

Waynesboro Area YMCA GYMNASTICS TEAM
Together We Can Do Anything
2022 - 2023
Parent Handbook



GYMNASTICS

Waynesboro Area YMCA
810 E Main St
Waynesboro, PA 17628
717-662-6012 (YMCA Main Line)
www.waynesboroymca.org

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS COACH

Toya McCleary
toyabmccleary@gmail.com

YMCA SPORTS AND REC DIRECTOR

Tim Zeigler
tim@waynesboroymca.org

GYMNASTICS PARENT REPRESENTATIVE

First Name Last Name
email

GYMNASTICS TREASURER

First Name Last Name
email

TEAM REPRESENTATIVES MEETING DATES:

October 3, 2022
December 3, 2022
April 3, 2023

All meetings will be held at 6:30 pm in the YMCA Conference Room

PRACTICE TIMES

Monday and Wednesday from 5:00pm – 7:00pm
Friday from 4:00pm – 6:30pm

**A Waynesboro Area YMCA Gymnastics
Team member will exhibit the values of
caring, honesty, respect, and responsibility
AT ALL TIMES.**

Waynesboro YMCA Gym

1. Synergy Season Kick off

10/22-10/23/2022

Invitational Frederick MD.

Reg now - 10/8 (end date)

All Levels \$85 (write check out to GPA)

Make Checks Payable to Synergy Sportz, Ltd
(the coach will send a check)

Mail to: Season Kick off

4950 Winchester Blvd. #2

Frederick MD 21073

2. Harvist Moon TNT Gymnastics

11/19-11/20/2022

Invitational Hagerstown MD.

Reg. Due Oct 14th

All Levels \$100 (write check out to GPA)

Mail to: 16038 Business Parkway

(the coach will send a check)

Hagerstown Md. 21740

3. Frosty Frengy Meet TNT Gymnastics

1/14-1/15/2023

Invitational Hagerstown MD.

Reg. Due December 9th, 2022

Meet Director/Contact Jeanna Hughes

All Level \$130, (write check out to GPA)

Team fee \$50 (if we want to do)

Mail to: 16038 Business Parkway

(the coach will send a check)

Hagerstown Md. 21740

4. Anti Bullying Invitational Synergy Sportz

1/20-1/22/23

Invitational Carroll County Agriculture 706 Agriculture Center
Westminster, MD 21157

Reg now - 10/31 (end date) early bird registration \$120 per

by 9/15/22 **Custom Leotard All Gymnasts will receive a
Leo - Sizes must be received by 11/15/22**

All Levels \$130 (write check out to GPA)

Danelle Shipley Arena

Carroll County Agriculture Center

706 Agricultural Drive

Westminster, MD 21157

5. Rainbow Classic 35th annual Waynesboro

1/28-1/29/2023

Invitational Waynesboro, PA

Reg now - Dec. 9th for Free Team Entry fee

All Levels \$100 (write check out to GPA)

Rainbow Classic T Shirt for All Participants will need s

PARENT RESPONSIBILITIES

- To show interest, enthusiasm, and support of your child and others.
- To work as a team with other parents and coaches and communicate effectively with one another.
- To actively support the program and GPO through positive attitudes, comments, and actions.
- Please call if your child cannot attend practice or will be late or leaving early. You may prefer to send in a note if you know in advance of a necessary absence. Indicate the date(s) of absence.
- Any gymnast missing practices during the two weeks prior to a competition will not be allowed to compete in that competition unless approved by his or her Coach.
- If you are late picking up your child and the gym staff is unable to stay, your child will wait at the front YMCA customer service desk provided the Y is open.
- 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. If the problem cannot be resolved by the coach, then bring it to the Sports and Rec Director.
- If at any time your actions or words become detrimental to this program, you may be asked to remove your child.

GYMNAST RESPONSIBILITIES

- All scheduled practices should be attended.
- Participate in each team meet event.
- To work hard and honestly in all training areas.
- To take care of the gym equipment and keep the training area clean.
- To treat others as one would like to be treated.
- To actively support the program through positive attitudes, comments, and actions.
- Participants in the gym before the start of practice may NOT get on any equipment.
- All team members are asked to keep a strong attendance policy. Times and days for each level vary depending on the skills required at each level. Attending practices regularly will help the coaches and gymnast achieve requirements safely and with less frustration. **The best practice is to be at practice!**
- To always display good sportsmanship!
- Gymnasts are required to help with set up and tear down of all equipment. Assignments will be given at each practice.
- Gymnasts are required to participate in team conditioning. This will be done at the beginning and end of practice.

TEAM LEVELS

- **COMPULSORY:** These are the beginning levels of competition in which the gymnasts perform a set routine that allows for no changes from the text established by USA Gymnastics. Girl's levels 3-5 and Boy's levels 4-6 are considered compulsory.
- **OPTIONAL:** The more advanced levels of competition in which the gymnasts perform routines they create along with their coach and choreographer that meets the skill value requirements for their level of competition. Girl's level 6-10 and boy's levels 7-10 are considered optional.
- **Xcel:** We currently have girls competing at the Silver, Gold Platinum and Diamond levels of this USA program. These levels are able to perform routines they create along with their coach. This program is considered more recreational for our team.

PROMOTION

- Must average a 35.00 all around during the competitive season.
- Must be in good standing with the YMCA.
- Final decisions are at the discretion of the head coach.

COMMUNICATION

- **EMAIL:** We must have a current email address. Information will be emailed to you throughout the year. All email communication will have "Waynesboro Area YMCA Gymnastics" in the subject line.
- **QUESTIONS:** Parents should communicate with their coach first. If the coach is unable to assist with the problem parents should contact the Sports and Rec Director.
- **SCHEDULE:** Will be given out in Parent Meeting with event meet dates for the year.
- **REMIND 101:** You will be sent an invitation to join me on remind 101. Joining me will allow you to receive text reminders to your cell phone about upcoming events or due dates.
- **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.

