



# Team Handbook

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Welcome to the Glastonbury Gymnastics Club team program and the exhilarating world of competitive gymnastics. The following is a compilation of several rules, policies, philosophies, and helpful tips that you and your child will need to know and understand prior to committing to the Glastonbury Gymnastics Club Team. Please read this handbook carefully and thoroughly as it will answer most of the questions you will have regarding the Glastonbury Gymnastics Club competitive team program.

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# Welcome to the Glastonbury Gymnastics Team!

Glastonbury Gymnastics would like to welcome you and your family to our club. If you were given this handbook then your daughter has already proven that she possesses great potential. The purpose of this handbook is to introduce you to the Glastonbury Gymnastics Club team program, as well as to give you the opportunity to make an informed decision regarding the future of your daughter's gymnastics career.

Joining a competitive team program is a very rewarding experience that fulfills dreams, increases confidence, and most importantly, builds character. It is not a decision that is right for everyone, and we encourage you to ask us about any further questions or concerns you may have after reading this handbook.

The decision to join the Glastonbury Gymnastics Club team program is a life changing decision and reflects a commitment to our team for the entire year. Team members do not move on and off the team based on illness, injury, vacations, conflicts with other activities, or the like. We expect loyalty to our team and do not allow our team gymnasts to participate in gymnastics for any other competitive gymnastics team simultaneously. You are either on our team or off our team!

## Mission Statement

Our mission is to have a significant positive impact on your child's development not only in their gymnastics career, but also as a human being. We are not only committed to helping each child become the best gymnast she can be, but also to helping her develop into a happy, healthy, and responsible individual.

## Our Coaching Philosophy

The coaching philosophy at the Glastonbury Gymnastics Club closely follows the cooperative-style of coaching. We believe that providing direction and instruction in an enjoyable environment come first, even before winning. Teaching gymnasts the proper and safe techniques for performance is our number one priority in coaching. We value the opinion of our team, and we will seek their input and ideas as much as possible while still retaining control of their learning environment. We are committed to motivating and educating ourselves on a continual basis so that we can motivate and educate our gymnasts.

We believe that we have a tremendous responsibility to our gymnasts. We vow to always keep their best interests in mind, and to treat each gymnast with the respect they deserve. We believe open and honest communication between our team gymnasts, their parents, and their coaches is the key to a successful relationship.

The Glastonbury Gymnastics Club team is a continual developing relationship between the gymnasts, coaches, and parents. Without the support of all three we would not be able to call ourselves a TEAM!

## Athlete Responsibility

Gymnastics is inherently a competitive sport and we are a competitive team. We measure our success by how we present ourselves in practice and in a competition environment. We are all representatives of the Glastonbury Gymnastics Club, and we cannot succeed without everyone being committed to our program and our beliefs.

We believe that our gymnasts' effort is more important than achieving a winning place. Trying to win represents what we strive for. We expect all of our gymnasts to train like they are trying to win. Trying to win means that you do your best to attend every scheduled practice and that you train hard while you are there. Trying to win means that you are internally motivated to perform your best, and you respect all your teammates and all your coaches. It means that you keep a positive attitude through obstacles like injuries or fear, and that you support all your teammates so that you help them achieve their personal goals. Every gymnast at the Glastonbury Gymnastics Club is expected to try to win!

Keep in mind that team participation is a privilege, it is not a right. The Glastonbury Gymnastics Club team program is by invitation only and is dependent upon the athlete and parents' behavior as well as the athlete's work habits. Violations of any of our rules or policies may be grounds for dismissal from the Glastonbury Gymnastics Club team program.

