

Waynesboro Area YMCA
Gymnastics Team
2020-2021
Handbook and Guide



YMCA Program Supervisor

Denzel Davis

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Coaches

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Gymnastics Team Parents

- Meetings are held every 1st Monday of each month at 630pm in Teen Center. The first meeting of this season is October 1st. The final meeting is Monday May 3rd. It is mandatory that you attend the first and final meetings as well as those that are designated for fundraising. We truly need everyone's participation to ensure the success of the gymnastics program.
- Expectations and Communication

Meeting Schedule

October 1st

November 2nd

December 7th

January 4th

February 1st

March 1st

April 5th

May 3rd

Communication

EMAIL: Meeting minutes, important parental announcement, and signup sheets will be sent out via email. Please make sure you provided updated email address that you check **regularly**. All email correspondence will have "**Waynesboro Area YMCA Gymnastics Team**" in the subject line.

FACEBOOK: There is a private Facebook page that you can join. Pictures of our team will be posted on this page. The page is "**Waynesboro YMCA Gymnastics Team**" – just ask to join.

Fees

Gymnastic Team Payment Options

EFT

Full
One Payment

Auto installments
Seven Payments

Member

\$420

**Due at the of
Registration.**

Member

\$60

**Auto Drafts on the
15th of each month**

** Monthly Fee will be auto drafted by the YMCA from your specified account.

YMCA Membership

All gymnast participating on the Waynesboro Area YMCA gymnastics team must have a YMCA membership. Your membership must be in good standing prior to the first day of practice.

USAG Gymnastic Membership Fees

The current fee is \$63.00 per gymnast. This is due by November 5th for the gymnasts to participate in the scheduled meets. If your gymnast is not competing this year, this will not apply.

Uniforms

Girls Leotard	Approximately \$64
Girls Warmup	Approximately \$67
Boys	Black shorts and t-shirt

Uniforms will need to be purchased by the October 26th deadline, so that the team is ready for competition and are required for team pictures in the winter.

Competition Fees

- Registration forms will be passed out to gymnasts and information passed along via Facebook and/or email with details about each competition, including fees. Cost varies per competition. Late entry may not be approved for participation. If a late registration is approved, a late fee may be applied, which the gymnast is responsible for. No refunds will be issued unless there is an extenuating circumstance that is approved by the coaches.
- **All meet fees that follow are payable to the GPA. Checks can be written out to the GPA only and should only be turned in to Toya McCleary or Denzel Davis with the appropriate forms, before practice.**
- Please be aware that the competition schedule is tentative and can change. We will communicate any changes as they occur. There is generally one meet per month with State competition usually in late April or early May.
- Meet session and times are usually not available until 1-2 weeks prior to the actual competition date. The GPA will do our best to get the information out as soon as it is made available.

Grievance Protocol

We attempt to run the team to the best of our ability. However, we are unable to foresee every challenge and concern that may occur. Please do not let your concerns go unaddressed or assume it cannot be resolved. We want to address all concerns before they grow into major issues. **Do not take your issues to other parents or athletes.** Any issues not brought directly to your coaches or the Program Director cannot be resolved in an efficient and appropriate manner.

If a parent or guardian has a concern with their child, they must follow the outlined steps:

- Discuss the issues first with the gymnast coaches (NOT DURING PRACTICE HOURS! SET UP A TIME!)
- If the problem cannot be resolved by the coach, then bring it to the Program Director.

Promotion Policy

The following are the requirements which must be met before your gymnast can proceed to the next level as YMCA Gymnast:

- They must average a 35.00 all around during the competitive season.
- The gymnast must have all skills for the level at which they wish to be promoted **consistently**, work hard at practice and consistently attended practices and competitions.
- They must be in good standing with the Y.
- Final decisions are at the discretion of the head coach. That decision is final.

Discipline in the Gym

Discipline in the gym is vital if injuries are to be kept to a minimum. It's the athlete's responsibility to use the equipment safely and to behave in an orderly and respectful manner. If this is not strictly adhered to, then disciplinary action will be taken.

Disruptive, bullying or distracting behavior is unacceptable. This is the recommended disciplinary protocol; however, it is the coach's decision as to the appropriate level of discipline required:

- Verbal Warning
- Time Out within group (may include conditioning off to the side)
- Parents phoned to come and pick up their child or scheduled conference.
- One practice/competition suspension (without refund for fees paid)
- 2-3 practice/ competition suspension (without refund for fees paid) Removal from the program (without refund for fees paid).

