**2023-2024**

**Additional handbook for Competitive Team Gymnastics**

We are super proud of all these amazing athletes for their amazing year! We are truly blessed to have the honor to coach your athletes and look forward to another amazing and successful year ahead of us

**This is a very detailed document, please read through it because it answers the most frequently asked questions.**

# **General Practice Information**

* **Daily proper workout attire: please make sure your gymnast comes to practice with hair up, a leotard and athletic shorts if needed.**
* **Gymnast only need to a grip bag {if needed} & water bottle that is clearly marked with their name {They will carry their water bottle with them the whole practice}. If athlete has a backpack or bag, they will check them into the front desk and pick up at the end of practice. This is to reduce safety hazards, possibility of stolen or damage items. If gymnast is being transported from school their bag will be checked in once they have arrived at our facility.**
* Each gymnast will be taught at their own ability. Gymnasts should not be pushed beyond what they are ready for.
* It is important for each gymnast to be at practice because practice creates consistency, keeps them safe, helps them progress through the sport correctly and gives them adequate time to prepare for competitions. Attendance will be taken every day at the beginning of each practice. Excused absences are if they are sick, school function or a family emergency. Multiple unexcused absences may result in removal from the team. Please notify us at the following email admin@elementgymnasticssportscenter.com if your athlete will be absent from practice prior to the absence.
* Gymnastics is a sport that does not have an off- season. We know summer is coming up and family vacations happen, and we encourage family time, but remember the less time your child is in the gym the more likely their growth in the sport will not be as fast as your gymnast or you would like.
* Practice will be 3 hours long where the girls will do a competitive team warm-up, basics, then events. Each event will have conditioning and drills incorporated into the events as stations to help get the girls stronger. Conditioning is not a punishment by no means but is required because your gymnast is holding their body weight up by their arms and hands, so strength is required to keep them safe.
* Team coaches have workouts that are posted in the gym that have been designed by the head coach to ensure all girls have consistency, proper drills, and proper progression through each skill.
* Each day a competitive coach will be signed to an event to coach all groups for the certain day. Every week all coaches will be rotated around events to ensure all coaches get to see and coach each group on all events.
* Always remember the coaches can provide all the tools needed to make your gymnast succeed. But in the end, it is up to your gymnast how successful they want to be because the team coaches cannot make your gymnast squeeze their legs, point their toes, or even continue to do the station work correctly without the coach standing directly over them.
* Your competitive team coaches: Coach Courtney, Coach Jessica, Coach Ricky, Coach Skye, Coach Betsy{on leave}, Coach Dez, Coach Becca, Coach Samantha, Coach Emily{on leave}, and Coach Hallie
* Workout groups are designed based on ability since level/ division will be determined by Coach Courtney in Oct. prior to meet season.
* A list of all requirements for all divisions are listed at the end of this document

## Competitive Team Clinic Information

* This year we will be offering different types of clinics to the gymnast to help them develop.
* These clinics will happen on either Wednesday or Saturday in which you will be notified of potential clinic via email a month prior

## Competitive Attire Information

**Competitive uniform order form, which is required to be on competitive team, will need to be submitted in May {specific date to be determined}.**

* Sizers will be here near the end of April, so each gymnast can try on to ensure they get the appropriate size. you will be notified via email so you can have your gymnast try them on prior or after workout. You will just have to see front desk for the sizers
* The competitive uniform order will consist of a competitive Leo, warm-up, backpack, and a free work out Leo. The cost will be $400. We will keep this attire for 2 years.
* Once competitive attire arrives, please keep all items together in a safe place, as gymnast should only wear her competitive Leo, warm-up, and bag at a competition. As these are custom designs and we will be unable to receive another one quickly.
* Instructions on how to care for your athlete’s competitive attire will be included in the bag once you pick the package up.
* Once competitive attire arrives, you will be notified via email that it is available for pick up. Parents must pick them up and sign for them.

