

T&T Team Handbook



2015-2016

PART I: INTRODUCTION TO THE NVG T&T TEAM

TEAM PHILOSOPHY

At North Valley Gymnastics we believe that gymnastics is the root of all sports. When taught properly gymnastics can be the vehicle with which to develop life-long fitness. Running, jumping, rolling, strength, and flexibility are the basic aspects of many sports.

North Valley Gymnastics is dedicated to enriching the lives of children through movement and education. Our mission is to provide a safe, fun, positive atmosphere for children of all ages, promoting self-confidence, discipline, and character through movement. Our professional, experienced, well trained staff is dedicated to teaching children to Focus, Learn, Imagine, and Participate in a non-competitive and competitive environment.

WELCOME TO THE TEAM

North Valley Gymnastics (NVG) welcomes your family to the club. Throughout this team manual I hope to give you more insight into how the program operates and answer many of your questions.

The main objectives for this program are:

- To identify and train talented trampolinists /tumblers.
- To enhance each athletes self confidence.
- To provide a fun and motivating fitness program that will carry over into all other aspects of an athlete's daily life.

If you have any questions about any aspect of the program, please ASK!
I am happy to provide you with any additional information or clarifications.

Once again, welcome to the NVG Tumble and Trampoline family. I am glad to have you as part of our TEAM.

A BRIEF COACHES BIO

Chelsea comes to NVG with 12 years of competitive coaching experience and was instrumental in starting TNT in the State of Arizona. She has been a member of the Arizona T&T State Board since it's creation in 2005 and is currently serving as the State Chair for Arizona as well as being a category 1 judge (the highest US rating). Chelsea has produced and coached multiple State, Regional and National Champions, Elite, Olympic Developmental and Jump Start National Team Members, as well as coached

Elite athletes at the Visa Elite National Championships, World Age Group Final Selections, World Age Group Championships and multiple international competitions. Chelsea is the current Regional Chair and oversees the T&T Program in Arizona, California, Nevada and Hawaii and is the 2014 USA Gymnastics Jump Start Coach of the Year. In 2015 Chelsea was named as the Assistant Trampoline Coach for Team USA's World Age Group Team and the NVG program was also nominated as developmental club of the year by USA Gymnastics.

Daniel is a former Elite T&T athlete at NVG. He is a National Champion who has trained along side some of the top elites and has great knowledge of the sport. Daniel has been involved in gymnastics since a very young age and has traveled to the Olympic Training Center in Huntsville, TX to train with National Team Members and National Team Coaches.

Lauren is a former level 10/ Training Elite T&T athlete at NVG. She has had many successes as both an artistic gymnast and a T&T athlete. Lauren is a huge inspiration to our younger athletes and we are excited to have her as a part of our coaching family at NVG.

SAFETY

NVG makes every effort to achieve and maintain a safe environment for the athletes.

Spotting, landing mats and foam pits are used whenever there is a doubt as to the consistency of a skill. Padding, matting and other training devices designed to make learning as safe as possible will be used on a daily basis with all level athletes. However, Tumbling and trampoline are inherently dangerous sports. This fact combined with the difficulty level many athletes at NVG will achieve only adds to the potential for injury. All parents must be fully aware of the risk involved in the sport. Speed, motion, height, flipping and the difficulty of the skill put the athletes in potentially life-threatening situations on a daily basis.

PART II: COMPETITIVE TEAM POLICIES

TEAM GUIDELINES FOR ATHLETES

Following are guidelines which all team members are expected to follow:

Each athlete is required to attend all regularly scheduled workouts. Exceptions will be made for certain circumstances but extreme absenteeism may result in removal from the team.

Punctuality is part of the learning process and is crucial, so please arrive on time and plan to stay for the entire practice. If you are late, you are still required to warm-up, without disturbing the other athletes, and will miss the next event in order to prepare properly.

Athletes must attend all practices the week of a competition unless other arrangements have been made with Chelsea.

Proper workout attire is a must. Leotards are required for all girls, tight fitting shorts are allowed on certain days which are set by each athletes coach. Athletic shorts which sit above the knee and properly fitting shirts are acceptable for male athletes. Please no shirts with inappropriate text or images.

