

Team Handbook



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UVG Team Coaches.

Gwen Bell

Level 3 Team Coach

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Level 4 Team Coach

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Level 5 Team Coach

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Optional Team Coach

Michelle McGuire

Executive Director

Umpqua Valley Gymnastics would like to welcome your family to our Competition Gymnastics Team.

Through this team handbook, we hope to give you more insight into how our Competitive Team program operates and answer many of your questions.

First, and most important, providing a fantastic gymnastics experience is what UVG is about. We are here for the young athletes, many who have hopes and dreams of being the best they can be in life and in the sport of gymnastics. We are here to support them in that dream. To make that dream come alive the gymnast, parents and coaches must function as a TEAM.

Please be sure to read ALL of the material in this handbook BEFORE signing and returning the team contract so you are fully aware of the expectations for our competitive team.

After reading this manual, if you have any questions about the program, please ASK!

Umpqua Valley Gymnastics

780 NW Garden Valley Blvd. Ste. 230 ~ Roseburg, OR 97470 Phone 672-3534 ~ Fax 672-3534

TEAM COMMITMENT CONDUCT POLICIES

Meet Season

Umpqua Valley Gymnastic holds its team members to the highest standards of conduct. When you represent our team, it is important to show a high level of integrity and respect to the sport. It is a privilege to represent Umpqua Valley Gymnastics, not a right. All team members, parents and coaches are expected to refrain from actions that may compromise UVG conduct policies.

MEMBERSHIP FEES

Listed below are fees and commitments that come with being on the team. As a team member, the gymnast is expected to compete in every meet scheduled, be present at every practice before a meet, attend demonstrations and participate in gym fund-raisers. There are approximately 7-9 meets each season. There are two seasons for Level 3-5. The first one starts in September and runs until November and the second season starts in January and ends in April. For Levels 6 and up; Season starts in December and ends in March or April. The meet schedule will be out in late August. Meets will run Friday-Sunday and they are approximately 4 hours per session. We will not know exact days and times until the meet director sends them to us about one to two weeks before each meet. Meets are all around the state of Oregon with one or more out of state. It is up to each family to get their gymnast to the meet on time and ready to compete. Other gymnast's families may be willing to take other gymnasts, just ask well in advance. All meet information will be e-mailed to all team members once they become available. If an overnight stay is required, a list of hotels and prices will be attached if available. At the end of each season there is a state meet depending on

the level, the gymnast needs to get a qualifying score, which may change every season, to compete at these meets. Your coach will let you know what the qualifying score is before the season begins. This is what we are all working towards. Every family has a ledger account in the office and will get a monthly statement emailed, detailing any activity done in that month.

PAYMENTS WILL BE REQUIRED BY THE DUE DATE. If these fees are not paid in time your gymnast WILL NOT be entered in a meet. You are encouraged to deposit funds into your account as much as possible and as early as possible. All meet fees are taken out from your account. Team fees include: USAG Membership, Team Leotards and Sweats, Meet Fees, and Coaches Fees. It is **MANDATORY** that meets, and coaches' fees are paid in **ADVANCE!!!!**

A. USAG Membership Number: Every gymnast must be a registered member of United States Amateur Gymnastics (USAG). Membership is \$63 for the year and it is due August 1st.

B. Team Suits & Sweats: The cost of a new team leotard is approximately \$300.00 and Warm ups are \$100.00. Sometimes used suits become available at a lower cost. UVG gets new team leotards every 2-3 years.

C. Meet Fees: These fees are to participate in meets. There are typically 7-9 meets a season. A schedule will be available in August. The meets cost approximately \$70-\$120 per meet. The meet fees must be in by the due date. Some of the bigger meets require a deposit 4-6 month in advance!!!!!! We expect your gymnast to be in all the meets and we will enter her in all of them unless they are injured. If she cannot go to a meet, please check with your director in a timely manner. If there is no money in your account, your child may not be entered in the upcoming meets! Being on team is a privilege and not having your account up to date could result in forfeiting your place in team.

