



WGV Gymnastics
Team Handbook
2024 SEASON

Welcome to WGV Gymnastics

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Introduction

Welcome to the WGV Gymnastics Girls Competitive Team! 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 WGV 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 WGV 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 WGV 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 national governing body of gymnastics in the United States. There are 11 levels to USAG Women's program. Each Summer Olympic year, USAG reviews and produces new optional rules. Compulsory routines are reviewed and reconstructed every eight years.

Level 1-5: Compulsory levels. USAG pre-choreographed routines and series of skills that each competitor must perform. This level competes up to the State Championships.

Level 6-7: This is considered the first step in optional competition. Optional routines are performed with some required skills. The girls are able to choose floor music at this level, and it must be approved by Head Coach before any final decisions are made. The new routines are given to the girls at Head Coach's discretion. Beam routines will be choreographed by the coaches or a choreographer. Coaches select the choreographer. **New floor routines are choreographed with select choreographers (selected by Head Coach). Choreographer fee, hotel-air-travel-food is also split by all receiving routines.** This level competes up to State/Regional Championships.

Level 8: Optional Competition continues at this level, adding more difficult skills and requirements as produced by USAG. This level competes at the State Championships as well as the Regional Championships. Qualification to Regionals' is determined by the USAG board. The number of gymnasts who qualify changes every year. **New floor routines are choreographed with select choreographers (selected by Head Coach). Choreographer fee, hotel-air-travel-food is also split by all receiving routines.**

Level 9: The next level of competition, difficulty requirements and expectations are harder than that of level 8. These girls have the opportunity to qualify for State, Regional, and Eastern National Championships in 16 age groups. At regionals the top 6 in each age group will advance to nationals. The age is determined by the number of gymnasts in each age group from all the regions in the US distributed one week after state. **New floor routines are choreographed with select choreographers (Head Coach selects choreographer). Choreographer fee, hotel-air-travel-food is also split by all receiving routines.**

Level 10: This is the highest level in USAG Developmental Program. These girls have the opportunity to qualify for State, Regionals and DP Nationals. Athletes who place in the top 4 all-around at nationals will be considered Junior National Team members. At regionals the top 7 athletes in each age group advance to Nationals. Age groups are determined one week after the state meet.

Elite: This is the top level in gymnastics. Less than 1% of all the athletes in the USAG will compete at this level. Gymnasts compete in Regional, National and International competitions. It asks for total commitment and dedication, many training hours, lots of travel as well as high costs. **Brand new floor routines are choreographed with select choreographers. Choreographer fee, hotel-air-travel-food is also split by all receiving routines.**

TOPs:/ HOPES: This is an elite track program that is designed to prepare athletes for the highest level of competition. They are programs that runs alongside the USAG Developmental Program with the goal to

identify and train recognized young (ages 8-10–TOPS; and 11-14 HOPES) talented athletes at a faster rate. The objective for USAG is to identify these athletes and measure them for physical ability testing and skill testing at the national level. **To join is through invitation only!**

Championship Competitions

Level 2-5: Compulsory levels compete up to the State Championships. As a gym we require an all-around score of a 35 to attend the State Championships. This score can be achieved at any of the first 3 competitions. If this score is not achieved before the state meet deadline (as set forth by the state of Florida) your athlete would not be eligible to compete at State.

Level 6-8: These optional levels are able to compete up to Regional Championships. They must first achieve a minimum score of a 35 all-around to attend the State Championships. This score must be achieved before the Florida State deadline (typically in February). At the State Championships the regional committee will create a percentage for all competitors, if they fall within the percentage (based on all-around score at the State meet only) they are eligible to move onto the regional championships.

Level 9: Level 9 athletes are able to qualify up to Eastern National Championships. The qualifying score to State Championships is a 34 all-around. At State if your athlete scores a 35, she is able to move onto Regional Championships. At Regionals, if they place within the top 7 in their age group they are eligible to compete at Eastern Nationals.

Level 10: Level 10 athletes follow the same structure as level 9, however, are able to compete at National Championships if they place in the top 7 at Regionals.

Gymnast Guidelines

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

1. **Attend all practices, competitions, clinics and special events.**
2. Contact Head Coach if you cannot attend a workout. 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. Wash your wristbands frequently. 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 expected to come to practice. This is of utmost 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.
11. Provide your body with proper food and drink at all times. Maintain a healthy diet; this is appropriate for the sport of gymnastics and a proper balance of your body. Snacks are important but make sure they are healthy (no chips, crackers, gold fish, cheezit, etc.)
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 out of gymnasts face, 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 front desk for \$5.00. Your grip bag should have a zip-loc bag with RipBalm, Band-Aids and tape in it.
15. Social media is not the place to post negative things about other teammates, WGV Gymnastics, its staff and inappropriate pictures. Talk to the Head Coach if there are concerns. Inappropriate postings will lead to immediate dismissal of the team program. Athletes please do not befriend WGV employees. 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 15 minutes prior to the schedule stretch time.