Hair should be appropriately tied so as not to interfere in any way during the workout. No jewelry, other than stud earrings, may be worn during the workout.

Work hard and try your best. This is all that will ever be asked of you and this is always what you should demand of yourself. Do not compare yourself with other athletes. You are all different and will advance at different rates. Only concern yourself with things YOU can control which are YOUR ATTITUDE, YOUR EFFORT!

No food, drink (except water bottles), or candy is permitted on the workout floor or at any point during the workout. All snacks must remain in the cubby area. Each athlete should bring a non-breakable plastic water bottle with a cap to practice. No soda or junk food is permitted during work out times or during competition weekends.

Gymnasts may not leave the workout or competition floor without the expressed permission of the coaching staff.

Alert your coach when your body is telling you to slow down or stop. If you are sick, on medication, or are injured the coaches need to know.

Treat your coaches and teammates with respect. Be kind to those athletes younger than you and do not hold yourself out as better than others. THERE IS NO PLACE IN THE GYM FOR RUDE OR BELITTILING COMMENTS, DISPLAYS OF ANGER OR DISGUST.

Talking back, arguing or disrespecting a coach or teammate is not acceptable and will not be tolerated. Any instances of this will be handled according to the severity of the situation. In most cases the athlete will be asked to sit out or call a parent and leave practice immediately.

Be honest! Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents and most importantly, to yourself.

Maintain a positive attitude when facing fears and frustrations. All athletes suffer setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them and overcome them. Set high goals and achieve them step by step.

When in the gym area all athletes need to be aware of their surroundings. There are many other athletes in the gym and we need to be respectful of their space.

PARENT COMMITMENT

Communicate with the coaches regarding any problems. We are in business to serve you and your child. Your thoughts are important to us.

Check your email and the team website (www.nvg-tnt.com) each day to stay current with team activities. All important information will be on the website and it is the responsibility of each parent to regularly check the website.

Provide unconditional love, encouragement and support to your athlete. Please do not compare your child with other athletes. Each athlete is different with differing strengths and weaknesses. It is unfair to you and your child to compare him/her to another athlete. Rather, try to look for the progress your child is making and celebrate it.

Please stay in the waiting area and out of the gym while waiting for your child.

Please let a coach know, before practice, if you think your child might have a problem due to illness, medication or injury.

Please refrain from coaching your athlete in anyway. At NVG our coaches are professionals and continually take further education courses to learn new drills and techniques.

Disrespect towards the gym, coaches, athletes or any other parents will not be tolerated inside NVG or on its premises. You will be asked to leave if a situation occurs.

FINANCIAL POLICIES

Families are asked to be set up for Auto-Pay. Tuition and all meet/ assessment fees will be due by the first of each month. You can pay tuition /fees with cash, check, debit or credit cards. Any balance remaining on your account will be charged to your credit card on file on the first of the month.

A two-week vacation is allowed once per year. **Although we allow this, please keep in mind that if vacation is taken too close to the competition season, it could affect your athlete's ability to compete.**

NVG charges an annual registration fee of \$35 per child. The anniversary date is the day that your child joined the gym.

Because your athlete is here more hours per week than any child in our recreation program, NVG has given you a rate that is much less than anyone else pays per hour.

For this reason, there are NO MAKE-UPS unless your coach deems necessary. If there is a family emergency or illness and your athlete is in a competitive season, then please talk to the head coach about your particular situation and we will make sure that your athlete is given time to get back into shape for the next meet.

ADDITIONAL FEES FOR COMPETITIVE ATHLETES

Uniforms & Apparel

All competitors are required to purchase the following apparel items:

Girls:

Competition Leotard

- \$290.00 (Previously worn leotards may be available at a reduced cost)

-Levels 9-Elite Finals Leo- This is a required leotard and the cost is roughly \$125.00

Warm Up Suit - \$100.00 (approximate)

Warm Up / Demo Leotard - \$60.00 (estimate)

Trampoline Shoes - \$30.00

Team Backpack - \$50.00

Black Step In/ Slides - Purchase on your own

Boys:

Competition Jersey - \$60.00

Competition Short - \$36.00

Competition Pants - \$55.00

Levels 9-Elite Finals Leo- This is a required leotard and the cost is roughly \$150.00

Trampoline Shoes - \$30.00

Team Backpack - \$50.00

Warm Up Suit: \$125.00

Black Step In/ Slides - Purchase on your own

NVG T&T Team Assessment Fee

Assessment fees are required for each team member. Assessment fees will be split into 5 monthly payments depending on level and cover the following fees:

1. USA-Gymnastics Fees:

Athlete membership is required for participation in all USAG sanctioned competitions.