D. Tuition Fees: Tuition is due by the 10th of each month, overdue by the 15th. A late fee will be charged for tuition paid after

the 10th. If tuition is not paid by the 10th, you child will not be allowed to participate in practice and this may affect her taking part in the upcoming meet.

E. Coach Fees: This is a per diem amount for the coach each session that he/she works. Cost for a coach is \$70.00 for one session each day and \$20.00 for each additional session of the same day. If there is a finals session then that session is \$10.00. The cost is split between all the gymnasts that attend that meet. For example: if there is a Level 3 and 4 session on Saturday and a Level 5 session on Sunday, the total number of gymnasts competing are 8. So, it is \$12.50 per gymnast that is deducted from each gymnasts account. If a hotel is needed for the coach(s) that amount is also divided equally.

F. Out-of-State Meets: For out of state meets there may be additional costs. These costs may include but are not limited to: Transportation fees (plane, train, etc.), car rental fees, etc.

MEET FEES and DEADLINES

Levels 3, 4 & 5

(Out of state meet not included)

Fall Season - \$600

Due August 1st

Spring Season - \$600

Due January 1st

Levels 6-10 - \$1000

November 1st (4 meets): \$500.00

February 1st (4 meets): \$500.00

(Regional/National meet fees are not included)

USAG Registration Fee - \$60. Due by August 1st.

Team Suits & Sweat Suits - \$400. Due by June 10th.

These are estimates based on the actual cost of meets from last year, for each level. These fees must be paid on time for your child to be included in the team roster.

Parents Obligations.

Parents are required to take an active role in the team. **Each year we host 2 home meets that require all team parents to take part in.** Set up and tear down is the most crucial part of hosting a successful meet! Other important areas of need are Head Committee Members. These committee members are responsible for organizing or/and delegating other members to get certain areas of the meet covered. All team families, including Head Committee members are required to help during set up or tear down. On the day of the meet, all families are expected to work all sessions. If a family is not involved or not represented in helping during these meets, a maximum of **\$150** fee will be charged to your meet account (*up to \$100 for sessions & \$50 set up/tear down*). We expect this fee to be paid by the next tuition due date or your child will not be allowed to practice or take part in the next meet. If a family persistently infringes their participation in our home meet requirements, this will result in dismissal from team!

1. Sponsorship Policy.

Team parents can now seek sponsorship at any time of the year! However, Umpqua Valley Gymnastics will not provide Tax ID # for individual sponsorships. Pending Sponsorships that are not yet in your account are not considered paid. Your account will incur a late fee if you do not have sufficient funds to cover meet fees that are due.

2. Coaches.

During competition or practice, coaches have the final decision on what skill your child can attempt or what events your child will compete in. If a gymnast is not consistently doing her skills in practice, they may be scratched from that event in a meet. Optionals (level 6-10) must check with their coach about their choice of music, choreography and floor routines.

3. Meets.

All team members are expected to attend all scheduled meets. Only religious reasons or injuries maybe excused from the meet. In the event of an injury, only a doctor's note or coach's decision will determine if a gymnast is fit enough to compete in a meet. If your child misses a meet without an excuse, a meeting will be set up rectify the problem. Please note that if your child is sick and cannot take part in that week's meet, her absents will be excused and will not count against her one

"unexcused" meet. If a team member misses 2 unexcused meets in a season, her season will be over from that point. No vacation time will be allowed within the last 2 weeks before sectionals or state. If a gymnast misses practice within 2 weeks of **State**, a doctor's note will be required to be able to take part in your championship meet.

State Meets are mandatory for all those who qualify. Failure to take part in a championship meet will make a gymnast **not** eligible to move up to the next level.

(Under special circumstances, this policy may be waived by the director due to injuries illness and if they feel it is in the best interest of the gymnast.)

