



Gym Team Handbook **Table of Contents**

Annual Developmental Competitive Team Program

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Welcome to the Gym Like This! Competitive Team

"Our greatest glory is not in never falling, but in rising every time we fall."

-Confucius

This quote hits the nail on the head when it comes to being a competitive gymnast. We congratulate you on being the parent(s) of a child who has demonstrated the ability, self-discipline and desire to be a competitive gymnast. The road ahead will encompass many different twists and turns, but the life lessons learned along the way will stay with your child forever...

- *Self-discipline (knowing what work has to be done in order to achieve a goal)*
- *Time Management (time is a valuable commodity to be used wisely)*
- *Respect (for teammates, coaches, apparatus and danger)*
- *Sportsmanship (playing by the rules, learning to win and lose with grace)*
- *Dedication (staying focused on their goals)*
- *Leadership*
- *Concentration*
- *Team Work*
- *Friendship*
- *Nutrition and Physical Fitness*

You will be joining many families who already know that having a competitive gymnast requires a tremendous amount of time, energy and money. At Gym Like This!, we have a Booster Club that helps support our facility, families and competitive team programs. You will be asked to join this group and support all aspects of the gym.

Gymnasts are dedicated athletes who function in a somewhat isolated world. They tend to rely on their teammates and families for support and encouragement more so than other athletes. Helping the gymnast to maintain a well-balanced life between academics, recreation, gymnastics and family is often a challenge. Your job as a supportive parent will help keep your gymnast on track.

So, Welcome Aboard! We are very happy that you have chosen Gym Like This!. We believe that you will be very happy with the opportunities that your athlete will have as a competitive gymnast, and we look forward to having you as a part of our competitive team family.

PARENT - ATHLETE - COACH RELATIONSHIP

First and foremost, the athlete is essential or we would not exist. The athlete must have the desire to train the sport, the dedication to face and overcome obstacles and the perseverance to push on when the going gets tough. The athletes must make mistakes, make corrections and drive themselves to transcend beyond their perceived limitations.

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear expectations and communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach
2. Expectations the coach has for your child
3. Locations, times and any other pertinent information regarding all competitions
4. Procedure should your child be injured during participation
5. Discipline that results in the denial of your child's participation

- Most of the above will be addressed in this handbook.

COMMUNICATIONS COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations

As a member of the Gym Like This! Competitive Team, your child will experience some of the most rewarding moments of their life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

When expressing the occasional concern with a coach, remember the following guidelines:

1. Approach the coach at the appropriate time, not before or after a competition
2. Call/email the following day and make an appointment which is convenient for both.
3. Raise your concern in a calm and civil manner. Yelling, being rude or using foul language is totally unacceptable and will immediately end the meeting.
4. Once you have stated your question or concern, listen to the explanation. Often a sport-parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation that is given.
5. Your priority is your athlete. The coaches' priority is every athlete on the team, so understand there may be disagreement because of your priorities. Both you and the coach may

be right, but not agree. That is O.K. Both must be willing to accept that possibility.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is difficult to accept your child's not progressing as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for your athlete, developmentally and emotionally.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

PROCEDURE TO FOLLOW SHOULD YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call/email the coach to set up an appointment.
2. Please do not attempt to confront a coach before or after a competition or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

Gym Like This! Team Policies and Philosophies

The following are the rules, policies and philosophies of the Gym Like This! (GLT!) Team Program. Please read the following carefully to ensure that you and your child understand them completely.

Transfers (New Members)

1. We take pride in our community and often share information with area gyms. In keeping with our good standing, gymnasts with outstanding accounts at former facilities will not be accepted at GLT! until the balance is cleared.
2. Gymnasts will receive a free trial workout in order to determine level of training.
3. Placement on team will be determined by an evaluation, not by placement at former facility.

Athlete Responsibilities

1. Gymnastics is inherently a competitive sport and we are a competitive gymnastics team. We measure our success and progress by how we portray ourselves and execute on the practice and competition floor. While winning is not so important, *trying to win* represents much of what we strive for. ***Trying to win means that you do your best to attend every scheduled practice and that you train hard while you are here. It also means that you respect your coaches and teammates, you overcome fear and you keep a positive attitude through every obstacle. Trying to win is an attitude that must be displayed by every team member.***
2. The way you act in the gym and at competitions is a reflection of your respect for yourself, your teammates and GLT!. Only the highest standard of behavior will be acceptable.
 - a) Any off-colored comments, foul language or inappropriate dress in the facility will not be tolerated.
 - b) Discouraging remarks (whether directed towards self, a coach or another gymnast), formation of cliques, excluding others from activities, etc. are grounds for dismissal from practice and possibly from the team.
3. Carry out all assignments and conditioning to the fullest. Cheating on assignments and/or conditioning will not be tolerated.
4. Demonstrate the highest regard for our sport and your hard work by arriving to all workouts and competitions on time and conducting yourself with grace and courage during the workout or competition. Accept all constructive criticism and scores in a positive manner, since we know that we learn just as much from our mistakes as we learn from our successes.
5. Understand that the specific mission of GLT! is to develop happy, healthy and confident young people. One way in which we can help meet this demanding goal, is to place the gymnasts at the level where they can be *happy, safe and confident*. Mobility through the levels (moving up) can

only be achieved when a high level of proficiency has been demonstrated at your current level, and the potential for a high level of proficiency in the next level is apparent. This means that a gymnast is never declared having moved to the next level until **ALL** of the requirements for that level have been achieved.

6. During "Open Gym" follow all of the safety rules designated for your particular level (See enclosed Team "Open Gym" Rules).

7. Never compare your progress, performances or level with other gymnasts. Each athlete is an individual and will achieve success at her own pace.

8. Place emphasis on individual success and improvements, not on what place you come in.

9. **Call the gym for all absences from scheduled workouts.**

10. Understand and uphold your responsibility to the Booster club and it's fundraisers.

11. Keep the gym clean. Make sure that all tape and pre-wrap are thrown away and all ice packs are returned to the freezer. Making an undo mess with the chalk will result in athlete staying after practice to vacuum around bars.

Parental Responsibilities

1. Parents play a vital role as the supporter, both of the athlete and the coach. When your child needs a little encouragement, it is your job to give them a hug, tell them how wonderful they are and send them to train with a renewed confidence. It is your responsibility as a parent to know your child's goals, dream, challenges, limitations and achievements. It is your challenge to effectively communicate to the coach and listen, seek to understand and do what is best for your child.

