



XCEL TEAM

COPPER-SAPPHIRE

HANDBOOK

Enjoy gymnastics.

BECOME A BETTER ATHLETE
IN THE GYM.

BECOME A BETTER ATHLETE
IN LIFE.

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WHAT IS THE XCEL PROGRAM

The USA Gymnastics Women's Xcel Program is a progressive competitive program designed to provide athletes with a flexible and rewarding gymnastics experience. Unlike the Development Programs, Xcel allows gymnasts to compete individually constructed routines from the beginning, giving coaches greater flexibility to select skills that highlight each athlete's strengths while continuing to develop proper technique, confidence, and competitive experience.

The program consists of seven divisions: Copper, Bronze, Silver, Gold, Platinum, Diamond, and Sapphire. Copper, Bronze and Silver introduce athletes to competitive gymnastics while emphasizing strong fundamentals, basic skill development, and performance quality. Gold and Platinum build upon those foundations with increasingly challenging skills, connections, and routine requirements. Diamond and Sapphire represent the highest divisions of the Xcel Program, requiring greater difficulty, technical proficiency, and routine composition. At every division, athletes perform personalized routines while meeting specific USA Gymnastics skill, difficulty, and special requirements appropriate for their competitive level.



WELCOME TO GT PERFORMANCE GYMNASTICS TRAINING CENTER

I would like to personally congratulate each and every one of you for choosing gymnastics for your child.

Gymnastics is the greatest overall body conditioning activity that you can have your child involved in. A study was done testing the components of physical fitness (strength, flexibility, coordination, etc.) of the number of college athletes involved in various sports. When the totals were added up, gymnasts proved to be the most physically fit.

Some of the physical attributes that you will find in your young gymnast will be: strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, explosive power, agility, running speed, balance, and self-motivation, tenacity patience, and willingness to sacrifice for personal development, goal setting, courage, and enjoyment. It is rewarding and fun to work hard, improve your skills, and achieve your goals.

If these things are important to you for your child, then you have come to the right place.

Gary McGinley



OUR PHILOSOPHY

We at GT Performance Gymnastics believe that all children are the world's most precious gifts. Our goal is to see to it that every child who participates in our program is given the same quality instruction, regardless of ability. We embrace the opportunity to impact a kid's lives through fun discipline to achieve physical fitness, self-esteem, and character. We measure our success, not by the number of trophies on the wall, but rather what each child can take with them through their life's journey.

MISSION STATEMENT

The mission of the gym's gymnastics team program is to help athletes grow into strong, confident, hard-working young people through safe coaching, structured progressions, accountability, teamwork, and a positive competitive environment.

The mission of the GT Performance Gymnastics Training Center's Xcel Team Program is to develop skilled, confident gymnasts through quality coaching, progressive training, and a positive team experience. Our goal is to challenge each athlete to reach her individual potential while keeping the joy of gymnastics at the heart of the program, building strong friendships, celebrating accomplishments, and creating memories that will last a lifetime.



SAFETY

Gymnastics involves risk, including the possibility of injury. Because of this, GT Gymnastics places a high priority on safe progressions, proper equipment use, coach supervision, spotting when appropriate, matting, athlete readiness, and clear communication between athletes, parents, and coaches.

Athletes are expected to report pain, injuries, illness, fear concerns, or unsafe equipment immediately to a coach. Parents are expected to communicate known injuries, medical restrictions, or return-to-play instructions before practice begins.

GT Gymnastics is committed to maintaining a safe and respectful environment for athletes, coaches, families, and staff. Athletes should immediately report any behavior that makes them feel unsafe, uncomfortable, bullied, threatened, or disrespected.

Parents should report concerns directly to GT leadership. Coaches are expected to maintain professional boundaries, use appropriate communication, and follow athlete safety expectations.



TEAM POLICIES AND PHILOSOPHIES

The following are the rules, policies and philosophies of the GT Gymnastics Team Program. Please read each policy carefully to ensure that you and your child understand them completely.