4. Vacations.

During the off-season if you are planning to take a vacation, please fill out the vacation forms and submit them to your coach at least 1 week before your planned absence. During the season, planned time away requires filling out a vacation form. If you do not fill out the vacation form, your absence will be unexcused and may affect your participation in the next meet.

If you miss more than 2 weeks over the summer, a mandatory meeting will need to be scheduled with your coach and the director to discuss your commitment to the team. Understand that missing more than 2 weeks during the summer may have one of the following consequences:

1. Impact your ability to participate in the first meet(s) of the season
2. Your child may need to compete at a lower level than they have practiced at over the summer
3. Potential to be removed from team. This will ultimately be up to your coaches discretion. Vacations or absence longer than a month at a time will result in your position in the team terminated. This does not include any injury or sickness related incidents. Plan your vacations around the competition schedule as much as possible. Please remember that all gymnasts are required to compete in all regular and post season meets for which they qualify in order to remain on our competitive team.

5. School Break Practice.

Practice times may change during Christmas and Spring Break. We will let you know ahead of time if this is the case. Practice will be during its regular scheduled time on all other regular school days off.

6. Food.

Always work on providing your child with good nutrition, especially during their season. Absolutely no **JUNK** food will be allowed during practice breaks and before a meet! Having adequate and healthy nutrition during practice and before a meet is essential in helping your child perform to their best potential.

7. Sleep.

Ensure that your child gets enough sleep at least 8 to 10 hours of sleep before their meet.

8. Grips & Suits.

Very important, make sure and always double check that your child has grips and everything else they need before you leave for a meet! If your child needs new grips or suit, coaches will help you with necessary information on how to order them.

9. Gym Bag.

The gymnast meet bag should include the following;

I. Quick snack II. Water bottle III. Hair ties/clips IV. Icy Hot or something similar V. Nail polish remover with cotton balls VI. Tissues VII. Athletic tape VIII. Band Aids IX. Hairspray X. Safety Pins.

It is important to have these items. You never know what a gymnast might need at any given time. A random bag check may be done to make sure your child's bag is fully equipped!

10. Support and Encouragement.

It is a parent's role to provide unconditional love, support, and encouragement especially when your gymnast is having difficulties with gymnastics. Your gymnast will experience tough times in gymnastics. Listen to her, let her vent. This is very normal. Gymnastics is a tough sport and it is not going to be easy. You must also be aware that when your child reaches puberty and all her emotional, mental, and physical changes that go with it, her gymnastics will change as well as her attitude. Do not expect her to be the same child she was prior to puberty. During this time, her emotions will run high and she will be more prone to feeling picked on and feeling inferior. Remember this when your child reaches this stage and that she needs your support more than before.

11. Coaching Your Child.

The relationship between a coach and their gymnast is very important. While your child is on the practice/competition floor, it is vital that parents do not talk to their child during this time. Parents talking with their child/coaching from the sidelines distracts the gymnast, their teammates and the coach and could cause improper instruction and/or possible injury. Please respect and trust your coach and child and if there is something that is concerning or you have questions about, speak to the coach before or after practice. Also, please refrain from comparing your child to other gymnasts in practice or competition. Each child deserves to be proud of their own, individual journey and should not feel pressured or put down if they are not developing at the same rate as others might. Please remember gymnastics is a difficult sport in many ways. Your positive support and encouragement toward your child will be helpful in working as a team to help children be the best people they can be while working through their own individual journeys.

12. Parents and Competition Areas.

Parents are required to stay in the viewing area. **At no time and under no circumstances should you enter the gymnastics/meet area of the gym.** If there is a need to communicate with your child's coach during a meet, please wait until the session is over. Coaches have a lot going on during meets and they don't need the distraction by parents talking to them. Please be considerate of other parents in the gym. Remain positive and supportive always. Negative comments concerning athletes, coaches, parents, other gyms etc. will not be tolerated. Your child/children are easily influenced by how you express your feelings towards the team, coaches, and parents. Any negative comments said at home will carry over to your child's behavior in the gym. Parents are not allowed to remove a gymnast from practice or competition area for any reason. A coach's permission is required if you need to talk to your child. If you have a question or issues, please talk to the director.