2. A gymnast's parents are an instrumental contributor to her success and happiness. Tuition and meet fees must be paid on time and a commitment to transport your daughter to and from workouts, competitions and team functions must be made. In addition and equally important, parents must help instill the work ethic, values and nutritional knowledge into their child necessary to be successful.

3. Understand that we have a large team and face-to-face progress reports are not practical. In the absence of us contacting you, you can assume that everything is okay and your daughter is working hard and progressing satisfactorily. If something comes up about which we need to speak to you, be assured that we will do so promptly.

4. Please feel free to set up a meeting with any of your child's coaches if you have a question or concern. Your thoughts are important to us. If we cannot help you, we will try to explain why and will work hard to find another way to rectify the situation. **Meetings should be scheduled through your child's coach or the receptionist for either before or after workout hours. At**

no time will parents be allowed on the training floor during workout hours to address questions or concerns.

5. When questions or concerns do arise, please understand that complaining to other parents **cannot** solve your problems. In addition, problems cannot be solved if we do not know about them. If you respect us enough to allow us to play a large roll in your child's life, please respect us enough to know that we have your child's best interest at heart. Meaning, that decisions that are made in regards to your child's training, level and group are made in what we as gymnastics professionals feel will best help your child to be happy, healthy and successful.

6. Understand that your child's skill and performance level determines the level that she is in. There are requirements set forth by USA Gymnastics for mobility through the levels. At no time will a gymnast be moved to the next level without meeting ALL of these requirements. If you are unsure of which requirements your child is missing for mobility into the next level, ask them, they are usually very aware.

7. Understand that all competitions, clinics and camps chosen by the GLT! team staff are mandatory events unless otherwise stated. Parents and gymnasts do not get to pick and choose which events to attend.

8. Parents may not distract or try to communicate with their gymnast once the workout has started. We ask them to focus all their energy on the workout and we want as few distractions as possible. Once the workout has concluded they will come to see you.

9. Injured gymnasts and or gymnasts with minor illnesses (non-contagious) are expected to participate in workouts and gym activities to the highest possible extent. It is often possible to work around injuries and/or minor illnesses to turn a difficult situation into something positive. Increased work on flexibility, strength, specific events and specific skills can be expected.

10. Parents are to try to the best of their ability to be a positive force in their child's gymnastic development. Try not to compare your child to another when it comes to training, improvements or level. Often times in gymnastics, athletes are competing against gymnasts that are older and more experienced, and to gauge your child's success compared to these other athletes is the wrong approach. Each child progresses at her own rate and this must be recognized and respected by parents.

11. Parents should have a clear definition of what winning is. Winning should be defined as your child's "personal best" not "being better than everyone else". Make only positive comments after competition and focus on your child's individual development, efforts and improvements, not what place she comes in.

12. Make sure that you or your daughter calls the gym for all absences from scheduled workouts. When calling in absences, please leave a message with the front desk or email your child's coach.

Gym: ph. 561-842-8488, gymlikethis@bellsouth.net

13. Understand that talking negatively to other parents about our program in our lobby/ observation area **will not be tolerated!** If you are overheard talking negatively you will be warned **once**. If the problem persists, you will no longer be allowed in our lobby/observation area. If you have concerns that warrant conversation, please voice them with us, not the other parents in the gym.

Parents are driven to do what they perceive as the best thing for their child. This may not be realistic, healthy or focused on the long-term best interest of their child/athlete. In the end, the parent has the choice whether or not to support the coach's decision, compromise with the coach or find another coach with a more congruent philosophy.

Time and Financial Obligations

Competitive gymnastics is not only a commitment on the gymnast's part, but also a commitment on her parents. Your child's involvement in competitive gymnastics will cost you time, money and effort. Below are some of the time and financial obligations that you will incur.

Tuition

- 1. The list of Tuition Fees for each level will be distributed each April/May with the team's summer workout schedule.** Tuition Fees and workout times are subject to change from year to year. Team Tuition must be paid in full and on time. Any unpaid balance that is 15 days overdue may terminate your child's participation in any competitions, workouts or team activities.
- 2. Tuition is due each month** regardless of attendance. There is no make-up or discount for missed practices! A valid credit/debit card is required for guaranteed payment of tuition and other fees associated with the competitive program. Your credit card will be automatically charged on the 1st of each month to cover tuition expenses. There is a \$30.00 fee for all credit/debit cards that are declined.
- 3. We require a 30-day written notice of resignation from team. Your account will be charged accordingly.**

Registration Fee

-\$140.00 per year for Level 4 - 10 gymnasts
-\$105.00 per year for Levels 2 and 3

- 1. The registration fee is non-refundable.**
- 2. The registration fee will cover your gymnast's USA Gymnastics membership.** The National offices require these memberships every year for your athlete to compete at sanctioned events.
- 3. This fee helps cover costs specifically related to the competitive teams; coach's USAG registration, coaching clinics to stay informed of current information needed to compete successfully, purchase and repair of equipment that is needed just for the team.**
- 4. The registration fee also covers one pre-season assessment including judges.**

Registration Forms

1. You will be asked to complete a registration form annually that also serves as an insurance waiver. Please be sure to update this information with any personal changes in phone numbers, addresses, medical and emergency contacts as necessary.
2. **Our insurance is a secondary insurance to your primary carrier. Every member must have a primary insurance carrier to participate in any programs here at Gym Like This!**

Competition Expenses

1. Meet fees and fee deadlines will accompany your gymnast's meet schedule for the year. Compulsory schedules will be available in mid-summer and Optional schedules every fall. Meet fees must be paid in full by the deadline for your gymnast to be entered in the competition. **Be sure to pay close attention to your meet schedule so you do not miss a deadline.**
2. Coaches' travel fees will be assessed for every competition and training camp. These fees are determined by adding all of the coaches' expenses (travel, car rental, per diem and mileage) and then dividing that figure by the number of gymnasts that participated in that particular competition or camp. These fees will be taken care of by the booster club after every competition for your involvement in their fundraisers (raffles).

Booster Club Responsibilities

1. Booster Club membership and involvement is a mandatory part of being a team member/parent. Meetings are held once a month and all team parents are encouraged to attend. Further obligations are outlined in the Booster Club section of this handbook.

Other

1. Team uniforms including warm-ups, several leotards, a bag, slip-on shoes, and hair accessories must be purchased. A team uniform list is included in this handbook.
2. The decision to join the GLT! team program is a big one and reflects a commitment to the team for an entire year. Team members **do not** move on and off of the team based on illness, injury, conflicts, or the like. **You are either on the team or not!**
3. There will be no prorating of team fees for *any* reason. Team fees are based on 48 weeks per year. There are four weeks of the year that you are not paying for.
4. Injured athletes are expected to participate in practice to the extent possible. It is often possible to work around injuries and to turn a difficult time into something positive by increased work on flexibility, strength, specific events or specific skills. There is no reduction in tuition until the total amount of time missed exceeds one continuous month and then only if the athlete is not capable of doing anything. At that time, tuition will be adjusted.

