

2011-2012
BURLINGTON AREA COMMUNITY
YMCA-YWCA

WOMEN'S
COMPETITIVE GYMNASTICS TEAM
INFORMATION PACKET



Burlington Area Community YMCA-YWCA
2410 Mt. Pleasant St.
Burlington, Iowa 52601
www.burlingtony.org
(319) 753-6734 ext. 132
kara@burlingtony.org

WELCOME TO THE BURLINGTON YMCA-YWCA COMPETITIVE GYMNASTICS PROGRAM!

Being apart of a team has an impact on a child that can last a lifetime. By being part of a team, a child develops friendships and bonds and learns sharing, teamwork, cooperation and compromise. As a YMCA-YWCA, we are committed to developing a competitive spirit and good sportsmanship while maintaining the Y.M.C.A. principles of Caring, Honesty, Respect and Responsibility. Each gymnast is treated equally and everyone has the opportunity to progress at their individual rate.

Our competitive program is a progressive goal setting environment for gymnastics training with teamwork as an emphasis. 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.

In addition, our Team program offers a great opportunity to progress in an exciting, safe and motivating environment. Gymnasts are introduced to competition when it is appropriate for them physically and mentally. Coaches will recommend progression through our level based program when the proper skill is attained. For most gymnasts, proper skill development in a level requires a full year of participation.

Enclosed you will find additional information including:

- PRACTICE DAYS AND TIMES
- REQUIRED FEES & PAYMENT SCHEDULES
- COMMUNICATION
- PRACTICE RULES
- COMPETITIVE GYMNASTICS & LEVELS
- COMPETITION POLICIES
- FUNDRAISING
- INJURIES & REFUND POLICIES
- HOW TO ADDRESS CONCERNS
- ACKNOWLEDGEMENT & MEDICAL FORM

Practice Days & Times

August 2011 - April 2012

TUESDAYS	5-7:30 p.m.
WEDNESDAYS	5-7:30 p.m.
THURSDAYS	5-7:30p.m.

Those who are competing are REQUIRED TO ATTEND A MINIMUM OF 2 DAYS PER WEEK.

The more practice a gymnast can receive, the quicker and stronger they will become on their skills. Any gymnast at levels 1-3 can attend all three practices if they so choose.

Open Gym (included in monthly fee)

Mondays 5-6:30p.m.

REQUIRED FEES**LEVELS 1-3**

ITEM	FEE	DEADLINE
PRACTICE LEOTARD	\$60-\$85	July 5 th
GRIPS (INCLUDES GRIPS, BAG AND WRIST BANDS)	\$52	July 5 th
*WARM UP	\$89	August 1 st
*BAG	\$25-\$35	
YOUTH MEMBERSHIP Thru 8 th grade (RATES TYPICALLY CHANGE JANUARY 1)	\$86.50 year OR \$7.75/month	See front desk for additional information.
FUN MEET (IF OFFERED)	\$30-\$60	3 WEEKS PRIOR TO MEET

LEVELS 4 & UP

ITEM	FEE	DEADLINE
USAG MEMBER # (LEVEL 4 & UP)	\$50-\$55 NON REFUNDABLE	August 1 st
PRACTICE LEOTARD	\$60-\$85	July 5 th
COMPETITION LEOTARD	\$60-\$85	August 1 st
GRIPS (INCLUDES GRIPS, BAG AND WRIST BANDS)	\$52	July 5 th
WARM UP	\$89	August 1 st
*BAG	\$25-\$35	
YOUTH MEMBERSHIP Thru 8 th grade (RATES TYPICALLY CHANGE JANUARY 1)	\$86.50 year OR \$7.75/month	See front desk for additional information.
MEET FEES	\$30-\$85	3 WEEKS PRIOR TO MEET

***OPTIONAL ITEM**

Monthly Practice Fees

1 Day per week	\$45	2.5 hours of practice & Open Gym(s)
2 Days per week	\$65	5 hours of practice & Open Gym(s)
3 Days per week	\$80	7.5 hours of practice & Open Gym(s)

Payment Process

Monthly fees are due by the 10th of each month. After the 10th, a \$10 late fee will be assessed.

Ways of making payments include:

- Online at www.burlingtony.org
- Bill Pay (Monthly Fees Only)
- Direct Draft from the Y
- At the front desk.

All other required fees must be paid at the front desk. Payment arrangements can be set up to best convenience you. If you need additional payments or need to set up a reduced amount on membership or monthly fees, you must contact Kara A.S.A.P.

Statements are only sent out if you have a past due account.