1. The way you present yourself at practice and competitions is a direct reflection on the Glastonbury Gymnastics Club. Only the highest standards of behavior will be accepted.
2. Discouraging remarks (whether directed towards self, a coach, a fellow teammate, or a parent), formation of cliques, excluding others from activities, etc. are grounds for dismissal from practice and possibly the team.
3. Proper workout attire is a must. A properly fitting leotard is the only acceptable workout attire. Tight fitting spandex workout shorts will be allowed. Shirts and baggy clothing are not allowed. Hair should be appropriately tied back so as not to interfere in any way during the workout. No jewelry other than stud earrings may be worn during the workout.
4. All we ask of you is that you work your hardest, and always work to your potential. Do not compare yourself with other gymnasts. Each gymnast progresses at her own individual rate, and all gymnasts have strengths and weaknesses that are unique to themselves. If you are able to control your attitude and your effort, your gymnastics skills will progress automatically!
5. Gymnasts may not leave the gym during practice or the competition floor during meets without permission of the coaching staff.
6. Gymnasts are responsible for reporting to their coach when they are feeling ill, injured, or sense they are unable to complete an assigned task. Coaches are not doctors nor are they mind readers. You know your body better than anyone, and only you can tell when you need an extra push, or when you've had enough.
7. Be honest. Cheating is the worst form of disrespecting yourself and your coaches. If you are cheating on your conditioning and/or flexibility drills it will show in your progression between levels, and the only person to blame will be yourself. Have enough respect for yourself to train and prepare your body as is required of you by the coaching staff.
8. Being a member of the Glastonbury Gymnastics Club team requires that you manage your time extremely well. Homework will have to be done much more efficiently and with better study habits due to shorter periods of time available.

9. Follow all gym safety rules. No gymnast is allowed on equipment until invited into the gym by a member of the Glastonbury Gymnastics Club coaching staff. Also, no gymnast is allowed to perform any skills without being instructed to do so by a member of the coaching staff.
10. Never leave the gym alone at the end of practice. Your parents must come into the waiting area to pick you up. If your parents are running late, you must wait with coaches in the waiting area until your parents arrive.

## Parental Responsibilities

When your daughter joins the Glastonbury Gymnastics Club team, you automatically become part of the team as well. It is our hope that you consider her experience as a team gymnast to be a combined experience of progressing as a gymnast as well as developing into a responsible young adult. A gymnast's parents are a fundamental contributor to her success and happiness.

1. All tuitions and fees (including yearly membership fees as well as meet fees) must be paid on time.
2. Communicate with the Glastonbury Gymnastics Club Director regarding any problems. We are in business to serve you and your child. Complaining to other parents cannot solve your problem, nor can we solve them if we do not know about them. If you respect us enough to allow us the honor of playing a large role in your child's life, please respect us to know that we have your child's best interest at heart. We feel that the support of our team parents is essential for our team morale and unity. Parents who consistently complain or show signs of disrespect for others, will be asked to remove themselves from the gymnasium, waiting room, or competition environment.
3. Every team gymnast has a mailbox located in the hallway outside of the gym. Check the mailbox, as well as the white board and calendar in the waiting room for any notices or changes in activities. Emailing is the primary source of communicating with team parents. Please check your email frequently, and feel free to provide us with as many email addresses as you would like.
4. Ensure that your child gets enough sleep, proper nutrition, and gets to and from the gym on time. Also ensure that your child has the knowledge of time management that is necessary to be able to excel in schoolwork as well as gymnastics. Gymnasts who are more than 10 minutes late to practice without providing prior notification to the coaching staff will not be allowed to stay. We have a very large team, and in order to plan our practices to run efficiently, gymnasts must be on time.
5. Provide unconditional love and support to your young athlete. Please do not compare your child to other athletes or to siblings who are also involved in gymnastics. Look for individual progress and successes and be vocal about your pride!
6. Please do not coach your child. Your comments detract from what our coaches are doing by giving the gymnast additional things to think about. It also interferes with the coach/athlete relationship that is critical to long-term success.
7. Please stay in the waiting area and out of the gym while waiting for your child. Parents are allowed into the gym for the last 10 minutes of practice only. During the allowable time in the gym please refrain from speaking to or distracting your child. We ask your children to focus all of their energy on their workout and we want as few distractions as possible.

8. Please let a coach know if you think your child has a potential injury or illness which could prevent them from working up to their potential. **Children who are absent from school due to an illness may not attend practice that night.** Also, please be aware that although many coaches are familiar with sport-related injuries, we are not medical professionals. If you have any concerns regarding your daughter's health, we recommend seeing a medical professional.
9. Gymnasts may not wear any sort of athletic brace at practice without a doctor's note that states any limitations the gymnast may have as well as the duration required for wearing the brace. We want to ensure we are not masking any form of injury or delaying a medical diagnosis by allowing gymnasts to wear athletic braces.
10. Please attend the annual parent meeting which is held once per year. The meeting is an opportunity for coaches to relay important information, as well as for parents to express concerns and ask questions.
11. When your daughter joins the Glastonbury Gymnastics Club team you automatically become a part of the Glastonbury Gymnastics Club Parent Organization (G.G.C.P.O.). As a member of the G.G.C.P.O. you will be asked to volunteer time when we host home meets (two to four time slots per year).

