

ROSEVILLE GYMNASTICS



Team Handbook

ROSEVILLE GYMNASTICS CENTER

ROSEVILLE GYMNASTICS BOOSTER ASSOCIATION

ROSEVILLE PARKS AND RECREATION DEPARTMENT

ROSEVILLE GYMNASTICS CENTER

TEAM PROGRAM

Levels 3-10

WELCOME TO THE ROSEVILLE GYMNASTICS COMPETITIVE TEAM PROGRAM!

Our primary objective at Roseville Gymnastics Center is to provide a positive, safe and fun experience for all of our gymnasts. Our goal as staff members is to develop not only great gymnasts, but also well-rounded people! Through a well-organized and disciplined program, we hope to give each gymnast the opportunity to meet her goals. We wish to provide high quality coaching, striving to be competitive at the state, regional and national levels. Long-term goals for our gymnasts include placing individually in meets, being successful as a team and earning college scholarships. Through gymnastics the girls will improve their self-esteem, learn goal setting and sportsmanship, stay physically fit and have an activity that is both challenging and rewarding.

This handbook is designed as a guide for the parents and gymnasts on our competitive team. We hope it will help you to better understand Roseville Gymnastics and the USA Gymnastics competitive program and to know what is expected of you as a Roseville gymnast or parent.

Included in this booklet is information about:

- What it means to be a ROSEVILLE GYMNAST
- Team Policies
- Time and Financial Commitment
- Practice Rules & Policies
- Gymnast Responsibilities
- Safety Considerations
- Special Activities
- Team Awards
- USA Gymnastics Competitive Program Structure
- General Information about Competition
- Procedures to register for competitions
- Competition
- Meet Behavior - Gymnasts and Parents
- The Successful Gymnast
- Traveling Guide for Gymnasts and Parents
- A Guide for Parents: Understanding Competitive Gymnastics
- Roseville Gymnastics Booster Association
- Championship Pledge

Please sit down and carefully read the information in this handbook. We have tried to answer as many questions as possible about Roseville Gymnastics Center's competitive gymnastics program. Feel free to talk to Carole or any of the coaches about concerns or questions you may have about the team program or competition.

BEING A ROSEVILLE TEAM GYMNAST MEANS:

- **BEING A PART OF A UNIQUE AND SPECIAL GROUP OF YOUNG ATHLETES, WHICH SHOULD NEVER BE TAKEN FOR GRANTED.**
- **SETTING HIGH STANDARDS FOR YOURSELF BOTH AS A PERSON AND AS A GYMNAST.**
- **BEING SUPPORTIVE OF YOUR TEAMMATES AND COACHES**
- **BEING APPRECIATIVE AND THANKFUL FOR THE OPPORTUNITIES THAT YOU HAVE BEEN GIVEN!**

BEING A ROSEVILLE TEAM PARENT MEANS:

- **SUPPORTING YOUR DAUGHTER IN AN ACTIVITY THAT SHE LOVES!! THIS MEANS GIVING HER YOUR POSITIVE SUPPORT, HELPING HER TO ACHIEVE HER GOALS AND NOT COMPARING HER TO OTHERS.**
- **SUPPORTING THE COACHES AND RESPECTING THEIR DECISIONS.**
- **SUPPORTING ALL OTHER GYMNASTS AND THEIR FAMILIES IN OUR PROGRAM.**

Qualities that a ROSEVILLE GYMNAST will develop:

- **INTRINSIC MOTIVATION**- A GYMNAST UNDERSTANDS THAT THE ACCOMPLISHMENTS AND REWARDS COME FROM THEMSELVES RATHER THAN COACHES, FRIENDS OR PARENTS.
- **A HARD WORK ETHIC** – A ROSEVILLE GYMNAST KNOWS THAT BY GIVING 110% OF HERSELF EVERYDAY AT PRACTICE, SHE WILL ACCOMPLISH WHAT SHE IS CAPABLE OF.
- **SELF CONFIDENCE**- ROSEVILLE GYMNASTS ARE PLACED WHERE THEY CAN SUCCEED. GYMNASTS ARE MOVED THROUGHOUT THE LEVELS AT A RATE WHERE THEY CAN CONTINUE TO DEVELOP SELF-CONFIDENCE AND PRIDE IN THEIR GYMNASTICS.
- **TIME MANAGEMENT**- SCHOOL WORK IS A PRIORITY AS ARE PRACTICES. ROSEVILLE GYMNASTS ARE ABLE TO BUDGET THEIR TIME SO THAT THEY CAN BE SUCCESSFUL BOTH IN AND OUT OF THE GYM.
- **PERSEVERANCE**- WHEN OTHERS AROUND YOU ARE LEARNING SOMETHING QUICKER, A ROSEVILLE GYMNAST REMINDS HERSELF TO NEVER GIVE UP!

TEAM POLICIES

With the goal of providing a competitive and high quality program for all of our athletes and their families, we have some team policies that need to be followed. Before you agree to participate in the Roseville Gymnastics Competitive Program, it is important that you understand your commitment.