13. Communication.

Communication is very important. Please talk to your level head coach first if you have a problem or concerns. Complaining to other parents will not solve your problem, nor can we if we don't know about it. If you respect us enough to entrust your child with us, respect us enough to know that we have the best interest of your child at heart.

14. Meet Information.

Under no circumstance will parents be allowed to contact other gyms regarding meet information. All meet information will be provided to you as soon as we get it.

15. Injured Gymnasts.

Gymnasts that are injured are expected to participate in practice and gym activities to the greatest extent possible. It is often possible to work around injuries and turn a difficult time into something positive by increasing work on strength, flexibility, or specific skills. Do not keep your gymnast home without speaking to her coach first. If your child has medical instructions to stay out of gym, please have your doctor contact the Director. Sometimes the doctors do not understand that the training can and should continue.

16. Private Lessons.

We would like to see all our team gymnasts progress during their regular practices. In some cases, gymnasts might have difficulties in learning the required skills, routines etc. Only in such cases can a parent decide for private lesson/s for their child. A prior approval from the head coach is required for team private lesson and can only be done by any of the coaches listed on the 2nd page of this handbook. A second adult must be present during a private lesson, or there must be two or more youths with an adult. A gymnast must be current on tuition, team, and coaches' fees to be eligible to do a private lesson. Please check with your coach if you think your child needs a lesson.

17. Photos.

Flash photography is not allowed during meets and in practice! During regular class practice, parents please consult your coach before you take any flash pictures. You are however welcome to take pictures before or after the meet. Our team pictures are done every year and the gymnast needs to dress up just like a meet. Hair should also be done just like a meet, no bangs or hair in the face!

18. Travel.

Gymnast must have a signed medical release form and any other consent form on file for traveling without parents and/or for non-competitive gym activities. If you are not able to take your child to a meet, please make transport arrangements with coaches or other team parents ahead of time.

19. Out of State Meet.

All optional gymnasts are required to attend a scheduled out of state meet. When traveling out of state, gymnasts are encouraged to travel together as a team to the destination and stay together at a designated accommodation. Once the meet is over parents may go separate ways. All meet rules are to be observed as well.

Procedures – UVG will provide the following information;

- a. All information regarding the meet including the entry fees, deadlines, and session times.
- b. Hotel information.
- c. Flight arrangements.
- d. Team organized activities/entertainment.

20. Pocket Money.

If a gymnast is not traveling with their parents please make sure they have enough pocket money for food, accommodation, and spending money.

21. Punctuality!

Parents please note it is your job to make sure your gymnast gets to and from the gym and competition on time. Your child is expected to be at the meet venue 15 minutes before Open Warm Ups with their hair and everything else they need in order.

22. Purchasing Team Grips.

Information on how to purchase grips;

- a. Determine size of grips to be ordered.
 - Get a photocopy of your hand.
 - A coach will measure your hand print for the size of grips to be ordered.
- b. Get a check to the Director or your coach if you want the gym to order your grips. Cost varies with the type of grips. Usually the most expensive grips are about \$55 a pair.
- c. Order your own grips if you prefer to do it yourself. Make sure the size you are about to order is the right one recommended by a coach.
- d. Details for ordering yourself;
 - a. web site address is: www.academygrips.com
 - b. click on **US dowel glove grips** (levels 4 – 5's) or **Reisport dowel grips** (level 6 and up) link.
 - c. select a type of grips you want, buckle strap or Velcro strap grips.
 - d. select your payment method.
 - e. Shipping usually takes about a week for regular shipping.
 - f. Phone # 1 800 890 6452
- e. Another website;
 - a. www.gibsongymnastics.com
 - b. click on **Ladies Reisport Grips** link
 - c. follow instructions.
 - d. Phone # 1 800 275 5999

Helpful Information about Grips

The Do's for Grips

- Do read the instructions enclosed with your grips.
- Do wash your hand before trying on the grips.
- Do check with your gymnastics instructor about correct sizing prior to usage.
- Do use sandpaper to lightly sand the lower portion of the finger hole to enlarge the hole.