## Time and Financial Obligations

Gymnastics requires dedication not only on the gymnast's part, but also on the family's part. Your daughter's involvement will cost you time, money, and effort. Below are examples of the time and financial obligations that are required of our team gymnasts.

### Practice and Competition Hours:

Our team gymnasts practice a minimum of 3 to a maximum 12 hours per week.

Once your daughter begins competing you can expect to have at least one weekend day per month (October through March) devoted to attending gymnastics competitions. A typical local meet lasts anywhere from 2 ½ to 3 hours. An Invitational or Championship meet lasts longer due to the awards ceremony at the end of the meet. Meet times and sessions are often not available until a week or two before the actual meet date, so it is necessary to keep the entire day of the meet available. In order to promote good sportsmanship, gymnasts are required to stay on site for the duration of the competition and awards ceremony.

### Summer Camp

Throughout the summer, we offer summer camp in one-week sessions (Monday through Friday). Our expectation is that team gymnasts attend 4 out of the 8 weeks offered. If gymnasts do not meet the minimum required number of weeks, they will have to re-test any skills they've previously tested on their progression chart. This does not apply to mobility scores. It only applies to their flexibility, strength, and ability to perform certain skills. Gymnastics is a unique sport that requires strength, flexibility, and mental strength among other things. With any extended absence from the sport, all of the aforementioned items are quickly lost. It is our duty as gymnastics professionals to make sure that our athletes are physically and mentally capable of performing the skills required at their level.

### Volunteer Hours:

As a parent of a team gymnast you will be expected to volunteer at our home meets. Each meet is divided into sessions and the majority of the time the sessions are split by level. We host

approximately three meets; the New England Invitational (the first weekend in December); the YMCA Flippers Invitational (the second weekend in January), and one additional local meet. It takes approximately 10 volunteers for each session of a local meet, and upwards of 20 volunteers for each session of the New England Invitational and the YMCA Flippers Invitational.

It is essential that all families volunteer time to help run these meets. They are the sole fundraiser that we do, and we are able to raise a substantial amount of money for new equipment, staff training, clinics for our gymnasts, office supplies, etc.

#### Tuition/Registration Fees:

Each team gymnast must be registered with the Parks and Recreation Department in order to participate. We register gymnasts four times a year (winter, spring, summer, and fall). Due to liability reasons, all gymnasts must be registered in advance of attending practice. Registration fees vary from session to session, but we pride ourselves on offering very affordable rates.

#### USA Gymnastics Membership Fee:

All of the Glastonbury Gymnastics Club team members must possess a valid USA Gymnastics Athlete Membership. USAG membership is renewable every July. The cost is \$61/year for Junior Olympic Level 3-10 gymnasts & Xcel Silver-Diamond gymnasts. The cost is \$29 for Level 2 & Xcel Bronze Gymnasts (2019-20 fee).

#### YMCA Membership Fee:

We are a cooperative program between the Town of Glastonbury Parks and Recreation Department and the Glastonbury Family YMCA. In order to be eligible to participate as a YMCA, all Glastonbury Gymnastics Club competing team gymnasts must be members of the Glastonbury Family YMCA as a gymnastics team member. The annual YMCA Gymnastics Team fee is \$155 for all levels (2019-20 rate). This annual fee is due November 1<sup>st</sup>.

Since our gymnasts pay all registration fees to the Parks and Recreation Department, the only funds the YMCA receives from our gymnasts is this annual fee. The funds go to the cost of coaches attending all YMCA local meets, as well as the Regional and National Championship.

