



WORLD OF GYMNASTICS

Team Handbook

2010-11

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2010 DYNAMITES COMPETITIVE TEAM

Welcome!

Welcome and congratulations on joining the World of Gymnastics Competitive Team Program. You and your child are about to undergo an exciting experience. We are very proud of our program and are dedicated to all team members.

The purpose of this handbook is to explain to new and existing members just what our competitive team is all about. It will outline various policies and try to give you a better understanding for the sport of gymnastics.

Our Philosophy

Our philosophy is to recognize that each child has individual abilities and needs. The World of Gymnastics' staff goal is to provide a positive competitive experience by giving each gymnast the best training in order to maximize his or her individual potential. We will establish a disciplined environment that will help guide them throughout life.

Team History

The Dynamites Team was formed in 1994 to promote competitive gymnastics in Cherokee County. We are a year-round program that follows both AAU & USA Gymnastics guidelines. We are proud of our reputation that recognizes each gymnast as more than just an athlete to be trained. We strive to make our team a comfortable social and educational environment, which focuses on self-esteem. Our goal for each team member is to strive towards their highest potential.

Team Structure

World of Gymnastics uses a "progressive" program designed to develop the child physically, mentally and emotionally. The early levels of team are designed to perfect technique and basic skills in the sport. These basics are the fundamental keys to success in gymnastics. At each level, the goals and objectives are specific and directed towards meeting the needs of the gymnasts. The long-term goal of total excellence is always in mind. Each gymnast is different and will progress at her own pace. The coaching staff recognizes this fact by challenging each child's individual abilities. Training sessions are the most important aspect of competitive gymnastics. Consistent training is needed to progress through levels.

Team Payments

World of Gymnastics tuition is due **before** the first of each month. Each family is required to have a current credit card number on file at the gym. Payments not received by the 15th of the month will be charged to your credit card unless payment arrangements have been made and approved by the World of Gymnastics Account Manager.

Your parent dues will be due on the fifteen of the month from August thru February.

World of Gymnastics Info

World of Gymnastics
104 Victoria Court North
Woodstock, GA 30189
(770) 516-6898
(770) 516-6608 (fax)

www.worldofgymnasticsandcheer.com

COMPULSORY PROGRAM

The World of Gymnastics participates in three different compulsory levels at official competitions. In these levels (3-6), gymnasts will perform the same routine respective to their level. Compulsory competitions extend to the State level with a State Championship meet for each level at the end of the season.

AAU Level 3: One of the beginning levels of competition. This level is for the gymnast who has just joined the team and needs to develop basic skills on each event along with gaining flexibility and strength. This level will also develop competitive skills and learn to perform compulsory routines in competition. The AAU 3 competitive season runs from January to April and follows the Georgia AAU guidelines and routines.

AAU Level 4: Also a beginning level of competition. Routines are similar to AAU 3 with increased skill variations. The AAU 4 competitive season runs from January to April and follows the AAU guidelines and routines.

USA & AAU Level 5: This level continues to progress with basic skills and a strength and flexibility program. The USA 5 competitive season runs from September to December and follows the USAG guidelines and routines. The AAU 5 competitive season runs from January to April and follows the AAU guidelines and routines.

USA Level 6: Level 6 continues to progress and perfect the basic skills at a higher level and continues with a more intense strength and flexibility program. At this level, the gymnasts begin to work basic optional level skills, as well as Level 6 skills, in preparation for the optional program. The USA 6 competitive season runs from August to November and follows the USAG guidelines and routines.

OPTIONAL PROGRAM

The higher level teams will participate in competitions both in and out of State.

Gymstars: The gymnast develops basic optional skills, knowledge of skill values and creativity through routine development. Competition season is January through March.

Prep-Opt: Competition season is January through April and culminates with the State and National Gymnastics Meet.

USA Level 7: This is the first step in proceeding to the optional program. The gymnast develops basic optional skills, knowledge of skill values and creativity through routine development. Competition season is January through April and culminates with the State Gymnastics Meet. Regular competition season is January to March.

USA Level 8: Second level of optional competition. Competition season is January through April and culminates with the State or Regional Gymnastics Meet. Georgia participates in Region 8 which includes Alabama, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee.

USA Level 9: Third level of optional competition. The gymnast progresses to a more difficult level of skills and competition goes through State and Regional Championships. Level 9 gymnasts can qualify to Eastern Nationals.