***Below are the sketches for all items. We are super excited for these custom designs and look forward to seeing our athletes shine in these.***

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***Competitive Leo:***

Graphical user interface

Description automatically generatedA picture containing graphical user interface

Description automatically generated***Warm- up Jacket & Pants: Competitive Bag FREE: Practice Leo***

Diagram

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Graphical user interface

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## USAG Membership Information

**This year your athlete will be competing either USAG XCEL or compete USAG Compulsory/J.O. Program**

* USAG offers Xcel and Compulsory level gymnastics – We will be offering both in the gym
* **USAG Xcel program-** is equal to compulsory level gymnastics but it allows the gymnast the chance to enjoy competing without having to meet a certain score to score out of each division as well as a personalized routines.
* **USAG Compulsory Program {COACHES INVITE ONLY} –**

requires the gymnast to reach a certain all – around score to move on to the next level. **If you get invited to compulsory team, you will be subjected to removal due to lack of commitment.**

**CREATING OR RENEWING MEMEBERSHIP INFORMATION**

* You will have to create or renew your gymnast’s membership by going to [www.usagym.org](http://www.usagym.org/)
* Once you get on the website you will click on member login

{if you already have a membership please just log in and renew your membership}

* On the left-hand side of the screen for new member you will see a tab called become a member simple click on the tab and follow the instructions {you will create an account just for the athlete}

## Cost

Renewal Cost - $65

First-time athletes $25 {based on current year may be suggested to change}

{current memberships expire July 31st, 2023}

## Membership Terms

* Membership is valid for one competitive season
* Online registrations will be available upon payment transaction.
* All fees and memberships are both non-refundable and nontransferable!

## Additional Information

* Athlete membership may NOT be registered by telephone.
* • Online registrations will be available upon payment transaction. Please allow 3-5 weeks processing for faxed/mailed forms.
* Online Membership cards will be available immediately upon registration
* Mailed Membership cards will be received within 8-12 weeks from date of registration.

**Upcoming Competitive Meet Season**

* This year we will do a total of 6 gymnastics meets which includes our in-house meet, 2 out of state meets, 2 local meets and state meet.
* Athletes have a chance to attend regionals if your gymnast qualifies for it at the state meet. We will need a verbal yes prior to state so we can a register daughter upon qualifying.

**{No specific score because it is based on percentage}**

* ALL gymnasts will be registered for all the meets listed. If there is a certain meet that your daughter can not attend due to prior commitments, please notify no later May 15th. The assessment will still be applied but you will not be charged for the unattended competition if we are notified in the proper timing.
* {regionals will be determined at state meet}
* Monthly assessment fee is determined by the average of the year’s competition fee based on the overall number of gymnasts.
* We usually receive the actual date and time your gymnast will compete from the meet director roughly around 2 weeks prior to the meet.
* Once we receive any meet information an email will be sent out to you

### *Important factors that will affect your athlete for competition*

* **2 weeks prior to a competition if your child misses more than two practices they will not be able to compete at the upcoming meet {unless a family death, or sickness or case by case situation please communicate with us so we can make the best decision on the situation at hand}.**
* **2 weeks prior to competition**, if your gymnast is not completely doing a skill without a spot, they will not be competing it for safety reasons.
* If your gymnast does not warm up a skill or needs a spot in warm-ups at a competition your athlete will not compete that skill for safety reasons.

**Our top priority is your athlete’s safety as this is a high-risk sport, so it is nothing personal just a way for us to ensure their well- being.**