ATHLETE RESPONSIBILITIES

Gymnastics is fundamentally a competitive sport and we are a competitive gymnastics team. We measure our success and progress by how we portray ourselves and execute on the practice and competition floor. While winning is not so important, trying to win represents much of what we strive for. Trying to win means that you do your best to attend every scheduled practice and that you train hard while you are here. It also means that you respect all of your coaches and teammates, you overcome fear and you keep a positive attitude through every obstacle. Trying to win is an attitude that must be displayed by every GT Gymnastics Team member.

1. The way you act in the gym and at competitions is a reflection of your respect for yourself, your teammates and GT Performance Gymnastics Training Center. Only the highest standard of behavior will be acceptable.

a. GT Gymnastics is a family environment. Any off-colored comments, foul language or inappropriate dress in the facility will not be tolerated. Each team member should show the utmost respect and support for your coaches, teammates, judges as well as other gymnasts.

b. Discouraging remarks (whether directed toward self, a coach or another gymnast), formation of cliques (including parents), excluding others from activities, etc. are grounds for dismissal from practice and possibly from the team.

2. Carry out all assignments and conditioning to the fullest. Cheating on assignments and/or conditioning will not be tolerated.



3. Demonstrate the highest regard for our sport and your hard work by arriving to all workouts and competitions on time and conducting yourself with grace and courage during the workout or competition. Accept all constructive criticism and scores in a positive manner, since we know that we learn just as much from our mistakes as we learn from our successes.

4. Understand that the specific mission of GT Gymnastics is to develop happy, healthy and confident young people. One way in which we can help meet this demanding goal, is to place the gymnasts at the level where they can be happy, safe and confident. Mobility through the levels (moving up) can only be achieved when a high level of proficiency has been demonstrated at your current level, and the potential for a high level of proficiency in the next level is apparent. This means that a gymnast is never declared having moved to the next level until ALL of the requirements for that level have been achieved.

5. Never compare your progress, performances or level with other gymnasts. Each athlete is an individual and will achieve success at her own pace.

6. Place emphasis on individual success and improvements, not on what place you come in.

7. All absences, late arrivals, and early dismissals must be communicated through the official GT communication method, parent portal, email, or direct message to the appropriate program lead. Attendance is tracked, and repeated absences may affect meet readiness, group placement, or competition eligibility.

8. Keep the gym clean. Make sure that all tape and pre-wrap are thrown away and ice packs are returned to the freezer. Making an undo mess with the chalk will result in athlete staying after practice to vacuum around the bars.

9. GT reserves the right to remove any member from the team program. No refunds of any kind will be given whether voluntary or involuntary dismissal from the team.

10. Team group chats, text threads, and parent communication groups should be used for helpful reminders, encouragement, and team-related logistics. They should not be used to criticize athletes, coaches, judges, other parents, meet hosts, or GT Gymnastics policies. All concerns should be handled directly with GT staff.



TEAM RULES

To participate on the GT Performance Gymnastics Team should be an honor. Each gymnast has been chosen to be a member because of her talent, attitude and dedication to gymnastics. The following actions show respect and are expected of every member of the GT Performance Gymnastics Team.

1. Attend practices, competitions, and special events.
2. Call the gym to alert the coaches if you will be late or absent for any reason.
3. Arrive on time and stay until practice is over. Get any taping completed before practice begins.
4. You are expected to work hard and to try your best. This is all that we will ever ask of you and this is always what you should demand of yourself.
5. Arrive at the gym ready to practice with proper attire, hair pulled back, and jewelry off, gum in the trash can, well rested and ready to go. Stay out of the gym until it is time to start and then be ready to start warming up.
6. Treat other gymnasts with respect, be kind to those gymnasts younger than you are, and do not think to hold yourself out as better than other gymnasts. Everyone has strengths and weaknesses; if you have not found your weakness yet, you will.
7. Ask permission to leave the gym. This applies to leaving practice early, going to the restroom, or calling home. The main reason is so that your coaches know where you are.
8. Always act in a way that shows your respect for yourself and to the gym. We want the gym to be a happy, motivating, and uplifting place to be. There is no place in our gym for rude or belittling comments, displays of anger or disgust, talking back to coaches or other adults, or crying because you have given in to your frustration and fears.



9. Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, to your parents, and, most importantly, to yourself. If you cannot or will not complete an assignment, be honest about it.

10. Tell your coach when your body is telling you to stop or slow down. This shows respect for you and your coach. If you are sick, on medication, or are injured, we need to know and you need to listen to your body. Pain is the body's way to tell you to stop. In addition, alert your coach if you have engaged in any strenuous activity prior to the start of practice.

11. Provide your body with food and drink that will help you do your best.

12. Show respect for your safety and to the wishes of your coaches by staying off the equipment without the specific permission and supervision of a coach. This rule applies specifically to the trampolines and pits.

13. Always wait inside for your ride. Gymnasts are not to wait outside for pick up following practice.

14. Concentrate on what you are trying to accomplish during practice. We will not permit you to make or receive phone calls or text messages during practice unless it is a family emergency.

15. There will be no sitting during class time.

16. Parents are not allowed to communicate (verbally or non-verbally) with a gymnast during practice from the observation area or outside the gym area.

GYMNAST PRACTICE RULES

1. Be on time for practice.
2. Long hair must be pulled back and bangs pinned away from eyes to avoid injury.
3. No jewelry allowed during practice. This includes watches, necklaces, ankle bracelets, bracelets, rings, and smart devices (Apple Watches, FitBits, etc.). Stud earrings are allowed. Please keep a container in your bag to keep these items in during practices or leave them at home. GT Performance is not responsible for lost, stolen, or broken items.

Athletes may not use phones, smartwatches, or other devices during practice unless given permission by a coach. Devices should remain in the designated area for all athlete devices (phones, tablets, etc.).

4. Social media can be a positive tool for athlete development, recruiting, leadership, and celebrating progress. However, athletes are expected to represent themselves, their families, and GT Gymnastics in a respectful way online. Athletes may not post content that includes unsafe skills, negative comments about teammates/coaches/judges/other gyms, inappropriate language, bullying, private team information, or videos of other athletes without permission. Coaches notice positive leadership, effort, attitude, and body language. They also notice negativity, excessive phone use, poor sportsmanship, and disrespectful behavior.

5. No gum, food or drink except for water bottles will be allowed in the gym.

6. Leotards and biker shorts are allowed for practices. Competition leotards, T-shirts, and baggy shorts are not allowed.



7. Come prepared with the attitude to work hard.

8. Gymnasts must remain in the gym during practices unless excused by the coach.

9. Coaches are here because they enjoy gymnastics and working with athletes. Treat them with respect as you would a teacher, supervisor, etc.

10. Gymnasts will have good and bad practices, as well as meets. Do not get discouraged. Making mistakes is human and everyone is not perfect. Strive to improve in your weak areas and learn from your mistakes. Remember, to keep your chin up, smile and enjoy the sport that you love.

10. Remember that gymnastics is FUN and that you are here because you enjoy the sport.

11. Gymnasts must attend one full week of practice leading up to each meet throughout the season. The only exception to this policy is for sickness or injury which will require a doctor's note if requested.

ELIGIBILITY FOR COMPETITION

1. Gymnasts must be current on all gym training (assignments completed) and be able to execute each skill in their routine with proficiency.
2. Gymnasts must attend every practice in the week before a meet. The only exception to this policy is for sickness or injury which will require a doctor's note if requested.
3. A family's account should be up to date. There should be no outstanding or past due balance.
4. Gymnasts may be held from a certain event (vault, bars, beam, or floor) at a competition if they have not mastered all the skills required for their level. This is for the sake of the gymnast's safety and well-being. If a gymnast is not ready to compete that skill unassisted, our coaching staff does not want to put them in a position that discourages or could cause injury. The decision to "scratch" or modify a gymnast's planned routine could occur at any point before or during the competition (including after the designated event warm up time).