TESTING

- Skill requirements given by USAG to move up through the level system will be used. Each gymnast is individual and the recommendation to move to the next level will be given in May or the beginning of June each year. Gymnasts can move up to the next level at any time of the year at the coaches' discretion.

INJURIES

TEAM RULES

- Disruptive language, vulgarity, bullying, destruction to property, or distracting behavior is unacceptable. You will be asked to leave immediately.
- Please do not come to practice with an upset stomach, headache, or fever. These could be signs on symptoms of a contagious illness. Parents, please do a self-health assessment on your gymnast before coming to practice.
- NO "horse play" is tolerated in the gym.
- WE ARE NOT RESPONSIBLE For LOST OR STOLEN ITEMS. Please leave ALL valuables and money at home!!
- Gymnasts are required to treat all members of the coaching staff with respect.
- When coming to practice gymnasts are required to bring a water bottle, flip flops, and running shoes. Chalk will be supplied in a Ziplock bag with your gymnast's name on it.
- 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.

- All injuries in or out of practice must be reported. Please do not assume that your child cannot practice. Injured gymnasts will continue to work out with the team for stretching, conditioning, or whatever is possible while recovering. **The less time out of the gym, the better.**

PRACTICE ATTIRE

- NO jewelry is to be worn. This includes chokers and rings. Only stud earrings are allowed during practice. Belly rings are to be removed or covered with a Band-Aid underneath the leotard.
- **GIRLS:** Hair needs to be pulled back and out of the face.
- **BOYS:** Hair needs to be trimmed and out of the face.
- **GIRLS:** A leotard must be worn at practice. Biker shorts may be worn if necessary.
- **BOYS:** Shorts with a t-shirt tucked in is required.
- **BOYS/GIRLS:** A pair of good running shoes. Gymnasts will not be allowed to participate in running indoors or out without a running shoe.

DISCIPLINARY PROCEDURES

- Written documentation of all occurrences will be kept in the gymnast's file. A copy of the disciplinary action report is on the following page.

GYMNAST DISCIPLINARY ACTION REPORT

Date of Occurrence: _____ Occurrence: 1st 2nd 3rd 4th

Gymnast's Name: _____ Coach's Name _____

DISCIPLINARY PROCEDURES

- **First Occurrence:** Conference between coach and gymnast. Documentation of occurrence will be put in gymnasts file and given to parent.
- **Second Occurrence:** Gymnast will be removed from the practice (without refund or fees paid) and parent will be contacted. An Explanation for removal will be given to the parent. Documentation of occurrence will be put in gymnasts file and given to parent.
- **Third Occurrence:** Gymnast will be suspended from the gym (without refund or fees paid) for a period of time determined by the Sports and Rec Director and Head Coach. Documentation of occurrence will be put in gymnasts file and given to parent.
- **Fourth Occurrence:** A disciplinary action plan will be implemented. If unsuccessful, the gymnast could be removed from the program (without refund or fees paid). Documentation of occurrence will be put in gymnasts file and given to parent.

EXPLANATION OF OCCURRENCE:

Coach's Signature: _____ Date: _____

Supervisor's Signature: _____ Date _____

I HAVE READ THIS REPORT:

Gymnast's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

PARENT RULES & REGULATIONS

EXPECTATIONS: As a parent of a team gymnast, you are asked to actively participate in the GPO and its activities. Your participation is an important key to our team's success.

PICK UPS: Your gymnasts 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 into the building to pick up your athlete.

AWAY MEETS: All team parents are asked to support our team by wearing our team colors at all competitions. Please be respectful of judges and other coaches, teams, and athletes. Do not express concerns directly to judges or officials. Gymnasts must stay with team until the end of awards ceremony.

Inclement Weather: Cancellations will be sent out via email, Facebook, and telephone by 2:00 pm. Please make sure your email and telephone numbers are updated in our system.

PRACTICE: Parents are not allowed in the gym to watch practice.

NUTRITION: Please have your gymnast eat a nutritious meal 1.5 hours prior to the open stretch period. A snack is okay only if the competition is a long one.

TRANSPORTATION: You are responsible for transporting your child to away competitions. Have your gymnast at the competition site at least 15 minutes before open stretch and bar sets. Gymnasts need to be dressed and ready at this time. This includes hair done, NO nail polish and NO jewelry.

FEES

- **AUTOMATIC INSTALLMENT:** \$85 drafts on the 15 of each month.
- **FULL PAYMENT:** \$765 due at the start of registration.
- All team members must maintain current YMCA Membership.

COMPETITION FEES

Meet Entry Fees: Registrations will be emailed with details about each competition's fees. PAYMENT must be received by the **due date** to attend. If you fail to turn in your payment by the due date, there is no guarantee that your gymnast may be approved for late entry. If late entry is possible, you will be responsible for any fee that the host club may request. If you decide not to attend after your gymnast is entered a refund is not usually possible.

UNIFORM COSTS

- **SHIRT COST:** TBD
- **LEOTARD COST:** TBD
- **PANT COST:** TBD

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 Area 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 Area YMCA, its staff, directors and officers, the employees, and agents from 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 Area 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 Area YMCA competitive Gymnastics Team information, rules, and responsibilities included in the attached manual.

_____ has my / or consent and permission to participate in the Waynesboro Area YMCA Competitive Gymnastics Team program at Excel _____ for 2023-2023 season. As stated on the consent form, I / we release the Waynesboro Area 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 ____/____/____

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 ____/____/____