#### Competitive Expenses:

There are several expenses related to competition. Team gymnasts must purchase the Glastonbury Gymnastics Club competitive uniform which consists of a competition leotard, warm-up suit, and gym backpack. Gymnasts are given sign-up sheets for meets two times per year. In September, payments will be due for the Fall competitive season, and in December, payments will be due for the Winter/Spring competitive season. All gymnasts are required to compete in a minimum number of meets per season. Levels 2-5 and Xcel Bronze & Silver gymnasts must compete in 4 meets per season and Level 6+ & Xcel Gold+ gymnasts must compete in 3 meets per season. Please keep in mind that gymnasts must meet upward mobility all around scores. The more experience your daughter has competing, the more comfortable she will be, which will allow her to compete to the best of her ability.

##### I. Team Uniform –

Every two years we change our competition attire. The Fall of 2019 marks the beginning of the next two year period.

Xcel Bronze & Level 2 gymnasts must purchase the Beginner Competitive Team package for \$100. This package includes a tank style leotard, warm-up shirt, warm-up capris, and back pack.

Level 3+ & Xcel Silver+ gymnasts must purchase the Competitive Team Attire package for \$275. This package includes a long-sleeved leotard, warm up shirt, warm up capris, and back pack.

If an item is damaged, lost, or outgrown, it is the responsibility of the parents to pay the full cost of the replacement item.

2. Local Meet Fees – The meet fee for local qualifying meets is pre-determined by the USAG State Committee and the YMCA State Committee. The meet fee for a local USAG meet is \$35/gymnast, and the meet fee for a local YMCA meet is \$30/gymnast.
3. Invitational Meets – Invitational meet fees vary from meet to meet and cost anywhere from \$55-\$100/meet. Invitational meet fees often include t-shirts and goody bags for the gymnasts. They are also medal and trophy meets, meaning that all participants are eligible to receive awards at the end of the meet.
4. Championship Meets – We compete Championship meets at the local, state, regional, and national level. These meet fees are pre-determined by State, Regional, and National committees and vary from year to year. Most often, they cost between \$55-\$100/championship.

## Glastonbury Gymnastics Club Parents Organization (G.G.C.P.O.)

The Glastonbury Gymnastics Club Parent's Organization (G.G.C.P.O.) is comprised of all of the parents of the Glastonbury Gymnastics Club team program. The purpose of the G.G.C.P.O. is to raise funds to offset the cost of the Glastonbury Gymnastics Club to the Town of Glastonbury, as well as to raise funds to support the Glastonbury Gymnastics Club gymnasts. The primary purpose of the G.G.C.P.O. is to raise funds to cover the cost of equipment purchases.

Each year five parents volunteer to sit on the G.G.C.P.O. Board. G.G.C.P.O. Board members work closely with the Glastonbury Gymnastics Club Director throughout the year to help plan home competitions, events, and to vote on purchases and issues that arise. Parents are highly encouraged to serve as G.G.C.P.O. Board members. All G.G.C.P.O. Board members receive 1/2 off of meet fees.

The G.G.C.P.O Board consists of the following positions: Treasurer (2 positions), Hospitality (1 position), Concession Coordinators (2 positions). The G.G.C.P.O. Board changes every summer, and anyone interested in volunteering should speak with the Glastonbury Gymnastics Club Director.

The GGCPPO Board for the 2019-20 season is: Jeanne McKinney & Alisha Brown (Treasurers); Liz Downing and Dijana Jovanovic (Concession Coordinators); (Hospitality)

## Descriptions and Procedures of Competitive Gymnastics

We compete as both a USA Gymnastics (USAG) team as well as a YMCA team. We also offer two different types of competitive programs. The following are brief descriptions of our competitive programs. The Junior Olympic (J.O.) Levels are divided into levels 1 through 10, and the Xcel levels are divided into Bronze, Silver, Gold, Platinum, and Diamond. All gymnasts, regardless of what competitive program they are involved with must compete all four events.

### Xcel Team Vs. Junior Olympic Team Program

The J.O. Program and the Xcel Program are two unrelated and distinctive competitive programs. Careful and thorough consideration should be given to deciding between the two programs. The main program that is competed throughout the United States is the J.O. program. Over the past few years, the Xcel program has grown and developed as a way of allowing a competitive gymnastics experience to a broader variety of gymnasts.

Gymnasts may not compete as both J.O. gymnasts and Xcel gymnasts in the same competitive season.