GYM BAG NECESSITIES

Each gymnast should carry the following items in her gym bag. This includes practices and meets. One never knows when the situation could arise when one of the following items may be needed.

1. Extra leotard
2. Extra shorts
3. Grips
4. Hair ties, comb, brush, scrunchies, clips, bobby pins, hairspray, etc.
5. Athletic tape and pre-wrap
6. Ace bandage and band-aids
7. Athletic supports (ankle, knee, or wrist braces) if needed
8. Personal hygiene needs (deodorant, feminine hygiene products, etc.)
9. Scissors, nail clippers, nail polish remover
10. Kleenex
11. Prescription medication or inhalers, if any



DISCIPLINARY ACTIONS

The rules and policies, which govern the gymnasts and their parents, have been outlined here and in other sections of this handbook. In the event that there is an ongoing pattern of disruption or there are major rule infractions, it may become necessary to impose some disciplinary action in an attempt to improve the situation. The list and the procedures noted below are not intended to be all inclusive. They are presented as an expression of our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our gymnasts and gym parents as individuals and will seek to impose the most effective disciplinary action based on each unique set of circumstances.

1. The gymnast may not be permitted to rotate with her group at the designated time. She will have to stay and finish her work or repeat the entire assignment on a particular piece of equipment.
2. The gymnast may be asked to sit and watch. Or the gymnast may be given appropriate conditioning to perform which will help focus her attention and build strength to accomplish the task at hand.
3. The gymnast may be asked to leave the gym and go home early.
4. The coach may request a meeting with a parent.
5. The gymnast may be suspended from the team for one or more days or may be scratched from a competition. Please note, that if the gymnast is suspended from a competition due to poor attendance, poor work ethic or a negative attitude (or for any other reason) the entry fee is nonrefundable.
6. The gymnast may be asked to leave the program if she continues to struggle to meet the expectations of the team, her coaches, or the gym. For any dismissal from team there are no refunds for tuition, meet fees, and deposits.



PARENT RESPONSIBILITIES

1. A gymnast's parents are an instrumental contributor to her success and happiness. Tuition and meet fees must be paid on time and a commitment to transport your daughter to and from workouts, competitions and team functions must be made. In addition and equally important, parents must help instill the work ethic, values and nutritional knowledge into their child necessary to be successful.
2. Understand that we have a large team and face-to-face progress reports are not always practical. In the absence of us contacting you, you can assume that everything is okay and your daughter is working hard and progressing satisfactorily. If something comes up about which we need to speak to you, be assured that we will do so promptly.
3. Please feel free to set up a meeting with any of your child's coaches if you have a question or concern. Your thoughts are important to us. If we cannot help you, we will try to explain why and will work hard to find another way to rectify the situation. Meetings should be scheduled through the front desk or team director for either before or after workouts hours, this may result in additional fees. At no time will parents be allowed on the training floor before, during or after workout hours to address questions or concerns.
4. When questions or concerns do arise, please understand that complaining to other parents cannot solve your problems. In addition, problems cannot be solved if we do not know about them. If you respect us enough to allow us to play a large role in your child's life, please respect us enough to know that we have your child's best interest at heart. Meaning, that decisions that are made in regards to your child's training, level and group are made in what we as gymnastics professionals feel will best help your child to be happy, healthy and successful. Parents who consistently complain to other parents or show signs of disrespect toward others could risk the chance of their child being removed from the GT Team program.



5. Understand that your child's skill and performance level determines the level that she is in. There are requirements set forth by USA Gymnastics for mobility through the levels. At no time will a gymnast be moved to the next level without meeting ALL of these requirements. If you are unsure of which requirements your child is missing for mobility into the next level, ask them, they are usually very aware. If you still have questions about these requirements, speak to your child's coach before or after practice or schedule a meeting to discuss with them further.

6. Understand that all competitions, clinics and camps are chosen by the GT Team Staff.

7. Parents may not distract or try to communicate with their gymnast once the workout has started. We ask them to focus all their energy on the workout and we want as few distractions as possible. Once the workout has concluded they will come see you. No exceptions will be made without prior approval from your child's coach. If coaching or communicating from the viewing area continues, you may be asked to leave or be dismissed from the team.