WAYS WE COMMUNICATE

Two-way communication between coaching staff and our gymnast' parents are essential to have a successful cheerleading program. There are several different ways to contact all coaching staff if it's not an emergency.

- 1) Email: kara@burlingtony.org
- 2) Phone call/voicemail at 319-753-6734 ext. 132. Keep in mind, after 3:30 Monday - Friday, we are coaching and voicemails will be received the next day. It is important to leave a message and I will get in contact with you as soon as I'm able.
- 3) Leave a note with the front desk staff. Front desk staff will be able to answer your questions regarding payments. *(All other questions or concerns should be directed towards coaching staff or Kara.)*
- 4) If it's an emergency, please feel free to talk to the coaching staff before or after practice.
- 5) Each Team member will have their own file folder. This will be located in the hallway outside of the gym area. Please make sure to check this EACH WEEK! In addition, any upcoming events will be posted on the hallway board.

If you have or have had a recent change in address, home/work or cell phone numbers, please make sure to relay this information to the coaching staff ASAP. This is our only means to contact you for important information.

TEAM PRACTICE RULES

- Do not use the equipment without a coach's supervision.
- Before using the equipment, make sure it is tightened and adjusted correctly, and all mats are in the correct place.
- Every gymnast **MUST** stretch and warm-up at each practice.
- Never attempt any skills without permission and supervision of a coach.
- No one will be allowed to leave the gym without permission from their coach. Gymnasts must have a buddy system during drink and bathroom breaks.
- When walking around the gym, do not walk across the equipment or crash mats. Other gymnasts may be using the equipment, so please keep an eye out for others working out.
- **NO HORSE PLAY** at any time while on or around gymnastic equipment.
- Gymnasts are only allowed to leave the gym at the end of practice and must be accompanied with a parent or guardian with a coaches' dismissal.
- All Team members must bring their gym bag with them to every practice. All personal belongings must be kept inside a gym bag.
- Gymnasts are required to wear a leotard. Fitted shorts may be worn with leotard if desired.
- **ALL GYMNASTS MUST BE PREPARED FOR CLASS BEFORE CLASS BEGINS!!**

- All hair must be pulled back and out of the face. Any stray hair that falls in the face of the gymnast must be secured by either a headband or hair clips.
- Gymnasts are allowed to bring a small HEALTHY snack to practice. If it becomes too much of a distraction, gymnasts will be asked to put it away.
- All jewelry must be removed before entering the gym. This includes earrings with the exception of stud earrings.
- Absolutely NO gum chewing is allowed in the gym.
- Hydration is important during exercise. Gymnasts are encouraged to bring a water bottle or low cal/sugar sports drink.

Commitment and Attendance

All practices from August 22nd (when school is back in session) thru April are MANDATORY for competing gymnasts. Understandably things will arise during the season (sickness, personal family matters, vacations, etc.), and when this comes up, please contact the coaching staff A.S.A.P. This is **COMPETITIVE GYMASTICS**. Attendance is paramount. You are expected to attend all practices, exhibitions, and competitions as a team. One member's absence has a negative impact on the rest of the team. We will do our best to maintain a routine schedule in order for you to be able to make advance personal plans.

Please understand the commitment you are making when you become a part of the Women's Competitive Gymnastics Team.

Competitive Gymnastics and Levels

Our program follows and competes under USA Gymnastics, which is the national governing body for the sport of gymnastics in America. USAG sponsors competitions for levels 4-10 and elite (national and international).

There are not many opportunities for Levels 1-3 to compete, however, from time-to-time a "fun meet" will come up for the girls to attend. Otherwise, the Y will hold their own Exhibition Day 3 times per competitive year so that you can watch your gymnasts' progress. These will be held in the afternoon and are as follows:

Saturday, October 1st

Saturday, January 14th

Saturday, April 14th

*Exact times will be given as we get closer to each event.

Once gymnasts have reached Level 4, they will be eligible to compete. The girls must compete on all four events, the vault, uneven bars, balance beam and floor exercise. The elements are put together in short routines. Each routine is judged and given a score (the highest being a 10.0) representing how well she did. After the meet, sometimes immediately or later at practice, the coach and athlete discuss the performance at the meet and make plans on how to improve.

As stated, the girls are judged, the score is the judges opinion of the athlete's routine. The score should rank the routine on deductions and skill execution. Different judges have different opinions on similar routines. This is a constant in gymnastics. Judges work hard to keep up on their ratings and do their job earnestly. That does not mean we always agree with them. Sometimes we have a hard time making sense of the scores and we've been doing this for many years! We don't expect the gymnasts or parents to understand every aspect of scoring. As long as you are a gymnastics parents you will have to deal with a subjective sport.