#### Xcel Program

The purpose of the Xcel program is to provide an alternative competitive program to serve a unique set of gymnasts. This program is fairly new to USA Gymnastics. We have developed the Xcel program to offer a competitive experience to our recreational level athlete. By starting our gymnasts in the Xcel Program, they are able to begin competing sooner.

After completing Xcel Bronze, gymnasts may choose to stay in the Xcel Program or switch and compete in the Junior Olympic Program. Gymnasts who switch into the Junior Olympic program after completing Xcel Bronze will be more prepared for the stringent policies of the Junior Olympic Program.

Our Xcel Bronze and Xcel Silver athletes will perform a set routine on each event for their level. Once a gymnast reaches Xcel Gold, she may make up her own routines and choose her own floor music.

Gymnasts who begin their competitive experience in the Xcel program and then meet the requirements to compete in the J.O. program must begin at Level 2 and meet upward mobility requirements. Similarly, if gymnasts who formerly competed in the J.O. Program switch into Xcel and then decide to switch back into the J.O. Program, they will have to enter the J.O. program at the level they left off and meet the upward mobility requirements. For example, if a Level 5 gymnast enters the Xcel program and after a period of time acquires the skills she needs as a Level 7 gymnast, she would have to re-enter the J.O. program at Level 5 and meet the upward mobility requirements for level 5 and level 6 to be eligible to compete as a level 7. This requirement is set forth by USA Gymnastics because the J.O. Program and the Xcel program are two distinctive programs that are designed to meet two distinctive needs.

#### Xcel Bronze:

This is the basic entry level to our competitive team. Gymnasts must be 6 years old and must be able to do a cartwheel, round-off, vertical handstand, and backward roll.

#### Xcel Silver/Gold Division:

The Xcel Silver & Gold Divisions are intermediate levels of the Xcel program. Gymnasts at these levels have had prior competition experience, either as a USAG J.O. Compulsory gymnast, or as an Xcel Bronze gymnast. Xcel Gold is the first Optional Level of our Xcel Program. At Xcel Gold, gymnasts will choose their own floor music and make their own routines on each event.

#### Xcel Diamond/Platinum Division:

The Xcel Diamond/Platinum Divisions are the highest levels in the Xcel program. These gymnasts have had numerous years of gymnastics training and are performing more advanced skills.

#### Junior Olympic Program

The J.O. program has been developed by USA Gymnastics to ensure that all gymnasts follow progressive guidelines to build a solid foundation for their gymnastics careers. The J.O. Program is divided into three major segments. The Developmental Levels (levels 1- 3) are an achievement based program that is used to introduce gymnasts to the foundations of gymnastics. Each state varies on the lowest allowable level of competition. Whereas Massachusetts and Rhode Island begin competing gymnasts at level 1, the lowest level of competition in Connecticut is level 2.

The second segment of the J.O. Program is the Compulsory Levels 4 & 5. These levels help to progressively build upon the foundation of skills that gymnasts have acquired by the completion of level 3. All gymnasts at the Compulsory Level compete level specific routines.

The third and topmost segment of the J.O. Program is the Optional Levels 6-10. At this level gymnasts compose their own unique routines on each event using requirements set by USA Gymnastics.

#### J.O. Level 2 & 3:

Levels 1-3 are the beginning entry levels into the Junior Olympic Competitive Program. Beginner level compulsory routines are performed on vault, bars, beam, and floor. As a club, we begin competing at Level 2. Per USAG rules, gymnasts must have reached their 5<sup>th</sup> birthday to be eligible to compete level 2 and gymnasts must have reached their 6<sup>th</sup> birthday to be eligible to compete level 3. It is not uncommon for it to take two or more years to advance from level 3 to level 4.

#### J.O. Level 4:

This is the intermediate level of compulsory gymnastics. Routines are far more advanced than level 3, and it is much more physically and mentally demanding of gymnasts. Per USAG rules, gymnasts must have reached their 7<sup>th</sup> birthday to be eligible to compete level 4.

#### J.O. Level 5:

This is the most advanced compulsory level. The routines were designed with transition to level 6 in mind. Level 5 tends to be the most difficult level in gymnasts' careers because they are required to do advanced level skills on each event, but at this time each gymnast has developed different strengths and weaknesses. Per USAG rules, gymnasts must have reached their 7<sup>th</sup> birthday to be eligible to compete level 5.