8. Injured gymnasts and or gymnasts with minor illnesses are expected to participate in workouts and gym activities to the highest possible extent (NO EXCEPTIONS). It is often possible to work around injuries and/or minor illnesses to turn a difficult situation into something positive.

Injured athletes may be expected to complete modified assignments, conditioning, flexibility, basics, mental training, or event-specific work that does not conflict with medical restrictions. Athletes should not attend practice with contagious illness, fever, vomiting, or symptoms that could put themselves or teammates at risk.

Athletes returning from injury may be required to provide medical clearance or follow a modified training plan before returning to full activity.

9. Parents are to try to the best of their ability to be a positive force in their child's gymnastic development. Try not to compare your child to another when it comes to training, improvements or level. Often times in gymnastics, athletes are competing against gymnasts that are older and more experienced, and to gauge your child's success compared to these other athletes is the wrong approach. Each child progresses at her own rate and this must be recognized and respected by parents.

10. Parents should have a clear definition of what winning is. Winning should be defined as your child's "personal best" not "being better than everyone else". Make only positive comments after competition and focus on your child's individual development, efforts and improvements, not what place she is awarded.

11. Make sure that your daughter calls the gym for all absences from scheduled workouts. When calling in absences, please leave a message with the team director, your child's coach, or on the answering machine.

12. GT reserves the right to remove any member from the team program. At which time no refunds of any kind will be given, including but not limited to tuition, team apparel, meet fees or deposits. The no refund policy is for voluntarily or involuntarily departures from the team program.

13. Understand that talking negatively to other parents about our program or coaches in our lobby/observation area WILL NOT BE TOLERATED! If you are overheard talking negatively or if other parents complain about your negativity you will be warned once. If you have concerns that warrant conversation, please voice them with the team director, not the other parents in the gym. We not only expect your child to be a GT Person but their parent's as well. Repeated negativity, gossip, disrespectful behavior, or actions that damage the team environment may result in a parent meeting, athlete suspension, or removal from the team program. Make every attempt to "Lift yours and all other children up..."

14. GT Gymnastics will communicate important team information through official channels, including email, the parent portal, team updates, and coach/program lead communication. Parents are encouraged to ask questions through the proper chain of communication:

- a. Athlete's coach
- b. Program lead or team director
- c. Front desk/office for billing, enrollment, and account questions
- d. Owner/director for unresolved concerns

Parents should not address coaches during practice, competitions, warm-ups, or awards. Meetings should be scheduled before or after practice.

15. Families should not upload routines to online judging or scoring websites for evaluation. These services may not use currently rated USA Gymnastics judges, and the person reviewing the routine is not viewing the gymnast from the same angle, distance, or speed as the judges at an actual competition. Because of these differences, online scores and feedback can be inaccurate, inconsistent, or misleading. GT Gymnastics has three Level 10-rated judges on staff who understand current USA Gymnastics rules, deductions, and expectations. Questions regarding routine construction, execution, deductions, or scoring should be directed to your gymnast's coaching staff so we can provide accurate feedback that supports the training plan.

16. Gymnasts should not attempt to learn, practice, or make changes to their routines using YouTube videos, social media, or other online sources unless specifically instructed by their coach. Technique expectations and judging requirements can be updated from season to season, meaning videos found online may be outdated or incorrect. In addition, our coaching staff may teach certain movements, positions, connections, and presentation details in a specific way to help prepare athletes for more advanced skills in the future. Learning a routine or a skill incorrectly at home can create habits that must later be corrected, often taking significantly more time than learning it correctly from the beginning.



TIME AND FINANCIAL OBLIGATIONS

Competitive gymnastics is not only a commitment on the gymnast's part, but also a commitment on her parents. Your child's involvement in competitive gymnastics will cost you time, money and effort. Below are some of the time and financial obligations that you will incur.

