



WGV Gymnastics
Xcel Team Handbook
2023-2024 SEASON

Welcome to WGV Gymnastics

2023-2024 SEASON

Introduction

Welcome to the WGV Gymnastics Girls Competitive Team! At WGVG each gymnast is a champion. Our goal is to give each child the same quality instruction, regardless of their ability. We believe that gymnastics is a tool to help kids grow into happy, responsible, independent adults. Your child will not only develop physically, but will learn motivation, self-discipline, determination, time management, teamwork, poise, grace, care and leadership. These are skills that they will take with them throughout all of life's endeavors. We believe in the competitive spirit; however it must be learned, developed and nurtured.

With competition comes measurement of results. At WGVG that competitive spirit is welcome. It is not measured by the scores, but by becoming the best you can be and achieving your personal goals. At WGVG our mission is to treat each gymnast as an individual and to help them grow as a person as well as a gymnast.

This handbook was developed to help you understand the expectations of being a team member as both a parent and a child. **It won't answer all the questions, but we will try.** The key to any successful team is cooperation and communication. Most of all we are a family. We at WGVG look forward to working with you and hope to have a lot of fun along the way.

Team Structure

USA Gymnastics is located in Indianapolis, Indiana and is the governing body of all gymnastics in the United States. There are 2 programs the JO Compulsory/Optional Program and the Xcel Program. Xcel is an alternative USAG competitive program offering individual flexibility to gymnasts per USAG rules. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. At WGV Gymnastics we do not start the JO Compulsory program until level 4 so any team gymnast under level 4 will compete in the Xcel Program. Once they have competed gold they may be invited to join the JO Compulsory Program. Below is an outline of the Xcel Program levels. Each Summer Olympic year, the USAG reviews and produces new Xcel rules for the levels.

Level Bronze: This level of USAG has a semi-personalized choreographed routine and song choice that include a series of skills that each competitor must perform. This compares to JO Program's levels 1-2. This level competes up to the State Championships. **Cost for routines is \$40.00.**

Level Silver: This level of USAG has a semi-personalized choreographed routine and song choice that include a series of skills that each competitor must perform. This compares to JO Program's levels 3. This level competes up to the Regional Championships. **Cost for routines is \$40.00**

Level Gold: This level of USAG has a personalized choreographed routine and song choice that include a series of skills that each competitor must perform. This compares to JO Program's levels 4-5. This level competes up to the Regional Championships. **Cost for routines is \$300.00 or choreographer fee due when routine is ready this also includes 1 free 1.5hr private. Music is not included and must be purchased and provided to wgvabc@gmail.com before routine can be created.** Music needs to be no longer than 1 minute in length and must be in mp3 or mp4 format. Music can have no lyrics and needs to be approved by coach creating routine before you purchase it. Please ask for websites that can provide this music formatted correctly for your use.

Level Platinum: Same as Gold except this compares to JO Program's levels 5-7. This level competes up to the Regional Championships. **Cost for routines is \$300 or choreographer fee due when routine is this also includes 1 free 1.5hr private. Music is not included and must be purchased and provided to wgvabc@gmail.com before routine can be created.** Music needs to be 1- 1.15 minutes in length and must be in mp3 or mp4 format. Music can have no lyrics and needs to be approved by coach creating routine before you purchase it. Please ask for websites that can provide this music formatted correctly for your use.

Level Diamond: Same as Platinum except this compares to JO Program's levels 7-9. **Cost for routines is \$400 or choreographer fee due when routine is this also includes 1 free 1.5hr private. Music is not included and must be purchased and provided to wgvabc@gmail.com before routine can be created.** Music needs to be 1- 1.15 minutes in length and must be in mp3 or mp4 format. Music can have no lyrics and needs to be approved by coach creating routine before you purchase it. Please ask for websites that can provide this music formatted correctly for your use.

Level Sapphire: Same as Diamond except this compares to JO Program's levels 9-10.