**23-24 COMPETITIVE MEET SEASON**

**THE HARVEST CUP** – NOVEMBER 18TH 2023 @ELEMENT GYMNASTICS

**THE CAROLINA CUP** – JANUARY 13TH -14TH 2024 IN RALEIGH NC

**LEGENDS OF THE SMOKIES** – JANUARY 26TH -28TH IN CHEROKEE NC

**GGI** – FEBUARY 2ND -4TH IN Kernersville NC

**EXCALIBUR CUP** – FEBUARAY 16TH -18TH IN VIRGINA BEACH

**COASTAL CLASSIC**- FEBUARY 29TH – MARCH 3RD IN MYRTLE BEACH

**BRONZE STATE MEET** – MARCH 15TH -17TH

**SILVER STATE MEET** – MARCH 29TH -31ST

**GOLD& PLATINUM STATE MEET** – APRIL 12TH – 14TH

IF GYMNAST QULAIFIES FOR REGIONALS MOST LIKELY WILL OCCUR IN MAY. SPECIFIC DATE & LOCATION TBD AT LATER TIME

**General Meet Questions**

* Gymnast should arrive 15 minutes prior to open stretch time, in complete competitive attire and hair pulled back
* They will remain sitting with you till coaches signal for athletes to come down to competitive floor, in which gymnast will remain with coaches till the competition is over where they will meet parents in award area.
* We as coaches will instruct the athletes to find parents in the awards area to give bags to ensure the athletes parent are present during the award ceremony. The meet director has staff that runs the awards so team coaches can go coach the athletes in the following session.
* We love all the gymnast and are truly proud of them. We will explain to the gymnast prior to awards that we are proud of them and let them know we have a session that follow.
* We as coaches will typical not be able to stay for awards because session typically follow one another.
* Parents, please remember that your coaches usually arrive around 7:30 am and stay till 9 pm, due to the fact the session for our gym is back-to-back. So please understand coaches will leave, if possible, to run to the coach’s area located at the meet to grab a quick bite to eat or bathroom break. As meet session tend to run directly into the next. So please be understanding that we are not trying to dismiss or ignore anyone, we are needed to be quick so we can be there for your athletes.

# **SKILL SHEET FOR EACH DIVISION**

**{THIS WILL BE POSTED FOR THE GYMNAST TO SEE**

## AS WELL}

### Guideline: gymnast division will be determined by 2 of factors

1. **does the gymnast meet all the requirements for each event**
2. **does the gymnast preforms them decently and consistently**

**\*\* Remember it is ok for your athlete to repeat a division we rather the gymnast has a successful year that boost their** **confidence and love for the sport and not discourage them. No gymnast is the same and shall not be treated as they are. We will place them where we feel is best for the overall athlete\*\***

**BRONZE DIVISION**

**SCORE NEEDED TO QUALIFY FOR STATE MEET:**

## 34.00 ALL-AROUND

**Vault**

Handstand flatback

**Bars**

kick over pull over with straight legs min.

cast, back hip circle

straddle or pike dismount

**Beam-**

lever but prefer handstand

pivot turn but prefer ½ turn

straight jump but prefer split jump

side handstand dismount

**Floor**

½ turn

round-off rebound backward roll or round-off back handspring must be approved by Coach Courtney or Coach Betsy