The Don'ts for Grips

- Don't interchange grips between different apparatus. Grips are specifically designed for usage on specific apparatus. Only use Ladies Uneven Bars grips on the Uneven Bar.
- Don't share your grips with other gymnasts.
- Don't write on the grips before checking sizing with your gymnastics instructor.
- Don't chalk up the grips before check sizing.
- Don't pull or cut the finger holes – use sand paper to enlarge the hole.
- Don't soak the grips in water! This will cause them to stiffen and wear more quickly.

Grip Hints

JUST A REMINDER – A backup pair of grips is always suggested so you will not be without a spare set which have been broken in. Thick rubber bands are required to secure the wrist velcro in place when your grips get worn out!

GYMNAST TEAM POLICIES

UVG coaches strive to make our gymnasts enjoy gymnastics. The development and progress in this sport is a journey throughout the gymnast's childhood, adolescent and young adult years in their life. The pace and story vary for each gymnast and this process of learning is appreciated and respected so that the gymnast may experience personal joy and pride in her gymnastics. We keep in mind that for some, gymnastics is an extracurricular activity and for others, gymnastics is their life. It is an excellent way for them to maintain a high level of physical fitness, make friendships, and develop fundamental skills such as goal setting, experiencing the value of perseverance and dedication, practicing frustration tolerance and anxiety management. Participation in this sport is a great way to help raise a child who is resilient and successful in life.

23. Respect Everyone and their Property.

No rolling of the eyes, talking behind backs, swearing, stealing (if it doesn't belong to you then don't touch it), talking back to coaches, talking bad about another coach/ gymnast to another gymnast, or any other rude gestures or actions. Treat others the way that you would like to be treated. Respect your teammate's efforts and do not be a distraction to them by crying or being a bad sport. Always ask for permission to leave your class. This applies to leaving practice early, going to the restroom or calling home. Your coaches need to know where you are always.

24. Be there and on time for class.

The following are examples of legitimate excuses for missing or being late to gym;

-Seriously Sick (high temperature, throwing-up, contagious illnesses etc.)

We can work around mild aches and pains (If your arm hurts, we can work on leg strength). If you are having minor discomfort, talk to your coach and your workout may be adjusted. Parents let your coach know if there is a problem with your child such as injury, illness, or medication. Please communicate anything that may affect your child's ability to work out before class begins.

-Special Family Circumstance

Unforeseen incident such as serious illness in the family. Car breakdown on the way to gym is a legitimate reason. Please be reasonable and remember your team commitment.

-Religious Reason

You and your family's religious beliefs require you to miss class. -

Doctor's Appointment

Try to schedule appointments on days that you do not have gym, if occasionally a doctor's appointment is scheduled during gym time, it may be acceptable. If you do go to an appointment during gym class, try not to miss the whole class, come either before or after the appointment.

-Mandatory School Function

Field trip, school drama/play, projects, or other events in relation to your school grades is an excusable event. Please make sure you notify the coaches ahead of your event.

If you will be late or absent from class it is required that your **parent should call **before the class even starts**. It worries the coach if a child is not in class without prior notification because some kids ride a bus to the gym and the coaches don't know what could have happened to the girl if they aren't in class and no phone call has been made. Any time you miss class please be considerate and have your parent call the gym to let the coach know why you will not be attending class. If a phone call is not made or message on the answering machine is not recorded by the end of the class period on the day you were absent for, then the absents will automatically be recorded as "unexcused" and this may affect your participation in the next meet.*

25. Be at all practices in order to compete.

You must attend all practices, or you will not be allowed to compete in the next meet. Making up practices is **NOT** an option! If you miss your scheduled practice you will not be allowed to make up class. If 2 or more members of the same family have different meet schedules that affect their practices, their workout schedule will be adjusted. For safety reasons, if you are too sick to come to practice for 2 days or more during your meet week, you will not be allowed to compete. However, if you are sick for a day and you have a doctor's release stating that you are fit to compete in a gymnastics meet then you may be allowed to compete. When you show up for practice and you are contagious e.g. High fever, early stages of bronchitis, influenza or any other diseases that are deemed contagious, that means you are sick and you will be sent home.