1. We are looking for athletes who set high standards for themselves and take pride in our program. Our gymnasts are expected to present themselves as disciplined, courteous, respectful young student-athletes both in and out of the gym. The coaches will try to help them make good decisions both in the gym and in their personal life.
2. We ask that parents be positive and supportive of their daughter's gymnastics goals. Please support the decisions made by the coaching staff and if you have a problem or concern, it should be addressed in a respectful manner. We need to work together to make the best program possible for the girls. The combination of the coaches, gymnasts and parents will determine the success of our program.
3. As part of Roseville's Gymnastics Team, your participation is a **year-round** commitment. Practice time is critical to the gymnast's success. We will be flexible in working around family vacations or other important commitments; however, each individual's situation needs to be discussed with her coach and/or Carole.
4. Team members need to register online with the Park's and Recreation Department. Monthly tuition is paid through the online auto payment program. Registration forms also need to be filled out and returned in the fall.
5. Gymnasts Levels 3-10 are considered "team" gymnasts. All gymnasts on the team must be involved in competition or pre-competition.
6. Decisions regarding competition levels, routine construction & team policies will be made by the coaching staff. Input from the gymnast and parent is encouraged and taken into consideration but the final decision will be the coaches. All decisions will be made with the best interest of the gymnast in mind.
7. Parents are expected to attend the annual parent meeting in the fall. There may be additional meetings scheduled as necessary.
8. All parents of team gymnasts are members of the **Roseville Gymnastics Booster Association**. Each family's active participation is required. This will include attending meetings, participating in fundraisers, working at hosted meets and possibly serving on a committee. There is also a mandatory Booster Club fee for all team gymnasts to contribute towards RGBA expenses.
9. Communication is done through meetings, handouts, e-mail and the team bulletin board located in the lobby. It is the responsibility of the gymnast to bring all handouts home to the parent. Parents should check the team bulletin board and their mailbox periodically for posted information. Gymnast's mailboxes are located on the shelf below the office window in the lobby.
10. Once a gymnast has decided to leave the team, she will not automatically have a position back on the team if she would decide to return. A coach-gymnast-parent conference would take place to discuss the gymnast's goals.
11. Problems or concerns should be addressed to Carole or one of the team coaches. Feel free to call or come into the gym either before or after practice to talk to the coaches. You may also leave a message at the gym (651-792-7166) or e-mail at rosevillegymnastics@comcast.net.

SAFETY CONSIDERATIONS

OUR #1 CONCERN AT ROSEVILLE GYMNASTICS CENTER IS SAFETY.

With this in mind, the following are important considerations to keep in mind when participating in gymnastics:

1. Participation in gymnastics has potential risks involved. All sports that involve heights, running, jumping, inverted positions, and the use of a variety of apparatus have the potential for injury-producing situations.
2. Gymnastics should be performed on the proper apparatus and matting.
3. Stay off the equipment unless an instructor is present.
4. Be sure to listen and follow directions of the instructor. Gymnastics is not a time for horseplay.
5. Come to practice physically and mentally prepared. Gymnastics requires serious concentration and the gymnast should focus on her gymnastics activities. Proper rest and nutrition levels should be maintained as well as adequate levels of fitness.
6. Proper progressions should be followed when learning gymnastics skills.
7. Be cautious moving from one event to another. Be aware of other gymnasts performing so that you do not step in their way.
8. In spite of all of our efforts, injuries may occur because of the nature of the activity. Our staff is trained to respond to any situation.

TIME AND FINANCIAL COMMITMENT FOR PARENTS AND GYMNASTS

TIME COMMITMENT

- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <ul style="list-style-type: none"> • Attend all scheduled practices • Parent to attend annual meeting • Competitions • Attend team functions • Hosted Meets Gymnast Parent • Roseville Gymnastics Booster Assoc | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Level 3</td> <td style="width: 30%;">7.5 – 8</td> <td style="width: 40%;">hours per week</td> </tr> <tr> <td>Level 4</td> <td>10.5</td> <td>hours per week</td> </tr> <tr> <td>Level 5</td> <td>13.5-14</td> <td>hours per week</td> </tr> <tr> <td>Level 6-10</td> <td>13.5-16</td> <td>hours per week</td> </tr> <tr> <td colspan="3">September</td> </tr> <tr> <td colspan="3">7-10 per year</td> </tr> <tr> <td colspan="3">Parties (3 per year??)</td> </tr> <tr> <td colspan="3">Demonstrations (1-2 per year)</td> </tr> <tr> <td colspan="3">Team Banquet (April or May)</td> </tr> <tr> <td colspan="3">1-2 per year</td> </tr> <tr> <td colspan="3">(2-4 sessions as a runner/score flasher)</td> </tr> <tr> <td colspan="3">(2-4 sessions for concessions/admissions etc.)</td> </tr> <tr> <td colspan="3">Participate in Fundraisers</td> </tr> <tr> <td colspan="3">Serve on a committee</td> </tr> </table> | Level 3 | 7.5 – 8 | hours per week | Level 4 | 10.5 | hours per week | Level 5 | 13.5-14 | hours per week | Level 6-10 | 13.5-16 | hours per week | September | | | 7-10 per year | | | Parties (3 per year??) | | | Demonstrations (1-2 per year) | | | Team Banquet (April or May) | | | 1-2 per year | | | (2-4 sessions as a runner/score flasher) | | | (2-4 sessions for concessions/admissions etc.) | | | Participate in Fundraisers | | | Serve on a committee | | |
| Level 3 | 7.5 – 8 | hours per week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Level 4 | 10.5 | hours per week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Level 5 | 13.5-14 | hours per week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Level 6-10 | 13.5-16 | hours per week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| September | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Participate in Fundraisers | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Serve on a committee | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

FINANCIAL COMMITMENT - ESTIMATE

| <u>Level</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6-7</u> | <u>8-10</u> |
|---------------------------------|----------|----------|----------|------------|-------------|
| Monthly tuition | \$125.00 | \$140.00 | \$185.00 | \$185.00 | \$185.00 |
| Gym Rental | \$ 65.00 | \$100.00 | \$100.00 | \$100.00 | \$100.00 |
| Equipment | \$ 65.00 | \$100.00 | \$100.00 | \$100.00 | \$100.00 |
| Fund raisers | \$150.00 | \$300.00 | \$300.00 | \$300.00 | \$300.00 |
| Coaches Fees - Meets | | \$100.00 | \$100.00 | \$100.00 | \$100.00 |
| USAG Membership | | \$ 54.00 | \$ 54.00 | \$ 54.00 | \$ 54.00 |
| MN USAG Membership | | \$ 15.00 | \$ 15.00 | \$ 15.00 | \$ 15.00 |
| Warm-up Leotard | \$ 50.00 | \$ 50.00 | \$ 50.00 | \$ 50.00 | \$ 50.00 |
| Competition Uniform Rental | | \$100.00 | \$100.00 | \$100.00 | \$100.00 |
| Duffel Bag | | \$ 30.00 | \$ 30.00 | \$ 30.00 | \$ 30.00 |
| Grips, Tape, Etc | | | \$ 50.00 | \$ 50.00 | \$ 50.00 |
| Competition Fees* | | \$825.00 | \$825.00 | \$825.00 | \$825.00 |
| Travel Expenses-Total for year* | | | | | |
| Hotel | | | | \$250.00 | \$250.00 |
| Air fare | | | | \$400.00 | \$400.00 |
| Food / Misc | | | | \$150.00 | \$150.00 |

*Competition and Travel Expenses are approximate. These will vary depending on what meets are available and how many meets we decide to attend.