5. GLT! **may** not offer team workout the first scheduled practice after a State Meet, Regional or National Championship, or major invitational for the levels involved in the competition. This is to give the gymnasts and coaches (who have been away from home for the entire weekend) a day off to rest and recharge.

6. GLT! **may** also cancel or reschedule team workouts for clinics, camps, workshops, in-house competitions, special events or team outings.

7. Each year you can expect extra practices on weeks when the gym is closed for all other activity. We offer this extra practice time at no charge.

8. Private lessons are available to all GLT! gymnasts. These lessons are suggested for extra work on problem areas including: flexibility, strength, skill development and extra work on routines. Privates should be scheduled with the coach responsible for that particular event if at all possible. If not possible, the private must be approved by the event coach or the Head Coach. The fees for private lessons are as follows:

30 minutes = \$30

60 minutes = \$50

*** All fees and tuition must be up to date for gymnasts to take private lessons***

Scheduled privates must be cancelled 24 hrs prior to your time or you are still responsible for the fees.

Booster Club Information and Obligations

It is the philosophy of Gym Like This! that every family involved with the team should be a member of the booster club. This is a requirement that goes into effect upon receipt of this handbook. The funds raised by Support Like This! will be prioritized as follows:

- 1. To cover all of the coaches' expenses accumulated by the competitive team.*
- 2. Team Entry fees into Invitationals and State Championships.*
- 3. Annual Awards Banquet (including admission of athletes).*
- 4. The purchase of new equipment.*
- 5. Team apparel for athletes, coaches and families (t-shirts, etc.).*

Each family's responsibilities are listed below:

Membership Fee: (Levels 2 - 10)

\$25.00 per year per gymnast is due on or before June 30th of every year. Make checks payable to Support Like This!.

Fund Raising: (Levels 2 - 10)

Each family is responsible for raising \$250.00-\$400.00* per year for each team member, depending on level of athlete(s). This money will be raised through a raffle. The \$250.00-\$400.00 will be raised by either selling or buying a designated number of tickets. Each of the tickets will become part of a drawing for A LARGE PRIZE such as a big screen TV (or something similar) and many other smaller prizes. Any gymnast/family that chooses to sell more than the allotted number of tickets will have 50% of the additional funds credited to their individual gym account to offset other expenses not covered by the booster club. Other obligations include, but are not limited to, volunteering a set number of hours (not to exceed 10 hours per year), as designated by the booster club board, at events chosen by and/or hosted by the booster club. A more detailed explanation of these fundraisers can be obtained directly from the booster club. There is an annual buyout option for those not able and/or not interested in participating in fund raising events and activities. A one-time payment of \$500.00-\$800.00 for each team member, depending on level of athlete(s), must be made on or before September 1st and **ALL** booster club obligations for that year will be satisfied.

* - Please keep in mind that with a little work and creativity, none of the required \$250.00-\$400.00 should have to come out of pocket, plus booster club members may be offered additional opportunities to raise funds for their individual accounts to offset other expenses not covered by the booster club.

Description and Procedures of Competitive Gymnastics

The following are brief descriptions of the Junior Olympic Levels:

Level 2 - (Approx. 5 Hrs. per week)

Level 2 is an introduction into the training format for team gymnastics that only competes in 2 local meets and the State Championships held every Nov/Dec. Consists mainly of recreational gymnasts that have been recommended for team by their coach. This level is used as a means to strengthen basics and to start early progressions toward level 4. The gymnast must have reached her 4th birthday to be eligible to compete. Recreational level compulsory routines are performed on all four events.

Level 3 - (Approx. 8 Hrs. per week)

Level 3 is an introductory Team level that only competes in two local meets and the State Championships held every Nov/Dec. Training consists of more difficult skill development, strength, conditioning and attention to detail as it pertains to shapes and positions, further preparing gymnasts for Level 4. The gymnast must have reached her 5th birthday to be eligible to compete. Introductory level compulsory routines are performed on all four events.

Level 4 - (Approx. 9 Hrs. per week)

This is the entry level for a full season of competitive gymnastics. Beginner level compulsory routines are performed on all four events. The gymnast must have reached her 6th birthday to be eligible to compete. The Level 4 season includes a State Championship held every Nov/Dec.

Level 5 - (Approx. 12 Hrs. per week)

This is the intermediate compulsory level of competitive gymnastics. Routines are more advanced and are progressions toward optional development. The gymnast must have reached her 7th birthday to compete. The Level 5 season includes a State Championship held every Nov/Dec.

Level 6 - (Approx. 15 Hrs. per week)

This is the most advanced compulsory level. The routines were designed with transition to Level 7 in mind. The gymnast must be at least 7 years old to compete. The Level 6 season also includes a State Championship held every December.

Level 7 - (Approx. 17-20 Hrs. per week)

This is a compulsory/optional level designed to let the gymnasts get a taste of optional gymnastics while still having compulsory requirements. This is the first level where optional music is used. The gymnast must be 7 years old to compete. The optional competition season starts in January and the State Championship is held in March. If the gymnast qualifies, she can represent Florida at the Regional Championships held in April.

Level 8 - (Approx. 17-20 Hrs. per week)

This is the first truly optional level. There are minimum requirements that must be met on each event. There are also difficulty restrictions. The gymnast must have successfully completed levels 4-7 and be at least 8 years old. If the gymnast qualifies, she can represent Florida at the Regional Championships held in April.

Level 9 - (Approx 17-20 Hrs. per week)

Similar to Level 8, only optional routines are performed, also with minimum requirements and difficulty restrictions. The level of competition is very high. The gymnast must be at least 8 years old to compete. If the gymnast qualifies, she can represent the Region at Eastern Nationals held in April.

Level 10 - (Approx. 17-20 Hrs. per week)

This is the highest Junior Olympic level. A high level of proficiency at Level 9 must be demonstrated for successful transition into Level 10. The gymnast must be at least 8 years old to compete. If the gymnast qualifies, she can represent the Region at the National Championships held in April/May.