Cost: \$54.00

Benefits

Secondary insurance coverage at all USAG sanctioned events.

USA Gymnastics magazine - enjoy a subscription to the official magazine of USA Gymnastics, featuring personality profiles of U.S. gymnasts, training tips, coverage of major competitions, information on gymnastics camps, the latest in merchandise, and more! (NOTE: You only receive those issues that are published during your membership period.)

10% discount on apparel and merchandise sold through USA Gymnastics

USAG Membership Card

Member Decal

2. Coaches Fees for all required meets:

For travel competition there will be coach's fees due in addition to entry fees. All regular season coach's fees will be split evenly amongst the athletes participating. Coach's fees can include but are not limited to:

- Session Fees
- Mileage - \$.55/ mile per driving coach
- Per Diem - \$50.00 / day per coach
- Hotel - (If two coaches of the same sex are required for an overnight competition 1 room will be shared)
- Flight - Coaches will determine if they wish to fly or drive to any out of state meets
- Rental Car / Taxi Cabs – When required

4. State Fees

5. State Athlete Head Tax

6. Banquet Fee

7. State Clinic Entry Fee
8. All Meet Entry Fees

PRIVATE LESSONS

Private lessons may be scheduled with any of your child's team coaches. The current price is \$60.00-\$80.00 per hour for 1 student. The maximum number of students who can take a private lesson at one time is two. At all times the normally scheduled classes and events in the gym take priority over any private lesson. All team members taking private lessons must be current on their tuition and competition fees. All Coaches have the right to refuse private lessons for any reason. Private lessons will be paid to the front desk.

PART II: COMPETITIVE SEASON INFORMATION

MEET SCHEDULING

At the beginning of each season, a preliminary schedule of meet locations and dates will be handed out to the athletes. Meets may be added, changed, or canceled.

New team members will be accepted as space permits through-out the year but there are no guarantees that new athletes will be able to compete.

Host clubs will set a deadline for meet entries. After this date the host club will set the final meet schedule depending on the number of entrants. It is not uncommon for host clubs to send out final meet information late or make last minute changes. Information in many instances is not received until a few days before a competition. It is a good idea to clear the whole day or weekend of a meet on the chance there will be last minute changes that could conflict with your previous plans.

Most local competitions are held on Saturday and Sundays but as the program grows in Arizona schedules may not always permit this.

There will always be a coach at every meet. A warm-up schedule is always provided ahead of time and each competitor is required to be there one half hour prior to his/her warm-up time.

REQUIREMENTS FOR COMPETITION ELIGIBILITY

USAG membership registered through North Valley Gymnastics.

Athlete must be current on all financial obligations to North Valley Gymnastics.

Athlete must be physically, mentally and emotionally ready for competition.

Athlete must attend all scheduled practices the week of a competition unless another arrangement has been made with Chelsea.

Athlete must maintain a positive attitude as well as consistently make changes and improvements to skills and routines.

Athletes must be competing level 4 or higher on at least 2 events in order to compete at local competitions including State Championships.

ATHLETE COMPETITION LEVELS

Chelsea will determine levels and routines; they can only be changed with her approval. The levels for USAG competitive T&T are as follows:

Junior Olympic

POWER TUMBLING (TU)

Athletes will perform two different tumbling passes on a long rod floor.

- Level 4 – 7: Compulsory – USAG determines passes.
- Level 8 – 10: Optional (mobility and difficulty scores required).

TRAMPOLINE (TR)

Athletes will perform 10 bounce routines.

- Level 5 – 7: Compulsory – USAG determines routines.
- Level 8-10: Optional (mobility and difficulty scores required) – Athletes will perform two different routines. One is determined by USAG and one will be determined by Chelsea.

DOUBLE MINI TRAMPOLINE (DM or DMT)

Athletes will perform two different passes consisting of 2 skills in each pass.