PRACTICE RULES AND POLICIES

1. **Be on time.** Plan to be at the gym 5-10 minutes before practice. Gymnasts should be ready to go when practice is scheduled to start. It is very important to warm-up properly and thoroughly to help prevent injuries.
2. **Gymnasts are expected to attend all scheduled practices.** Gymnasts should call the gym if they are unable to make a practice. Absences because of illness, church functions, school concerts and important family activities are considered excused.
3. **All gymnasts must wear a leotard during practices.** T-shirts, shorts, socks, gymnastics shoes or jewelry are not acceptable. Extra clothing hinders movement and endangers both the gymnast and the spotter. Long hair should be tied back in a ponytail or braids. Biker shorts (tights) are acceptable.
4. **All belongings should be kept in the lobby in the lockers provided.** Please do not bring valuables to the gym. (jewelry, cell phones, i-pods etc.)
5. **Stay off all equipment unless with a coach.**
6. **Gymnasts may not go into the office or use the phone without permission.**
7. **Do not touch the stereo unless a coach has given permission.**
8. **Gymnasts are not allowed to chew gum during practice.** A nutritional snack is acceptable, if it is kept in the lobby and eaten between rotations.
9. **Gymnasts may not leave a rotation without permission from a coach.**
10. **The coaches have made considerable effort to keep our gym clean and tidy. We expect the girls to do their part by picking up after themselves. (Tape, clothing, etc.)**
11. **Assertive Discipline Plan-**

Gymnasts are expected to follow directions and be alert. Negative attitudes or discipline problems will be handled in the following manner:

 1. **Warning-** the gymnast will be given a verbal warning.
 2. **The gymnast will be asked to sit out for a rotation.**
 3. **If the problem still persists, the gymnast will be asked to leave workout. She will call for a ride home immediately.**
12. **Injuries- All injuries should be reported to the coach immediately or as soon as they are known.** Injured gymnasts are expected to report to practice to keep up with stretching and to condition uninjured areas unless a gymnast receives a doctor's order not to attend practice. If a gymnast has an injury requiring treatment from a doctor, we will need a doctor's release for full participation. Parents should talk to the coach if they feel that their child's participation in practice should be limited due to an injury or another reason.

Taping If a gymnast has an injury that requires taping, a coach will tape the injured area. Gymnasts are not allowed to tape themselves or each other unless given permission by a coach. Improper taping can result in further injury; therefore a coach who has been trained should tape.

Ice- Ice is available at the gym for injuries that occur during workout. Gymnasts who need to ice a specific injury should do so before or after workout.

GYMNAST RESPONSIBILITIES

At Roseville Gymnastics, we believe that we have certain responsibilities towards our gymnasts and parents. This includes providing a good facility with a positive and safe atmosphere, providing quality coaching, listening to problems as they arise, and treating gymnasts and parents with respect and courtesy. Keeping these things in mind, the coach's goals include developing a high level team where our gymnasts are competitive and have a strong sense of team pride and sportsmanship. In return, the gymnast has certain responsibilities towards her coaches and teammates. In order to provide the best gymnastics training for each individual, we ask that the gymnast abide by the following rules. Gymnasts who do not follow team rules will be warned, possibly suspended for a period of time or ultimately asked to leave the team.

1. Follow all practice rules and policies.
2. Gymnasts are expected to progress at an acceptable rate. Although it is our philosophy that we are all here for fun, we do expect that the gymnast is giving 100% effort during practices and meets. We understand that part of being on a team is socializing and making friends, but being involved in sports also involves hard work. We believe that the gymnast will have the most fun and satisfaction when they are progressing in a positive direction.
3. Gymnasts who are unable to progress with the level of their group may, in rare instances be cut from the team. Keep in mind that the goal of the team program is to produce competitive teams and gymnasts. Although we do not have formal try-outs each year, the gymnast's performance in practice and meets serves this purpose. Not unlike any competitive program, our goal is to develop the strongest athletes that we are capable of.
4. Each competition level has a specific set of criteria and skill requirements set by the coaching staff. Gymnasts will not be eligible to compete at a particular level until she is able to meet these requirements. The gymnast must be able to consistently perform a skill in practice before she will be allowed to perform that skill in a meet. We welcome input from the gymnast and parent, however the final decision as to which level the gymnast will compete is up to the coach.
5. Gymnasts are expected to have a positive attitude in workouts and competition. They should be coachable, open to comments and suggestions, willing to try new skills, try their best to make corrections and motivated to learn.
6. Be a good teammate. Gymnasts should treat coaches and teammates with respect and courtesy. An effort should be made to get along with everyone on the team. Gymnasts are expected to be supportive of all teammates in workouts and competition.
7. It is the gymnast's responsibility to maintain a proper diet and rest level to successfully achieve her gymnastics goals.
8. We expect our gymnasts to place a high importance on academic success. It is the gymnast's responsibility to organize her time to be able to complete her schoolwork as well as maintain her practice schedule.
9. Gymnasts will not use tobacco, alcohol and drugs while a member of the Roseville Gymnastics team. Problems will result in dismissal from the team. Gymnasts should use good judgment in the people they chose to associate with.
10. We will allow the gymnast to be involved in after school sports or other activities during the non-competitive portion of the year. During the competition season however, we ask that priority be given to gymnastics, We realize that it is important to be involved in other activities however; regularly scheduled activities may conflict with the alertness and/or attendance of the gymnast. If we feel that these activities are conflicting too much, we may ask the gymnast to make a choice.
14. **The coaches are well-trained and experienced professionals. In order for us to do our job most effectively, proper respect and courtesy is expected at all times.**

SPECIAL ACTIVITIES

PICTURES

In the spring, we have a professional photographer come to the gym for team and individual pictures. Photo packages are available to purchase if you choose. All team members are expected to be in the team photo even if they choose not to purchase any photographs.

