



## GLIDER'S TEAM/PARENT HANDBOOK

### **Beginning team:**

The official team season begins in September. Spring and summer team practices are offered for those who are trying hard to achieve the skills needed for the upcoming season. Gymnasts must have the skills required to compete at each level. By the end of the summer everyone will know where they will compete and begin the season as strong and confident as possible. (The gymnasts may bring home a skill sheet if they wish).

### **Team payment:**

Team season is from September through the State meet in mid-March. Payments are made by monthly bank withdrawals or in full. The second gymnast from the same family is \$10 less.

### **YMCA Membership:**

Membership is required of all team members.

### **Financial assistance:**

Strong kids program is available to apply for membership and in some circumstances team payments.

Fundraising opportunities are made available for gymnasts to earn money to pay for meet fees and team uniforms, and team apparel

### **Team uniforms:**

Leotards are ordered every 2 years, and cost varies \$80-\$100 avg. Leos are required. We will be ordering new Leos for this competition season.

Leotard payment is due with the order.

Warm ups and Glider apparel will be ordered and they are optional.

### **EXPECTATIONS FOR GYMNASTS:**

#### **PRACTICE:**

- 1. GYMNASTS MUST ENTER BY THE FRONT ENTRANCE**
- 2. CHECK IN AT THE FRONT DESK**
- 3. EXIT FROM THE FRONT DESK**
- 4. BE ON TIME**
- 5. PARENTS ARE ASKED NOT TO STAY DURING PRACTICES TO ALLOW FOR AN OPTIMAL FOCUSED PRACTICE**

#### **ATTENDANCE:**

It is vitally important for gymnasts to attend every practice that they possibly can. Gymnasts desiring to achieve the maximum of their abilities will practice at every available opportunity:

- If a gymnast cannot be on time and remain for an entire practice, they should notify the coach in advance if possible.
- Conflicts or questions concerning the practice schedule should be discussed with the head coach.
- Gymnasts missing the majority of practice during the week prior to a meet will not be allowed to compete for their own safety. Exceptions approved by head coach.

### **OTHER THINGS TO KNOW:**

- You are representing our team and the YMCA. Good conduct is required.
- Keep track of all your clothing and equipment. Label everything that is important to you. (leos, grips, sweatshirts...etc.) Check in the gym periodically for missing items, we collect a lot of socks!
- There are lockers available, but you must bring your own lock to keep your items safe.
- A healthy snack is advised prior to class. Food and soda are not allowed in the gymnastic center. Sport and water bottles only.
- Practice wear should be leotards, t-shirts, shorts or sweatpants. No sport bras only.
- **Cell phones are not allowed to be used during practice.** Use of cell phones and texting has become out of control. Your child's phone may be confiscated during practice.
- **Hair needs to be tied back securely for practice and meets.** Clips should be used, not bobby pins. (They fly out and they could be stepped on and become embedded in someone's foot)

### **Communication:**

EMAIL IS THE PRIMARY FORM OF COMMUNICATION. It is the easiest and most efficient method to ensure that everyone receives updates and information. Please check it, especially during competition season. **Please take the time to read them carefully as I often receive questions that are answered in the email that was just sent.**

Emergency contact forms are sent home and need to be filled out and returned a.s.a.p. to provide coaches with all important information regarding your child.

## **Meets**

### **What to expect:**

- ❖ Butterflies! Some kids get a little nervous before their first event. After that they are usually okay.
- ❖ You'll see many gymnasts warming up before the meet.
- ❖ There is quite a bit of noise and apparent confusion.
- ❖ Children and parents may become confused, nervous, and "lost" for the first couple of meets. Don't be afraid to ask questions; we've all been in this position. Every Y is set up differently, so every meet is a new experience for all of us.

## What to bring:

### **(Gymnasts will rotate during competition with the minimum: water, warm up, footwear)**

- ✓ Competition uniform
- ✓ Footies, slippers, or low socks
- ✓ Water bottle
- ✓ Grips, if you use them
- ✓ Slip-ons
- ✓ Personal supplies (hairspray)
- ✓ Extra hair accessories
- ✓ Team warm-ups
- ✓ Awards apparel: team uniform only
- ✓ Money for concessions. Food is usually available. Many meets offer the sale of gymnastics leotards and other novelties.
- ✓ Money for admissions and meet programs. The participants have paid their meet fees but spectators have to pay a small admission (usually \$5/ family & programs \$1-\$2)

## At meets:

The address for each meet is provided on your competition schedule. Please “Google” the address for directions. Please get to know the parents in your child’s level; ride sharing is a great opportunity. The Rotation Schedule for each meet will be emailed to everyone as soon as I receive them. Please check your emails. This will also tell you what time warm-ups begin and when our team begins competition. Don’t be late!