- Level 5-7: Compulsory – USAG provides 3 routines, Chelsea will determine which 2 the athletes will compete.
- Level 8-10: Optional – Chelsea will determine passes.

Elite

Elite athletes follow a slightly different code of points. The Federation of International Gymnastics (FIG) in conjunction with USAG is the governing body of elite level gymnastics. All elites need to meet difficulty and mobility requirements provided by USAG and will compete in many competitions in all world qualifying competitions (Winter Classic, US Elite Challenge, National Championships and Stars & Stripes Cup).

MEET ETIQUETTE FOR GYMNASTS

A warm-up schedule is always provided ahead of time and each competitor is required to be at the meet one half hour prior to his/her warm-up time. Athletes should be in Competition attire and team warm ups when they arrive.

Athletes will wait with each other until it is time to stretch. After stretching has begun and coaches arrive the athletes are to remain with coaches in the designated competition area through-out the course of warm-ups and competition and obey all warm-up regulations and procedures.

Each athlete should accept his/her place in the line-up and the scores he/she receives with dignity and without criticism. There is no place for crying and uncontrolled emotions. If an athlete is unable to control his or her emotions he/she will be asked to leave the competition.

Athletes should not keep track of their event scores or placement during the competition. Athletes' concentration should center on their performance. Athletes cannot control the scores they get nor can they control the performances of any other athlete.

Be courteous, respectful and polite to all meet officials, hosts, competitors and coaches.

If you are staying to watch another teammate compete, or you have arrived early, stay seated in the spectator area, do not wander out onto the competition floor.

Girls need to have hair in braids into a doughnut or sock bun. No jewelry or nail polish is permitted at competitions.

Hair needs to be natural colors. Wild colored hair or feathers are not acceptable for competitions.

Attire needs to be properly cared for according to the instructions attached to the garment. Athletes need to look professional so no undergarments of any kind can be visible when at a competition.

During the awards ceremony the entire team needs to match. Per USAG Rules and Policies, competition attire only will be allowed on the podium. Athletes need to remain seated as a team during the entire duration of awards and is required to clap for and congratulate fellow athletes.

MEET ETIQUETTE FOR PARENTS

Team Spirit is a big help.... All Parents are asked to please wear a NVG Team Shirt to each competition.

Please show proper respect to all officials and coaches at every competition. They are all there for one reason, to support your child's interests. Under no circumstance should you attempt to contact any official on the competition floor during or after the meet (judges, score keepers, etc.) If you have any questions regarding the meet or your child's scores, you must contact your coach.

Please show proper respect to all competitors. You NEVER KNOW who is sitting near you.

In any competition, parents, friends, and relatives of the gymnast ARE NOT ALLOWED onto the competitive floor. YOU MUST remain in the spectator's area.

In case of injury during warm-up or competition, YOU MUST stay in the spectator area until your coach flags you onto the floor.

DO NOT coach your child. Coaches should coach, everyone else should encourage. Injury may result from changing the gymnast's focus away from the coach's technique.

NO FLASH PHOTOGRAPHY is permitted during a meet. The sudden flash of light could cause a gymnast to be injured. Check out your camera in advance. Many cameras come with an automatic flash that will go off if it detects low light levels. If you cannot manually disable this device, please do not take pictures during the competition.

On the day of competition your child should eat a well-balanced meal about two hours prior to the actual competition. This energy will carry them through the entire competition.

Thank you for taking the time to read this team handbook.
We take great pride in our team program and look forward to giving your child a
wonderfully positive athletic experience!

Please sign below to acknowledge that you have received and read this handbook.

Yes, coaches of North Valley Gymnastics have permission to post pictures/video of my athlete on their personal social media sites.

No, coaches of North Valley Gymnastics do not have permission to post pictures/video of my athlete on their personal social media sites.

Parent / Gymnast Acknowledgement

I have read the document titled "T&T TEAM HANDBOOK 2015-2016" from cover to cover and understand and agree to the guidelines set forth. I also understand that the policies and procedures may change throughout the year. Modifications to this document may be made via letters or communications from the Team Coach, Program Director and/or Business Owner. Should I have any questions regarding any policies or procedures, I understand that I should contact the program director for the appropriate answers.

Parent Signature

Date

Gymnast Signature

Date