TEAM AWARDS BANQUET

At the end of each competition season we have a team awards banquet. This is a fun event for all team gymnasts (Levels 3-10) and their families. Every gymnast is recognized for her success and accomplishments from the past year. Special awards are also given based on criteria set by the coaching staff. The gymnasts work hard and deserve a special day to celebrate all that they have done. We hope that all families will plan to attend.

ROSEVILLE GYMNASTICS TEAM SUMMER CAMP

One week during the summer we have a Team Camp for our gymnasts. The girls have gymnastics instruction in the morning and a recreational activity in the afternoon. Past activities include Valleyfair, Sky Zone, Vertical Endeavors, or Wild Mountain Water Park. The gymnasts have fun training new skills, learning a dance and participating in team activities. We encourage all team members to participate, as it is a fun way to spend time with their teammates outside of practice.

TEAM ACTIVITIES

Several team and family activities are planned throughout the year to help encourage team spirit. These activities may include holiday parties, a pool party, or attending a college gymnastics meet. The gymnasts are strongly encouraged to attend these activities, as it is fun as well as helpful to get to know the girls outside the gym setting.

DEMONSTRATIONS

Occasionally we are asked to give a demonstration at places such as the University of Minnesota (gymnastics meet) or a half time show for a basketball game. These types of team functions are considered mandatory. Information will be given about these activities as soon as available.

TEAM AWARDS

THESE AWARDS ARE GIVEN AT THE TEAM AWARDS BANQUET IN THE SPRING.

AWARDS ARE VOTED ON BY THE TEAM COACHES USING THE FOLLOWING CRITERIA.

LEADERSHIP AWARD

This award is given to the gymnast who has demonstrated outstanding leadership to her teammates in all areas. She has a positive attitude and determination to improve her gymnastics. She has good workout habits, shows support for teammates and has good sportsmanship on the competition floor. This gymnast is a positive influence and a role model for her teammates both in and out of the gym. She has been dedicated to the sport, her team and has shown support to Roseville Gymnastics.

MOST SUCCESSFUL

This award is given to the gymnast who has been the most successful in competition. The award is based on high scores and "hit" routines in competition.

MOST IMPROVED GYMNAST

This award is given to the gymnast who has most improved in skill level, strength and flexibility. She is a hard worker and shows a positive attitude in the gym.

MOST TEAM SPIRIT

This award is given to a gymnast who has shown exceptional team spirit and support for Roseville Gymnastics. She has good sportsmanship, and shows support for her teammates both in practice, during competitions and outside of the gym.

ROOKIE OF THE YEAR

This award is given to a gymnast who is in her first year of competition. She has demonstrated competitive success as well as shown improvement in her skill level, strength and flexibility. She is a hard worker, a good listener and makes corrections to the best of her ability.

USA GYMNASTICS

JUNIOR OLYMPIC COMPETITIVE PROGRAM

Our team program competes under the rules and policies of USA Gymnastics. Beginning the 1989-90 season, USA Gymnastics implemented a new level system for Junior Olympic competitors. The program consists of 10 levels, starting with developmental skills and progressing to an advanced level.

The beginning levels in the Junior Olympic program are 1-2, which are pre-competitive levels. In order to advance to Level 3, the gymnast should pass the required "Evaluation Points" with 75% proficiency at each event and level. Typically our new team members can pass about one half of the requirements in the program when we move them on to the team.

Once a gymnast has passed the skills in Levels 1-2, she is eligible to compete. In women's gymnastics, the gymnasts compete in four events: vault, bars, beam and floor. The first competitive level is 3. Gymnasts then, may progress through the levels by meeting a minimum score standard set by USAG. At Roseville Gymnastics we have additional requirements that the gymnast must meet in order to move to the next level. The top level in the Junior Olympic age group program is Level 10.

THE USA GYMNASTICS AGE GROUP PROGRAM IS DIVIDED INTO FOUR MAJOR SEGMENTS:

COMPULSORY LEVELS 1-2

These levels are designed to prepare gymnasts for competition by providing a non-competitive, achievement-oriented program of basic skills and progressions. These levels also include requirements in strength and flexibility.

COMPULSORY LEVELS 3-5

Compulsory Routines are written by USAG for each event and must be performed exactly as written. Each level builds on the previous levels skills. The compulsory routines are difficult, but demand good technique especially in the dance area.

LEVEL 6-7

Level 6 & 7 combines the concept of compulsory required elements with optional choreography. There are specific requirements on each event but each gymnast performs a different routine written for them. Teams may choose to use the same routine for all of their gymnasts. The emphasis in these levels is execution, artistic performance and development of basic optional skills.

LEVELS 8-10

Level 8 is the first level in which the gymnast must develop her own individual routine on each of the four events. The routines must contain certain requirements, but allows for the gymnast to show her own style. Level 8 emphasizes good execution and presentation rather than performing difficult elements. Levels 9 and 10 are similar to Level 8 but with increased requirements and difficulty.