PREP Optional - (Approx. 15 Hrs. per week)

The purpose of the PREP(Poise, Rhythm, Execution and Presentation) Optional program is to provide an alternative Optional competitive program to serve any or all of the following athletes:

- A. Those who have competed in the USA Gymnastics Jr. Olympic Program and have qualified to Level 7 or 8 but need a more basic introduction to optional competition.
- B. Those who have competed in the USA Gymnastics Jr. Olympic Program at the Compulsory level and would like to experience a basic optional program during their "off" season.
- C. Athletes who have either "retired" from the Jr. Olympic Program or do not wish to train or compete at Level 7 or 8.
- D. Those who have never been involved in the USA Gymnastics Jr. Olympic Program and are involved with programs/organizations that have not traditionally used the USA Gymnastics Jr. Olympic Program.

Since this program is an alternative program that is outside of the Jr. Olympic Development Program structure, there is NO OPPORTUNITY FOR MOBILITY into or within the Jr. Olympic Levels. GLT! will use the PREP Optional Program for A and C athletes only.

The following is a brief description of the organization that governs the events that the GLT! team athletes may compete at:

USA Gymnastics (USAG)

USA Gymnastics is the sole national governing body (NGB) for the sport of gymnastics in the United States. It gets this designation from the International Olympic Committee and the International Gymnastics Federation. USA Gymnastics sets the rules and policies that govern gymnastics in this country. Training and selecting the U.S. Gymnastics Teams for the Olympics and World Championships are just two of the many responsibilities of USA Gymnastics. You can

find out more about USAG at www.usa-gymnastics.org. Competition at USAG sanctioned events is usually very tough and awards are only given to the top gymnasts in each age group.

The following are brief descriptions of the different types of competitions:

Qualifying Meets

These competitions are hosted locally and are so named because the gymnast may only compete at the state championships if she achieves a certain score at the qualifier. The qualification scores are determined by the Florida state board and USA gymnastics prior to the start of the competitive season.

State Championships

This is the season ending competition for the compulsory level athletes and the Regional Qualifier for optional gymnasts. Athletes compete for Individual and Team awards.

Regional Championships

Regional Championships involve the best gymnasts from each state within the region. Region 8 is comprised of the following eight states: Alabama, Florida, Georgia, Louisiana, Mississippi, N. Carolina, S. Carolina and Tennessee. There are eight regions within the United States. At Levels 7 and 8 the Regional Board determines the qualification procedure to the regional championship. At Levels 9 and 10, qualification is by score.

Eastern Championships

This competition consists of the top Level 9 athletes from the Eastern United States (Regions 5-8). The top 6 gymnasts in each of the 16 age groups at Regional Championships qualify for the Regional Team.

Junior Olympic National Championships

National Championships are offered by USA Gymnastics to the top Level 10 gymnasts in the country. The top 7 gymnasts in each of the 8 age groups at Regional Championships qualify for the Regional Team. The Region and Nation supply a full line of apparel for the gymnasts that qualify to Nationals. The top 4 athletes in each of the 8 age groups at National Championships will be designated as the Junior Olympic National Team.

Junior Olympic National Invitational Tournament (JO-NIT)

Offered by USA Gymnastics to the 8th and 9th place gymnasts in each of the 8 age groups at Regional Championships and any Regional Event Champions that did not qualify to National Championships. Held in conjunction with National Championships.

Invitationals

These are meets hosted by individual clubs and they generally offer team as well as individual competition. These meets may be used for qualification to State Championships. Both compulsory and optional gymnasts will attend several invitationals per year.

The following are brief descriptions of the different competition formats:

Gymnastics competitions for girls involve performances on four apparatuses called "events". These events are vault, uneven bars, balance beam and floor exercise.

1. Traditional Format

Traditional format is the style of meet most likely to be used at qualifying meets and small invitationals.

- The competition will begin with a general stretch then a warm-up session. During this session gymnasts will receive 1 to 1 $\frac{1}{2}$ minutes on each event to warm-up their routines. The gymnasts and coaches will rotate from event to event being timed to ensure that everyone gets the same amount of time on the equipment.
- Following the warm-up session, the gymnasts will assemble to prepare for march-in. Each athlete or team will usually be introduced as they march out onto the floor. The National Anthem will usually follow.
- Following the march-in, the gymnasts will disperse to their first competitive event, present themselves to the judges and begin competition. Optional gymnasts will receive an additional 30-second warm-up before they compete.
- At this point the competition begins. The gymnasts are divided into four squads and will rotate from event to event in Olympic order (vault, bars, beam, floor) until they have competed on all four events.

2. Capitol Cup Format

Capitol Cup format is a more modern and efficient format that is used at many large invitationals, State, Regional and National Championships.

- Just like the Traditional format the meet will begin with a general stretch period.
- Unlike Traditional format, Capitol Cup format utilizes two sets of equipment (1 Competition and 1 Warm-Up).
- The gymnasts are divided into 8 squads (4 in Flight A and 4 in Flight B). The meet begins with Flight A in the warm-up gym while Flight B continues their general stretch. As Flight A concludes their warm-up for their first event, both flights assemble for march-in. Once march-in is over, Flight A reports to the judges in the competition gym to compete while Flight B moves to the warm-up gym. At this point the two flights will alternate sides until all 8 squads have competed all four events.

- Following both types of competition there will be a brief delay while the meet officials compile and calculate the gymnasts scores. After the delay the awards presentation will begin. Awards are given to the top gymnasts on each event and in the all-around for each age group.

- Following the awards ceremony the gymnasts are free to go home.

Gymnastics Scoring Guide for Spectators

The sport of gymnastics combines athletic strength, technical perfection and graceful presentation. There are three categories of competition, Compulsory, PREP Optional and Optional.

There are four competitive events in women's gymnastics: Vault, Uneven Bars, Balance Beam and Floor Exercise. The scoring in gymnastics is a negative system, based upon a perfect routine of 10.00 points. Judges make specific deductions for errors throughout the routine, total the deductions and subtract that amount from 10.00 points to arrive at the score.

There is a very comprehensive list of deductions including, but not limited to; deductions made for falls (.50 each), bent arms and legs (.10-.30 each time), flexed feet (.05-.10 each time), poor rhythm (.05-.10 each time), improper conduct of a gymnast or coach, for improper dress (.10) and for coaches spotting the performer (.50). There are other deductions that are apparatus specific.

There are normally two judges per event and each score must be within specific ranges of each other; the scores are averaged and that is the final score flashed. If the scores are not within acceptable ranges, the judges must confer and adjust each score until they are within the allotted margin and then average the scores. With four judge panels (Level 6 and up Championships), the high and low scores are dropped and then the above procedure is followed. Gymnasts who perform in all events receive an All-Around score, which is the total of all events.

