

**United Gymnastix Inc.
(U.G.I.)**

**Boys' Team
Handbook**

2005-2006

Team Handbook

Dear parents and gymnasts,

First I would like to welcome all new and returning parents and gymnasts to our team program. The Team handbook is a tool that UGI has created to establish communication between the parents and the gym. We also want to thank you for your patronage and the commitment you are about to make to our establishment.

Please sign the bottom of the page verifying that you have completed the following:

- 1) My child(ren) and I have read the team handbook and understand the contents.
- 2) I have fill out the Registration form on the last page of the handbook and returned it with this signed form.
- 3) I clearly understand that this is a yearlong commitment from July 1st to June 30th.

Gymnast's Name

Boys' Team Girls' Team Tumble Team
Please circle team

Parent's/Guardian's Name

Parent's/Guardian's Signature Date

Team Philosophy

The two fundamental philosophies of the competitive program are “quality of performance” and “pursuit of excellence.” During workouts and competitions both themes are stressed and reinforced. These two philosophies help gymnasts develop the mental, emotional, and physical strength needed for the high standards of performance expected of them for competition.

Team Teaching Philosophy

The coaching staff understands that gymnastics is an individual sport and each gymnast will be treated as an individual. The coach will give the gymnast appropriate guidance’s not only to help the gymnast to succeed in this sport but also in life. Self-confidence, positive self-image and critical thinking will be taught to improve the quality of performance. We will respect the balance between working out and taking care of our bodies, and each gymnast is encouraged to strive for quality and excellence at his own pace. In this way, we hope the gymnasts will retain the love for the sport that originally motivated them to become gymnasts.

Benefits of the Team Program

- Strength
- Flexibility
- Coordination
- Cardiovascular Fitness
- Weight Control
- Time Management
- Kinesthetic Awareness
- Setting And Achieving Goals
- Managing And Controlling Stress
- Developing Physical, Mental, And Emotional Control

Description of Teams and Competitive Gymnastics

Men's gymnastics is comprised of six different events, Floor Exercise (FX), Pommel Horse (PH), Still Rings (SR), Vault (V), Parallel Bars (PB) and High Bar (HB). The sum of all the event scores makes the All-around (AA) competition. Gymnastics is a developmental sport meaning that a beginner will learn basic positions, shapes and skills and progressively learn more difficult and complex skills.

Competition teams follow the Junior Olympic Program set by USA Gymnastics. USAG is the governing body that oversees all gymnastics competitions in the United States. Competitors must register and become members with USAG before being allowed to compete in a sanctioned meet.

Pre-Team

Gymnasts on Pre-Team will work on developing strong fundamentals of gymnastics. These fundamentals consist of body movement and positions, strength and flexibility. In the late stages of pre-team the gymnasts will be combining their knowledge of the fundamentals into a routine on each event.

Level 4 – 6 Compulsory Team

The compulsory routines start at Level 4 and go to Level 6. All the gymnasts compete the same routines, and as they move up through the levels the routines get progressively harder and more complex.

Level 7 – 10 Optional Team

Levels 7 to level 10 are the optional levels. Routines are composed individually by each gymnast with the guidance of the coach. Each event has certain criteria that the gymnast must meet to maximize their potential score. Again, each level has progressively harder criteria.

Advancing to Higher Levels

The gymnast must be proficient at all the routines at the lower level before moving to the next level. All advancements are at the discretion of the Coaches and United Gymnastix Management. Before a gymnast may advance to the next level, all UGI and Parent Organization financial obligations must be current. The coaches will provide semi-annual progress reports on June 1st and November 1st.

Team Commitment

Team is a **one-year commitment from July 1st through June 30th**. Each Team and Pre-Team member is expected to attend practice year round in order to remain on Team. (For new members on any Team, there is a one-month trial period.) In the back of the handbook there is a registration form with a waiver and statement of understanding. All team members must have a current form on file each year.

Team Parents Organization (TPO)

The Team Parents Organization is a support group run by the parents of the team to offset meet, travel and coaches expenses. The TPO is responsible for raising funds through assessment fees and fundraising as well as organizing group activities. Participation in the TPO is mandatory for all team parents.

Gymnasts' Responsibilities

- To attend scheduled practices.
- To call the coach/gym if you cannot make a practice.
- To BE ON TIME to all practices.
- To wear appropriate practice clothing
 - Boys: Practice shorts/stirrups and T-shirt
- To take shoes off when entering the practice area.
- To be attentive, polite and cooperative to the coaching staff.
- To complete all training assignments before leaving the gym.
- To assist, cooperate and respect fellow teammates.
- To participate in exhibitions, demonstration, and clinics as determined by U.G.I.
- To assist in cleaning/upkeep of gym.
- To be safety conscious for themselves and fellow teammates.
- To keep their personal workout gear in a gym bag to be taken home after each practice, i.e.: grips, wristbands, tape, etc.

