

WYB Gymnastics Team Handbook



Welcome to the WYB girl's gymnastics team! We are excited about the upcoming season with all of you, and we hope this handbook will answer some questions you may have. Team gymnastics is a privilege and can be a very rewarding experience for your daughter. In reading this handbook, you acknowledge that you understand and will abide by these expectations and have helped your daughter understand the expectations of being a part of the WYB Gymnastics Team. Please read it carefully, as you will be held responsible for the terms herein.

Coaches & WYB Gymnastics Directors

Shea Stammen: Shea is the Head Coach and Program Director for WYB Gymnastics. She has been coaching gymnastics for 27 years, including 22 with WYB. She is also the head coach at McCord-Perry Middle Schools and Westerville Central High School. She started the WYB team 14 years ago. Shea is a graduate of Capital University. She works as a nursing supervisor at Nationwide Children's Hospital and as a staff nurse at Riverside Hospital. Shea can be reached at: Shazy13@aol.com or 614-264-8282.

Tania Craig: Tania competed for WYB, McCord and WKHS. While at Kilbourne, she was a member of a state qualifying team. She currently attends Otterbein University, where she is a nursing major. She also works as a PCA at Nationwide Children's.

Amanda Foy: Amanda was on the original WYB team. She is a graduate of Olentangy High School, where she was a 4-year gymnast. She graduated from Miami University and currently works for Lower.Com.

Katelyn Grady: Katelyn competed on the gymnastics team at Kilbourne High School. She recently moved back to Columbus and works as a nurse while also coaching at WYB.

Reagan Leo, Abby Dietrick, and Audrey Maxwell: Although Reagan, Abby, and Audrey currently attend college out-of-state, they often return to the gym during school holidays and summer breaks to coach our team gymnasts, many of whom they have worked with for many years.

Aundrea Patterson, Deidre Serrano, Kelly Stratton: Aundrea (Andie), Deidre, and Kelly are all former WYB Board Members who have daughters on the team and who now volunteer as Gymnastics Directors for the program. You will often see them at the gym helping with anything from re-stocking waters, responding to phone calls and emails sent to the gym (wbybgym@gmail.com), providing ice packs and bandaids, answering parent questions, helping with website updates, rec class registrations, team payments, coach compliance, budget oversight, and much more.

*Please note that our coaches have other jobs and obligations outside of WYB. Your gymnast may have a substitute coach or more gymnasts per group than normal from time to time. We do the best to keep consistency, but conflicts do arise and we ask that you be understanding of these situations if and when they occur.

Gymnastics Levels

The WYB Gymnastics team is comprised of gymnasts at the Xcel Bronze, Silver, Gold, and Platinum/Diamond levels. There are certain minimum requirements for each level. Your daughter will be placed at the level in which she can perform the required skills with proper technique and good form. In the Xcel levels, it is possible to move up or down during the season. Some minimum required skills for each level are:

Bronze

Vault	Bars	Beam	Floor
Handstand flat back on mat stack	Pullover	Pivot or half turn	Round off
	Back hip circle	Straight or tuck jump	Backward roll
	Under swing	Lever or handstand	Split leap
		Dismount	½ or full turn

Silver

Vault	Bars	Beam	Floor
Handstand flat back over whale	Horizontal cast	½ turn	Full turn
	Back hip circle	Split jump 90*	Split leap
	Glide swing	Acro skill	Round off
	Pull over	Roundoff dismount	Front handspring
			Round-off BHS

Gold

Vault	Bars	Beam	Floor
Handspring	Cast to horizontal	Full turn	Round-off BHS
Half on	Squat on	Split jump series	salto
	High bar dismount	Cartwheel or BWO	Full turn
	6 A skills		Leap series

Platinum

Vault	Bars	Beam	Floor
Half on	Cast above horizontal	Acro series or flight skill	Two saltos
Half-Half	Glide kip	1 B skill	Or "B" salto
Half-Full	6 "A" 1 "B" skills	Split jump series	Leap series

*All level placements are at the discretion of the coaches.

Practice Schedule & Tuition Fees

Practice days, times, and tuition fees are based on your gymnast's level. Gymnasts should attend at least one weekly practice and have the option to attend twice per week. As an example, a Bronze gymnast has the option to attend practice on Sunday, or on Thursday, or both Sunday and Thursday. (Note: At the Platinum/Diamond level, gymnasts must attend a minimum of 2x per week, with the option to attend 3x per week if they prefer.)

When accepting a position on the team, families will be required to set-up a 12-month payment plan for the year (June – May). Tuition fees are deducted automatically on the 15th of each month. If you are behind in tuition payment, WYB may refuse the right for your gymnast to participate in meets or attend practice until you are current.

The payment plan you select will be based on the # of days per week your child is most likely to attend for the majority of the year. Adjustments can be requested prior to the 15th of each month when necessary. (i.e. If your child will attend 1x per week during the school year but would like to attend 2x per week in the summer, then please register for the 1x per week annual payment plan and email wbygym@gmail.com to request an adjustment for July and August to 2x per week.)