Fundraising

Team will offer three different fundraisers throughout the season to help offset some of the costs associated in the Y's Competitive program. These are not mandatory, only an opportunity. Fundraisers include will include a Flip-a-Thon as well as Yankee Candles sales.

Those participating in fundraising will be given an "account" within the Y where all proceeds the gymnast brings in will go towards. Funds acquired can be applied towards any fee listed on page 3 with the exception of membership and monthly fees. This account CANNOT be accessed thru the front desk. Those interested in applying fundraising towards an item MUST go thru Kara.

No Refund Policy

If you choose to leave the Burlington YMCA-YWCA Competitive Gymnastics Program or are removed from the program by our coaching staff, any fees that have been paid as well as uniform items, WILL NOT be reimbursed under any circumstances.

INJURY

Most injuries still permit team members to attend practices and events. Gymnasts should still practice to the best of their abilities with consideration to the injury. Example: if a wrist or arm injury, the gymnast may still be able to stretch and run thru routines. Showing support by attending, even if unable to participate physically, is expected for all team functions.

In the case of a serious injury or illness we ask to be informed A.S.A.P. of an absence, and given the estimated timeline for their recovery and return. Coaches are to receive sufficient communication and/or doctor's note regarding an athlete's ability or inability to perform specific requirements associated with their normal tasks as a member of the Y's Competitive Gymnastics Team.

PROCEDURES FOR PARENTS WITH CONCERNS

- Make an appointment with the coach(es).
- If you feel the matter needs immediate attention, please speak privately with the coach in the back office.

Appropriate concerns to discuss:

- Treatment of your child - emotional and physical
- Skill improvement and development

Inappropriate concerns to discuss:

- Other gymnasts - unless it directly affects your child
- Coaching styles and techniques

Misc. Information

Bad weather policy -

If the Burlington School District cancels or dismisses school early due to foul weather, all programs and classes at the Burlington Y are also cancelled.

Scheduled Gym Closings -

We will be closed or will not offer practice on the following dates:

May 30 th	Memorial Day
July 4 th	Independence Day
September 5 th	Labor Day

November 23 rd & 24 th	Thanksgiving
December 26 th - Jan 1 st	Christmas & New Years Break
April 8, 2012	Easter

Missed Classes -

We understand conflicts may arise throughout the season. If for whatever reason, your gymnast is unable to attend their regularly scheduled night, we ask that you please make it up by attending one of the other nights offered. The Burlington Y does NOT prorate.

Competition Policies

- Gymnasts must be signed up and paid for meets on time in order to participate in the competition.
- If payment has not been received by the competition deadline, a \$10 fee will be added.
- If a coach feels the gymnast is not properly prepared for a meet, they reserve the right to pull the gymnast from the meet.
- If a gymnast is late to a meet and they miss any portion of the warm-ups, it is the discretion of the coach to allow the child to compete or not.
- Gymnasts are required to remain with their group throughout the duration of the meet until ALL of the competition has completed and are only allowed to leave the competition floor with coaches' permission. Gymnasts are required to stay for the ENTIRE awards ceremony out of respect for their teammates.
- Gymnasts are required to wear the team uniform for the duration of the meet, including awards.
- Parent's/Spectators are not allowed in the competition area during competition, including stretching and warm-ups unless a coach allows them to enter.

Read before Competition

We have put together some helpful reminders for the competition season. It is a good idea to read through this section before the first competition of each season. Whether it's your child's first meet ever or her 50th, it never hurts to be reminded of these things!

- Enjoy yourself at meets! There is no need for you or your daughter to feel anxious over this meet. Competitions are learning experiences and opportunities for the gymnasts to show their unique talents. Results are of minimal importance to the coaches, but it is crucial that the gymnasts are learning lessons about themselves and their sport, that they are becoming better teammates and sportsmen, that they are learning to view competitors as fellow athletes pursuing excellence, that they are learning how to try the best they can, that they are realizing that practices are essential ingredient in competitive success, and that they are enjoying and creating memories while in this fantastic sport!
- Results, medals, high scores, and low scores should be downplayed. The purpose of a competition is to focus on the things that are within the gymnasts' control. These include setting attainable goals, remembering key practice pointers, and developing appropriate reactions to both success and failure. They do not have control over the judge's scores, other competitor's performances, or their placement, so they do not need to devote unnecessary attention to these things. It is important that the girls come over to the coaches after each routine, so we can have w a word with them to help them gain perspective of their performance. It is also important that they are learning how to support and encourage each other by watching and cheering. During the awards ceremony, it is important that they congratulate their competitors. There should be no focus on separation, isolation, or superiority of our team over the others.
- Our coaches do not need to feel verified by the girls' performances. Hopefully as a parent, you as well do not need to feel verified by your child's performance. Let's all just enjoy the girls and this experience! We emphasize in the gym that your daughter's worth does not depend on her gymnastics performance. This is a great idea for you to do at home as well.