- 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.
- WGV Gymnastics Team leotard must be worn.
- Hair must be styled in a bun and must not be able to go into athletes face (WGV ribbon will be provided).
- All jewelry must be removed except for a single pair of post earrings (one in each ear) or a deduction is taken.
- 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.
- 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 WGV. 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.
- You are not to swim or sit in the hot tub, or be out in the sun the day before a meet. This includes theme parks and beaches. It could prevent you from doing your best in competition.
- REST before competition. Get a good night sleep the night before. Curfew is 9:00pm for 8:00am meet; 10pm for 11:00 am meet.
- Gymnasts should stay at their last event until the last athlete has finished the competition.
- 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. Barefoot, clean socks, or athletic flip flops.
- 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!

- Accept your scores with dignity and without comment or criticism. You cannot control the scores you get, nor can you control the scores of the other gymnasts. You can only control what you do.
- There is no place for crying, disrespect and uncontrolled emotions on the floor. It affects your performances and those of your teammates. This type of behavior will not be tolerated and could result in being scratched from the meet without any restitution of fees.
- Parents, when you are in the audience, please be respectful. Keep your opinions of our gym, other gyms and gymnasts to yourself. You never know who is listening.
- Good Luck and Have Fun!

WHAT TO BRING TO COMPETITION

- Team leotard (please have on before arrival)
- Team Warm-up pants and jacket
- Wrist bands and wrist guards
- 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 ribbon in hair
- Hair spray/gel/glitter in different zip-lock bag
- Hair clips and brush (hair should be out of the eyes: mandatory)
- Socks, flip flops or athletic shoes
- Deodorant and hand sanitizer
- Floor music on phone (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
- Light Snacks (fruit, crackers, vegetables, etc....**No candy!**)
- Do NOT bring cell phones onto the competition floor (USAG rule)

- **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. Team agreement: At the beginning of each season you will receive a team handbook which outlines our rules and policies. Please read with your athlete and return signed portion to Coach Kenny.
2. Tuition is due on the first of each month and a credit card must be on file with the gym.
3. 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.
4. Team Uniform: You are responsible to purchase warm-up pants and jacket, team leotards & all related team apparel.
5. Meet Fees: Must be paid prior to competition by our gym deadline or your child will not compete. We try to give you a 2 week notice when fees are due (to the best ability) however they are all posted on our team website. You must e-mail the Head Coach **and** team registrar at wgvabc@gmail.com if there is an extenuating circumstance that your daughter will not be competing at a particular meet prior to the due date (attending all meets is expected and required). 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, and are expected to be attended.
8. Transportation: you are responsible for providing transportation to and from meets. 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 15 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 or email the Head Coach if your child cannot attend a workout (for important reasons). There are no make-ups or discounts on tuition!
11. Sit together, cheer respectfully loud and often for all the members of our team!
12. Never ever speak in a negative way about our club, our gym, 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. Be good supportive parents and not a complainer or pretend to be a gymnastics expert.
This applies to gossip in and outside of the gym!
- 13. Never ever call the host gym, or host 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 Head Coach 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 (you can set up a meeting with the Head Coach 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:
- Gymnasts must be current on all gym tuition and Booster Club meet fee obligations and accounts.
 - A gymnast may be scratched on an event(s) 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.
 - Attendance-missed practices can mean missed competitive opportunities with loss of all fees paid. Practices are mandatory the week of a competition if they are to compete. If they miss a practice they are unable to compete at that competition. Extending circumstances are always considered!
 - 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 activities. Doctor's notes are required to return to full practice if your athlete has sustained an injury.

Our staff wants nothing more than to see your child succeed and reach her goals. If our methods, coaching styles, or approaches do not match what you are looking for in a gym, WE UNDERSTAND!!! Not every program can satisfy the needs of everyone. If our program does not suit you please do not stay and speak negatively about our gym and our coaches. We encourage you to find a program that does meet your needs.

We strive to be solution oriented not simply identifying problems. If you have issues that can be resolved we always appreciate the opportunity to solve them! We cannot make changes if we do not know there is an issue.

We firmly believe in what we are creating! We are very proud of our program, and believe we offer something special. Our culture creates beautiful gymnastics while empowering your athlete to be the best that they can be. We coach through love and encouragement (as per our mission statement) while setting high standards for your athlete to reach her full potential!

Please take note:

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.