Team participation is a season-long commitment. Team tuition, meet fees, apparel fees, choreography fees, clinic fees, deposits, and other team-related charges are non-refundable once billed, paid, ordered, submitted, or committed to on behalf of the athlete.

Families choosing to leave the team must submit written notice. Any outstanding balance remains the responsibility of the family. Meet fees, apparel, and other costs to vendors, meet hosts, or team expenses cannot be refunded.

TUITION

All team families are required to maintain an active credit card on file in the GT Parent Portal and must have Auto Run selected for team tuition, meet fees, and other approved team charges.

Team tuition is automatically processed on the 1st of each month. Families may pay by cash, check, or another credit card prior to the 1st. If the tuition balance has already been paid before the scheduled Auto Run date, the card on file will not be charged for that paid balance.

If the credit card on file is declined for any reason when tuition is processed on the 1st, a \$20 Declined Payment Fee will be added to the account. A declined payment notification will automatically be sent to the family.

If the tuition payment has not been received by the 5th of the month, an additional \$20 Late Fee will be added to the account.

If tuition remains unpaid as of the 10th of the month, the gymnast will not be permitted to participate in practices, clinics, camps, competitions, or other team activities until the account balance has been paid in full or an approved written payment plan is on file.



Families with past-due balances must either pay the balance in full by the stated deadline or have an approved written payment plan on file. Payment plans must be approved by GT Gymnastics and must be completed by the agreed-upon date. Failure to follow the terms of an approved payment plan may result in the athlete being suspended from practice, removed from competition entries, dismissed from the team program, and/or required to wait until the next season to rejoin.

Families are responsible for keeping a valid credit card on file and maintaining Auto Run approval. If a valid card is not on file or Auto Run is not selected, families will have 15 days from notification to correct the account. After that deadline, the gymnast may not participate in practices, competitions, clinics, camps, or other team activities until the account requirements have been completed.

Team tuition is due each month regardless of attendance. There are no make-ups, credits, discounts, or prorated tuition for missed practices due to illness, injury, vacations, school activities, scheduling conflicts, family commitments, or other absences.

Joining the GT Gymnastics Team Program represents a commitment to the team for the entire competitive year. Team members do not move on and off the team based on illness, injury, vacations, conflicts, or similar circumstances. A gymnast is considered either an active member of the team or no longer enrolled in the team program. Team tuition and other team fees will not be prorated due to missed practices or temporary absences.

GT Gymnastics reserves the right to cancel, modify, relocate, or reschedule team workouts and activities when necessary. This may include, but is not limited to, weather or unsafe travel conditions, facility closures or maintenance, competitions, clinics, camps, workshops, in-house events, special events, team outings, staffing needs, emergencies, or other circumstances affecting normal team operations. These schedule adjustments are considered part of the overall team program and do not qualify for tuition credits, refunds, make-ups, or prorated fees.

All team accounts must remain current. Continued or repeated past-due balances may result in suspension from team activities, removal from meet entries, dismissal from the team program, and/or referral to collections.

Tuition rates, fees, practice schedules, and workout times are subject to change from year to year.



COMPETITION FEES

Prior to the start of each competition season, GT Gymnastics will distribute the Xcel Meet Schedule. The schedule will include the anticipated competition dates, locations, entry fees, and GT Gymnastics payment/entry deadlines for each competition.

Families will complete and submit a Meet Planning Form indicating which competitions their gymnast plans to attend. Based on the selections submitted on this form, the applicable competition entry fees will be added to the family's account with the corresponding due date for each competition.

Each competition fee will be automatically processed on its designated due date using the credit card on file. Families are responsible for maintaining a valid credit card that is authorized for recurring billing in accordance with the Team Tuition & Payment Policy.

Payment must be received on or before the designated due date in order for a gymnast to be entered into a competition. If payment cannot be successfully processed by the deadline, the gymnast will not be entered into that competition.

Because competition entries must be submitted by specific deadlines, the standard declined-payment and late-payment procedures used for team tuition do not apply to Xcel competition entry fees. Late payment does not guarantee that a late entry will be available or accepted.