UNDERSTANDING COMPETITIVE GYMNASTICS: A GUIDE FOR PARENTS

THIS SECTION WILL HELP YOU TO UNDERSTAND SOME OF THE BASICS OF COMPETITIVE GYMNASTICS

USAG- USA Gymnastics (Our national governing body)

COMPULSORY ROUTINES- The compulsory routines are written by USA Gymnastics and must be performed exactly as prescribed. The routines are designed to teach proper progressions and techniques. Each level builds on the previous levels skills. The routines are set for each event and all gymnasts compete the same routine within that level.

OPTIONAL ROUTINES- Optional routines are put together by the gymnast and her coach and must consist of the requirements set by USA Gymnastics for that particular event and level. These are individualized routines and they allow the gymnast to show her own style.

All gymnastics skills, both dance and acrobatic are rated according to their difficulty. There are five levels of difficulty- A skills, B's, C's, D's and E's, E skills being the most difficult. In optional competition, routines are required to contain both A's and B's. Level 9 gymnasts also need one C skill, and Level 10 gymnasts need 2. In addition to difficulty, there are other requirements for each event.

FLOOR EXERCISE- An optional floor routine must be between 1 minute and 1 minute 30 seconds long. Music is chosen according to the individual's style and taste. A floor routine is a combination of acrobatic skills and dance elements. A routine must include at least 2 major tumbling passes, although most routines contain 3. At least 2 of the tumbling passes must contain at least 3 directly connected skills, one of which must be salto, and one of the passes must contain 2 saltos. Other requirements include a combination of at least 2 connected dance elements, large leaps, turns, jumps and hops, balance elements and movements at all levels - standing, sitting and lying. The judges are looking for creative body movements and floor patterns.

BALANCE BEAM - A beam routine is a combination of acrobatic skills and dance elements starting with a mount and finishing with a dismount. The routine must be between 1 minute and 1 minute 30 seconds long. The requirements include an acrobatic series of 2 or more elements, one of which has flight, a large leap or jump, a full turn, and at least one element/connection close to the beam. The judges are looking for variation in rhythm between faster and slower movements and elements in the forward, backward and sideward directions.

UNEVEN BARS- A bar routine consists of approximately 7-10 elements. Stops and extra swings are to be avoided. The judges are looking for routines with large swings, handstands, direction changes and release elements.

VAULT- The gymnast is allowed two vaults. They may perform the same or different vaults. Each vault is rated according to difficulty, Judges are looking for vaults with a tight, straight body position and height and distance on the post flight.

ALL-AROUND - The total of the four events - vault, bars, beam and floor is the all-around score.

SCORING - The compulsory exercises are evaluated from a 10.0. The gymnast starts with a perfect score and is deducted for any errors within the routine. Some errors are very obvious such as bent knees, flexed toes; bent arms and loss of balance while others are not quite so obvious. Each event has specific deductions for elements not performed exactly as written.

The optional exercises are evaluated from a 10.0 for Level 7-8, 9.7 for Level 9 and 9.5 for Level 10. Bonus points are given at Levels 9 and 10 for extra difficulty or combinations of skills so that a maximum score of 10.0 can be reached. Each event has specific requirements and the gymnast will be deducted for each requirement that is not fulfilled.

When two judges are used, the scores from both judges are averaged. On vault, each vault is averaged and the best average is the gymnast's final score.

TEAM SCORE- In addition to individual scores, team scores are kept. To calculate the team score, take the three highest scoring individuals on the team for each of the four events. All-around scores are not used in team competition.

GENERAL INFORMATION: COMPETITION

TEAM UNIFORMS

Once the gymnast is ready to compete (Levels 4-10) she will need a team leotard and warm-up. The competition leotards and warm-ups are rented from RGA for \$100 per season. Please take extra care in washing team uniforms. Both the leotards and warm-up suits should be washed separately either by hand or using the gentle cycle in the washing machine. Hang them on a hanger to dry. Never put leotards or warm-ups in the dryer. Team uniforms should only be worn for competitions. Taking special care of these will keep them looking sharp for a much longer time.

WARM-UP LEOTARD / DUFFEL BAG / SWEATSHIRTS / ETC.

All team members Levels 3-10 must purchase a team leotard. This leotard will be used for competition warm-ups, demonstrations and other team functions. Gymnasts Levels 4-10 must also buy a team duffel bag to be used during competitions. Sweatshirts and other clothing items are optional.

USA GYMNASTICS MEMBERSHIP FEE

USA GYMNASTICS requires that all gymnasts competing in sanctioned meets have a membership number. The fee is \$54.00 and is included in your competition expense payments. Gymnasts and parents will need to sign a waiver. Members receive secondary insurance at all meets, a membership card and the "USA Gymnastics" magazine. Gymnasts should carry their membership card to all meets. There is also a MN USAG membership fee of \$15.00 that goes to our state chairman. This money is used to help educate coaches and judges in our state, which in turn helps the gymnasts.

COMPETITION SEASON / MEETS

As a member of Roseville's Levels 4-10 team, you are expected to compete in all meets our club chooses to enter. (Unless designated as optional) You will receive a calendar in the fall with most of the meet dates, but there may be additional invitationals scheduled at a later time.

The competition season runs from September through May. Each level's meets are held during a different part of the season. There are approximately 7-10 meets per year for each level. Meets are usually held on Saturday's or Sunday's between 8:00 am and 9:00 pm, and are approximately 4-5 hours long. The coaching staff chooses what competitions we will participate in based on availability and the needs of the team. We try to choose a meet that is held in a good venue, with an environment that will be a positive experience for our gymnasts.

Most of the competitions for Levels 4 and 5 are in the metro area. We will travel to one out of state meet in the spring. Participation will be optional for this competition. Gymnasts choosing to participate in this meet will travel and stay with their families or a designated adult who has agreed to be responsible for them. A team activity will usually be planned for the gymnasts and their families.

Competitions for the Levels 6-10 will be both in and out of state. Gymnasts should plan to travel 1-4 times during the season (including regionals) with one of these competitions a major trip. Parents are not required to travel to these meets, although they are invited to do so if they choose.

