



# **HARRISON FAMILY YMCA**



## **Gymnastics Team Handbook 2017 – 2018**



# HARRISON FAMILY YMCA GYMNASTICS TEAM

Harrison Family YMCA  
1000 Independence Drive  
Rocky Mount, NC 27804  
252.972.9622

## Competition Levels:

- ❖ **Xcel Bronze** – This is our introductory level with an emphasis on basics and technique in a fun, learning environment
- ❖ **Xcel Silver** – This group of gymnasts are our novice level gymnasts that have more experience. This group focuses on perfecting technique and gaining confidence in skill performance
- ❖ **Xcel Gold** – In this group, gymnasts are a bit more serious about the sport and focus on skill enhancement as well as performance factors for competition
- ❖ **Xcel Platinum** – These are our gymnasts preparing to enter the Optional Levels. They are working skills that will prepare them for harder level competitions
- ❖ **Jr. Olympic Levels (Optionals/Level 6-10)** – Gymnasts at this level are committed to a more intensive training and competition scene. These gymnasts are focused on the future aspects of gymnastics (College and Elite)

## Advancement Factors:

- Ability to perform the four competitive events (Vault, Bars, Beam, and Floor) with proper form and technique
- Ability to listen and learn
- Ability to perform the physical work of the next level
- Ability to display a positive attitude and good sportsmanship
- Willingness to attend longer practice sessions

NOTE: The descriptions are generalizations and are not strict definitions All levels of advancement will be at the coaches' discretion.

We realize some gymnasts have outside activities in addition to gymnastics, so we strive to offer a program that is flexible to accommodate our gymnasts. However, gymnastics does require a consistent training commitment in order for the gymnast to experience improvement.



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## **Monthly Fees:**

- ❖ Bronze - \$120 per month
- ❖ Silver - \$140 per month
- ❖ Gold - \$180 per month
- ❖ Platinum - \$195 per month
- ❖ JO/Optionals - \$210 per month (not currently offering these hours)

Monthly Fees are due no later than the 5<sup>th</sup> of every month. Late fees will be assessed on the 10<sup>th</sup> if no payment has been received.

## **Team Costs in Addition to Membership and Monthly Fees:**

USA Gymnastics (\$57) and NC Gymnastics (\$15) fees – Required for all gymnasts!

Please see the Fee Schedule for additional fees such as Leotard and Competition Fees.



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## Fall/Winter Practice Schedule:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRONZE	4:00- 7:00PM	4:00- 7:00PM	-	-	-
SILVER	4:00- 7:00PM	4:00- 7:00PM	-	4:00- 6:00PM	-
GOLD	4:00- 7:00PM	4:00- 7:00PM	-	4:00- 6:00PM	4:00- 6:00PM
PLATINUM	4:00- 7:00PM	4:00- 7:30PM	-	4:00- 6:00PM	4:00- 7:30PM

### **PARENTS ARE NOT ALLOWED ON THE FLOOR DURING PRACTICE.**

Practice time is for gymnasts and coaches to concentrate on improving the gymnasts' routines, skills, and technique. We aim to develop a strong coach-gymnast relationship while fostering cooperation and unity within the group.

It is important that the parents allow this development to occur without interruption.

Therefore, we ask that parents not be present on the floor or talk with their gymnasts during practice time.

It is distracting for both the gymnasts and the coaches. We respect parents' interest in their children's activities and invite them to observe practice from outside of the gym – we have bleachers designated for parents and are working to get another viewing area set up! Please ask questions of coaches before or after practice.

### **What to Bring to Practice:**

- Leotard and Shorts if desired
- Water bottle or sports drink, NO SODA!
- Small/Healthy snack
- Grips if needed
- A positive attitude!



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These are the necessities. We recommend that gymnasts carry an extra leotard - "just in case." Coaches do not carry extra items to loan gymnasts for practice. Gymnasts may store their bags, clothes, etc. in the designated cubby area.

## **Punctuality**

Please be on time to practices. Practices begin with a warm up and stretch period to prevent injury. Instructions and important information are also given to gymnasts at the beginning of each practice. When gymnasts are late, they miss important preparation and information.

## **GYMNASTICS COMPETITIONS/MEETS**

The Harrison Family YMCA Gymnastics Team competes in USAG Sanctioned meets all over North Carolina. From the Judges Critique to States and Regionals, gymnastics competitions are exciting opportunities for gymnasts to measure progress, experience the thrill of competition, and strive for individual and team accomplishments. They provide a break in the practice routine, as well as focal points for practice efforts. All competition gymnasts are encouraged to compete in meets for these reasons.

**USA Gymnastics:** USA Gymnastics (USAG) is the National Governing Body (NGB) for the sport of gymnastics in the United States. The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.