If a family decides that their gymnast will no longer attend a competition previously selected on the Meet Planning Form, the GT Gymnastics office must be notified in writing at least 24 hours prior to the competition fee due date. Verbal notification to a coach or other staff member does not constitute notification to the office. Once the cancellation deadline has passed, families are responsible for the competition fee associated with that selection.



All competition entry fees are non-refundable and non-transferable. This includes circumstances in which a gymnast is later unable to attend or participate in the competition for any reason.

Examples include, but are not limited to:

- illness or injury;
- family, school, or personal scheduling conflicts;
- travel difficulties or changes in family plans;
- conflicts with the gymnast's assigned competition day, session, or competition time once the final schedule is released;
- changes in availability after the competition entry has been submitted;
- withdrawal or dismissal from the team program; or
- any other circumstance that prevents the gymnast from attending or competing.

The only exception to the non-refundable competition fee policy applies to qualification-required competitions. If a gymnast has already paid an entry fee for State, Regionals, or another competition requiring qualification and the gymnast does not qualify to participate, the amount paid for that competition will be applied as a credit to the family's GT Gymnastics account. This credit may be used only toward future team-related expenses. It will not be refunded to the original payment method, issued as cash, or transferred outside of the family's GT Gymnastics account.

Competition hosts establish their own competition schedules, sessions, and competition times, which are typically released after entry fees have been submitted and entries have been finalized. Families should understand that selecting a competition on the Meet Planning Form represents a commitment to attend regardless of the gymnast's eventual assigned competition day or session.

OBLIGATIONS OF THE PARENTS

It is the philosophy of GT Gymnastics that the coaches, the gymnasts and the gymnasts' parents are all part of the team. We encourage all of the parents to attend every competition. Having a strong cheering section does wonders for team motivation and is something to be proud of. With that in mind however, a few guidelines for parents are in order.

1. Parents should make no attempt to contact a meet director, host team, or facility prior to a competition. GT will relay all competition details to parents as soon as we receive them. If you have further questions, please speak to your child's coach or the team director who will then try to find the answer for you.
2. Make sure that your gymnast is on time (20 minutes prior to the start of general stretch), in the correct attire, with her hair properly done and without colored finger and toe nail polish.
3. Once you have escorted your gymnast to the competition area, wish her luck and direct her to her coach. At this point, please do not signal or talk to you daughter until the competition and award ceremony is concluded. We ask the gymnasts to focus all their energy on their competition and we want as few distractions as possible.
4. Cheer loudly and often, but do so in a courteous manner. Obnoxious screaming may be acceptable for other teams, but not for us.
5. Promote GT Gymnastics in every way you feel is appropriate: T-shirts, polo shirts, sweat shirts maybe purchased in the proshop or through the front desk. Banners and cheers are all a nice touch.
6. Never speak about another club, gymnast, coach or judge in a negative manner.



7. Under no circumstances is a parent ever to approach a judge or meet official before, during or after an open workout or competition to comment on, complain about, or even ask about the format, the timing of the meet, a score or an award ceremony.

8. Parents should not approach the coaching staff during a warm-up session, competition or during awards. Not only do we expect our gymnasts to be focused throughout the competition, our coaching staff should be as well.

9. In case of an injury during warm-up or competition, please wait for your child's coach to give some indication that you should come on to the competition floor. In most cases, you will not be invited onto the floor because the injury will be relatively minor, and the coach and/or trainers will take care of it. In case of more severe injuries where the gymnasts may be finished for the day, it would be appropriate for you to come see her after she has been moved from the competitive area for treatment.

10. It is important to remember that a score for any routine is an evaluation of one single performance in your child's career as a gymnast. Remember each meet should teach your child more about her abilities as a gymnast. Remember that judges and competitors are human and they make mistakes.