Note: There is a cost for formatting music and writing it to a quality appropriate sound. Cost is \$50 format and \$25 total edit is \$75.00. **No unprofessional music will be accepted.**

Gymnast Guidelines

The following actions show respect and are expected of all WGVG Gymnast Team members:

1. **Attend all practices, competitions, expos, clinics and special events, regardless.**
2. Call the gym if you cannot attend a workout or the team director. No make-ups allowed.
3. **Be punctual...**Arrive on time and be in workout attire, hair up, no loose clothing, 5 minutes prior to start time and stay until practice is over.
4. **Be happy...**Come into the gym with a good attitude every day.
5. **Respect** your teammates in and outside the gym; treat each other the way you would want to be treated. Always act in a way that shows respect for yourself, your teammates and your coaches. We want the gym to be a happy and motivating place for all.
6. **Be patient** with yourself and others; **everyone excels at a different rate.** Do not compare! Everyone is an individual. Be supportive of your teammates.
7. Ask permission from your coach to leave the gym floor. This applies to leaving early, going to the restroom, getting something from your bag etc. The main reason is so that your coaches always know where you are and that you are safe.
8. **HONESTY! Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, your teammates, and most important to yourself.** If you cannot or will not complete an assignment, be honest about it.
9. **Be healthy...**eat and sleep well. Wear clean leotards every day. Tell your coaches when your body is telling you to stop and slow down. If you are sick injured or on medication we need to know. Inform each coach on every event and repeat it.
10. When injured you are still required to come to practice. This is of upmost importance to maintain strength and flexibility. If participation is cleared from the doctor to do skills without use of the injured limb it helps keep the feel of the skills. No tuition reduction will be given for injuries (season contract).
11. Provide your body with proper food and drink at all times. Maintain a healthy weight; this is appropriate for the sport of gymnastics and a proper balance of your body. Being overweight or underweight will put you at risk of injury.
12. **Always wait inside the gym for your ride.** Be sure that your parents always know what time your workout starts and is over. ***Drop off/pick up is inside the gym and mandatory.***
13. **The coaches determine your level. Levels are just numbers. Remember, being at a higher level does not make you a better gymnast....Executing skills more precisely makes you a better gymnast.**
14. Hair should be up and neat at start of and throughout the practice. Hairclips or hair bands are required if hair is not in order. Athletic tape is not free and can be bought through the office for \$5.00. Your grip bag should have a zip-loc bag with RipBalm, Band-Aids and tape in it. A small towel to dry your hands after you wash your hands is recommended. Please have deodorant in your bag as well and re-apply frequently.
15. Social media is not the place to post negative things about other teammates, WGVG, its staff and inappropriate pictures. Talk to the team director if there are concerns. Inappropriate postings could lead to immediate dismissal of the team program. Athletes please do not befriend WGVG employees. And please, college bound athletes, understand that future schools look at your pages and postings. Make smart decisions before you post anything.

Gymnast Competition Guidelines

Competition is a reward for all the hard work you have put in at practice. It should be a fun experience for everyone. It is your opportunity to show that you have learned and experience team and individual satisfaction.

- Be on time. Arrive at competition at least 45 minutes prior to the schedule stretch time completely ready including dressed and hair done. Some meets can start up to 30 minutes early.
- Arrive with a good attitude! Show good sportsmanship for all gymnasts in the competition. Cheer on your teammates as well as your competitors. You will make lifelong friends during your tenure in this sport by doing so. If you see a skill or routine that you like, let them know.
- WGVG Gymnastics Team leotard must be worn.
- Hair will be braided in front and in bun in back (no ballerina buns). See attached picture at end of handbook.
- All jewelry must be removed. No glitter in hair and no bobby pins.
- Contact the coach immediately upon arrival to the competition.
- No gymnast is allowed to leave the competition floor for any reason unless given permission from the coach. No parent is allowed on floor, only certified safety professional coaches.
- Be courteous, respectful, and polite to all judges, officials, meet directors, host clubs competitors and coaches.
- Only gymnasts competing in the event are allowed to be on the competitive floor (USAG rule).
- Away meets: when you are traveling to a meet you are representing WGVG. You must behave appropriately inside and outside the arena. No yelling or playing around in the hallways in hotels or the coaches will send you home, scratched from the competition and all coaches fees will be paid in full. No refunds.
- REST before competition. Get a good night sleep the night before.
- Gymnasts should stay at their last event until the last athlete has finished the completion.
- Gymnasts are expected to stay for awards and always wear their team uniform for the ceremony with good sportsmanship and attitude. Jackets must be zipped, no t-shirts showing. Wear your team uniform slides.
- Strive to do your routines/skills to the best of your ability. Scores are not always indicative of your best performance. Concentrate on achieving your goals, for example, if you are performing a new skill in competitions for the first time, and did it...You won that day!
- There is no place for crying, disrespect and uncontrolled emotions on the floor. If a child cries on the floor they will be sent to the stands and scratched for the remainder of the meet with no refunds.
- Parents, when you are in the audience, please be respectful. Keep your opinions of other gyms and gymnasts to yourself. You never know who is listening.
- "Good Luck and Have Fun!"