- It's always fun to use the first competition of the season as a measuring stick for future competitions. They gymnasts may look slightly unrefined and uncontrolled in their skills now, but it will be fun to look back on this meet at the end of the season to see how much improvement took place.
- It should not be underestimated that nourishment is very important. The foods they eat leading up to, and during the competition will impact their performance greatly! Please feed them foods that provide long-term energy storage, rather than short-term bursts. It is also important to encourage them to use the bathroom regularly during the meet.
- Please prepare your daughter with her uniform (leotard and warm up), a bag to transport items, a non-distracting healthy snack (granola bars, apples, bananas, sandwich, bottled water), her grips & wrist bands, and anything else needed for the meet.
- Gymnasts need to be well-groomed for the competition. Hair must be pulled up neatly and securely (no loose hair). No finger or toe nail polish. No jewelry is allowed except for 1 stud earring in each ear. Undergarments must match the leotard color and may not show.
- When arriving at the competition have your daughter check in with the front table or one of the coaches. You should keep her shoes and coat. She needs to have her gym bag with her. Once checked in, her attention should be kept on gymnastics, her teammates and her coaches. It is important that she is with the coaches and her team until the end of the event. Although you may want to give your daughter advice, it is ultimately more effective for the coaches to take on this responsibility during a competition.
- Gymnasts must stay with the team until the completion of ALL award age groups. After the awards ceremony, the coaches will meet briefly with the team and then the girls will be pleased to their parents.
- We encourage the parents to wear black, hot pink and white (and/or silver), our team colors. Please invite friends, family members, and teachers to attend local meets. Please get to know the other gymnasts parents, have fun with each other, and support our team as one unit. If you sit together, the applause for each girl will sound louder! We encourage you to be loud and supportive. It is great when each girl feels supported and encouraged by the entire club, regardless of her performance.

REGISTRATION AND ACKNOWLEDGEMENT FORM

Athlete Information

Athlete's Name: _____

Address: _____

City/State/Zip: _____

School: _____ Grade: _____ Birth date: _____ Age: _____

Athlete's Cell Phone: _____ Email: _____

Athlete's Shirt Size: _____ Pant/Short Size: _____

**All parent information needs to be filled out.*

Mother's Name: _____

Address: (if different from above) _____

City/State/Zip: _____

Work Phone: _____ Home Phone: _____ Cell phone: _____

Email Address: _____

Father's Name: _____

Address: (if different from above) _____

City/State/Zip: _____

Work Phone: _____ Home Phone: _____ Cell phone: _____

Email Address: _____

Emergency Contact Information (Other Than Parents):

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

**Burlington YMCA-YWCA
Competitive Women's Gymnastics Team**

NO REFUND/ PAYMENT POLICY FORM

Athlete's Name: _____

- If you choose to leave the Burlington Y's Women's Competitive Gymnastics Team or are removed from the program by the coaching staff, any items purchased and not yet handed out will become property of the Burlington Y Team.
- All payments and/or competition deposits already paid to the Burlington Y will not be refunded under any circumstances. This includes all fees previously discussed in this packet.
- If a cheerleader quits during the season, she is expected to pay the remainder of that month.
- Any fees that have been paid towards any competitions are not refunded under any circumstance.
- All members are required to pay monthly tuition by the 10th of each month. After the 10th, a \$10 late fee will be assessed. By not paying the monthly fee, your athlete is subject to removal from the program. Remember, payment arrangements can be made, however, it is the responsibility of the parent/guardian to make these arrangements.
- Parents or Legal Guardians are responsible for all the athlete's fees.

Please read and sign the following statement:

I have read and understand the information as stated in the 2011-2012 Competitive Gymnastics Team Information Packet as well as the No Refund/ Policy Form. I further understand that the fees I pay will not be refunded if I choose to remove my athlete from the program or my athlete is removed for reasons explained in the rules section

Parent or Legal Guardian Signature

Date

Athlete Signature

Date