Rules and Policies for Competition

Obligations of the gymnast

1. Arrive at the competition site at least 20 minutes prior to the start of general stretch.
2. Find your coach(es) as soon as you arrive.
3. Remain in the designated area for competitors for the entire competition. Obey all warm-up regulations and procedures.
4. Present yourself in proper attire including a GLT! warm-up leotard (if applicable), competitive leotard, warm-up suit, slip-ons and gym bag.

5. The gymnast should be well groomed. The gymnast's hair should be pulled back and sprayed. Only small "studs" in the ears are allowed as far as jewelry goes. The use of make-up should be limited and all fingernails and toenails should be free of colored nail polish.
6. The gymnast should accept the scores she receives with dignity and without comment or criticism. *Crying will not be tolerated.*
7. The gymnast should not keep track of her event scores, all-around scores or placement during the meet. Coaches and parents will take care of this.
8. Be prepared to help the coach with springboards, mats, bar settings and music.
9. Be courteous, respectful and polite to all meet officials, hosts and hostesses, competitors and coaches.
10. Bring an extra copy of your Floor music and a back-up pair of grips to all competitions. (Optionals)
11. Stay with the team until the competition is over and the coach has released you. Once a gymnast has entered the competition area there should be no contact between the gymnast and her parents unless there is an emergency.
12. Stay for the entire awards ceremony in your warm-up attire unless released by the coach. Most competitions have a formal system for presenting awards. As a participating athlete you have an obligation to stay for all of the awards and to accept any given to you with courtesy and gratitude.

Obligations of the parents

It is the philosophy of GLT! that the coaches, the gymnasts and the gymnasts' parents are all part of the team. We encourage all of the parents to attend every competition. Having a strong cheering section does wonders for team motivation and is something to be proud of. With that in mind however, a few guidelines for parents are in order.

1. Make sure that your gymnast is on time (20 minutes prior to the start of general stretch), in the correct attire, with her hair properly done and without colored finger and toe nail polish (clear is acceptable).
2. Once you have escorted your gymnast to the competitive area, wish her luck and direct her to her coach(es). At this point, please do not signal or talk to your daughter until the competition is concluded. We ask the gymnasts to focus all of their energy on their competition and we want as few distractions as possible.
3. Cheer loudly and often, but do so in a courteous manner. Obnoxious screaming may be acceptable for other teams, but not for us.

4. Promote GLT! in every way you feel is appropriate: T-shirts, polo shirts, sweat shirts, warm-up jackets, banners and cheers are all a nice touch.
5. Never speak about another club, coach, gymnast or judge in a negative manner.
6. Under no circumstances is a parent ever to approach a judge or meet official before, during or after an open workout or competition to comment on, complain about, or even ask about the format, the timing of the meet, a score or an awards ceremony.
7. Parents should not approach the coaching staff during a warm-up session, competition or after the session (unless it is the last session of the day). The coaches are very busy, and any concerns about the competition or the performance of your child should be addressed the following week at the gym.
8. In the case that you are unable to attend a competition with your child, please take care of the following details:
 - a. Know the name and phone number of the facility in which the competition is being held.
 - b. Communicate clearly with your child regarding transportation to and from the competition.
 - c. Provide your child with an emergency number to use in case you cannot be reached.
 - d. Arrange for her to communicate with you if the meet happens to run late.
 - e. Send her with enough money to cover meals, snacks and phone calls.
9. In case of an injury during warm-up or competition, please wait for your child's coach to give some indication that you should come on to the competition floor. In most cases, you will not be invited onto the floor because the injury will be relatively minor, and the coach and/or trainers will take care of it. In cases of more severe injuries where the gymnasts may be finished for the day, it would be appropriate for you to come see her after she has been moved from the competitive area for treatment.
10. Before each out of town competition you will be given travel and hotel information. 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.
11. When making hotel arrangements for out of town competitions, it is good practice to make reservations for all of the possible nights and cancel accordingly when you find out when your daughter is going to compete.
12. Often times for out of town 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.
13. When at an out of town 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.

Gym Like This! Gymnastics Training Content

Many things go into developing young gymnasts. In order to understand and appreciate these things, one must understand what we are trying to achieve during training. There are four fundamental areas of development that need to be addressed during training: 1) Flexibility, 2) Strength, 3) Skills and 4) Mental aspects

1) Flexibility development is crucial to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of performances, allows the athlete to master skills more easily and plays a major roll in preventing and reducing the seriousness of injuries.

Every training session at GLT! will include a Warm-Up and Flexibility period. This will generally occur at the beginning of the workout.

2) Strength development - As with all sports one object is to make the difficult look easy. This is much easier to achieve if the athlete has the strength to master the skills. In most cases the stronger the athlete is the better the athlete is. This is certainly true in gymnastics! Like flexibility, strict strength training can greatly reduce the chance of injury.

Strength development in the early compulsory levels is utilized to create a base on which to build as the gymnast advances. General exercises such as sit-ups, push-ups, pull-ups, running, jumping and so on achieve this goal very well. As strength and technique improve, resistance, range of motion and repetitions will increase. The gymnasts will constantly be challenged to improve their strength and should never cheat on their conditioning assignments.

Strength development at the more advanced or optional levels is more complex and specialized. We utilize the following phases to maximize results:

1. *Build-up* - General conditioning (similar to above) which prepares the body for maximum strength development later in the cycle. This generally occurs over the summer when skill acquisition is at its peak.
2. *Max strength* - Intense conditioning designed to improve the strength and power of the athlete. This stage takes place from September - December. This conditioning should prepare the athlete for the rigors of the upcoming season.
3. *Maintenance* - This occurs during competitive season when routine performance is the priority. Over this stage the conditioning is minimized to the level where strength can be maintained.

3) Skill Development - Skill development falls into two distinct but related categories:

1. *Basics* - Basics or core skills are the building blocks of good, sound gymnastics. The gymnasts use these building blocks to construct their sequences and routines. If any of these building blocks is missing or defective, the entire performance is weakened. These core skills must be continually refined in order for the gymnast and her coaches

to continually improve performance. This is why we continually review and drill the basics.

2. *Skill Acquisition* - After a good core of basics is achieved, advanced skills must be learned and perfected. These skills are the ones that create and fulfill difficulty and connection requirements. The higher the grade of difficulty in the skills the gymnast's talent and courage allow her to achieve, the higher the level she will eventually compete. Often times these skills cause some reluctance and fear in gymnasts. The athlete's ability to trust her basics and her coaches to overcome her fears will determine how successful she will be.

4) *Mental Aspects* - The mental aspects of gymnastics are also very important. We try to build mental toughness and focus using situational training (competition simulation). The creation of stressful situations in the gym helps train the gymnasts for the same feelings they will experience during competition.

