

# **The Master's School of Gymnastics**

## **Girls' Team Handbook**

2008 - 2009 Competitive Season

# TEAM PHILOSOPHIES

## *The Master's School of Gymnastics Philosophy*

The Master's School of Gymnastics is an organization with its foundations in the service of Christ. Our program is designed to provide recreational and educational opportunities as well as a competitive venue for the youth of our community. Our goal is to help parents develop young people who are trustworthy, respectful, disciplined, and confident with the abilities and talents God has given them.

## *Coaches' Philosophy*

The Master's is dedicated to the proper development of all gymnasts. The coaches' goals are to create self-esteem, pride, discipline, time-management, and readiness for each of the gymnasts. The coaches are committed to expanding their knowledge by attending gymnastics clinics, camps, and congress.

## *Team Philosophy*

It is a privilege and an honor to be on The Master's team, not a right. The Master's believes in a 100% commitment from all team gymnasts. The team is an exclusive group of gymnasts selected by the coaches to participate in the team program. To maintain safety, consistency in workouts is required. The team program is not for everyone, but those who commit to it will achieve their personal best at The Master's. The coaches reserve the right to remove a gymnast from the team based on continual poor attendance, attitude, or work ethic.

## *Team is a Bargain*

There is no doubt that joining team is a significant commitment of time, effort, and money. Most parents will say that other than family life, team involvement becomes the most significant event in their child's life. Besides the obvious physical benefits, those children who become involved in team rarely accept negative influences into their lives. They learn self-discipline, how to work closely as a member of the team, how to handle themselves in a large variety of situations and how to prioritize and manage their time.

# TEAM POLICIES

## Attendance

*Gymnastics is a very serious and potentially dangerous sport. A consistent regimen is required to help maintain safety in the program. Regular attendance is **required** to help ensure the safe development of the gymnasts.*

Team is year-round! The decision to join or rejoin the team for the upcoming season is a big one and reflects a significant year-round family decision.

During competitive season, Level 4-7 gymnasts are required to maintain a weekly attendance average of 75% in order to compete. Level 8 - 10 gymnasts are required to maintain a weekly attendance average of at least 80% in order to compete. Required attendance begins one month prior to the first meet for each level.

If a gymnast does not meet the set attendance requirements, she may not be allowed to compete in specific meets.

During the competitive season, social activities and other sports are not excused absences and should not regularly interfere with practices. Social activities or sports are not excuses for missing a scheduled competition.

During non-competitive season, gymnasts should maintain consistent workout attendance to prepare them for the upcoming season.

## Other Sports

The coaches do not discourage participation in other sports. Often the two sports can aid one another.

If your daughter will do a second sport, that sport should interfere with practice time **during season** as little as possible. Missing a scheduled gymnastics competition for a second sport is not acceptable. Please keep this in mind when deciding about adding the Prep Op season to your daughter's schedule.

Missing a practice during the 2 weeks preceding State Meet for a second sport will not be acceptable.

The coaches request a schedule of practices and games for each sport your daughter participates in so we can stay informed and be prepared for missed practice time.

## Vacation

Vacations taken during competitive season are strongly discouraged as the disruption of the practice schedule lessens the gymnast's physical and psychological readiness for the next meet.

Should a vacation be taken, the gymnast must reestablish their weekly

attendance requirement one week prior to the next scheduled meet in order to compete.

During the off-season vacations, gymnasts should maintain a strength and flexibility program.

## CAMPS

The Master's competition team usually attends 2 camps each summer. The "in-house" summer camp is **required** for all gymnasts who plan to compete the next season as we will be training skills required for competition and learning routines during this week. The away camp will be Flip Fest Camp for this summer and next summer. We highly encourage any level 5 and higher gymnast to attend Flip Fest and welcome any level 4 gymnasts. We will send a coach with the girls each summer to camp. See last page for camp dates and prices.

## PRACTICE

Gymnasts are expected to attend all scheduled practices. Parents should notify the coaches if practice will be missed (for sickness, excessive homework, church functions, vacations, or extensive injuries).

Gymnasts and parents should make every attempt to arrive timely for the start of practice to ensure readiness for workout. Late gymnasts disrupt the structure of practice and miss important stretching and conditioning activities.