COMPETITION ENTRY FEES

There is an entry fee of \$60.00 - \$115.00 per meet. Level 4 meets are approximately \$80.00 per meet and the higher level meets get more expensive. Entry fees are charged to cover the costs of the judges, awards, and rental of the facility. Meet entry fees are included in your competition expense payments.

TRANSPORTATION

Gymnasts must find their own transportation to and from meets except for the out of state competitions when we travel as a team.

ADMISSION FEES

Most meets will charge admission for the spectators- approximately \$7.00 for adults and \$5.00 for children. Some of the larger invitationals meets will charge more. There will usually be a concession stand at the meet.

AWARDS

The awards given at the Qualifiers and State competitions must follow the guidelines set by the state board. Awards given at invitational meets are at the discretion of the team hosting the meet. In general, awards will be more generous at an invitational than at a state qualifier.

LEVEL 3 Individual event and All-Around Achievement ribbons are given as follows:

| <u>Ribbon</u> | <u>Event</u> | <u>All-Around</u> |
|---------------|--------------|-------------------|
| Blue | 9.00 + | 35.00 + |
| Red | 8.00 - 8.95 | 33.00 - 34.95 |
| White | 7.50 - 7.95 | 31.00 - 32.95 |
| Yellow | 7.00 - 7.45 | 29.00 - 30.95 |
| Green | 6.00 - 6.95 | 26.00 - 28.95 |

Placement ribbons and/or medals may be given at invitational meets in addition to placement awards. No placement awards may be given at the state meet.

LEVEL 4-10 Placement awards will be given in each age group for the events and in the all-around. The number of gymnasts entered in that age group determines the number of places given. At an invitational meet, the meet host may decide what and how many awards they wish to give.

QUALIFYING TO THE STATE MEET

LEVELS 4-10 Gymnasts will be eligible to compete in the state meet if she scores the qualifying score in any sanctioned competition with rules appropriate to her level.

STATE QUALIFYING SCORES FOR THE 2014-2015 SEASON ARE:

LEVEL 3: 30.00 LEVEL 4: 32.00 LEVEL 5: 32.00

LEVEL 6: 34.00 LEVEL 7: 34.50 LEVEL 8: 33.50 LEVEL 9-10: 32.00

QUALIFYING TO REGIONALS OR WESTERNS / NATIONALS

LEVEL 8 Gymnasts who score a 34.00 or higher at the state meet will qualify to the Regional Championships.

LEVEL 9 Gymnasts who score a 34.00 or higher at the state meet will qualify to the Regional Championships. At Regionals, each age group will qualify a number of gymnasts to Westerns based on the number of girls in that age group. (8 age divisions)

LEVEL 10 Gymnasts who score a 34.00 or higher at the state meet will qualify to the Regional Championships. At Regionals, the Top 7 gymnasts from each age group qualify to Nationals. (8 age divisions)

COMPETITION

Each gymnast is placed at the level we feel will be the most challenging and where she will compete successfully. Many things are taken into consideration when choosing a level for the gymnast. First, there is a minimum skill level required. The gymnast must be able to meet the competition requirements in order to compete at that level. Also we consider the gymnast's motivation, goals, attendance at practices, coachability, overall body strength, effort given during workouts and the ability to work on their own.

ADVANCING LEVELS

The coaching staff will decide when it is time for a gymnast to move up to the next level. If a gymnast scores the minimum score to move up, it does not mean that she must move or will automatically move to the next level. Generally, each gymnast will stay at her level until after the state meet. Then it will be decided whether that gymnast is ready to move to the next level. She must be able to perform all of the skills in the routines before she will be allowed to compete. Readiness for that level, attitude, attendance and motivation all factors.

| <u>SCORE REQUIREMENTS</u> | <u>In order to move up to the next level, the gymnast must score:</u> |
|---|--|
| LEVEL 4 Compulsory routines | 31.00 AA (All Around) |
| LEVEL 5 Compulsory routines | 31.00 AA |
| LEVEL 6 Optional routines | 31.00 AA |
| LEVEL 7 Optional routines | 31.00 AA |
| LEVEL 8 Optional routines | 34.00 AA |
| LEVEL 9 Optional routines | 34.00 AA |
| LEVEL 10 Optional routines | |

**** Gymnasts who have never competed in the USAG program must begin at Level 1.*

The gymnast's age for the competitive season is determined by the date of the final day of competition at the culminating championship for that level. The gymnast must compete in the same age group for the entire season.

GYMNASTS MUST COMPETE AT THE AGE THAT THEY WILL BE AS OF:

| | |
|-----------|-----------------------------|
| LEVEL 4-5 | STATE MEET |
| LEVEL 6-7 | STATE MEET |
| LEVEL 8 | REGIONAL MEET |
| LEVEL 9 | EASTERN / WESTERN NATIONALS |
| LEVEL 10 | JO NATIONAL MEET |

PROCEDURES TO REGISTER FOR COMPETITIONS

Gymnasts are expected to compete in all of the competitions that our club chooses to enter. We train year-round for only a few competitions, so we feel that all of the meets are important. Gymnasts compete not only as an individual; they are part of our team score.