Mobility Within Team Program

The specific mission of Gym Like This! is to develop happy, healthy and confident young people. To help ensure this goal is achieved, each gymnast competes in the level in which she can perform the required skills and routines with a high level of proficiency and confidence. Mobility through the levels (moving up) takes place with the full discretion of the Team staff as the requirements set fourth by USA Gymnastics are achieved. **At no time will a gymnast be moved up without fulfilling all of the requirements of the next level to the highest of standards.**

Minimum Requirements:

Levels 2 - 3

Entry into Level 2 and 3 is by recommendation/invitation only. Mobility through levels 2 and 3 is achieved by acquiring the skills, strength and flexibility required for the routines in each level, and being able to perform those routines with a high level of proficiency. The purpose of Levels 2 and 3 is the transition of recreational gymnasts into Level 4 Gymnasts as quickly as possible. As soon as a Level 2 gymnast can perform all of the skills necessary for the Level 3 routines she will be moved to Level 3, and as soon as she can perform all of the skills necessary for Level 4 routines she will be recommended for movement to the Level 4 Team.

Level 4

Entry into Level 4 is based upon successful completion of Level 2 and 3 and a positive recommendation by the Level 3 Team Staff. The Level 4 team generally only accepts new athletes between December 1st and April 30th.

Level 5

Athlete must have completed at least one full Level 4 competitive season with a high level of proficiency (e.g. season AA average of 34.00 or better) and must be able to perform all of the skills necessary for the Level 5 routines. The Level 5 team generally only accepts new athletes between December 1st and April 30th.

Level 6

Athlete must have completed at least one full Level 5 competitive season with a high level of proficiency (e.g. season AA average of 34.00 or better) and must be able to perform all of the skills necessary for the Level 6 routines. The Level 6 team generally only accepts new athletes between December 1st and March 31st.

PREP Optional

Athlete must have completed at least one full Level 6 competitive season with a high level of proficiency (e.g. season AA average of 34.00 or better) and must be able to perform the following skills with adequate form:

Vault

-Very strong Handspring vault

Bars

-Cast (45°)
-Clear Hip (45°)
-Flyaway dismount

Beam

-180° split leap/jump
-1/1 turn on one foot
-Back Handspring
-OR-
-Non-flight series
-Salto dismount

Floor

-Tuck or Layout
-Front tuck or FHS, Boulder
-Dance Series with 180° split leap
-180° split leap
-1/1 or more turn on one foot

Level 7

Athlete must have completed at least one full Level 6 competitive season with a high level of proficiency (e.g. season AA average of 34.00 or better) and must be able to perform the following skills with adequate form:

Vault

-Very strong Handspring vault

Bars

-Cast Handstand
-Clear Hip (60°)
-Giants
-Flyaway dismount

Beam

-180° split leap/jump
-1/1 turn on one foot
-Back Handspring
-Non-flight series
-Salto dismount

Floor

-Layout
-Front tuck or better
-Dance series with 180° split leap
-1/1 or more turn on one foot
-Mastery of all families of jumps and leaps (180°)

Level 8

Athlete must have competed in at least one competition as a Level 7 with a high level of proficiency (e.g. AA average of 35.00 or better) and must be able to perform the following skills with adequate form:

Vault

- Tsukahara (tucked or piked)
- Yurchenko (tucked or piked)

Bars

- Cast Handstand
- Clear Hip (80°)
- "B" with flight or 180° turn
- Giants
- Flyaway dismount

Beam

- 180° switch leg leap or straddle jump
- 1/1 turn on one foot
- Flight series including back handspring
- Round off, back salto dismount

Floor

- Layout 1/1
- Pass containing 2 saltos
- "B" turn on one foot
- Mastery of all families of jumps and leaps (180°)

Level 9

Athlete must have competed in at least one competition as a Level 8 with a high level of proficiency (e.g. AA average of 35.00 or better) and must be able to perform the following skills with adequate form:

Vault

- Tsukahara (piked or stretched)
- Yurchenko (piked or stretched)
- Handspring Front (tuck or pike)

Bars

- Giants (working on Front Giants)
- Cast Handstand
- "B" flight move (straddle back or overshoot)
- LA turn of 180° or more
- .2 in Connection Bonus
- "B" or "C" dismount

Beam

- 1/1 turn on one foot
- 180° leap series with combination bonus
- Back handspring series w/flight and connection bonus
- Round off, layout 1/1 dismount

Floor

- Layout 1 ½ twist or 2/1 twist
- Pass with 2 saltos (1 of them a "B" salto)
- 180° leap and jump series with connection bonus
- Front Layout 1/1 or better

Level 10

Athlete must have competed in at least one competition as a Level 9 with a high level of proficiency (e.g. AA average of 35.00 or better). To make the transition to Level 10 the athlete must be able to perform routines with all applicable special requirements met and with enough connection and/or difficulty bonus to meet the following start value (SV) requirements:

Vault

-9.7 or better SV vault

Bars

-9.8 or better SV routine

Beam

- 9.9 or better SV routine

Floor

-9.9 or better SV routine

Elite and TOPS Programs

The following prerequisites must be met before a gymnast will be considered for either the Elite or TOPS Programs:

TOPS - As a 7 or 8 year old, gymnast can perform a) a press handstand from a straddle seat position and b) a straight body cast handstand, both with good form.

Elite - As a 12 year old, or younger, place in the top 3 in her age group at Level 9 Eastern National Championships.

Eligibility for Competition

- ❖ Gymnasts must be current on all gym training (assignments completed) and booster club obligations.
- ❖ Missed practices can mean missed competitive opportunities.
- ❖ Gymnasts may not be sent to a competition if they have not mastered all the skills required for their level. Furthermore, gymnasts may not compete every event at a competition if, during the week prior to the meet or during the warm up at the meet, the coach does not feel that the gymnast is developmentally and mentally prepared to compete that event. This is for the sake of the gymnast. Safety is always our first priority and we want to build confidence in our gymnasts. This is harder to achieve when the gymnast competes at a meet and does not place on any event.
- ❖ In most cases we register every gymnast for every competition. If an emergency arises and you find that you are unable to participate in the competition, please let your coach know, in writing as soon as possible. Meet entry forms and fees are sent months in advance. It is sometimes possible to get a refund for gymnasts who cannot participate, but the chances get smaller as the meet gets nearer. This only pertains to gymnasts who have an emergency arise. No refunds will be given if a gymnast does not attend a meet because of losing a skill or a discipline problem.

