

CONTENTS

Welcome to the Team!	Page 1
Mission Statement & Team Philosophy	Page 2
Introduction, Goals & Life Changes	Page 3 - 5
Policies and Financial Commitments	Page 5 - 10
Parents Commitment, Boosters & Competitive Season	Page 10 - 13
Meet Etiquette for Gymnasts	Page 13 - 15
Meet Etiquette for Parents	Page 15 -18
Gymnasts Criteria for Participation	Page 18 - 19
Moving From Competitive Level to Level	Page 19
Nutritional Guidelines & Traveling	Page 19 - 21
Glossary of Gymnastic Terms	Page 22 - 23
Parent/Gymnast Acknowledgement Forms	Page 24 - 25

Welcome to TEAM!

Welcome to **Sunrise Gymnastics Academy's Team!**

Sunrise Gymnastics Academy would like to welcome your child and family to our club, team or any of the pre-team levels. If you are reading this team manual then your child has already impressed the coaching staff with their gymnastics talent and potential. Through this team manual we hope to give you more insight into how our program operates and answer many of your questions pertaining to team.

First, and most important, providing a fantastic gymnastics experience is what Sunrise Gymnastics Academy is all about. We are here for the young children, many who have hopes and dreams of being the best they can be in life and in this sport. We are here to support them in that dream.

To make that dream come alive the gymnast, parents, and coaches must function as a **TEAM**. Team for our purposes means:

**Together
Everyone
Achieves
More!**

You might have noticed there is no "I" in TEAM. That does not mean that your child as an individual or you as a parent are not important, not at all! It simply means that the whole is stronger than the sum of its parts. If we all work together toward common goals we have a much greater chance of achieving something really significant with our program.

The purpose of this team manual is to give you a better idea of what our goals are and how we operate as a TEAM, the competitive portion of Sunrise Gymnastics Academy.

After reading this manual, if you have any questions about any aspect of the program, please ASK! The coaching staff and/or owners will be happy to answer any question or provide you with options to help you solve your problems. After you have read the Team Manual, please sign and return the last page, the Parent/Gymnast Acknowledgement so that the coaching staff is certain you have read and understand its contents. Once again, welcome to Sunrise Gymnastics Academy.

Sunrise Gymnastics Academy

Mission Statement

Our goal at Sunrise Gymnastics Academy is to develop each individual's gymnastic potential in a safe, yet enjoyable atmosphere. Realizing that the sport of gymnastics is an age limited experience; it is also our goal to deliver more than just physical development. At SGA (Sunrise Gymnastics Academy), we try to teach skills that will undoubtedly assist them throughout their lives, such as, self-esteem, self motivation, self discipline, dedication, determination, work ethic, time management, team work, team spirit, leadership, sportsmanship, respect for danger, respect for others, poise, and grace.

Using specific gymnastics progressions and a highly trained gymnastics staff, each gymnast will learn the correct fundamentals and basic skills which will equip him/her with the knowledge and ability to progress to whatever level he/she desires.

As instructors, we will use the sport of gymnastics to help each child gain greater sense of self-confidence and a more positive self-image, which will assist them in obtaining their own personal life and athletic goals.

Team Philosophy

Our goal is to provide the mental and physical discipline needed for competition within a framework of positive reinforcement and encouragement. Learning to be comfortable in a competitive situation is a positive experience and adds to a child's development. The instructors at Sunrise Gymnastics Academy will treat each athlete's goals and aspirations individually in a friendly, inviting, and family oriented environment.

Sunrise Gymnastics Academy will run a structured, disciplined program that will require strong work ethic on part of the athlete, mutual respect between the staff, parents and children and the understanding that where there is growth... there are going to be mistakes. Be prepared as athletes to learn from them and grow from them. Together, we will become stronger and as we become stronger, we will become better!

Introduction

The decision to enter competitive gymnastics is an important and exciting step in the life of your child!

This team manual is designed to answer questions and explain the rules and policies for the competitive gymnastics program at Sunrise Gymnastics Academy. The competitive levels include Level 2-5 (Compulsory Levels for girls), Level 6-10 (Optional Levels for girls), Level 4-7 (Compulsory Levels for boys), 8-10 (Optional Levels for boys).

Competitive gymnastics is for the students that have progressed through the recreational program and find they still want more. Gymnastics is a unique sport requiring the backing and support of the family for any gymnast to be successful. Therefore when making the selection for team gymnasts we also look closely at the team parents. Can they also make a commitment to the program? This need not be a difficult or demanding task, only one that shows each family is interested in and committed to providing their child with a positive learning experience through the competitive aspect of women's gymnastics.