26. Before or After Class Policy.

You must be in an appropriate gym suit (spandex shorts are okay), **NO** loose fittings like T-shirts, shorts, pants, etc., are to be worn during workout without coaches' permission. Hair should be done before class, not during class and should be off your face! If you are ever in the gym at a time when you are not in class, you are not allowed to be on any equipment without coaches' supervision. You can on the other hand, sweep the floors, clean out the refrigerator, pick up trash, change the liners in the trash cans, clean the locker room, at any time. If you are early for class, please be seated in the gym. No horse plays in the foyer or any part of the gym! If you are not picked up after your class is done, you are to remain inside the gym where your coach can see you, until your parents can come inside to pick you up. **NO WAITING OUTSIDE WITHOUT SUPERVISION!**

27. Office Rule.

Gym offices are not a socializing area for gymnasts. However, gymnasts may be in the office if they need assistance from the coach or office personnel.

28. Break.

No waiting or hanging outside during break without supervision of a coach or parent. No garbage should be left out after break. It is your responsibility to clean up after yourself!

29. Keep a Positive Attitude.

While at practice and at meets, it is always important to be positive. Do or attempt all the skills you are asked to do. Don't talk back or make negative comments to your coach. Make sure you understand what you are asked to do. Look coaches in the eye when they are talking to you. Refrain from;

- a) Not watching or not listening to your coach.
- b) Talking when a coach is talking.
- c) Whispering in ears.
- d) Turning and walking away when a coach is talking to you.
- e) Arguing.

30. Water Bottles.

While it is a requirement for every team member to bring at least one water bottle, you are not allowed to share it with anyone! Water bottles should be kept at a designated area to avoid wasting time when you must leave the event for a drink. Write your name on the bottle!

31. Team.

Work together as a team. Applaud each other's successes. Encourage each other to keep trying and be supportive.

32. Other Sports.

You are not allowed to take part in any other sports that will interfere with your practices and meets during season. Please note that taking part in another sport while training in gymnastics can lead to fatigue and serious injury. At a high level of gymnastics, the body and mind must be working together to achieve success and safety. If your athlete is considering other sports, please make an appointment with the director to discuss this prior to signing on to a team. When participating in other sports do not have high expectations for your athlete to improve in gymnastics but rather expect her performance to diminish. If you decide to take part in a different sport after your competition season, your workout schedule will not be adjusted, and tuition will not be prorated.

33. Personal Properties.

No personal belongings should be left in the gym area, bleachers or on the floor by the cubbies area! Please use your cubbies to store your stuff. Any items unclaimed in the gym shall be sent to Goodwill.

Cell phones are required to be checked into your coach at the beginning of practice and will be returned at the end of practice. Please have a zip lock bag with your child's name on it for them to put their phone in when they give it to their coach. If you need to reach your child, you are welcome to contact their coach or director during practice and they will relay the information or have your child contact you.

34. Team Events.

Every team member is expected to take part in any event planned during team work out time. For example, if a BBQ is scheduled during workout time, everyone is expected to attend and stay until their usual gym time! **Demo's** participation is required for team members.

35. Everyone is Expected to do their Very Best.

Working to become a better athlete and person comes from self-motivation. If you really don't want to attempt your skills, then you shouldn't be in competitive gymnastics. Don't drag everyone else down by not doing your skills and if you consistently don't feel comfortable with your skills then you are in the wrong **LEVEL!** Be considerate and respectful to other gymnasts by leaving negative energy outside the gym! If you really want to be a successful gymnast, the coach should not have to beg and plead with you to get you to do your work. You should be working your hardest to achieve perfection and learn to **trust you coaches.**

Remember: Perfect Practice Makes Perfect Performance!