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## **Registering for a Competition**

As per Fee Schedule, each competition and due date for registration and payment is listed by month. These are hard deadlines. Every effort is made to remind parents when a deadline is approaching. Please stay on top of these! If you do not register by the deadline or have some sort of agreement in place, your gymnast will not be able to participate in that competition. To register for a meet, you may do so at the YMCA Front Desk or Online. **NO GYMNAST MAY BE REGISTERED FOR A MEET IF THERE IS A BALANCE DUE ON THEIR ACCOUNT.**

**NOTE:** Registrations/Payments turned in after the deadline **WILL NOT** be accepted!

## **What to Bring to a Competition:**

- Competition Leotard – no shorts allowed
- Solid Black cropped leggings (used for warm ups/awards)
- Team Shirt\*
- Team Bag (optional)
- Water bottle or Sports drink **NO SODA!**
- Small/Healthy snack
- Grips if used during practice
- Extra Hair Supplies (Hair ties, Brush/Comb, Clips, Hairspray)

## **What NOT to Bring to a Competition:**

- Toys
- Technology (Phones, Tablets, etc.)
- Anything that may be distracting



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## **Punctuality**

Please arrive at the competition facility no later than 15 minutes before the designated warm-up time or the time given by the coaches (if it differs from the printed start of warm-ups). Gymnasts need to fully warm up before competing. In addition, coaches must check in with Meet Directors before the start of competition and they will be unable to include a gymnast who is not present for a warm up.

## **Checking In**

Upon arrival to a meet, there will be a designated table for gymnasts to check in to. Here they will get their numbers (if not already given to the coaches – different for each meet), and any other information they may need. After checking in, gymnasts will need to locate a coach on the floor and sit with them. During this time, gymnasts will not be permitted to jump or tumble around. This time is used for each gymnast from all gyms to find their coach and receive any last minute instructions. If you do not see a coach on the floor, have your gymnast sit with you until one is present – if there is a session before yours, the coach may be using the coaches hospitality area.

## **Behavior**

Gymnastics Competitions are an opportunity to display not only athletic ability, but also team pride and sportsmanship. Parents and gymnasts should always be mindful that they are representing the entire team and the Harrison Family YMCA. Gymnasts and parents are encouraged to cheer for their teammates! WE also encourage gymnasts to come support their teammates that may be competing in a session before or after theirs.



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## **Expectations for Parents**

Parents are not allowed on the competition floor. Only certified USAG Members, Coaches, and Judges are allowed on the competition floor.

No flash photography is allowed – it is distracting to gymnasts.

Parents also represent the Y and should act accordingly.

Parents may not approach gymnasts, coaches, or judges during a competition.

If a parent has a question pertaining to the meet, please wait until the end to ask. There may also be times that a coach does not have sufficient time to speak with parents after a meet. This may be the case if there is a session immediately following the previous one. In this case, please wait until the next practice to talk with a coach or email them instead.

A most meets, there will be a cover charge for each individual that wishes to observe the competition. Every effort will be made to announce this information ahead of time.

## **Team Apparel**

Gymnasts and parents are encouraged to wear Harrison Family YMCA Gymnastics Team attire to all meets. Wearing team apparel promotes team pride and unity. It also helps coaches, parents, and gymnasts locate HFY team members. Purchase of apparel is optional.

## **Injuries**

Injuries incurred during practice, meets, or team activities will be treated immediately and parents will be notified. Sometimes gymnasts experience pain that is not the result of a particular wound or accident. Muscle pain is common among gymnasts, but is often difficult to distinguish between soreness and injury. If pain restricts movement or lasts more than 3-4 days, gymnasts should seek medical attention. Coaches are not doctors and can only give advice, not diagnosis or treatment. It is, however, important to keep coaches informed of injuries, treatments, and rehabilitation.





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## **Illness**

In case of illness, gymnasts should let their bodies heal by restricting activity. It is also better to miss one or two practices than to expose other team members and coaches to the same illness. Once recovered, gymnasts can return to practice and regain their strength in the gym.

## **Inclement Weather**

In the event of snow, ice or other weather conditions, listen to the radio or watch the television. Keep in mind weather conditions in one location may not be the same elsewhere in the area. Facility closings will be announced via email, remind, Facebook, our mobile app, or through the YMCA website.



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## Health and Nutrition

Gymnastics is an ideal sport to promote total health and fitness. Here is some basic information on health and nutrition to prevent injury and to help ensure improved performance in practice and meets.

Food is the body's fuel. A gymnast can help or hurt their performance depending on the amount of food they eat, how often and what they eat, and the quality of the food eaten.

1. Eat Breakfast... and lunch and dinner and snacks. Try to eat every 3-4 hours.
2. Never go more than 4 hours without eating. Never come to practice on an "empty tank." Never eat foods high in sugar or fat during a meet or before practices. Snacks at meets should be small, easily digestible, and able to be quickly converted to energy (foods high in carbohydrates and low in fat). Try to leave at least 20-30 minutes between the time you eat and the time you compete.
3. Drink your water – even when you're not thirsty. It helps cool the body, aids in digestion and replaces lost fluids.
4. Use common sense. Make good choices, use moderation and variety – the more you train, the more fuel you will need.

### Good sources of carbohydrates:

Breads, bagels, cereal, pasta, fruits, green vegetables, corn, beans, milk, potatoes, rice, granola bars, crackers

### Good sources of protein:

Lean meat & poultry, fish, low fat yogurt and milk, soups with lean meat, peanut butter, beans, eggs

### Foods to limit:

Sugary foods, fatty foods, greasy foods – i.e. candy, chocolate, potato chips, French fries, fried anything, ice cream, cookies, cake, butter