Due to holidays, meet travel, etc., the coaches may need to cancel scheduled practices. Cancellations will be kept to a minimum.

Missed stretching/conditioning time must be made up that day. Coaches prefer missed items be done after practice but if not they will be done rather than the gymnast's 1<sup>st</sup> event rotation.

Gymnasts are required to wear a leotard, have hair pulled back, and to remove all loose jewelry. Gymnasts will only be allowed to wear shorts that **FIT**. The coaches highly encourage the gymnasts, especially the level 4s, not to wear shorts. We will have one day that will be a "no shorts" day. This day will depend on the practice schedule.

Parents are not allowed in the gym area without permission from one of the coaches.

Gymnasts **WILL** be sent home from practice after one warning for inappropriate behavior including pouting, laziness and negative attitude toward corrections. Gymnasts **WILL** be **IMMEDIATELY** sent home from practice for showing disrespect including back talk and eye rolling.

Injured gymnasts are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and turn

a difficult situation into something positive by increased work on flexibility, strength, specific events or specific skills. There is not a reduction in tuition unless the injury takes the gymnast completely out of the gym for over one month. A signed doctor's note releasing the gymnast will be necessary before workouts can begin again.

Gymnasts are **not allowed** to have candy or carbonated drinks *before or during* practices. Healthy snacks, water or Gatorade are acceptable.

## COMPETITION

The coaches determine whether a gymnast competes based upon physical and psychological readiness and attendance.

The coaches reserve the right to remove a gymnast from competition due to unsportsmanlike conduct (pouting, negative attitude, lack of effort, etc.). Gymnasts **WILL** be removed from competition for crying or for any show of disrespect.

Gymnasts are expected to be in the competition venue **AT LEAST 15 MINUTES** before the start of general stretch. This is extremely important to allow them to be ready for competition to begin.

Gymnasts **MUST** compete in **every** scheduled meet excluding injuries or extreme circumstances that prevent them from doing so. If a parent decides to withhold a team member from a scheduled meet, the entry fee and applicable coaches' fees **MUST** be paid. Please do not put the coaches in a position to have to enforce this rule.

Gymnasts are to walk into the competition floor fully dressed in competition warm-up attire. No other clothing is acceptable.

Gymnasts are not allowed to talk to parents during warm-up or competition. We feel it is very important for the gymnast to work with the coaches and not look for mom or dad for help. Please help us with this situation by limiting your contact with your daughter during competition to cheering from the stands.

It is recommended that gymnasts have a back-up pair of grips at all meets in case current grips break or tear.

Gymnasts should bring water or sports drink (nothing carbonated) and a snack (bagel, granola bars, fruit, etc.) to have during competition. No candy is allowed during competition.

Competition bags should be brought to each competition. Parents should ensure the contents are kept to a minimum.

To show respect for the host gym, gymnasts must stay for the awards ceremony regardless of the time or their performance at the meet.

Gymnasts should have their full warm-up suit on during awards.

Gymnasts and parents are encouraged to attend all sessions with Master's gymnasts if possible.

To ensure readiness for the competition, we encourage you to travel to the competition the night before even if competition is not until noon or 12:30pm.

# COMPETITIVE LEVEL INFORMATION

## Level Advancement

The Master's coaching staff is dedicated to the proper development of their gymnasts. Each individual is different and therefore, not all will advance at the same rate. It is not uncommon for a gymnast to compete at one level for a number of seasons until they are ready to move to the next level. The Master's believes in the quality advancement, not the quickness. The coaches' goals are to create success, self-esteem, pride, discipline, and readiness for each gymnast.

Understand that it is the coaches' decision as to whether a gymnast advances. Below is a list of criteria that the coaches use as a guideline to determine the level of advancement of each gymnast.