Practice & Team Rules – For Gymnast

1. All practices should be attended. Team members are expected to be on time and dressed appropriately.
2. The appropriate attire for practice is gym shorts and leotards. Hair must be pulled back. No jewelry or fake nails.
3. Please do not come to practice with an upset stomach, headache, or fever. These could be signs and/or symptoms of a contagious illness.
4. Parents, we ask that before practice that you do a self-health assessment on your gymnast before coming to practice. If your gymnast is experiencing any COVID-19 symptoms, please do not bring them to practice and notify Denzel Davis.
5. If early departure from practice is necessary, the coaches must be notified or have a note from the parent at the beginning of practice.
6. Gymnasts are not permitted to be on any equipment when there are no coaches in the gym or during set up and tear down. If this rule is broken, you will be asked to sit out for a minimum of 10 minutes.
7. When coming to practice gymnast are required to bring a water bottle and flip flops. Chalk will be supplied in a Ziplock back with your gymnast name on it.
8. Gymnasts must have permission from the coaches before leaving the gym. This pertains to going to the restroom, getting a drink, or leaving at the end of practice unless otherwise arranged with parents. Shoes must be worn when outside the gym.
9. Gymnasts are required to help with set up and tear down of all equipment. Assignments will be given at each practice.
10. Gymnasts are required to participate in team conditioning. This will be done at the beginning and end of team practice.
11. Gymnasts are required to treat all members of the coaching staff with respect. When receiving coaching cues or corrections it is expected that you face the coach and listen.
12. Any destruction to property or bullying will not be tolerated and gymnasts will be dismissed from the team immediately.
13. Disruptive behavior, vulgar language, or gestures will not be tolerated and will be cause for immediate dismissal and parent pick up.
14. Horseplay is forbidden in the gym.
15. All injuries must be reported to a coach immediately no matter how minor.
16. We have tape for occasional needs. If you need it for every practice, please supply your own.

Practice & Team Rules – For Parents

1. Your gymnast must be picked up immediately after practice. If you are continuously late, we will apply a "sitting fee" to your account. Gymnasts may not leave the gym unattended or without a guardian. You must walk in to pick up your athlete!
2. **PARENTS ARE NOT ALLOWED IN THE GYM TO WATCH THEIR GYMNAST PRACTICE.**
3. In event of inclement weather, cancellations will be sent out via email, Facebook, and via telephone by 2:00 pm. Please make sure your email and telephone number are updated in our system.
4. Please regularly check your email. If you are not receiving emails, please check your spam as well.
5. **Unless called in by a coach, parents are NOT** allowed in the gym area. Please have your gymnast tell their coaches if they are leaving early. Parents are not permitted to walk into the middle of a practice to take your gymnast, tell your gymnast something, or give something to them.
6. All gymnast participating on the Waynesboro Area YMCA gymnastics team must have a YMCA membership. Your membership must be current prior to the first day of practice.
7. Meet entry questions should emailed.
8. If parents have questions for the coaches about their gymnast's competition or progress, they should send an email so that coaches can schedule.

Competition Guidelines

Gymnastics meets are for the gymnasts to exhibit the skills that have been acquired throughout all the long training hours. The opportunity to attend meets is obtained by hard work in the gym during practices, overall attendance, and good behavior. To attend a meet, the athlete must have good consistent attendance at practices. If repetitive absence, injury, or inconsistent performance occurs, the head coach reserves the right to decide if the athlete can compete and this decision is final.

If athletes are to enjoy the meet and do their best, they must do the following:

- Arrive 15 minutes before stretch time.
- Hair must be pulled back. No jewelry or nail polish. Ponytail may not fly around.
- Gymnasts must stay seated throughout the competition unless coaches say otherwise.
- All team members must be in their competitive uniform to receive awards.
- Gymnasts must stay with their team until the award ceremony is completed.

- Be prepared to be respectful, positive and act with great sportsmanship. Any unsportsmanlike behavior and emotional outburst will not be tolerated.
- Avoid competition between your team members.
- Lastly, all athletes are to have fun!