Behavior and Practice Rules

Improper types of behavior by the gymnast during practice or competition will result in loss of practice time or other disciplinary actions. Examples of such behavior:

- Arguing with a coach
- Breaking gym rules
- Cheating
- Unwillingness to complete assignments

Competitive/Practice Behavior Policy

- The gymnast is not to communicate with anyone, except the coach and teammates.
- The gymnast must stay with the team at all times unless dismissed by the coach.
- The coach can remove a gymnast from competition and/or practice for any reason that may inhibit their ability to perform safely and/or hinder their chances for progressing to the next level of competition.
- The head coach must approve any further instruction such as private lessons or extra practice time. Specifically, any further gymnastics instruction outside of United Gymnastix Inc is not allowed.

Neatness and Organization

- All gymnasts must keep their personal workout gear in a gym bag or locker/cubbies.
- No water bottles are allowed in the gym-area, they must be kept by the lockers/cubbies.
- No food is allowed in the gym area.
- During practice, water breaks are allowed with Coach's permission. Gymnast must ask for coach's permission to go to the restroom or to get a drink.

The Competitive Team Uniform

- All items considered part of the competitive team uniform must be brought to each competitive function.
- Lost items must be replaced as soon as possible.
- Items must be kept clean and used only for competition.
- The competitive team uniforms are purchased through the Team Parents Organization (TPO) (Uniform Chairperson). A new competitive leotard will be purchased each year. Cost of warm-up suit and leotards is the responsibility of the parent.
- The team uniform design is determined by UGI and the Head Coach.

Disciplinary actions could be:

- Exercise activities
- Removal from practice
- Behavior slip (must be signed by the parent and returned before the gymnast can return to workout)
- Parental conference
- Suspension from the Team, without refund of fees and dues.
- Dismissal from the Team, without refund of fees or dues.
- If a gymnast misses 15% of their workouts in one month, the gymnast may not be allowed to compete in the next scheduled meet for safety reasons. This is at the discretion of the coach and United Gymnastix management.

Parent Responsibilities

Tuition and Fee Guidelines

All Team and Pre-team parents are responsible to pay UGI tuition on the first day of the month. If payment is not made by the 7th, a \$10.00 late fee will be assessed. Also, parent association dues are due on the 1st of the month. **If payments (tuition and dues) are not current, the gymnast will not be permitted to compete or participate in any gym activities/ workouts.** Regular payments will prevent suspension from gym activities. Prorating due to severe injury or illness is up to the discretion of the UGI director and must be applied for in writing accompanied by a doctor's note. Prorating due to vacation or excessive absences is not permitted, no exceptions.

Practice Rules for Parents

- Parents are not allowed into the gym area unless invited by a coach.
- Parents' behavior should never interfere with gym activities
- Parents are expected to provide timely and safe transportation to and from all gym functions
- If a coach or other staff has to wait with a gymnast to be picked up for more than 15 minutes after the end of a scheduled practice there is a \$15 late pick up fee will be added to the next month's tuition payment.

Competitive Behavior for Parents and Spectators

- Parents and spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
- Parents and spectators shall not disturb the order of the meet, its competitors and its officials. Individuals causing violations will be asked to leave the competition site.
- Parents and spectators shall not attempt to intimidate, embarrass, or improperly influence any individual responsible for judging or administering a competition.

Communication

- If you would like to speak with the coach about a concern please call ahead of time to meet with them before or after a practice or by appointment. Talking to a coach during practice time is unfair to the gymnasts and creates an unsafe environment for them to work in.
- Mail-folders are used to communicate with the parents. Information like account invoices, meet schedules and other gym activities will be placed in the mail-folders. Gymnasts should check their folder each practice.
- There is a Bulletin Board in the lobby for each competitive team. Messages and other information are posted on the board to minimize the clutter in the gymnast mail-folders. Parents should check the bulletin board each time they come in.
- E-mail list-serves are not yet fully in place but will be the most effective way to communicate between the coaches, management and gymnast families.

Competitive Team Registration Form

Mother's Name _____ Home Phone _____

Father's Name _____ Mom's Work Phone _____

Street Address _____ Dad's Work Phone _____

City, State and Zip _____ Mom's cell/pager _____

Gymnast Name _____ Dad's cell/pager _____

Gymnast DOB _____ Emergency Name _____

Health Problems _____ Emergency Phone _____

_____ E-mail Address _____

PERMISSION STATEMENT & MODEL RELEASE My child/ren has permission to participate at United Gymnastix Inc. I confirm this student(s) is in good health. I am also fully aware of and appreciate the risk of participating in any activity on the premises of United Gymnastix Inc. including personal damages and losses; accidental injuries, minor or serious, including head and neck injury; and loss of like. I hereby give my permission for United Gymnastix Inc. officials to call a doctor and/or paramedics for treatment in the event of an emergency. I further agree not to hold any United Gymnastix official or staff member responsible for any possible illness, accident or injury which may occur in training, class or on United Gymnastix Inc. premises. I do here verify that I fully understand and accept the above statements and the guidelines set forth in this handbook. Upon signing, I give my permission to United Gymnastix Inc. for photographs or video tapes to be taken for the purpose of, and use in, publications, promotions, and/or for other reasons that could expose a recognizable member of my family to the public.

Signature _____ **Date** _____