Bronze

1 Day Per Week Option*:	Either Sundays 2:15-4:15pm, or Thursdays 6-8pm	Monthly Tuition Fee: \$100/month
2 Day Per Week Option:	Sundays 2:15-4:15pm and Thursdays 6-8pm	Monthly Tuition Fee: \$180/month

Silver

1 Day Per Week Option*:	Either Sundays 3:45-6:15pm, or Tuesdays 6-8:30pm	Monthly Tuition Fee: \$115/month
2 Day Per Week Option:	Sundays 3:45-6:15pm and Tuesdays 6-8:30pm	Monthly Tuition Fee: \$205/month

Gold

1 Day Per Week Option*:	Either Sundays 3:45-6:15pm, or Wednesdays 6-9pm	Monthly Tuition Fee: \$125/month
2 Day Per Week Option:	Sundays 3:45-6:15pm and Wednesdays 6-9pm	Monthly Tuition Fee: \$220/month

Platinum/Diamond

2 Day Per Week Option*:	2 days, either Sundays 3:45-6:15pm, or Mondays 6-9pm, or Wednesdays 6-9pm	Monthly Tuition Fee: \$225/month
3 Day Per Week Option:	Sundays 3:45-6:15pm and	Monthly Tuition

	Mondays 6-9pm and Wednesdays 6-9pm	Fee: \$295/month
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*Gymnasts have the option to attend either day that is designated for their level and can switch between days as needed. For example, a Bronze gymnast who attends once per week has the option to come Sunday the first week, then Thursday the second week, etc., without needing to notify the coach in advance. Please also note that the schedule mentioned above is subject to change at any time. Make-ups are permitted but must be worked out with the head coach.

Other Fees:

In addition to monthly tuition fees, there is a non-refundable \$100 Annual Team Fee, as well as a \$75 floor choreography fee for gold, platinum, and diamond gymnasts. Meet fees are also paid separately and average \$75-\$125 per meet. Gymnasts must also purchase a competition leotard (usually around \$80).

Fundraising:

All team families are required to participate in team fundraisers, as well as volunteer and donate to our home meets. We will also require adult volunteers to help relocate, if and when WYB Gymnastics moves to a new location. Fundraising and volunteer activities are an integral part of the sport and our non-profit program.

Annual Commitment

By accepting a position on the team, you and your gymnast are committing to the team from June 2023 through May 2024. Should you withdraw your child from the team between September and December, there is a \$600 termination fee. If you withdraw between January and May, the fee is \$300, or the amount of tuition owed. (As part of the team registration process, you will be asked to electronically sign the Annual Team Agreement acknowledging your understanding of the annual commitment and termination policy.) While there may be some extenuating circumstances requiring a gymnast to leave the team, this must be agreed upon with the head coach and active WYB board parents ahead of time.

Team Rules

Gymnasts are expected to be kind and supportive to teammates.

All gymnasts should arrive to practice on time and be prepared to start practice at the scheduled time. The warm up is important to prepare their bodies for practice and to prevent injury.

All team gymnasts must wear a leotard to practice. Shorts (spandex) are permitted. No t-shirts allowed. Loose fitting clothing hinders spotting and can get caught on equipment, causing an unsafe situation for both the gymnast and coach.

Hair must be pulled back and out of gymnast's face. No jewelry, other than stud earrings can be worn at any time. This includes watches.

No use of cell phones in the cubby room during practice times.

Meet Expectations

The WYB gymnastics team competes in the Greater Columbus Gymnastics Conference (GCGC) and AAU (which is optional and requires a separate annual membership). All meets are non-sanctioned and are close to Columbus.

Meets are typically held November – May. A tentative meet schedule for the year will be available around the end of summer and will provide an overview of the available meets, locations, and dates, which may be subject to updates/changes throughout the season. Specific registration details and deadlines will be shared with all team families typically a few months prior to the meet. However, the exact meet schedule will not be available until several weeks before the meet. This means that you will register for a meet knowing the location and the weekend it will be held, but you will not find out the exact date and time that your gymnast will compete until much closer to the actual meet. While we understand this poses some scheduling challenges, host gyms cannot finalize the exact meet schedule until all registrations have been received and the teams, levels, and judges are assigned.

Participation in meets is highly encouraged, as this provides a way for coaches to measure growth and improvement. All gymnasts must compete in at least three meets during the regular season. The Championship meet is mandatory unless there is an extenuating circumstance agreed upon with the head coach ahead of time.

Gymnasts are expected to be kind and supportive to teammates. We do not compete against each other. We encourage each other to make WYB be the best team we can be. Show good sportsmanship at meets. Be kind to your teammates and competitors as well as judges and other coaches. Represent your team with pride and dignity. No tears over low scores. Crying won't change your score, hard work back in the gym will.

Parents, please only positive cheering and words at meets. Remember our gymnasts and judges are all human and mistakes will be made. When scores aren't what we wish, we will work harder in the gym to improve and to get each gymnast to their goal. Parents should also represent the WYB team with pride and be respectful to host gyms and coaches.

Communication Channels

Families will receive information pertaining to the gymnastics team through various communication channels, including emails through the WYB Registration System known as PlayMetrics (which is also where families will set-up your payment plan, pay for meet registrations, purchase your team leotard, etc.). Emails will also come from wymbgym@gmail.com (which Coach Shea and the WYB Gymnastics Directors have access to), and occasionally from Coach Shea's personal email (Shazy13@aol.com).

In addition to email communication, families are strongly encouraged to join the Team Facebook Group, which you can locate by searching on Facebook for "WYB Gymnastics Team." This private Facebook group is a great way for team families to post questions, follow updates, communicate with other team families, share pictures, and more.

Lastly, general information pertaining to the WYB Gymnastics Program (both rec and team) is available on the WYB website.