36. Stealing.

If you are caught stealing or in possession of something that doesn't belong to you without the owner's permission, then the following is going to be applied;

- **1st time offender will get one-month suspension from the gym.**
- **2nd time offender will be dismissed from UVG for good.**

37. Uniforms - Warm up sweats, Warm up suit and Competition Suit.

All team members must compete in an official Umpqua Valley Gymnastics suit. These are required and must be clean and in good condition. When traveling to meets always carry your competition suit on a hanger. Warm up suits are required for march in and awards. Always make sure you have your GRIPS and everything you need. Only similar color of socks to pants is allowed during warm-ups.

38. Dress Code.

Hair should be clean, done, off the face and neck. Must be ready before entering meet facility! No Jewelry or Dangling Ear rings are to be worn at meets! Visible body piercing(s) and tattoos are strictly prohibited by the USAG and will result in a disqualification from the meet.

39. Music & Movies.

To induce a mindset that is focused, yet relaxed, the gymnast should explore what types of music and movies that help create feelings of confidence and success while maintaining sense of ease. Some gymnasts do best with movies and music that relaxes them, whereas others will prefer watching an inspiring movie or listening to an upbeat, energetic music. Once a gymnast knows the type of music that best fits her personal preference for creating a focused and relaxed mindset, she can watch the movie the day before and listen to music the day of a competition to help attain her ideal level of physical and mental arousal needed to achieve a peak performance during a competition. During a long wait in a meet, gymnasts can listen to their iPod or mp3 player as long their coach approve.

40. Goal Setting.

The gymnast should set goals for every event for both the entire season and for each individual meet. Goals should be specific, observable by others and realistic, yet challenging. The goals should focus on behaviors that the gymnast can control, not on outcomes, like placement and scores, because these variables are beyond the gymnasts' direct control. An example "to stick my landing" or "to keep my legs straight on my front handspring" The gymnast should be able to watch a video of her performance and be able to determine if she met her goal. She should not have to wait for the judge's score or coaches' feedback to know if her goal was met. Having goals will increase gymnasts' motivation and focus while helping them to build a sense of success and mastery as they begin to meet their goals.

41. Visualization.

A gymnast should experience a success in her imagination. Visualize performing each routine and skills exactly the way she wants to do them. Mental practice of success will help build self-esteem, gain confidence, and strengthen the neural pathways in the brain that are used when she correctly executes a skill. Each night the gymnast should watch herself doing each of her routines at a competition. She can then use visualization in practice before doing her routines. This will help to develop mastery of this skill that she may use at a competition while she is waiting her turn to perform on an event.

42. Meet.

Be courteous, respectful and polite to all meet officials, coaches, hostesses, competitors and associated persons. Once Open Warm up starts you are required to stay with your coach and the team members. You may not go to your parents during the meet. After you have been dismissed by your coach, you may leave the competition area. **All gymnasts are expected to stay for the awards ceremony in their warm up suits.** No playing around during the meet, you are required to stay focused throughout the entire meet and be in your best behavior. Exhibit self-control and calmness in case of a fall or injury.

43. Junk Food.

Absolutely no candy, ice cream, soda, etc. before or during practice and meets! Any violation of this policy will result in a gymnast not allowed to take part in practice or meet. Eat healthy food only! During the meet, your coach may designate a snack time depending on your event rotation. No food allowed in the competition area! **If you show up to practice or a meet with junk food, you may be sent home.** **If you need help with knowing what a healthy snack might look like for a gymnast, please let us know and we will offer some suggestions.**

44. Dropping from Team.

Compulsory gymnasts (level 3, 4 & 5) can quit UVG team once and still be eligible to return to team in future. If Optionals (level 7, 8, 9 & 10) quit UVG team, they have 30 days to decide if they wish to continue with team gymnastics or not. Both compulsory and optional gymnast and their parents will have to set up a meeting with the director and the child's coach if they wish to return to team. If you drop from team during the season, the family will be responsible for team fees for the remainder of the season.