- \*Competitive aptitude
- \*All Around scores
- \*Attendance
- \*Overall attitude
- \*Skill requirements
- \*Work ethic
- \*Personal goals and desires

Even though a gymnast may remain at the same level for a period of time, the coaches will continue to work on the next level's requirements. It is possible for a gymnast to move up a level during a competitive season as long as it is done prior to the "half-way point" of the season. Move Up Date to go from Level 4 to Level 5 or from Level 5 to Prep Op 3 – October 15, 2007. Move Up Date to go from Prep 3 to Level 7 – December 31, 2007. All second year Level 4 gymnasts and all Level 5 gymnasts will be permitted to participate in the PREP optional program during the Spring season. PREP optional is a competitive program that focuses on the **Poise, Rhythm, Execution, and Presentation** of individual routines. Participation in the PREP optional program is determined by the team coaches, and based on the same criteria used for level advancement. If your daughter wishes to do Prep Op for the Spring season, you must notify the coaches no later than October 1<sup>st</sup> and be prepared to be "in season" until the State meet in March.

## Team Levels & Seasons

### Compulsory Team – Level 4 & 5

Competition season: September to March

Approximately 4 home meets and 4 scheduled away meets (plus State Meet)  
2<sup>nd</sup> year level 4s and all level 5s are eligible for the PREP Op Program which will add 2 away meets during the Spring season in addition to our 2 home meets in the Spring.

### Prep Op 3 Team

Competition season: October to March  
Approximately 3 home meets and 5 scheduled away meets (plus State Meet)

Optional Team – Level 7-10

Competition season: November to April  
Approximately 2 home meets and 5 scheduled away meets (plus State Meet)  
Note that Level 8 and higher gymnasts are eligible for Regional competition.  
Selection to Regional competition is determined at the Optional State Meet.

## TEAM TUITION

### Team Tuition & Fees

To participate on team, you must make monthly tuition payments as well as team fee payments during your scheduled months. You are required to keep both accounts current.

Tuition is due the 10<sup>th</sup> of the month. If payment is not received by the 10<sup>th</sup> of the month, a \$15 late fee will be assessed. If fees become delinquent, your child will not be eligible to participate in workouts or any other team activities until all fees are current.

Tuition is due regardless of attendance. The tuition is calculated on a yearly basis and divided by 12 to arrive at a monthly amount. It is not open to pro-rating for vacations, illness, schedule conflicts, etc.

Families with two or more children will receive a discount on the additional child's tuition.

Team fee payments are due to Carol by the 15<sup>th</sup> of each month and **MUST** be paid as a separate check. Do not combine your team fees and your tuition payments.

Team fees are required to be paid throughout the season. Once the season ends, or your daughter leaves the team, you are entitled to any remaining money. If we underestimate these fees, you are responsible for a final payment to bring your account balance to \$0 at season's end.

### Choreography

The Master's coaches do all floor exercise choreography. Costs are listed later in the handbook and are taken from your team account.

Gymnasts competing in an Optional Level or as a PREP OP **MUST** choose their floor music by the designated date or their floor music will be chosen for them.

## Private Lessons

Private lessons can be arranged with team coaches. These lessons should not interfere with scheduled practice times and are in addition to the regular team practice hours.

Full attendance at regular practices must be maintained in order to take private lessons.

The individual coaches set private lesson charges and payment is due directly to the coaches at the beginning of each lesson.

## **TEAM PARENTAL RESPONSIBILITIES**

**Parents are highly encouraged to check the team board in the lobby and your team mailbox on a regular basis for team information.**

Team coaches are available for meetings with parents to discuss any issues that arise. The coaches prefer to handle these meetings before practice or on non-practice days. The coaches will not be available for meetings after practice.

The team coaching staff is dedicated to creating an environment in our program for success in the sport of gymnastics and in life. Our decisions are made in the best interest of the individual gymnast and of the program in general. We feel that any situation can be resolved with open communication between the parents and the staff; however, discussions between parents without communication with the staff can be detrimental to the program. If a parent has a concern with **ANY** aspect of the program in general or in the team program in particular, that parent **MUST** arrange a meeting with a member of the coaching staff to discuss the concern. If this concern is discussed among parents anywhere in and around the gym facility without previous discussion with the staff, the parent and child will be immediately put on a one-week suspension from the program. During this week, the concern will be addressed and corrected if possible. If the parent and staff cannot come to a common conclusion, the parent will be asked to accept the program's position without reservation or will be asked to leave the program.