Parent Role during Competition

- When attending away meets, please have your gymnast arrive 15 minutes before warming up. If you are having any issue finding the meet location, please contact one of the coaches.
- Parents are encouraged to cheer for all team members and be courteous and respectful to the other gymnasts and spectators.
- Parents are not permitted onto the gym floor at any time during the meet. This can result in the judges disqualifying our team.
- Parents are **not** to express their concerns or inquiries directly to the judges or any meet official.
- Plan to attend the awards, the gymnasts cannot leave their teammates until AFTER the ceremony.
- Scores will vary from meet to meet. You, as a parent, should only look for a total improvement by your gymnast throughout the season. Do not compare our gymnast's scores to another.
- Parental support is very important. Try to encourage your gymnast and understand that everyone has a bad day.
- Positively and appropriately support all athletes.
- Remember gymnastics competitions, although competitive, should still be fun!
- Be proud of your gymnast and club, WE ARE!

Qualification Requirements for States

Level	Qualification
Silver	Must attain one all-around score of 35.0
Gold	Must attain one all-around score of 35.0
Platinum	Must attain one all-around score of 35.0
Diamond	Must attain one all-around score of 35.0
Four	Must attain one all-around score of 34.0

Emergency Contact and Parental Consent

Child's Name _____ Date of Birth ____/____/____

Address _____ City _____ State ____ Zip Code _____

Home Phone _____ Cell Phone _____

Email _____

Emergency Contact (In the event parents cannot be reached) _____

Relationship _____ Home Phone _____ Cell Phone _____

Child's Physician / Medical Provider _____ Phone _____

Child's Allergies _____

Child's Additional Medical Needs _____

Parent / Guardian signature is required for each item below to indicate consent

Obtaining Emergency Care

Administration of Minor First Aid Procedures

The gymnast, in attending the gym and using the facilities, does so at their own risk. The Waynesboro YMCA shall not be liable for any damages arising from personal injuries sustained by gymnasts in or about the premises. Gymnast assumes full responsibility for all injuries and damages which may occur in or about the premises. The gymnast does hereby fully and forever release and discharge the

Waynesboro YMCA, its staff, directors and officers, the employees and agents from any and all claims, demands, damages, right of action, present or future, resulting from or arising out of the gymnast's use of the gym and or its facilities.

If I am unable for purposes of providing parental consent, I hereby authorize the physicians and staff in the emergency department of the Waynesboro Hospital to provide such hospital care that includes diagnosis procedures and medical treatment as necessary to my minor son / daughter while enrolled in the Waynesboro YMCA gymnastics program. Medical treatment may be given to my son/ daughter without and further permission from the undersigned. I understand that I will be contacted as soon as possible if my child is brought to the hospital for treatment.

Parent / Guardian Signature _____ Date ____/____/____

Competitive Gymnastics Team Commitment

I / we have read and accept the Waynesboro YMCA competitive Gymnastics Team information, rules, and responsibilities included in the attached manual. _____ has my / or consent and permission to participate in the Waynesboro YMCA Competitive Gymnastics Team program at level ____ or Excel _____ for 2020-2021 season. As stated on the consent form, I / we release the Waynesboro YMCA Gymnastics program, its staff and directors from all responsibility and / or liability in case of accident or injury to the above-named child. As with any activity involving height and motion, I / we are aware of the risk of the serious injury, paralysis, or even death resulting from participation in gymnastics activities.

I / we make a commitment to support this program through my words and actions and to fulfill all obligations to the best of my ability. If I have a disagreement or problem with the staff or program, I will contact the coaches first to attempt to resolve the situation. If at any time I feel that this is no longer the program that is best for my child, I will stop his / her training at this facility. I also understand and agree that if at any time my actions or words become detrimental to this program, I may be asked to remove my child from the program.

As the coaching staff has made a professional commitment to the gymnast, the gymnast and his / her family also commit themselves to the completion of the entire season. By signing this form also commits the gymnast and family to their financial responsibilities described in this handbook.

Facebook is a tool that we will use for communication and informational purposes only. I understand that my child's name and or photo may be published and displayed on the team's Facebook page. It is a closed, private page, and therefore it is my choice to become a member. By signing this form, I am acknowledging that I give my consent to have my child's name and / or photo published on the Waynesboro YMCA Gymnastics Team Facebook Page.

Parent / Guardian Signature _____ Date ____/____/____

Parent / Guardian Signature _____ Date ____/____/____

I have read the team rules and gymnast responsibilities. I understand these and will make a commitment to do my best to fulfill my responsibilities on this team.

Gymnast _____ Date ____/____/____