Cartwheel, back walkover, or front walkover

leap chasse assemble tuck jump

**SILVER DIVISION**

**SCORE NEEDED TO QUALIFY FOR STATE MEET:**

## 34.00 ALL-AROUND

**Vault-**

Front handspring over stack mats with springboard

**Bars**

Glide swing to hollow

Straight leg pull over

squat on dismount

**Beam**

½ turn

handstand or cartwheel or back walkover

split jump or split leap

round off or front handspring dismount

**Floor**

1/1 turn

round-off rebound backward roll to pike really prefer round-off back handspring

leap chasse assemble split jump

back walkover- back walkover

front tuck or aerial must be approved by coach Courtney or coach Betsy

**GOLD DIVISION**

**SCORE NEEDED TO QUALIFY FOR STATE MEET:**

## 33.00 ALL-AROUND

**VAULT-**

FRONT HANDSPRING & HALF ON OVER TABLE WITH

SPRINGBOARD

**BARS –**

KIP

HORIZONTAL CAST

SQUAT ON

LONG HANG PULL OVER

BACKHIP CIRCLE UNDERSWING TO LEVEL 5

DISMOUNT OR FLYAWAY

**BEAM –**

ACRO SERIES {TWO ACRO’S THAT HIT OR GO

THROUGH VERTICLE EXAMPLE- HANDSTAND

-BACKWALKOVER, BACKWALKOVER

BACKWALKOVER ETC}

SPLIT LEAP -JUMP

1/1 TURN

FRONT TUCK OR BACK TUCK DISMOUNT

**FLOOR**

ROUND -OFF BACK HANDSPRING -BACK HANDSPRING

0R ROUND OFF BACKHANDSPRING BACK TUCK

FRONT TUCK OR AERIAL

LEAP CHASSE ASSEMBLE SPLIT JUMP

1/1 TURN

**PLATINUM DIVISION**

**SCORE NEEDED TO QUALIFY FOR STATE MEET:**

**32.00 ALL-AROUND**

## VAULT

Round – off , Back handspring, repulsion off – 9.7 SV Or

Round – off, Back handspring, ½ off – 9.7 SV

OR

½ ON ½ OFF 9.9 SV

OR

½ ON 1/1 OFF 10.0SV

**BARS-**

KIP

ABOVE HORIZONTAL CAST

FREE-HIP

LONG HANG KIP

FLY AWAY

**BEAM**

ACRO SERIES OR A

FLIGHT {BACKHANDSPRING, FRONT HANDSPRING OR

ROUND-OFF}

2ND ACRO {BACKWALKOVER, FRONT WALKOVER,

HANDSTAND ETC}

1/1 TURN

SPLIT LEAP WITH A TWISTING JUMP

JUMP COMBO

SALTO DISMOUNT

**FLOOR**

BACK LAYOUT OR TWISTING

1/1 TURN

FRONT PIKE OR FRONT HANDSPRING FRONT TUCK

SWITCH LEAP

**ELEMENT**

**POLICIES & PROCEDURES CONTRACT**

**General Gym Policies**

* Only athletes registered with Element Gymnastics and Sports Center are allowed in the designated practice area during normal gym operations.  All others must remain in the parent area.
* Any person that disrupts a tumbling class, practice, or other gym sponsored event will be asked to leave.
* Athletes are responsible for cleaning up all trash items and disposing of them properly.
* Element Gymnastics and Sports Center cannot be held liable for any lost, stolen, or damaged items.  Any lost items will be placed in the lost and found and donated of on a bi- weekly basis.

**Placement Policies**

* Element Gymnastics and Sports Center holds the right to:
  + Place athletes where they see fit.
  + Ask for a re-evaluation of any skills performed during the team placement process.
  + Add or remove team members for any violations to the gym procedures.
  + Add or remove team members due to skill changes, injury, attendance issues etc.

**Practice / Class Procedures**

* All practices are MANDATORY during the Season.
* All jewelry, bracelets and watches should be removed prior to practice.
* Athletes should be dressed in the designated practice attire.
* If an emergency occurs, the coaches should be notified asap.
* If an athlete should be absent from practice due to a school event, vacation, etc. the coaches should be notified prior to coordinate practice.

**Communication Policy**

* Parents and Athletes must stay up to date with all information that is provided by the Element Coaches.
* Parents are responsible for checking emails, text messages, as it is your responsibility to stay informed.
* Discussions with the coach may only involve YOUR CHILD, not the placement or skills of other athletes.
* A parent communication board will be located on the wall near the concession for all additional or current information.
* All communication should follow the chain of command.
  + Head Coach
  + Gym owner

**Parent & Athlete Conduct**

* The gym viewing areas are a privilege.  Please respect the athletes and staff by refraining from negative remarks in the viewing area.
* If parents become a distraction to the team, they will be asked to leave the gym for the remainder of the practice.

Parents are to always encourage other athletes.  Negative criticism, yelling, and other demanding conduct with any athlete is strictly prohibited.

