This 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 parents need to be made aware of, we will contact you. If a parent or gymnast has a question or concern, we ask that an appointment be made. In-depth discussions should not be attempted during a meet or practice time.

PHYSICAL AND MENTAL HEALTH

Please inform the coach of any conditions your child has that may be important to know. It's important to know if your child is being treated for medical conditions such as asthma, requiring an inhaler, or requires medication, like diabetes. 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.

PROGRAM LEADERSHIP CONTACT

All team communication and questions should be directed to:
Brianna Stocker, Tuscarawas County YMCA Head Coach
briannastocker077@gmail.com

EXPENSES

TEAM TUITION/Y MEMBERSHIP

All members of the Tuscarawas County YMCA Gymnastics Team must maintain a current Tuscarawas County YMCA Membership, as per league rules. If a membership is terminated or placed on hold of any kind (example: Financial Hold), the gymnast will not be able to participate in practice or meets until the membership is active.

Monthly team tuition is a commitment for a full season June 1-May 31) and covers all practices and coaching.

MONTHLY TEAM TUITION CHART

Commitment of 1 Season (June 1-May 31)

12 Month Bank Draft Option on the 15th of the Month
or Season Paid in Full by June 15

Group	Level	Weekly Hours	Monthly Fee
A	Level 6, 7, 8, XP	11	\$135
B	Level 6, 7, XP, XG	9	\$120
C	Level 3, 4, XG	7.5	\$110
D	Level 3 and New to Team Level 3	6.5	\$100

OTHER COSTS

COMPETITION PACKAGES CHART (mandatory)

Level	Package Amount	League Meets	Districts	Regionals	Invitationals
Level 3	\$300	6	1	0	1
Level 4	\$370	6	1	1	1
Level 5	\$370	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	\$370	6	1	1	1

CHOREOGRAPHY FEE (Levels 6-8, Excel)

Due to the volume of choreographed floor routines, choreographers need to be compensated for the hours spent on these routines. The fee is \$50 for each new routine. Gymnasts are not required to have a new routine each year. If gymnasts are using a recycled routine, this fee will be waived. Each gymnast is required to have their own routine.

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/warmups, 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 practice 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 secondhand 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. Ice packs are also recommended.

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, 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 eliminate rubbing between the grips and the skin.

Tuscarawas County YMCA Gymnastics INVOICE (Subject to Change)

GYMNAST NAME DATE:

DESCRIPTION	AMOUNT
Warm Up	
Leotard	
Bag (optional)	
Team T-Shirt	
Competition Package (prices vary based on levels, see chart below)	
Choreography Fee <i>Level 6-8, Excel (Unless using recycled routine)</i>	
8/1 Payment	
11/1 Payment	
2/1 Payment	

This is SEPARATE from monthly team fees which are automatically paid by the card on file. This invoice can be paid up front in the beginning of the season OR in 3 monthly payments as shown above. **ALL INVOICES MUST BE PAID BY THE 2/1 PAYMENT IN ORDER FOR THE GYMNAST TO ATTEND PRACTICES AND MEETS.

**** All payments must be made at the front desk. All parents are required to have a card on file. If payments are not paid by 8/1, 11/1, and 2/1, it will be automatically withdrawn from the card on file.**

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 from 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 in order 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 parents or gymnasts fail to follow gym rules and exhibit behavior not in accordance with the gymnast and parent lists of responsibilities, 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/ ABSENCES

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 they were discussed with a coach in advance.

ABSENCES

Gymnasts are allotted 2 unexcused absences per month to remain eligible to compete during the season. Absences listed below are considered excused if the coach is notified in advance.

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

CELL PHONES/ELECTRONIC DEVICES

- Gymnasts are not allowed to access personal cell phones during practice but may have them in their bag. Coaches may grant permission for use on a case-by-case basis. The Y 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. Any may be used to achieve this goal.

- 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 what level each athlete will compete at based on the following guidelines. One major factor is safety. Gymnastics can be very dangerous.

1. Consistent and safe performance in the gym is essential before we allow routines in a competition 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 to 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 standards of quality, which are usually higher than the average gym. To move a gymnast up we look at what and how the skills are being performed, the work ethic and desire of each gymnast. The gymnast must prove to us that they can be successful at the next level. This again is an educated judgment call from the coaching staff.

PREREQUISITES

Prerequisites are the skills/ scores that the gymnast needs prior to advancing to the next level. Prerequisites are in place to remain consistent when advancing gymnasts to the next level. Prerequisites are also in place to ensure the safety and success of all gymnasts. *See specific skills needed to advance on pages 16 & 17 in the handbook.*

ADVANCING TIMELINE

Gymnasts will participate in 'tryouts' in May. While they will be performing and showcasing their skills, this is done to create a baseline for each gymnast and assess where they are skill wise. Levels will **NOT** be decided until August 1st. Gymnasts will have the summer to build and work on the skills. Their level will be decided by the head coach with input from other coaches. Details that can play a role in level assignments are listed below

- Attendance
- Skills
- Attitude
- Willingness to Work



Level Prerequisites

Tusc. County YMCA Gymnastics Team

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, or 7

Floor

Level 3

- standing OR running back handspring

Level 4

- round-off 2 back handsprings

Level 5

- front tuck
- round-off handspring back tuck

Level 6

- front tuck
- round-off handspring back tuck

Level 7

- front layout OR back layout

Xcel Gold

- round-off 2 back handsprings

Xcel Platinum

- front tuck
- 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



Level Prerequisites

Tusc. County YMCA Gymnastics Team

Beam

Level 3

- mount
- snap turn

Level 4

- round-off dismount
- split jump

Level 5

- cartwheel
- back tuck dismount

Level 6

- back tuck dismount
- acro connection OR flight skill

Level 7

- acro series
- 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
- squat on

Level 5

- fly away
- free hip OR baby giant

Level 6

- free hip
- fly away

Level 7

- free hip on high AND low bar

Xcel Gold

- double back hip circle
- squat on

Xcel Platinum

- free hip
- fly away



Level Prerequisites

Tusc. County YMCA Gymnastics Team

Signature Page

I have read and agree to the terms listed above and understand that these are implemented for the safety and success of my gymnasts. I also understand that my gymnast will be competing at the level that is determined by the coaching staff.

Signature

Date

MEET INFORMATION

GENERAL

- **This is a year-round commitment**
- The competition season runs from August to May.
- The average time for competition is 4 hours. Gymnasts are required to arrive before their listed start time.
- Gymnasts are expected to stay at the meet until the awards for their session are complete.
- Gymnasts are not to leave the competition area unless they need to use the restroom.
- Gymnasts are 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 for awards. Parents/guardians: 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 warmup
- 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 warmup 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 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.

NATIONALS

Nationals is NOT a guarantee each season. There are many factors that play into nationals such as location, cost, eligible athletes, etc. The head coach and the YMCA will determine if the team would benefit from attending Nationals each year.



GYMNASTICS TEAM

HANDBOOK SIGNATURE

PAGE

I have read the terms and conditions above. 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 can contact Brianna Stocker, Head Coach, via email or phone.

Parent Signature

Date

Athlete Signature

Date