



Pharr YMCA

Gymnastics Team

2022-2023 Handbook and Guide

YMCA Program Supervisor

jmesser@gastonymca.org

Coach (Sarah Bohannon)

Pharrgymnastics@gastonymc.org

Team Philosophy

The mission of the Pharr Gymnastics Competition Team is to develop happy, healthy, and confident individuals. We strive to find a balance for our athletes that will allow them to be challenged at their current ability level while experiencing both personal and team success. It is our goal that each child develops to the best gymnast that they can be while learning both valuable gymnastics and life lessons.

This program will allow your child to develop her confidence, poise, individuality, mental and physical strength, determination, dedication, and self-respect.

Level Breakdown

The following is a breakdown of the levels within the Pharr Gymnastics Program.

Xcel Bronze: Beginner level of competition gymnastics. These athletes will learn all the beginning routines and requirements as well as work on some silver skills when ready. These athletes will compete at AAU sanctioned meets in the Charlotte and Greater Charlotte areas and will conclude their season with the State Championship Meet.

Xcel Silver: Beginner and Intermediate level of competition gymnastics. These athletes will continue to build a strong foundation of strength, flexibility, and skill acquisition with a focus on technique and performance. Silver athletes will showcase their routines in local and state competitions and will conclude their season with the State Championship Meet.

Xcel Gold: Advanced level of competition gymnastics, These athletes will compete at the local and state levels and will conclude their season with the State Championship Meet and the possibility of Regionals.

Xcel Platinum: The fourth level, or division, as it's called in Xcel gymnastics, is Xcel Platinum. The requirements in Xcel Platinum continue to progress from those in the Gold division. Gymnasts in the Xcel Platinum division typically have skills that are the equivalent of a DP Level 6.

Xcel Diamond: Xcel Diamond is the fifth level in the Xcel gymnastics levels. To compete in gymnastics in the Xcel Diamond Division, the gymnast must be able to do routines that meet these requirements, as stated in the Xcel Code of Points, and have scored a 31 All-Around as a Platinum level gymnast.

Xcel Sapphire: Newly added level division beyond Xcel Diamond for upper-level gymnasts to continue the sport in a safe and fun environment. A Division that would allow Xcel gymnasts to prepare for college Intramural sports or NCAA Acrobatics & Tumbling

Communication

Please make sure you provide an updated email address that you check regularly. All email correspondence will have "Pharr YMCA Gymnastics Team" in the subject line.

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

Important Contacts:

Sarah Bohannon

(925)-350-9024

pharrgymnastics@gastonymca.org

Competition Team Fees

Once paid, fees are non-refundable as fees are set based on the number of gymnasts at the beginning of each competitive year.

Below is an example of the price commitment that you will have once your child has been placed on team:

This is a 12 payment schedule and is broken up into monthly payments along with tuition to help even out the \$ money amount paid throughout the season, and due dates making it much easier on parents and staff alike.

Brief Explanation:

Competition entry fees: The cost of actually entering your child into a competition (Vary Each Year)

AAU Registration Fee: This covers insurance for the gymnast

* required across the country for all gymnasts to compete in AAU sanctioned events. This fee is a yearly fee that you will have to pay directly to the organization. (\$14)

Typically, the entry level competitive gymnasts' levels Bronze-Gold will compete in 3 competitions, and the possibility of a state and regional meet.

Uniforms will be purchased by October 1st, so that the team is ready for competition.

2022-2023 Team Tuition Rates

Bronze: \$90 member/ \$115 Non- Member

(4hrs/week) *Includes all meet fees and practices with exception of state

Silver: \$110 member / \$135 Non-member

(6 hrs/week) *Includes all meet fees and practices with exception of state

Gold: \$110 member / \$135 Non-member

(6 hrs/week) *includes all meet fees and practices with exception of state

Competition Uniforms:

Each gymnast will be sized for uniforms at the end of July. All new uniforms must be paid in full before any items are ordered. Uniform costs may vary between \$40-80 depending on what level your gymnast is and what uniform pieces they need. The uniform includes a leotard, bag, and warm-up jersey. We change competition leotards, warm ups, and bags every two years. Each year you will be responsible for replacing anything your child has lost or grown out of.

***We do not fit leotards for growing room!** Competition leotards are not meant to fit loosely like some workout leotards are worn. We fit them to "fit" and look presentable. When sizing we will go up a size if we feel they will grow out of that one during competition season but will not go up a size if it is loose and baggy

Practice Attire:

- All gymnasts are required to wear one piece leotards only. Other clothing presents a potential spotting problem and/or safety issue and are not deemed to be the standard of dress within our sport.
- Hair is to be pulled away from the face, and put up if it is of a length that will get in the way of spotting.
- No jewelry except stud earrings is permitted.

Competition

- 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 sessions and times are usually not available until 1-2 weeks prior to the actual competition date. The coaching staff 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 un-addressed 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.