WHAT TO BRING TO COMPETITION

- Team leotard
- Team Warm-up suit
- Team Dry bands
- Grips and a spare set of grips
- Athletic tape and pre wrap (tan/white), Rip Balm, Band-Aids, in a zip-lock bag
- Team scrunchie and bow/ribbon.
- Hair spray
- Hair clips and brush (hair should be out of the eyes: mandatory)
- Team slides
- Deodorant and wet naps to clean up after bars
- Floor music on iPod or mp3 player (parents should have a backup on their phone)
- Lip balm, cough drops and necessary medicine
- Feminine care products
- Water bottle that locks and does not leak, no colored sports drinks.
- Light Snacks (fruit, crackers, vegetables, etc....**No candy!**)
- Towel to dry off hands after washing up
- Don't have cellphones out while on the floor or during awards.

(Keep all products that can spill in separate zip-lock or water tight bags.)

BIG SMILE, GOALS AND A POSITIVE ATTITUDE!

WGV Gymnastics Parents Guidelines

Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gymnast or of the coaches. It is also every bit difficult. That is why we welcome your presence at every team function, and at every competition. We try to be very family friendly and oriented. We want your input and your support, because we want your child to succeed.

Here is what you can do to help your daughter achieve her dreams:

1. Tuition is due on the first of each month. If not paid by the 7th your credit card will be charged and a late fee will be applied.
2. USAG Membership: each competitive gymnast must pay a membership fee to USAG. Look for an email in August from USAG asking you to sign up and pay your membership. All other registrations for meets will be done by the gym.
3. Team Uniform: You are responsible to purchase warm-up suit, team leotards & all related team apparel.
4. Meet Fees: Must be paid prior to competition by the deadline or your child will not compete. We try to give you a 2 week notice when fees are due (to the best ability). You must e-mail the team director and team registrar at wgvabc@gmail.com that your daughter will not be competing prior to the due date. Please call or text the team director only for emergencies. Respect privacy.
5. Schedule for meet fee payments will be listed on your meet schedule.
6. Meet Schedule: A schedule is listed on wgvabc.com. Although we try to adhere to this schedule, it is tentative and meets could be added or deleted throughout the year. You are expected to attend all meets.
7. Invitational Meets: These meets are team competitions as well as individual. Each team member is required and expected to participate in these competitions, unless otherwise specified. When traveling several hours to a competition, it is recommended that you stay overnight before your competition. Out-of-State invitational meets will also be scheduled. We urge you to participate at these meets to prepare for future acknowledgements.
8. Transportation: you are responsible for providing transportation to and from meets. We encourage car-pooling with other team members. If there is a problem getting to a competition or practice please try to make alternative transportation arrangements.
9. Please make sure your daughter is on-time to competition and practice 45 minutes prior to check-in/stretch time. It is upsetting to coaches and it creates unnecessary anxiety for your child in an already intense situation.
10. Call the office or email the team director if your child can not attend a workout (for important reasons). Do not call or text the team director. There are no make-ups!
11. Sit together, cheer respectfully loud and often for all the members of our team, and for any good performances that you see.
12. Never ever speak in a negative way about another club, coach, judge or gymnast as this leads to dismissal from the gym. I hear everything and the judges never forget a face and will look for what child goes to you. We don't even have a gym to host large meets at, so how can we complain about equipment, viewing, temperature, lighting, pictures etc. Do not say anything, especially to our children. Be good supportive parents and not a complainer or pretend to be a gymnastics expert.
13. **Never ever call the host gym for competition times or complaints! Instant removal from team!**