#### J.O. Level 6:

This is a compulsory/optional level designed to let the gymnasts get a taste of optional gymnastics while still having to fulfill specific requirements. This is the first level where optional music is used, and where gymnasts are allowed to design their own unique routines. Per USAG rules, gymnasts must have reached their 7<sup>th</sup> birthday to be eligible to compete level 6.

#### J.O. Level 7:

This is the first truly optional level. There are minimum requirements that must be done on every event, and gymnasts are able to design their routines to highlight their strengths. Per USAG rules, gymnasts must have reached their 8<sup>th</sup> birthday to be eligible to compete level 7.

#### J.O. Level 8:

This is the intermediate optional level. Difficulty has increased from level 7, however there are restrictions put on the difficulty of the tricks a gymnast is allowed to do. Per USAG rules, gymnasts must have reached their 8<sup>th</sup> birthday to be eligible to compete level 8.

#### J.O. Level 9:

Similar to Level 8, only optional routines are performed at this level. Whereas level 8 has difficulty restrictions, level 9 does not. The level of competition is very high at this level. Per USAG rules, gymnasts must have reached their 8<sup>th</sup> birthday to be eligible to compete level 9.

#### JO. Level 10:

This is the highest level of competition at the Junior Olympic Level. Per USAG rules, gymnasts must have reached their 8<sup>th</sup> birthday to be eligible to compete level 10.

## Rules & Policies for Competition

### Gymnast Etiquette

1. Gymnasts should arrive at the competition site 15 minutes before open stretch is scheduled to begin. Gymnasts should be in their competition leotard and should be well groomed on arrival. Hair should be tied back tightly and neatly, and all fly-away hairs should be hair sprayed or gelled back. No nail polish may be worn. The only jewelry permitted is stud earrings.
2. Gymnasts should report to their coach at the beginning of the scheduled open stretch time.
3. Gymnasts must remain in the designated competition area throughout the course of warm-ups and competition and obey all warm-up regulations and procedures.
4. Each gymnast should accept her place in the line-up and the scores she receives with dignity and without criticism. There is no place for crying and uncontrolled emotions during a gymnasts' meet. Gymnasts cannot control the scores they get nor can they control the performances of other gymnasts. Gymnasts can only control their own performance.
5. Gymnasts should not keep track of their event scores, all-around scores, or placement during the competition. Parents and coaches will keep track of it for you. Gymnasts' concentration should center on their performance. There will be plenty of time to review scores later.
6. Be courteous, respectful and polite to all meet officials, hosts, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging a meet.
7. Gymnasts should have the Glastonbury Gymnastics competition gym bag and place all of their belongings in the bag.
8. Gymnasts must stay with the team until the competition is over and the coaches release them. Once the gymnast has entered the competition area there should be no contact between the gymnast and her parents unless there is an emergency.

9. Gymnasts must stay for awards dressed in their competition leotard. As a participating gymnast you have an obligation to stay for all of the awards ceremony and accept any award presented to you with courtesy and gratitude. It is customary to accept awards with a firm handshake and a smile. Congratulate and shake hands with other athletes as well. Remember that you are not just representing yourself; you are acting as a representative of Glastonbury Gymnastics as well.

#### Parent Etiquette

1. Team Spirit is a big help...be our biggest fan by wearing our team colors or purchasing a Glastonbury Gymnastics Sweatshirt.
2. Please show proper respect to all Officials and Coaches at every competition. They are all there for one reason, to support your child's interest in gymnastics. Under no circumstances should you attempt to contact any official on the competition floor before, during, or after the meet (judges, score keepers, etc.) If you have any questions regarding the meet or your child's scores you must contact your coach. Points could be deducted not only from your gymnast but the team score as well for failure to follow these rules.
3. Please show proper respect to all competitors. You never know who is sitting near you!
4. Once a gymnast has walked into the competition area for warm-up, she is not allowed to talk or have contact with her parents until the competition is over (unless in case of an emergency). This has less to do with control than it does with focus. Any distraction could disturb the focus necessary to have a successful competition.
5. As coaches, we know that you mean well with your comments, but they may not be appropriate for the long-term training of your gymnast. If you have any questions about what happened at the meet, talk to the coach after you have returned to your gym and have had time to reflect.
6. In any competition, parents, friends, and relatives of the gymnast are not allowed onto the competitive floor. You must remain in the spectator's area. Your child could be immediately scratched from the meet if a parent is found in the competitor's area.
7. In case of an injury during warm-ups or competition, you must stay in the spectator area until your coach flags you onto the competition floor.
8. Please do not coach your child. Coaches should coach, everyone else should encourage. Injury may result from changing the gymnasts' focus away from the coach's technique. Even the most helpful comment from you could have disastrous consequences.
9. No flash photography is permitted during a meet. The sudden flash of light is blinding to gymnasts, coaches, and judges. Check your camera in advance. Many cameras have an automatic flash that will go off if it detects low light levels. If you cannot disable this device, please do not take pictures during the competition.
10. On the day of the competition your child should eat a well-balanced meal 2-3 hours prior to the competition. This energy will carry them through the entire competition. If necessary, gymnasts may carry healthy snacks in their gym bags to curb hunger pangs.