1. A meet calendar will be posted in the fall. The calendar will list the dates of the competition as well as the location. Further information regarding exact meet times and directions will be distributed when available, approximately 1-3 weeks prior to the competition.
2. We have set up a competition expense payment schedule to help with collecting meets fees and to get our girls entered into the meets in a timely manner. **ALL GYMNASTS WILL AUTOMATICALLY BE REGISTERED FOR EVERY MEET OUR TEAM CHOOSES TO ENTER.** Please try to keep current with the competition expense payments. Gymnasts will not be allowed to compete if competition fees have not been paid.
3. Coaching fees- an additional \$100.00 per season will be added to the competition expense payments to help pay the coaches for their time at the meet. RGBA is responsible to pay coaches during competitions (your tuition fees do not cover this) and this helps to cover these expenses.
4. Exact competition times will be available approximately 1-3 weeks prior to the competition. Meet hosts cannot set up the competition schedule until all club entries have been received. Sometimes this involves up to 20 different clubs. We realize that this is inconvenient and can be a strain on families, but it is out of our control. We will do our best to get the competition times to you as soon as possible. You may also be able to find meet schedules posted on the host club web site.
5. If your daughter becomes ill and cannot compete in the meet please call or text the coach the let them know. If the coach cannot be reached, call another gymnast on the team. Once our club has registered the team for a competition, we typically cannot get a refund, even for injured gymnasts. If a gymnast has a major injury and is unable to compete for an extended amount of time, we will try our best to recover your entry fees. **NO REFUNDS OF ENTRY FEES CAN BE MADE BECAUSE OF ILLNESS.**

MEET BEHAVIOR: PARENTS AND GYMNASTS

We encourage parents, family and friends to come to the meets and support the girls. Here is information that the gymnast and parents should know when going to a meet.

1. Wear your team warm-up suit to the meet. In some meets, the gymnasts will wear our team sleeveless leotard for stretching and event warm-ups. The coaches will let the girls know in practice which leotard to wear to the meet. Don't forget to bring your competition leotard and any other things that you need (grips, tape, etc.). All belongings should be kept in the team duffel bag.
2. Your hair should be fixed neatly- up in a ponytail or braid (if it is long enough), and out of your face. Be sure to put it in a style that won't be distracting or fall out (use hair spray if necessary). Matching ribbons in your ponytail look nice.
3. No jewelry (except small post ear rings) may be worn during competitions.
4. All girls competing are required to stay on the competition floor with the team through out the warm-ups and meet.
5. Parents and friends are to stay in the designated viewing area. Only competitors and coaches are allowed on the competition floor.
6. Eat a light meal before coming to the meet. Food and candy should be left at home or saved for after the competition. The girls are not allowed to eat during the meet. Water bottles are acceptable if kept in their duffel bag.
7. Good sportsmanship is a must! We do not allow crying or other disruptive behavior when a routine does not go as planned.
8. Under no circumstances should there be a Roseville parent criticizing the judging at a competition. We do not want the reputation of the club that has complaining parents. All meets are judged as fairly as possible and remember, everyone is trying to do their best including the judges.
9. Gymnasts adding their scores during the competition is not acceptable. The gymnast should be focused on her routines, not her scores.
10. If you have a question or think there is an error about a score or award, ask one of the Roseville coaches to check out the problem. Please do not approach a coach or meet worker from the host club. It is the coach's job to resolve these problems.
11. Be flexible and adapt to the situation. Gymnasts should not complain about the equipment or other things we can do nothing about. Negative talk affects your teammates and your performance.

12. The girls are expected to stay for the awards ceremony after the meet. I realize that it takes extra time but the awards don't mean as much to the girls if there is no one watching. Even if you don't think that your daughter will be receiving an award, please stay and watch to support your team.
13. "Good Luck" signs are welcome!
14. We encourage our girls to go to the meets of other levels and support their team-mates. This is a good learning experience and it promotes team spirit.
15. The coaches appreciate the parents keeping scores for our girls. It is difficult to get all the scores while coaching.
16. Parents-- Encourage your daughter to do their best and have fun. **Please do not coach your child**-- leave this to the coaching staff. It is important to your daughter's success that you are positive and supportive.
17. When sitting in the stands, please remember that you are representing Roseville Gymnastics. Negative talk is not productive and can be easily overheard. Remember to be positive when referring to our gymnasts or other clubs.
18. Show courtesy towards the competitors and host club. Be appreciative and thank the meet host if you get the chance.

THE SUCCESSFUL GYMNAST: PREPARING FOR THE MEET

1. Be sure to get plenty of sleep the night before. On the day of the meet, get up early enough so that you have time to get ready, eat breakfast, and are awake when you get to the meet.
2. Be sure to be on time for registration. We will need plenty of time for stretching and bar settings.
3. There is no substitute for preparation. Good preparation leads to confidence. Practice every day the way that you would like to compete.
4. Set goals for yourself for practice and competition. If you fall short of meeting your goal, don't look at it as a failure but a learning experience.
5. Come to the meet with a positive attitude. Try to mentally prepare yourself to do your best. Stay upbeat and go with the flow.
6. Only worry about the things that you can control. The equipment, judges and competitors are out of your control and not worth complaining about. Concentrate on your performance.

TRAVELING TO OUT-OF-STATE COMPETITIONS

A TRAVELING GUIDE FOR GYMNASTS AND PARENTS

The objective of traveling to out-of-town competitions is to provide a setting for a challenging and rewarding competition as well as a fun and positive experience for all. In order to fulfill this goal, it takes a group effort. Traveling with the team is a privilege and should not be taken for granted. Traveling as part of a large group requires the patience, understanding and cooperation of each individual. Decisions are made with the best interest of the entire group in mind. We expect that parents and gymnasts will cooperate and respect our decisions to allow us all to have a great experience.

1. Traveling to out-of-town meets is optional for Levels 4-5 and mandatory for Levels 6-10 unless there is a good reason and it is discussed with the coach. Levels 4-5 will attend one out-of-state meet and Levels 6-10 will attend 1-4.
2. Every effort will be made to keep traveling expenses down and to give as much notice as possible as to what the expenses will be.
3. Level 4-5 gymnasts will travel and stay with their families. If a parent is unable to attend the meet, travel arrangements may be made with another family.
4. Level 6-10 are expected to travel and stay with the team. Parents are welcome to attend the meet, although they will need to make their own travel arrangements. Gymnasts who have parents along on the trip are still expected to follow the team rules and participate in team activities.
5. Gymnasts who are unable or not willing to follow team rules will not be allowed to travel to any other meets. Parents will be called immediately if there are problems.
6. Parents who are traveling to the meet are asked not to interfere with the plans that we have made for the team. It is very difficult to keep control of a group when parents are telling their child that they can do something different than what the coaches have decided.
7. Gymnasts are expected to be respectful to coaches and their teammates. Appropriate behavior is expected at all times particularly in public places like restaurants, etc. Respect all property that does not belong to you. Hotel rooms should be left as they are found.
8. Once the gymnast is told to stay in her room, under no circumstances are they to leave the room unless permission is given.