14. **Under no circumstances should a parent approach a judge, host or meet official before or after competition to comment on, complain about, or even ask about a score or anything else. Instant removal from team!** Contact the team director after the competition about concerns!
15. Please do not talk to your gymnast once they are on the competitive floor. We want the gymnast to focus all their energy on the competition with as few distractions as possible.
16. Under USAG rules, only USAG professional members, judges and people assigned to assist with the competition are allowed on the competitive floor. Parents must never come on the competitive floor.
17. Please do not coach your child. When a parent tries to coach their child they actually interfere with the very performance they are trying to improve. Please let the coaches do their jobs in the gym and on the competition floor. In addition to causing confusion for the child as to whom they should listen to, it also interferes with the development of the coach/athlete-bond which is critical to any long term success in the sport. Of course you may ask reasonable questions after competition so you can set up a meeting with the team director for this.
18. A gymnast can see negative frowns on their parents' faces in the stands. SMILE no matter what! Coaches will work with your child the next practice on anything that happened during the meet.
19. Eligibility for competition and travel:
 - a. Gymnasts must be current on all gym tuition and Booster Club meet fee obligations and accounts.
 - b. A gymnast may not be sent to competition if they have not mastered all the skills required. We would never want to put a gymnast in a situation in which they do not feel confident or could get hurt.
 - c. Attendance-missed practices can mean missed competitive opportunities with loss of all fees paid. Mandatory immaculate attendance 2 weeks prior to competition. (Illness/injury are reviewed)
 - d. Attend all team meetings!
20. In case of injury, tuition is still due in full. Gymnasts are expected to come to work out to do conditioning and flexibility and if cleared by the physician minimal other activities. Total incapacitation is the only exception. Doctor's notes are required.
21. Athletic tape is not free and can be bought through the office for \$5.00. Please supply your own Rip Balm and Band-Aids for rips. Tan tape can be bought through the office as well for taping of ankles and other body parts that are visible during competition at the cost of \$5.00. We prefer this in competition over white (visible) tape (not applicable for under bar grips).

Please take note:

Also, don't forget, we are the experts – you are the parent. If you step in our area, our jobs are done. We hope you let US coach your child. We definitely don't want to be in YOUR parenting shoes.

Floor routines

Floor routines pricing will be as follows:

Bronze-\$40.00

Silver- \$40.00

Gold/Platinum- \$ 300.00 or professional choreographer rates approved by coach

Diamond/Sapphire- \$400.00 or professional choreographer rates approved by coach

Each routine will be choreographed by the coach assigned by Coach Jo. Floor choreography includes a 1 ½ hour lesson. If your gymnast requires longer learning their routine other lessons will be set up through their choreographer. Each routine will be individualized to the gymnast strengths. Floor music is not included in the price of the choreography. I have included several websites where floor music can be purchased.

<https://floorexpressmusic.com>

<https://jumptwist.com>

<https://tunegym.com>

www.energygymmusic.com

Before purchasing any floor music please get with the Coach Jo to approve music, choreographing your daughter's routine to make sure that they are okay with the floor music. If the coach feels as though the music is not a good fit for the gymnast then they will pick out music.

Xcel silver and gold floor music can be NO longer than 1 minute. Xcel platinum floor music can be no longer than 1 minute and 30 seconds.

Extra private lessons will be given at the coaches' discretion. Private lessons range from \$60-\$75 an hour.

ITEMS NEEDED FOR PRACTICE

Requirements

- Ankle Weights 2.5lb
- Circle Resistance Bands
- Jump Rope
- (2) 5lb Dumble
- Big Slider
- Kettle Ball (5lbs)
- Long Resistance bands
- (2) Yoga Blocks

Private Lessons

Important: All private lessons must go through Coach Jo for approval.

For the most up to date calendar visit wgvinc.com and select “Team Info/Meets” on the menu then choose “Competition Calendar” This season has not been released yet but will be in the next few weeks.

Xcel Competition Hair Example