11. All gymnasts are expected to stay until the end of every competition, including throughout the entire awards ceremony.
12. If your daughter must scratch a meet the day of the competition, it is your responsibility to notify our gym through email as soon as possible.

### Dual Representation Rule

The Y-USA has specific rules forbidding Dual Representation. Gymnasts may not compete for two competitive clubs simultaneously. If a gymnast switches to our program from another competitive gymnastics team, she will be required to wait a period of 90 days prior to competing in a YMCA competition. High school gymnastics teams are exempt from this rule.

### Obligation of the Parents for Out of State Competitions

1. It is the responsibility of each individual gymnast's family to make travel, lodging, and rental car arrangements for all away competitions, clinics, camps, and other team events unless otherwise stated by the team staff.
2. When making hotel arrangements for out of state competitions, it is good practice to make reservations for all the possible nights and cancel accordingly when you find out when your daughter is going to compete.
3. Often times for out of state competitions it is difficult for one or both of the parents to attend. Please be aware that more often than not arrangements can be made with another family to help, so that every gymnast can attend every competition.
4. When at an out of state competition, it is a good idea (whenever possible) to drive to the meet site the day before your daughter competes. This allows you to gauge the time necessary to get to the site and ensure an on-time arrival.

### What to Expect at Competitions

We compete in two different leagues, USA Gymnastics and YMCA. These two competition environments are very different from one another. We are a unique program in that we fall between the two categories. Our gymnasts do not work out as many hours per week as a private club, but we do work out more hours per week than many YMCA programs.

USAG meets are highly competitive and are comprised mainly of privately owned gymnastics clubs. USAG meets are sanctioned by USA Gymnastics, and there are typically two judging officials on each event. The thought is that having two judging officials on each event will help to eliminate subjectivity. Each judge individually scores the routine, and the scores are averaged. The two scores from each judge must be within range of one another. The allowable range varies depending upon the score itself:

- 0.20 for scores between 9.500-10.000
- 0.30 for scores between 9.000-9.475
- 0.50 for scores between 8.000-8.975
- 1.00 for all other cases

If scores are not within range of each other the judges must confer and figure out where their differences lie and must come within range. The average of the two scores then becomes the score that the gymnast receives.

Gymnasts receive achievement ribbons at all local qualifying meets. Gymnasts receive certain colored ribbons based upon the score they received. The ribbon divisions are as follows:

9.00 or higher = Blue Ribbon

8.00-8.975 = Red Ribbon

7.50-7.975 = Yellow Ribbon

7.00-7.475 = White Ribbon

6.00-6.975 = Green Ribbon

5.90-Below = Any other color

All-Around:

35.00 or higher = Blue Ribbon

33.00 - 34.975 = Red Ribbon

31.00 - 32.975 = Yellow Ribbon

29.00 - 30.975 = White Ribbon

26.00 - 28.975 = Green Ribbon

YMCA meets are less competitive and are comprised of YMCA competitive team programs. There is only one judge per event at YMCA meets (except at the State, Regional, and National level). The YMCA program allows gymnasts the thrill of competing at the state, regional, and national level.