USAG CODE OF ETHICS.

45. Obtain an Athlete or Introductory Athlete (Levels 1 or 2 and Xcel: Bronze, Silver, Gold, Diamond, Platinum) Member number from USA Gymnastics Member Services and be prepared to show her membership card at any USA Gymnastics sanctioned event in which she participates.
46. Be competent at Level 1 through 3 prior to participating in Level 4 meets.
47. Perform to the best of her ability in the meet.
48. Be familiar with the rules of the meet and schedule of the meet events and lineup.
49. Be present at the site of the meet for sufficient warm-up.
50. Remain in the area of competition designated for gymnasts, as competitors or as observers.
51. Obey warm-up regulations and rotation schedules. Conform to the regulations of the meet. Upon violating its rules, the Meet Referee may warn her once; the second time she shall be told that her right to continue competition is terminated for the remainder of the meet.
52. Present herself in the proper attire (No bare midriffs, backless leotards, *leotards with "spaghetti" straps*, T-shirts or Boxer shorts). **NO underwear (including sport bras) should be exposed.** The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone. A deduction for inappropriate attire will be applied for any infraction. Sleeveless leotards, as well as gymnastics footwear, are permitted for competition. Only competition suit and warm-up uniform that includes jacket and pants should be worn for opening, award, and closing ceremonies.
53. Be well groomed in her appearance:
 - a. Clean attire.
 - b. Hair secured away from the face.**C. No jewelry, except for one pair of stud earrings (one in each ear).**
54. Accept the received score without criticism or comment.
55. Remain in the areas designated for competitors always while not performing, with all her belongings in her competition bag neatly placed out of sight.
56. Eat or drink outside of the competition area (exception; water bottles should be allowed, or a water fountain should be accessible for athletes to stay hydrated.)
57. Be courteous, respectful, and polite to all meet officials, coaches, hostesses, competitors, and associated persons. •• Turn off cell phone (or set at vibrate mode) while in the "field of play" to avoid disturbing the competition.
58. Exhibit self-control and calmness in the case of a fall or injury.
59. Be aware that infringement of obligations could lead to deduction and/or expulsion by the jury.
60. Flash her vault number at state level and above optional meets.

MEET PROBATION LADDER

Failure to follow the Competition policy will then result in the following:

1st Step

Verbal Warning is given to gymnast.

2nd Step

Scratch the rest of the events in that meet.

3rd Step

Sit out in the next meet including State or Sectional meets! If the offense is very serious then the 1st and 2nd steps maybe bypassed.

WORKOUT PROBATION LADDER

1st Step

Verbal warning is given to gymnast usually accompanied by some sort of constructive strength.

2nd Step

Gymnast takes a forced time out of class on the bleachers watching class without talking to other gymnasts.

3rd Step

One day suspension will be enforced and gymnast's participation in the following meet will be re-evaluated.

4th Step

A gymnast spends one-week probation at home without attending class, which then prevents them from competing the following meet.

5th Step

Gymnasts will not be allowed to come back to team.

**If you or your child ever feels like they are being treated unfairly or have a problem with anything that is happening in class or with a coach, please set up a meeting with the director to discuss those issues.*

Coaches' Note

We as UVG coaches will do our best to treat every gymnast fairly, keep a positive attitude always, and coach to our best ability. We hope that this policy will help our girls be the best, not only gymnasts but people, that they can be. We care for each one of them and we hope to be special mentors in their lives.

Parents note, you are more than welcome to talk to or set times with your child's coach about their progress. If time doesn't permit, coaches are more than happy to call you at a convenient time. Any other issues concerning your child or coaches should be directed to the director

Sincerely,

UVG Coaches and Director

If you have any questions, please call

541-672-3534

or email uvgdirector@gmail.com