### **The competition coaches are:**

**Sheila O’Connor-Langlois 715-587-0760 [sheila\\_ymca@hotmail.com](mailto:sheila_ymca@hotmail.com)**

**Kelly Badker 715-923-3226 [kbadker@marinettecounty.com](mailto:kbadker@marinettecounty.com)**

**Tara Poquette 715-938-0095 [tpoquett@marinette.k12.wi.us](mailto:tpoquett@marinette.k12.wi.us)**

If you need to reach a coach the day of the meet, these are the #s to keep on hand.

## Meet Procedures

- Gymnasts must remain in the gym or team area.
- You are there to compete to the best of your ability; running around and horseplay will hamper your efforts. Sit or rest quietly in team area between events.
- At all meets, stay with your teammates at each event to cheer them on while they compete.
- There will be a team deduction of one point per occurrence of any inappropriate behavior such as, but not limited to, approaching judges or the scoring table by coaches, gymnasts, or parents. If there is any verbal disrespect by anyone, they could be asked to leave the facility as well as cause deduction for their team.
- Only coaches, registered gymnasts, one designated helper, judges, and hosting personnel will be allowed in the competition area.

A gymnast should present herself in the proper attire. A deduction for inappropriate attire will be applied for any infraction. **YMCA STATE RULES**

1. No bare midriffs, backless leotards, leotards with “spaghetti” straps, T-shirts or Boxer shorts.
2. NO underwear (including sport bras) should be exposed

3. The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone.
4. Gymnasts must change clothes in the designated changing area or restroom. They may not appear in underwear on the competition floor or warm-up area before, during or after the competition.
5. Be well groomed in her appearance:
  - a. Clean attire.
  - b. Hair secured away from the face so as to not obscure her vision of the apparatus.
6. No jewelry, with the exception of one pair of stud earrings (one in each ear). All other piercing should be REMOVED, not just covered with tape or Band-Aids.
7. Accept the received score without criticism or comment.
8. Eat or drink outside of the competition area (exception; water bottles should be allowed, or a water fountain should be accessible in order for athletes to stay hydrated.)
9. Be courteous, respectful and polite to all meet officials, coaches, hostesses, competitors and associated persons.
  - i. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area).

### **Awards**

Awards are usually held 20 minutes after each level is finished, but this may be hours after we compete if there is more than one session for a level, very common in level 2 or 3 Awards, unless otherwise stated, are presented to the top 30% in each age group and trophies to the top 30% of those with team scores. All gymnasts receive a participation award.

- You are only required to attend your own child's competition rotation. Staying for the Award Ceremony is optional.
- Only Leotards should be worn for Team March in and when going up to podium for awards. When they are sitting on the floor waiting, they can be bundled up in anything ;)
- The majority of competitions will have a lot of participants and not everyone will be up on the podium :( it's a life lesson on "Not everyone gets to win all the time"

### **Competition:**

Our season's competition schedule is available very early. We have streamlined the amount of competitions to maximize team participation. We are expecting that all families make their best effort to attend all meets for the season. Our home meet is January 21/22 2017. All gymnasts and families are required to participate in some capacity throughout the weekend.

- ❖ There will be fundraising opportunities for your child to raise money in September, October, and November.
- ❖ Meet Fees are due by November 15th

- ❖ Our office manager, Linda Crossman, will maintain fundraising or now, Escrow Accounts. She is available weekdays 9-1 or [linda@mmymca.org](mailto:linda@mmymca.org). All fundraising money will be placed and maintained by her. If you have a question about your balance, please contact Linda. Funds raised can be used for meet fees, and competition leotards, warm ups, or summer gymnastic camp, team events. (Not class fees)

### **Parents' Role**

Parents, working together with coaches, officials, and administrators have a unique opportunity to influence the lives of young athletes. Positive support will help the gymnasts develop to their fullest potential while clarifying their personal values. A strong working parents' group is the backbone of any competitive team. Any parent whose child is a participant on the Glider's team is automatically considered a member of the team.

- ❖ It is important for the parents to support team policies and procedures, and the coaches' decisions. By cooperation and working in close harmony, the parents and coaches can create an environment in which each and every Glider can have a worthwhile and rewarding competitive gymnastics experience.
- ❖ Parents should attend and participate in team parents' meetings.
- ❖ Parents will help plan for, set up, and clean up for our home meet and our team fundraising events.
- ❖ We have a parent team committee to address everyone's concerns and interests for our team.
- ❖ **Read all emails thoroughly and promptly.**

Thank you very much for becoming a member of our Glider Family. It is our hope as coaches, that your family will be a part of ours for many years to come.

Sincerely,  
Sheila O'Connor-Langlois and all of our Glider Team coaches.



**GLIDER'S TEAM/PARENT**

# **HANDBOOK**

Date: \_\_\_\_\_

I, \_\_\_\_\_

Parent or guardian of: \_\_\_\_\_

Have read the Parent Handbook and understand the commitment we are undertaking for the 2014-2015 Glider's Competition season