USA Level 10: This is the highest level of USAG competition without entering the Elite Program. Level 10 gymnasts work on advanced optional routines and competition extends to the National Level.

ADVANCEMENT THROUGH LEVELS

Your child will advance through our program when they meet The World of Gymnastics coaching staff's criteria. In addition to the USA rules of mobility (scores vary per level), advancement to the next level is strictly a coaching decision. A gymnast must be physically, mentally and emotionally prepared before advancing to ensure a positive experience. It is important to achieve success at a particular level before moving on.

Mobility Requirements

At each level, the coaching staff has established a specific set of score, skill, strength, and flexibility requirements. Ninety percent of these requirements must be met to be considered for advancement to the next level. Mobility forms outlining these requirements will be distributed at the end of the season.

Along with these requirements, the coaches will give consideration to the mental and emotional readiness of the gymnast, attitude, work ethic and commitment level, to determine appropriate placement of each gymnast.

Please remember that each child will progress at her own rate. It is common to compete each compulsory level for two years.

Just as AAU and USAG rules and requirements change from season to season, the World of Gymnastics mobility requirements may also change from season to season.

TIME COMMITMENT

Attendance Policy

Competitive gymnastics is a year-round commitment. Attendance at all practices is crucial for the proper development of skills, and is required to provide the best practice environment for all. **If for any reason your child is unable to attend practice or will be tardy, please call the gym BEFORE practice.**

Make-up classes do not apply to team. Extra practices are scheduled during holiday times to make up for any lost practice times. At the team level, year round practice is **required**.

Team gymnasts are expected to attend all scheduled workouts. However the coaching staff understands that there are sometimes conflicts. The occasional absence is understandable, but in the case of many absences, it is recommended that the gymnast make up those practices by scheduling a private lesson with a team coach. Often times, when a gymnast misses numerous practices, they fall behind. This policy enables the gymnasts to stay on track with their competitive goals.

Attendance During Meet Season

In order to be eligible to compete, attendance at all practices the week before a meet is required. This policy is in place for the safety of our gymnasts. If you have a conflict, please make arrangements with your coach **in advance**.

Summer Practice

Summer practice days and times may change from the fall schedule. Vacation policy for time off during the summer is two weeks. One of the weeks is decided by the World of Gymnastics and the other week is your choice. It is highly recommended that you do not take two weeks off in a row.

Private Lessons

All private lessons should be arranged through the front office. If you choose to schedule a private lesson with the coach of another level, please check with your head coach first.

A private lesson may be recommended by your coach in the event a gymnast is falling behind or struggling with a particular skill.

UNIFORMS

All gymnasts participating on team are required to purchase the following team attire:

- Competitive Long-Sleeved Leotard
- Warm-Up Suit
- Team Tank Leotard
- Team Gym Bag
- Sports Tape (not provided by the gym)

HAND CARE

Gymnasts need to take special care of their hands. Hands should be checked daily for rough calluses, blisters or other problems. Hands should be moisturized daily to keep them smooth. Every day care can prevent many problems.

Calluses

Calluses are rough patches of skin that can build up on the hands from the friction caused by swinging on the bar. Calluses should be smoothed with a pumice stone or rough wooden emery board.

Rips

A rip is a blister that has partially or completely ripped off. It is very important to remove all the dead skin from the ripped area. Any edges of skin left can catch on the bar and tear again, taking good skin along with it.

Once the skin has been removed, wash with soap and water. Apply Neosporin to the area. Preparation H has also been successful for some people in aiding healing of rips. After the skin begins to heal, it should be kept soft to prevent cracking. Chapstick can be used for this.

Blisters

Blood and water blisters should be punctured with a sterile object and drained. The skin should be removed and care for rips followed.

Tape

Each gymnast should purchase and keep in her gym bag at least one roll of sports tape (coach's tape). This can be purchased at local pharmacies. Gymnasts should have their tape at every practice in case of a rip.

MEETS

Dynamites Team is a multi-level program, which attempts to provide challenging yet successful competitive experiences. We believe that gymnasts will become better athletes when striving for success as a team rather than competing against one another. We emphasize competition within oneself. Respect for competitors and officials as well as encouraging teammates is a mature behavior that is expected from all Dynamite Team members.