COMPETITIONS

1. Arrive at the competition site at least 20 minutes prior to the start of general stretch.
2. Find your coach as soon as you arrive.
3. Athletes should remain in the designated area for competitors for the entire competition. Obey all warm-up regulations and procedures.
4. Athletes should present themselves in proper attire including a GT warm-up, competitive leotard, slip-on shoes and gym bag.
5. The gymnast should be well groomed. The gymnast's hair should be pulled back in a bun and sprayed. All jewelry should be removed. The use of make-up should be limited and all fingernails and toenails should be free of fake nails and colored nail polish.
6. Athletes are expected to handle scores, mistakes, falls, and placements with maturity and sportsmanship. Emotional moments happen, but athletes must remain respectful, stay with the team, and avoid behavior that disrupts the competition or awards ceremony.
7. The gymnast should not keep track of her event scores, all-around scores or placement during the meet. Coaches and parents will take care of this.
8. Athletes should be prepared to help the coach with springboards, mats, bar settings and music during the competition.
9. Athletes, parents and spectators should be courteous, respectful and polite to all meet officials, hosts and hostesses, competitors and coaches.
10. Gymnasts should have their team backpack packed with the required supplies including a back-up pair of grips and extra leotard to all competitions.



11. Stay with the team until the competition is over and the coach has released you. Once a gymnast has entered the competition area, there should be and will be no contact between the gymnast and her parents unless there is an emergency.

12. Stay for the entire awards ceremony in your warm-up attire unless released by the coach. Most competitions have a formal system for presenting awards. As a participating athlete you have an obligation to stay for all of the awards and to accept any given to you with courtesy and gratitude. Any signs of disrespect toward your placement, other gymnasts on award stand or sloppy attire and/or bad attitude will be grounds for dismissal from the team. (That also means no gum chewing, food or candy in your mouth during awards.)

13. Be friendly and use sportsmanlike conduct at all times. Everybody has a unique way of experiencing a gymnastics competition. Some people look for the fun in the experience; others are simply hoping to cope with fears.

14. It is the responsibility of each individual gymnast's family to make travel, lodging and rental car arrangements for all away competitions, clinics, camps and other team events unless otherwise stated by the team staff.

15. When making hotel arrangements for out of town competitions, it is good practice to make reservations for all the possible nights and cancel accordingly when you find out when your daughter is going to compete.

16. Parents are not permitted to contact the meet host/coordinators in an attempt to find out competition schedules or tentative dates. The staff at GT will inform you of the competition schedule once it has been received.

17. When at an out of town competition, it is a good idea (whenever possible) to drive to the meet site the day before your daughter competes. This allows you to gauge the time necessary to get to the site and ensure an on time arrival.

EXPECTATIONS

Problems occur when a parent expects too much from an athlete who is new to the competitive arena, and even those athletes who are not considered “new”. (New is defined as having only competed for one to three years). It takes a number of years of quality competition for a gymnast to develop the poise and grace to continuously take top honors in a gymnastics competition.

Some parents seem to have developed their own system of evaluating the scores their children earn during a gymnastics competition. When their child earns a 9.00 or better in the meet, the parents tend to walk around with the look and attitude “Yes, my kid is on fire!” If their child receives an 8.00, the parents are still happy and feel their child is a very good competitor. However, if a child gets a mark around a 7.00, the parents start to wonder what needs to be fixed in the routine, or why the coach doesn’t pay more attention to their child. As the scores get lower than 7.00, the gymnast’s parents hide in the bleachers and hope that no one they know will see them. Obviously this is an oversimplification of what happens, and not all parents react in this manner.

The key is to recognize when your child is working up to her potential. If she completes all her skills for the first time, without a fall, that is a winning routine regardless of what score she receives. Comments from you should be congratulatory and positive. No mention should be made at that time of what she can do better, that would lessen the effect of this “victory” for her.

The week after the meet your daughter’s coach will go over those elements that need work and congratulate her on the elements she competed correctly. Any score she receives during a competition is no reflection on you as a parent. There is no reason for you to feel embarrassed if your child is having a bad meet. Everyone has good days and bad days, and it is how she learns to react to them that show her development as a competitor.

Remember always that a score given to your child in a gymnastics competition is an evaluation of one single performance, not an evaluation of the child.