Team "Open Gym" Rules

"Open Gym" is a privilege, not a right, and is subject to the following rules:

All Levels

1. Proper technique and attention to detail must be used at all times. The nature of "Open Gym" makes it impossible to watch every turn that every gymnast takes. Taking numerous turns with sloppy form and/or improper technique can form bad habits. Bad habits take a considerable amount of effort, on both the gymnast's and the coach's part, to correct. For this reason, gymnasts may be restricted to certain events/skills during "Open Gym". Not adhering to these restrictions will result in an indefinite suspension of "Open Gym" privileges.
2. Running from event to event and loud or disruptive behavior is **not** allowed.
3. Team Gymnasts are **not** to use the trampoline. Anything that you may want to work on can be done on the Tumbl Trak.

Levels 2-4

1. There is no flipping allowed on or off any equipment, including Tumbl Trak and the pits.
2. Front and back handsprings may only be performed with permission from your team coaches.
3. The use of high bars and the pit bar is **not** allowed.

Levels 5 & 6

1. There is no flipping allowed on or off any equipment, including Tumbl Trak and the pits unless closely supervised by a team coach. (Front and back handsprings are allowed)
2. The use of high bars and the pit bar is **not** allowed.

Levels 7-10

1. Controlled flipping is allowed as long as proper technique is used. **Multiple flipping skills are prohibited unless supervised by an optional team coach.**

The first time a gymnast breaks one of the above rules it will result in a warning, with the second resulting in an indefinite suspension of "Open Gym" privileges.

Gym Like This! Competitive Uniform List

Mandatory

1. Long Sleeve Competition Leotard (Levels 4 - 10)
2. Warm-up suit (jacket and pants) (Levels 2 - 10)
3. Tank Style Competition Leotard (Levels 2-3)
4. Team Gym Bag (Levels 2 -10)

Optional

1. Gym Like This! T-shirt and Sweatshirt
2. Slip-on shoes (to keep feet clean during competition)
3. Tank style warm-up leotards for training camps (Levels 7 - 10)

** All of these items are to be purchased through the GLT! Pro Shop, except for the slip-ons, which can be purchased through the Booster Club.

Cost (for mandatory items)

1. Levels 2 - 3: Approximately \$165.00, which includes tank style competition leo, warm-up suit and gym bag.
2. Levels 4 - 10: Approximately \$390.00, which includes long sleeve competition leo, warm-up suit and gym bag.

Nutritional Tips

In speaking with a nutritionist who works in conjunction with USA Gymnastics, several nutritional tips were suggested that could help our team athletes. As in any competitive sport, nutrition is a major contributor to gymnastics performance. Below are several tips on how we can try to make a difference. After all, we all want what is best, and good nutrition can greatly affect health, happiness and success levels in athletes.

- Read labels and teach your child to read labels at the store. Choose healthy, low-fat items. (A gymnast should have a very low-fat diet)
- Choose lean cuts of meat, fish and poultry that are grilled, broiled or baked.
- Limit servings of fried foods to 1-2 per week.
- Limit red meat to 2-3 servings per week.
- Choose baked chips instead of regular potato or nacho chips.
- Limit eggs to 2-3 per week.
- Avoid fatty meats like bacon, hot dogs, hamburgers, sausage, high fat luncheon meats and fish sticks.
- Choose turkey breast, low-fat ham or chicken breast luncheon meats over salami or bologna.
- Use skim, 1% or 2% milk.
- Choose grape or apple juice over orange juice. Grape and apple juice contain glucose, not fructose, which is more desirable for energy.
- Choose red pasta sauces over cream based, alfredo or garlic-butter sauces.
- Try fat free cheese, mayonnaise, salad dressings, sour cream and cream cheese.
- Try Promise Ultra Fat Free spread instead of butter or margarine.
- Try whole grain breads and cereals, plain bagels and English muffins instead of croissants, waffles or pancakes.
- Avoid high fat desserts such as ice cream, cookies, cakes, chocolates and brownies. Try small portions of non-fat frozen yogurt, sherbets, angel food cake, or vanilla wafers.
- Consider implementing a Vitamin C (with bioflavonoids) supplement into your child's diet. Scientific studies show that taking Vitamin C with bioflavonoids can reduce the incidence of sports injuries and increase the rate of recovery from an injury. These can be found in any health food or vitamin store.
- ***Avoid fast food restaurants. If you must eat fast food, choose healthier menu items like grilled chicken, baked potatoes, salads, turkey breast subs, etc.***
- ***Eat healthy, low-fat snacks like apples, bananas, celery sticks, carrot sticks, fat-free pretzels, juices, etc.***

Please remember, these are only suggestions and will not work with every child and lifestyle. We strongly encourage however, that you follow the above suggestions whenever possible. Your growing student/athlete lives a rigorous lifestyle; proper nutrition is a must. Please help us instill these valuable principles into your child. We are confident that with a diet comprised of very low-fat, high-energy foods your young athlete will be happier, healthier and more successful.

Sample Meal Suggestions

Breakfast - 8 oz. Glass of juice, 8 oz. Glass of skim milk, a bagel w/fat-free spread and a banana

Lunch - 8 oz. Glass of juice, a turkey breast sandwich on whole wheat, fat-free pretzels and an apple

Dinner - 1) A salad, a serving of grilled chicken or fish, a baked potato with fat-free spread and frozen yogurt for dessert

2) Vegetable soup, pasta with red sauce, whole wheat garlic bread (made with fat-free spread) and a serving of frozen grapes and bananas for dessert

Sample Two Day Countdown Diet Before Competition

Day 1

Breakfast - Poached or boiled eggs, toast, muffin or bagel (light on the butter), low fat milk, fruit

Lunch - Chicken, turkey or tuna sandwich (light on the may), salad (low fat dressing), yogurt, fruits, water, low fat milk

Dinner - Chicken, turkey (low fat meat, poultry), vegetable, baked or boiled potatoes (no sour cream), bread or dinner rolls (light on the butter), low fat milk, water

Day 2

Breakfast - Cereal (Total, Shredded Wheat, Oatmeal, Wearies), toast, muffin or bagel (light on the butter)

Lunch - Salad (low fat dressing), potatoes, pasta with sauce (should be tomato based; no butter or alfredo type sauces), bread, water, juice (all natural)

Dinner - Repeat day on dinner!

The Morning of Competition

- Bowl of Oatmeal or Total (low fat milk if milk is needed), Dry toast or bagel, Water or all natural juice, Fruit

Food to Avoid on these Days:

- Pizza, candy, burgers, French fries, soda, ice cream, peanut butter, cheese, fried foods
- Avoid fast food at all times - there are healthy and quick alternatives!