* Gossiping, bad mouthing, or negative remarks to parents or to the organization is subject to disciplinary action and possible dismissal.
* Physical altercations of any kind WILL result in removal from the program.  No refunds will be given, and all financial obligations will still be enforced.
* At competitions, parents are to act responsibly.  Dismissing or celebration of defeat of another athlete, foul language, or disrespect to staff or other parents is strictly prohibited.
* Parents may not disrespect or use demeaning language toward any member of the coaching staff.  Failure to comply with this provision may result in being banned from entering the gym / dismissal from the program.
* Parents, relative friends, etc. are not allowed to approach a coach with disrespectful comments.  If there is an issue with a coach, please send an email to schedule a private meeting.
* Posting videos from practices or events of a child other than your own without permission from parent / child are not allowed.

**Injury Policy**

* Every athlete must provide Element Gymnastics and Sports Center with accurate emergency contact information and up to date medical insurance.
* In the event of an injury, the primary emergency contact will be called.  In emergencies, paramedics will be called.
* Athletes who sustain injuries outside of Element Gymnastics and Sports Center events or practices must provide a written note, or they will be required to practice.
* Athletes must be cleared by a doctor for major injuries before returning to practices.

**New practice time will be effective on May 15th.**

**Payment Schedule**

**Tuition & fees: Girls USAG XCEL & COMPULSORY TEAM**

**Our competitive teams are a commitment for the entire 2023 -2024 season. There are no refunds given and all fees will be applicable if you cancel during the season.**

**-injuries or other extenuating circumstances may be reviewed.**

**Registration will be charged upon entry into one of our programs.**

**The annual registration fee of $50 is due March 1st of each year and prorated throughout the year upon registration month.**

**Annual Registration is only charged for the first two children per family.**

**Tuition is based on a 48 week year and takes into account closings.**

**Tuition includes all fees including competitions, Tuition must be paid in full to be able to compete in the upcoming competitions. If you let us know by May 15th of a competition that you will not be able to attend. The meet entry’s fee will be deducted from your tuition for the month that meet is held.**

**Tuition Break down:**

**3 days: $345 monthly**

**4days: $400 Monthly**

**Uniform Fee:**

**Girls: $400 due May 31st**

**Uniform consists of:**

**-competitive Leo**

**-jacket**

**-pants**

**-bag**

**-bag tag**

**-hair scrunchie**

**-free training Leo**

**All new fees will begin at the start of June.**

**REMOVAL FROM THE PROGRAM WILL RESULT IN NO REFUNDS**

Parent Signature Date

Parent Signature Date

**2023 -2024 Competitive Team Uniform Order Form**

**Sizers will be available by May 10th at the front desk.**

**Make sure to try on a Sizer before ordering!**

We are super excited for this year’s **NEW** Competitive Team Uniform!

The Required Uniform consists of a ¾ sleeve leotard,

Carpi Warm up pants, Warm up Jacket and Gym bag and a Special Bonus with the complete package.

***The total cost for these items is $400.00 payable to Element Gymnastics and Sports Center***

***All orders are to be turned in to the front desk no later than Wednesday, May 31st.***

**Gymnast’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team Group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PLEASE CIRCLE THE APPROPRIATE SIZE FOR EACH ITEM**

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* **Leotard:**

----CXS -----CS ----CM

----CL -----AXS ----AS

----AM -----AL -----AXL

* Graphical user interface

  Description automatically generated**Warm Up Jacket:**

----CXS -----CS ----CM

----CL -----AXS ----AS

----AM -----AL -----AXL

* **Warm – Up Pants:**

Graphical user interface

Description automatically generated with low confidence----CXS -----CS ----CM

----CL -----AXS ----AS

----AM -----AL -----AXL

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Diagram

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**BACKPACK & PRACTICE LEO:**

**Each competitive team member will receive a Free competitive Practice Tank Leo with this package**

**GRAND TOTAL \_\_\_\_$\_\_\_\_400.00\_\_\_\_\_\_\_\_\_\_\_**

**OFFICE USE ONLY: Payment Amount: \_\_\_\_\_\_\_\_\_ Type: \_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_ Initials\_\_\_\_\_\_\_\_\_\_\_**