A parent's role is to be one of support. Parents should encourage their daughters to work hard each day; however, parents should leave the coaching and critiquing to The Master's staff. Due to the nature of the sport, the gymnasts will encounter stress in the gym (stress to perform, stress to try new skills).

Parents should provide an avenue of support and encouragement to help the gymnast face and handle the stress. The nature of the coach-gymnast relationship requires stress at times, however additional stress from the parents may cause the gymnast to question her abilities and thus her participation in the sport.

We understand a parents desire to observe their daughter's practice however sometimes this presence creates a distraction to their child as well as other gymnasts even though it may not be intended. When parents observe practice it is critical that they refrain from interacting with their daughter (giving corrections, pulling them out of practice to talk).

If your gymnast has an injury during practice it is important that the coaches be

able to assess and handle the situation without parental interference. Often times a parents' presence will initiate an emotional response that makes assessing the injury difficult. The majority of injuries are minor and the gymnast must face the injury and complete practice. The coaches will contact the parent if a situation occurs during practice that requires their immediate attention.

The team parents are responsible for providing drinks for the coaches room at our home meets. We currently have a deal with Coke that allows us to purchase 2 liters and water at a discounted rate. Your team account will be charged during the season for these drinks.

Most seasons, The Master's places a bid to host a "post-season" competition. In the years when we receive a meet, each team parent will be expected to assist with the meet in areas such as equipment set up/tear down, admissions, gymnast/coaches check in, timing events, coaches hospitality, decorations, program planning, flower bouquets, planning/directing, etc. An adult will be required to work a 4-hour block for each member of the team. If you are unable to commit to a 4-hour block, your will be charged a \$50 fee.

At some point in time your daughter will leave our team. When that time comes, the coaches request a meeting with your daughter to talk to her about her decision. It is extremely important to us to be able to have these girls leave our program knowing that we want to continue contact with them. This meeting will not be optional – it will be required.

## **ADDITIONAL INFORMATION**

Summer Practice Schedule will begin on Monday, June 2<sup>nd</sup>  
Fall Practice Schedule will begin on Monday, August 4<sup>th</sup>

### **Camp Dates & Fees**

#### **Mandatory In-house Camp**

Dates July 28<sup>th</sup> to August 1st

Fee Built Into Fee Payment

**Out-of-town Camp**

Dates June 29<sup>th</sup> to July 4<sup>th</sup> OR July 6<sup>th</sup> to July 11<sup>th</sup>  
Location Flip Fest Camp, Knoxville TN  
Registration Register online at [www.flipfest.com](http://www.flipfest.com)

**Floor Music Dates – HELP US OUT!**

Level 7-10 must be chosen by June 1<sup>st</sup>  
2<sup>nd</sup> Year Level 5s must be chosen by July 1<sup>st</sup>  
PREP-Op 1 and 2 must be chosen by October 31<sup>st</sup>

**Floor Routine Choreography**

**ROUTINES FEE CHARGES** – taken from your team account

New routine \$60  
Major changes \$30

## TEAM CONTRACT

I/we have read and accept The Master's team information and policies included in the attached manual. I/we agree to support team activities as outlined and fulfill all obligations thereof.

has my/our consent and permission to participate in The Master's program. As stated on the registration form, I/we release The Master's, its staff and directors from any and all responsibility and/or liability in case of accident or injury to the above named child. As with any activity involving height and motion, I/we are aware of the risk of serious injury, paralysis, or even death resulting from participation in gymnastics activities.

As the coaching and administrative staffs have made a professional commitment to the gymnast, the gymnast and her family also commit themselves to the completion of the entire season. Upon signing, the gymnast and family are also financially responsible for team apparel, competition entry fees, coaches fees, clinic fees as well as any and all monetary obligations the athlete accrues.

Parent

Date

Both parents name & address:

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Home Phone: \_\_\_\_\_

Mom Cell: \_\_\_\_\_

Dad Cell: \_\_\_\_\_

Child Cell: \_\_\_\_\_

Child's Birthday: \_\_\_\_\_

Can your child have any over the counter medications at practice? If yes, type and dosage.

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