## Upward Mobility Requirements

Gymnasts begin competing at Xcel Bronze. After Xcel Bronze, gymnasts may continue in the Xcel Program and advance to Xcel Silver (ages 13+), or switch into the JO Program and compete Level 2 (gymnasts under 12 years old). We recommend our older gymnasts move to Xcel Silver to better prepare them for earning a spot on the high school gymnastics team. Our younger gymnasts move to Level 2 because it provides a better foundation of skills, and more specific progressions between each level.

Our team gymnasts are required to meet specific requirements to move to the next level. They must achieve all-around scores, meet strength and flexibility requirements, and master skill progressions. Our progression charts are located in the back hallway of the waiting room. Our coaching staff evaluates these charts every spring, and any changes that are made are enforced at the end of the summer/start of the next competition season. However, we reserve the right to modify these charts at any given point if we feel it is necessary.

A competitive gymnast who has achieved her mobility score requirements may ask to test the required skills at any point. Once she has successfully completed all items on her progression chart, she will begin to practice with the higher level, however, she won't compete the higher level until the next competition season. Championship meets occur each Spring, and we want our gymnasts to be at their individual best. In addition, we want to enter the championship meets with our strongest team possible. Please note there will be no testing allowed for the month prior to the CT State Championship. During this month, our focus will be on preparing our team to present their best selves at the State Championship.

The cut-off date to move up for each competition season will be the last day of summer camp (mid-August). The level a gymnast is on the last day of summer camp will in most cases be the level they will compete until the following May. There are certain circumstances which would lead us to making exceptions to this rule, and any decisions varying would be made on a case by case basis.

Please note that **ONLY** gymnasts may ask to be tested. We are trying to teach gymnasts to be responsible for themselves, therefore we will not allow parents to ask to have their daughters tested.

### Team Practice Schedule (2019-20)

Xcel Bronze	Level 2	Level 3	Level 4 Xcel Silver & Gold	Levels 5-9 & Xcel Plat/Diam.
<p>Tuesday 4:15-5:45pm</p> <p>Thursday 4:15-5:45pm</p> <p>Individual make-ups may be scheduled if needed. There is a maximum of 4 make-ups allowed per session.</p> <p>Xcel Bronze make up time: Monday 4:00-6:10pm</p>	<p>Monday 4:00-6:10pm</p> <p>Friday 6:15-8:30pm</p> <p>Individual make-ups may be scheduled if needed. There is a maximum of 4 make-ups allowed per session.</p> <p>Level 2 Make Up Time: Thursday 4:15-5:45pm</p>	<p>3 Practices/Week: Monday 4:00-6:10pm</p> <p>Friday 6:15-8:30pm</p> <p><b>Plus Choose One:</b> Tuesday 5:45-8:30pm <b>OR</b> Thursday 5:45-8:30pm</p> <p><b>Level 3's <u>MUST</u> come Monday and Friday. The 3<sup>rd</sup> practice can be either Tuesday or Thursday.</b></p>	<p>3 Practices/Week: Monday 6:00-8:30pm</p> <p>Wednesday 6:15-8:30pm</p> <p><b>Plus Choose One:</b> Tuesday 5:45-8:30pm <b>OR</b> Thursday 5:45-8:30pm</p> <p><b>Level 4/XS/XG <u>MUST</u> come Monday and Wednesday. The 3<sup>rd</sup> practice can be either Tuesday or Thursday.</b></p>	<p>Monday 6:00-8:30pm</p> <p>Tuesday 5:45-8:30pm</p> <p>Wednesday 6:15-8:30pm</p> <p>Thursday 5:45-8:30pm</p>



# Glastonbury Gymnastics Club Team Agreement

Thank you for taking the time to read through this handbook. We take great pride in our team program and look forward to giving your child a wonderfully positive gymnastics experience.

Please sign below to acknowledge that you have received and read this handbook. Detach at the dotted line and hand in the bottom part of this page to Kathy Johnson. The signed copy will be photocopied and a copy will be put in your child's mailbox.

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## Parent/Gymnast Acknowledgement

I have read the document titled "Glastonbury Gymnastics Team Handbook" and I understand and agree to the guidelines set forth.

I also understand that the policies and procedures may change throughout the year. Modifications to this document may be made via letters or communications from the Club Director.

Should I have questions regarding any policies or procedures, I understand that I should contact the Club Director for the appropriate answers.

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Gymnast Signature

\_\_\_\_\_

Date