9. The coaches will set a fair and appropriate time for "lights out", depending on the competition schedule etc. Gymnasts are expected to follow these times and not disturb the other gymnasts in their room.
10. Gymnasts are expected to bring enough money so that they can eat sensibly. You should budget about \$15.00 per day. It is expected that an appropriate tip is left when eating in a restaurant. Meal money should not be used to purchase tee- shirts, leotards, etc. If you plan on purchasing these items or anything else, bring extra money. This is up to the discretion of the parent.

TRAVEL CHECKLIST

- Team Leotard and Warm-up
- Team duffel bag
- Grips, tape etc
- Personal Items such as shampoo, toothbrush & toothpaste, brush, hairspray, hairdryer, curling iron, etc.
- Swimsuit and towel
- Clothes (Look decent when in public)
- Hat and mittens in the winter

ROSEVILLE GYMNASTICS BOOSTER ASSOCIATION

ROSEVILLE GYMNASTICS BOOSTER ASSOCIATION (RGBA) is the organization that supports the Roseville Gymnastics Parks & Recreation Competitive Program. Although RGBA works together with the Parks & Recreation Program, it is a separate part of the program. **The members of RGBA consist of ALL parents of the girls on the competitive team.** Board members are voted in at the annual meeting to help oversee the activities of RGBA. Committees are formed to carry out the various responsibilities of RGBA. Any team parent that is interested in being a board member or working on a committee is welcome and needed. We need the help of all team parents to accomplish all that RGBA sponsors throughout the year.

The ROSEVILLE GYMNASTICS BOOSTER ASSOCIATION is a necessary part of our competitive team program. RGBA is responsible for the financial business of the team with the exception of monthly tuition fees. Our team would not be able to function at the level that it does if not for the significant contributions of RGBA.

Some of the expenses that RGBA is responsible for include:

EQUIPMENT: RGBA purchases new equipment for the gym as needed and provides funds for maintenance of old equipment. New equipment is at times necessary so that we can have the latest and most up-to-date equipment available to provide the safest training environment for the girls. The equipment benefits everyone in the program. These expenses will vary from year to year depending on what is needed.

GYM RENTAL: RGBA has an agreement with the city of Roseville to pay a yearly rental fee for use of the Gymnastics Center.

COACHING EXPENSES: RGBA is responsible for all of the coaches' expenses regarding competition. This includes Education, Professional Memberships, Coaching at competitions and Travel expenses.

Education for coaches consists of clinics, certifications, books or videos. There are many clinics that coaches must attend in order to better coach the girls. USA Gymnastics also requires some certifications of coaches in order to coach at certain levels. Educational expenses are approximately \$1000 per year.

Each coach that attends a meet and is on the floor coaching requires a Professional Membership with USA Gymnastics. This cost is \$89 per coach. We have 8 coaches that need USA Gymnastics Professional Memberships.

RGBA is also responsible to pay coaches for their hours when they attend a meet with our girls. Each meet may require a minimum of 2-3 coaches for 5-10 hours.

TEAM ENTRY FEES: Each meet that we enter as a team requires a team entry fee. This is in addition to the gymnast fee that each individual girl pays. The fees range from \$30-\$50 per meet.

GYMNAST COMPETITION UNIFORMS: RGBA purchases leotards and warm-up suits for the gymnasts and they are rented on a yearly basis. This service is offered by RGBA to save each gymnast the cost of purchasing her own. Gymnasts are able to exchange her uniform for a larger size when she has outgrown hers. This system is unique to Roseville Gymnastics and it should be realized that in most if not every other competitive program the gymnast is required to purchase her own leotard and warm-up suit. The cost of purchasing a new leotard and warm-up is approximately \$375.00. The cost of renting a competition uniform is \$100 per year.

TEAM BANQUET AND ACTIVITIES: RGBA supports various activities throughout the season such as the team family picnic, gymnast parties and other activities. RGBA also sponsors a banquet in the spring to recognize all of the team gymnasts for their accomplishments during the year.

As you can see by this list, RGBA has many financial commitments to the Competitive program.

EVERY TEAM MEMBER LEVELS 3-10 IS EXPECTED TO PAY A BOOSTER CLUB FEE TO CONTRIBUTE TOWARD THESE EXPENSES. Fundraisers will also be necessary to meet the financial obligations. **GYMNASTS ALONG WITH THEIR PARENTS ARE REQUIRED TO DO THEIR PART IN HELPING WITH FUNDRAISING.** Listed below are some of the fundraisers that RGBA has planned for this year:

| | | |
|---------------|--------|---|
| WREATH SALE | FALL | Gymnasts will be able to sell wreaths to contribute towards their RGBA expenses. |
| FLOWER SALE | SPRING | Gymnasts will be able to sell flowers to contribute towards their RGBA expenses. |
| HOSTING MEETS | | Parents are needed to volunteer time for equipment set-up and take down, taking admissions, selling concessions etc. All team members (ages 10+) are needed to work as a runner or score flasher. |
| OTHERS? | | |

We are very proud of our program and the great group gymnasts and parents that work so hard to keep our program first rate. The purpose of RGBA is to support the competitive team financially. Decisions regarding team policies, competition schedules, how the program is run, etc. are made by the coaching staff and the Parks and Recreation Department. **QUESTIONS REGARDING THESE ISSUES SHOULD BE DIRECTED TO THE PROGRAM DIRECTOR OR A COACH AND NOT A RGBA BOARD MEMBER.**

Thank-you for all of your support!!