Level Up 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 attend 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 to avoid injuries. 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 and must enter the gym with shoes on. Hair must be pulled back. No jewelry or fake nails. Gymnasts must also have water for their water breaks.*
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 Sarah Bohannon.*

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. If this rule is broken, you will be asked to sit out for a minimum of 10 minutes.*
7. *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.*
8. *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.*
9. *All injuries must be reported to a coach immediately no matter how minor.*

Practice & Team Rules – For Parents

- 1) In the 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.
- 2) Please regularly check your email. If you are not receiving emails, please check your spam as well
- 3) Meet entry questions should be emailed.
- 4) If parents have questions for the coaches about their gymnast's competition or progress, they should send an email so that coaches can schedule a meeting to talk.

Competition Rules & Policies

Competition is the main way for our athletes to showcase their hard work and dedication to their training. Representing Pharr YMCA on the competition floor is a privilege and one that we do not take lightly. We want our athletes to showcase gymnastics preparedness, respect, discipline, and good sportsmanship.

- Arrive at the competition venue at least 30 minutes prior to the open stretch period. Only come on the competition floor when advised by your coaches.
- Gymnasts are not to communicate with their parents or leave the gym floor until their competition is done and they are released by their coaches.
- Gymnasts are expected to be respectful of their coaches on the floor by following their instruction and paying attention during the meet. Gymnasts are also expected to be respectful of their teammates by cheering them on and congratulating them after each performance.
- Any negative behavior or disrespect on the floor will not be tolerated. This reflects poorly on the gymnast, the parent, the coaches, and the gym. These instances will have their consequences based on the discretion of the coach.
- The gymnast is required to stay through awards and all of their teammates' awards. If there is a conflict and the family must leave, please communicate it with the coach. (Coaches may not always be present at awards due to the scheduling of sessions and may have to be starting the next group of athletes)

Parents' Expectations:

- Please arrive at the meet site at least 30 minutes prior to the start of open stretch and have your child ready to pass on to the coaches when the coaches ask for them.
- Make sure your child has all of their competition attire. Make sure her hair is tied back and sprayed down so that it will last the duration of the meet.
- Make sure your gymnast has everything she needs during the duration of their competition (apparel, water, snacks) Most competitions last, on average, 3 1/2 -4 1/2 hours and awards may add to this time frame

- Once your gymnast comes onto the gym floor, please do not try to communicate with them in any way unless it is an emergency. When the competition is complete, the coach will release them to you.
- Do not communicate with any meet officials or judges during the event.
- Do not try to communicate with the coach about your child's performance directly following a meet. This is neither the time nor place. If you feel that certain things need to be discussed, please schedule a meeting for the following week.
- In the event that your gymnast is injured during a competition, please do not come onto the floor unless the coach signals you to. There are professionals in place at all meets to take care of any injuries.
- When preparing for an out of town meet, please keep in mind travel time associated with the gymnast and their competition. If the meet is at least 4 hours away, it is recommended that you drive up well in advance or the night before to give the gymnast ample time to rest and recover from travel.
- **ALL COMPETITIONS ARE MANDATORY!** If for any reason, there is a conflict with a competition weekend, please contact the program director as soon as such conflict arises and fill out a Meet Absence Form. If a meet deadline has passed prior to the conflict arising, your family is still responsible for the fees associated with the competition.

-Parents are encouraged to cheer for all team members and be courteous and respectful to the other gymnasts and spectators.

-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! o Be proud of your gymnast and club, WE ARE!

MEET ETIQUETTE

Arrival

- o • Please arrive at your meet 30 minutes prior to your check-in time.
- o • If you are going to be late, please call Coach Sarah and immediately let me know of your situation.

2. All Gymnasts:

- o • Please leave your winter coat or anything extra that does not need to be in your gym bag with Mom and Dad prior to heading down to the competition floor.
 - Please arrive to the meet in your competition leotard and warm ups already on and your hair done.
- o • Remember to remove nail polish from fingers and toes and remember only one stud earring is allowed.
- o • Hair: Please make sure your gymnast's hair is pulled into a tight bun or ponytail with all other hair tightly secured out of their face.
- o • Makeup is fun to wear during the meet, but please use in limited amounts. You may also wear glitter in your hair as long as it is not excessive.

Team Vacation Schedule

(Christmas Break) December 20- January 3rd

Thanksgiving November 24th-27th

July 4th

(Spring Break) April 10-14th

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

If I am unable for purposes of providing parental consent, I hereby authorize the physicians and staff in the emergency department of Caromont regional medical center to provide such hospital care that includes diagnosis procedures and medical treatment as necessary to my minor son / daughter while enrolled in the Pharr YMCA gymnastics program. Medical treatment may be given to my son/ daughter without any 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 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 Pharr 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 Signature _____

Date ____/____/____