Meets are a part of your commitment as a team member. **Your child is expected to attend all scheduled meets during the season.** Please notify your coaches as soon as possible if you are having a conflict.

Meet Attire

All gymnasts are required to have a team warm-up suit for march-in and awards. All gymnasts will compete in the team competitive leotard. Each team may require a specific hair do.

Competition Schedule

Meets schedules are distributed prior to the start of the competition season. The original meet schedule will show the meet date as an entire weekend. Final schedules with exact session day and time are usually available early in the week of the meet.

Before the Meet

Please be sure to have your child eat a healthy meal with plenty of carbohydrates the night before the meet. A good night's rest and healthy breakfast are also important.

It's always a good idea to have your uniform ready and your gym bag **packed and ready to go the night before** the meet.

What to Bring to a Meet

Each gymnast will have a gym bag that should contain the following items: grips, small water bottle, roll of sports tape, hairbrush, extra hair bands, hairspray and a healthy snack.

The Day of the Meet

Arrive 15-20 minutes before your scheduled stretch time. Once warm-ups begin, **only coaches and gymnasts are allowed near the competition area.** Parents are expected to remain in the designated seating area. Gymnasts are not allowed to leave the competitive floor until the competition is over. Please do not call your child over to talk to her during a meet. This can be distracting for both the gymnasts and the coaches.

When the competition is done, gymnasts are expected to stay for the awards ceremony. Complete warm-up suit, zipped up, is required for the awards ceremony. Following the awards ceremony, we often take a team picture of the girls with their awards, so please remain with your team until after pictures are done.

Meet Etiquette

It is important that we maintain a positive atmosphere for all gymnasts during meets. Sometimes scores may not reflect what we feel a performance earned, but it is inappropriate to question scores or coaches during the meet. If you have concerns about your child's performance and scores, please contact your coach during office hours or schedule a meeting to discuss your concerns.

Directions to Local Gyms

Directions to each meet are distributed with your final meet session schedule.

PARENT GUIDELINES

Coach's Role / Parent's Role

We want your child to communicate with her coach when gymnastics matters arise. This relationship between coach and gymnast produces the best possible results. When parents interfere with training techniques and corrections, it causes confusion for the gymnast as to whom the gymnast should listen. If you as parents have a question or concern, please contact the coach during office hours to schedule an appointment.

The coach's job is to make corrections and critique your child's performance. Errors will be pointed out in the gym. It is important that when the child leaves the gym, corrections and constructive feedback are left in the gym. The parents' role is positive reinforcement and encouragement. Too much correction or pressure from home can lead to negative results, including burnout.

Plateaus

Plateaus can occur at one time or another in every athlete's career. Plateaus can occur from a weakness in strength, flexibility or mental block. It is important to explain this to your child and help them learn to work hard through this momentary delay.

If plateaus cannot be overcome, an alternative route may be necessary. There are several options within the World of Gymnastics program that can be explored.

OTHER IMPORTANT INFORMATION

Discipline - Three Strikes Program

The World of Gymnastics will use the Three Strike Program for disciplining gymnast.

First Strike – Warning

Second Strike – Parent Meeting

Third Strike – One Week off gym

Nutrition

Athletes require a well-balanced diet. It is important that we teach our children healthy eating habits. Only healthy snacks will be permitted during workouts. No candy, chips, soda, etc. will be allowed during practice.

Conditioning and Flexibility

In order to become a successful gymnast, your child must obtain strength and flexibility. These are two things that can be worked on at home as well as in the gym.

AVENUES OF COMMUNICATION

Team calendars and newsletters will be posted on the World of Gymnastics and Cheer website team pages.

www.worldofgymnasticsandcheer.com

Please check often for updated information. If you do not have access to the internet, please see the front desk for a copy of the latest information. Calendars and newsletters will also be posted on the Dynamites Bulletin Board.

Please see the following people for issues regarding:

Team: Tim & Jackie Courtwright

Gymnastics: Contact one of your coaches.

Feedback is always welcomed and appreciated. Please feel free to voice your comments and concerns as soon as they arise. Let us know what we're doing right too!

GO DYNAMITES!

T_{ogether}

E_{veryone}

A_{chieves}

M_{ore}

Best of Luck to All Dynamites
Gymnasts

GO DYNAMITES!