



HARRISON FAMILY YMCA



HYPE Gymnastics Team Handbook 2019 – 2020



HARRISON FAMILY YMCA HYPE 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 reach qualifying scores at the gymnasts current level
- 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.

At the conclusion of the competitive season, team members will receive an email indicating their training schedule for the next season. Each gymnast will be continuously evaluated over the summer to ensure the appropriate competitive level for the fall. Again, the coaches will determine the appropriate level for each gymnast.



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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 5th of every month, regardless of attendance. Your gymnast will not be allowed to participate in practices or competitions if your account is not in good standing (i.e. if you have a balance due on your account).

HYPE Gymnastics Team is a year-round commitment (June – May).

Team Costs in Addition to YMCA Membership and Program Monthly Fees:

USA Gymnastics (\$59) and NC Gymnastics (\$15) fees – Required for all gymnasts!

Please see the Gymnastics Team Fee Schedule for additional fees such as the Competition Apparel, USAG/NC and Competition Fees.



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Fall/Winter Practice Schedule:

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

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! All questions regarding your gymnasts' progress, discipline, etc., may be discussed after practice – not during.

What to Bring to Practice:

- Leotard and Shorts if desired – gymnasts will not be permitted to practice in loose fitted clothing
- Water bottle or sports drink, NO SODA!
- Small/Healthy snack
- Grips if needed
- A positive attitude!

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.



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Practice Rules

- Proper workout attire is important. A properly fitted leotard and compression shorts are the only acceptable workout attire. Hair should be pulled back. No jewelry of any kind may be worn during the workout.
- Gymnasts should not leave the practice floor without permission of the coaching staff. This includes running back and forth to/from parents, bathroom, and vending machines.
- Listen to all instructions at all times. If you do not understand any corrections, instructions or requests, please ask before doing.
- Be alert at all times and use common sense. Horseplay will not be tolerated. Gymnast should act responsibly – safety is our primary concern.

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.

Attendance

Attendance to all practices from start to end is important. Gymnasts that miss an excessive number of practices are not getting the training necessary for them to be successful at competitions.

Gymnasts that are unable to maintain an 80% attendance rate per month prior to competition, may result in your gymnast not being able to participate in an upcoming competition.

“No coach would willingly send a gymnast into a competition knowing the gymnast is not prepared to do her best.”



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Inclement Weather

In the event of snow, ice or other weather conditions, pay close attention to local weather channels. Keep in mind weather conditions in one location may not be the same elsewhere in the area. Facility closings will immediately be announced via email, Facebook, our mobile app, or through the YMCA website at harrisonfamilyy.org

GYMNASTICS COMPETITIONS/MEETS

The Harrison Family YMCA HYPE 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. 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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Meet Scheduling

At the beginning of each season, a preliminary schedule of meet locations and dates will be handed out. Meets may be added, changed, or canceled. Coaches will keep parents informed of any changes via email.

Registering for a Competition

As per Fee Schedule, each payment is listed by month. Payments can be made early, but they must be paid by the due date. These are hard deadlines. Every effort is made to remind parents when a deadline is approaching. If you have not paid by the deadline, your gymnast may not be able to participate in a competition.

Once you have made the decision as to whether your gymnast will attend 4 or 8 competitions, please email Courtney by July 1st so she can add the correct payment plan to your account. If you would like these payments to be automatically drafted, please fill out a draft form (located in back pocket of folder).

Note: NO GYMNAST MAY BE REGISTERED FOR A MEET IF THERE IS A BALANCE DUE ON THEIR ACCOUNT.

Participation in Competitions

All HYPE Team Members are required to attend at least 4 competitions – two larger meets (competitions costing \$110 are considered larger meets) and two smaller meets (competitions costing \$90 are considered smaller meets).

It is encouraged that your gymnast compete in as many competitions as possible.

Meets have different meanings and the training for each will differ accordingly.

- Some meets, the focus may be on obtaining a **qualifying score**, so therefore a coach may tone down the routines so that the focus is on higher quality execution.
- Another meet might be used to **develop confidence**, so the coach may allow the gymnast to attempt a newer skill while removing the worry of scoring high.



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Competition Information Handouts (competition schedules from the host gym)

Your gymnast will only compete in one session out of the entire weekend.

Sessions are usually split by Level, and then Age.

1-2 weeks prior to a competition, participating gymnasts will receive a meet information sheet including times, gymnasts & coaches attending, host hotel and cover charge information (if given).

It is not uncommon for host gyms to send out the meet information late or make last minute changes. Information in many instances may not be received until the week before a competition. It is a good idea to clear the whole weekend of a meet on the chance that there will be last minute changes that could conflict with your plans.

Note: please do not attempt to contact the host gym for a schedule. As soon as the HYPE Team coaches receive a schedule, it will be sent out to parents via email.

What to Bring to a Competition:

- Competition Leotard – no shorts allowed
- Warm-Ups: Jacket and Pants
- 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 for Competitions

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. 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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Meet Etiquette for Gymnasts

- Be friendly and use sportsman like conduct at all times.
- Stay focused on the competition. Talking with parents, relatives, or friends is inappropriate during the meet.
- Always wait for your coach to invite you to the floor.
- Competing gymnasts must stay in their rotation group sitting quietly, until the last competitor has finished or until your coach has walked you to awards.
- Always notify the coach before leaving the competition floor.
- Warm-ups should be worn when accepting awards.
- The meet is not complete until ALL the awards have been handed out to ALL gymnasts competing – even from other teams. In the chance that something come up and you must leave, please politely let the awards staff know. Always keep in mind that they take notice of what gym you represent and often times awards staff are also directors of other competitions we attend.

Important Parent Information

At 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.

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

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

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.



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Meet Etiquette for Parents

- Your gymnast is a part of the HYPE Gymnastics team. She competes not only for herself but also her teammates, parents, coaches and HYPE Gymnastics.
- Always show proper respect to all Officials and Coaches at every competition (this includes any volunteers or awards staff that are helping with the meet). Under no circumstance should you attempt to contact any official on the competition floor during or after the meet.
- In any competition, parents, relatives, and friends are NOT allowed onto the competition floor. You must remain in the spectator's area.
- Always show proper respect to all competitors – you never know who is sitting near you!
- Do not coach your child. Gymnastics coaches should coach, and everyone else should encourage.
- All gymnasts are expected to stay until the end of the awards ceremony, whether they are receiving an award or not. They should cheer for all award recipients – especially their teammates.
- The meet is not complete until ALL the awards have been handed out to ALL gymnasts competing – even from other teams. In the chance that something come up and you must leave, please **politely** let the awards staff know. Always keep in mind that they take notice of what gym you represent and often times awards staff are also directors of other competitions we attend.



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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



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I have read and understand the Harrison Family YMCA HYPE Gymnastics Team information, rules, policies, and financial commitment included in the 2019-2020 Team Handbook.

As the coaching and administrative staff have made a professional commitment to my gymnast, my gymnast and I also commit ourselves to the completion of the 2019-2020 season through the State Competition or May 31, 2020.

Parent Signature

Date

Gymnast Signature

Date