Some good snacks:

- Fruit, raisins, apple sauce, low fat yogurt, vegetables, low salt crackers, WATER

Miscellaneous Information

- Except in the case of an emergency, the GLT! team staff should not be called at home. Please leave all messages with the front desk at the gym or email the coach. The coaches will check their boxes periodically and return your calls/emails at their earliest convenience.
- Every month team gymnasts will receive a calendar with workout schedule changes. This calendar will also be available at the front desk and on the team bulletin board. Please keep these calendars and revise them when necessary.
- Every Spring/Summer GLT! Booster Club will have an awards banquet for the compulsory and optional team gymnasts. Each gymnast will be recognized for her accomplishments by her coaches. Please make every attempt to attend.
- When planning for family vacations, please try to schedule them for early in the summer or during a week that the gym is closed (usually the week of July 4th). This will allow for minimal time out of the gym.
- As a courtesy, we will provide a homework area for team members. It will be the responsibility of the team members to keep the area clean and neat. This privilege will be taken away from those who abuse it.
- It is the responsibility of each gymnast to check her folder **daily** for any news.

Minor Injury Procedure

Often times in gymnastics, athletes will feel some degree of soreness or pain. This is associated with the rigors of training this sport. Most of the time gymnasts can continue to train. In the event that the gymnast feels that she has injured herself, basic first aid will be administered (Rest, Ice, Compression, Elevation). Most often the pain will subside in a day or two. The Team staff will do their best to work around this pain for three days. On the fourth day, GLT! requires that the gymnast a) return to full training regimen or b) go see a doctor if the pain persists. GLT! staff will then follow any recommendations (in writing) of the doctor until the gymnast is released for full participation (also in writing). For safety reasons, if pain persists and the gymnast has not seen a doctor, the gymnast will only be allowed to work flexibility, strength and zero impact skill work in non-affected areas. This training regimen will be followed until the gymnast has been released by a doctor for full participation (in writing). Understand that the gymnast will not be entered into competition until she has returned to previous form.

Emergency Procedure

In the event of a physical emergency involving one of our gymnasts, immediate first aid is administered. If the injury is deemed extreme (fractures, head injuries, etc.), one of two things will happen, depending on the severity:

1. You will be contacted immediately using the emergency contact information you have given GLT! (this would be a good time to update your information at the front desk) and informed of the injury, and we will follow your direction. In the event we are unable to make contact with a parent, the team director will be notified and the gymnast will be taken to the nearest facility.
2. EMS (911) will be notified, along with the team director, and the gymnast will be transported to the nearest hospital via ambulance with either the director or her coach. During this time, attempts to contact the parent will continue.

College Bound Athletes

The GLT! team director will assist every college bound athlete in locating a college of their choice. We will establish contact with any college that you are interested in and assist you in earning a scholarship. Colleges seek out the best private club athletes in the state and in the country. This means that you should strive to compete well in all State, Regional and National Championships. One of your goals should be to qualify to compete in the highest possible championship that your level offers (L7 - Regional, L8 - Regional, L9 - Eastern National, L10 - National). Remember, at any given competition there may be a college recruiter sitting behind you, in front of you or even next to you!

It is important that you begin building your gymnastics video library during your freshman and sophomore years. During your junior year we will use this video, along with video taken in the gym of new skills or progressions, to make a tape that you can send to the schools that you are interested in attending.

Of course, the most important aspects of the possibility of a college scholarship is maintaining good grades and scoring well on both the ACT and the SAT. You should take these tests as a junior and then again as a senior. Even the best gymnast will fall short of their college goals if the grades and test scores are low.

GYM LIKE THIS! TEAM AGREEMENT

Both the parents and the gymnast should read the Gym Like This! Team Handbook before signing this form. (please initial the boxes)

I/We have thoroughly read and understand the Gym Like This! Team Handbook. I/We have gone over the handbook with my/our child, and we support the philosophy of the Gym Like This! team. We hereby agree to follow all of the rules, procedures and policies presented in the team handbook.

I/We understand that my/our child agrees to be actively involved in practices, competitions, clinics, camps and booster club fundraisers scheduled by the team unless excused by the coach or team director.

I/We understand that all team members are expected to act in a mature, responsible, uplifting and honorable manner at all times by following the rules below. Failure to adhere to any of these rules may result in dismissal from the team:

1. Gymnasts must observe good health practices including following healthy eating habits and getting sufficient sleep.
2. Every Gym Like This! gymnast must maintain good grades. Any athlete whose grades fall below an acceptable level will have to meet with the team director to discuss options including, but not limited to, being suspended from workouts/competitions until grades improve.
3. Safety first. All safety rules governing USA Gymnastics will be adhered to during all gymnastic activities undertaken by Gym Like This! gymnasts.
4. "Open Gym" rules must be strictly obeyed. The first infraction will result in a warning, and the second will lead to an indefinite suspension of "Open Gym" privileges.
5. Inappropriate dress, disruptive behavior, emotional outbursts, abusive or foul language and any other sort of misconduct are strictly prohibited.
6. Team members are expected to carry out all assignments and conditioning given to them immediately and to the best of their ability. Cheating and/or sitting around will not be tolerated.
7. Members of the Gym Like This! team have a responsibility to set a good example for other gymnasts. Always strive to be courteous, respectful, helpful, encouraging and enthusiastic.
8. Always call in absences from any scheduled workout. Frequent unexcused absences and tardiness are grounds for removal from the Gym Like This! team.

I/We understand that if, at any time, we cannot be a *supportive* and *positive* force in the gym and in the life of our child we will relinquish our place on the team.

Negative talk to other parents in the lobby will not be tolerated.

I/We understand that if I/we approach a judge or meet official before, during or after any competition to question, comment on, complain about or discuss a score or the judging of a meet we are making the decision to remove our child from the Gym Like This! team.

I/We understand that as the parent(s) of a Gym Like This! Team member, I/we have agreed to fulfill all of the time and financial obligations such as tuition , registration fees, meet fees, uniforms, Booster Club responsibilities and so on related to my/our child's participation.

I authorize my credit/debit card below to be charged for all competitive team tuition and any unpaid account balances along with any associated fees for this service on the 1st of each month. I accept the responsibility of ensuring that my Credit Card(s) are valid. I am aware that there is a \$30.00 fee on all credit cards charges that are declined. I agree to remit in writing a 30-day notice for withdraw from team and understand that my credit card will be charged accordingly.

Card Type	Last 4 digits only of CC#	Expiration Date	Billing Zip Code
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Name On Card (Print)	Signature of Card Holder
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Billing Address of Credit Card

Parent Signature _____ Date _____

Parent Signature _____ Date _____

Gymnast's Signature _____ Date _____