You are to be congratulated because you are taking the time to think through the consequences of team membership. Many parents are thrilled when their child is asked to be on the team and in many cases, they don't take the necessary time to make an educated decision and assess what the commitment of being a team parent and athlete requires. This manual is designed to assist you with a better understanding of what a "team" commitment includes.

There are levels that your child may have been a part of prior to getting to this point. The path to team at SGA is Training Group and Pre-Team. This is the introductory level to Level 2 and 3. By committing to one or more of these levels, it is the understanding of the coaching staff that you and your child have Level 2 or higher, competitive gymnastics as your long-term goal.

Gymnastics Goals

Does your child plan to make it to the Olympics, get a scholarship to college, or does she just enjoy the achievement of new skills and the companionship of other team members? Any of these may be valid reasons for joining the team, but it may be important to assess her goals in a shorter time frame, such as within the next six months to a year.

Talking to parents reveals that in many instances there is no agreement as to what the actual goal is regarding the child's gymnastics experience. The father may say, *"I want her to be the best, win state championships, become a National Champion and then go to the Olympics!"* while the mother says, *"I just want her to enjoy herself"* and

the gymnast says, "*I like to go to gym because my friends are there and we have a lot of fun working out.*" As you can

Page 3

see, the goals can be very conflicting and can possibly cause the child, coaching staff and families a great deal of stress. Common goals are not a must, but it certainly can make everyone's life a little easier and makes for a much happier and successful gymnast.

Gymnastics is a specialized sport that demands many hours of hard work and dedication. In this day and age teaching children to delay gratification for the attainment of a worthy ideal is all but impossible. In short, everything they see on TV is a 30 minute condensed version of what, in the real world, takes years and years of hard work and dedication. Please understand if your child says he/she wants to be on a gymnastics team, or go for the gold at the Olympics, that's great, it will take lots of hard work and dedication to make it there. It certainly will not happen overnight.

Sunrise Gymnastics Academy is a place where a lifetime of dreaming can become a reality. We want to provide a place where children can live out their dreams and together, you and the Sunrise Gymnastics Academy coaching staff can help make your child's dream a reality. The parents of Sunrise Gymnastics Academy are a vital part of the total success, people working together to do good things for kids, each other, and the company. Working together as a team makes the task at hand more productive and certainly more enjoyable.

Life Changes to Keep in Mind

📌 At the lower team levels (Training Group and Pre-Team), the number of hours of practice per week is relatively few. As your child progresses up the competitive ladder, the hours and days of workout will continue to build.

📌 It is vital that your child attend scheduled workouts. Therefore, this is a responsibility that will now become yours. Practices are extremely important so you will have to now make arrangements within your own schedules to live up to the commitment of practices.

📌 Along with regular weekly practices, being part of the Sunrise Gymnastics Academy competitive team requires many weekends to be committed to the sport. Practices are generally held every weekend, as well as, meets. There may be occasions where your child will be required to compete on a Friday. At an away meet, please understand, we cannot control instances such as these and hopefully school will not be affected negatively by this.

📌 Homework will have to be done much more efficiently and with better study habits due to shorter periods of time available. (It has been the experience of most coaches that students who are involved in a team program such as gymnastics tend to have good grades and are better at studying because they have learned to budget their time

more effectively than their peers.)

Page 4

📖 Time management skills will become a necessity in all areas of your child's life (and yours). Your child will have less time at home and less time to spend with friends outside the sphere of gymnastics influence. (Again, it has been the experience of most coaches that students who are involved in a team program such as gymnastics tend to have their closest core group of friends within the sport and have less likeliness to stray into less positive influences. They also budget their time more effectively than their peers.)

COMPETITIVE PROGRAM POLICIES

📖 All new incoming competitive gymnasts, which have come to Sunrise Gymnastics Academy from a previous program, other than Sunrise Gymnastics Academy, will be evaluated by the coaching staff concerning acceptance and placement in the competitive program, based on Sunrise Gymnastics Academy's requirements, as well as consideration of USAG (United States of America Gymnastics) rules and regulations. Please keep in mind, Sunrise Gymnastics Academy's requirements may be higher or different than other programs, but it is crucial that we evaluate based on our team requirements so that a child is successful, fulfilled and benefits their team, as well as themselves.

📖 First time competitive gymnasts will enter into the team program at Sunrise Gymnastics Academy, generally as a Level 2, with consideration of age and ability. This is a decision that will be made by the coaching staff at Sunrise Gymnastics Academy. Again, the child's best interest and safety is the number one priority.

📖 Parents of potential team members will be questioned; as to whether becoming part of the Sunrise Gymnastics Academy Team is a common goal. The team program will be briefly discussed, advantages, as well as, any concern you or the staff may have with regards to your child becoming part of the team. We realize it is a financial commitment as well as a family commitment and we like to have the opportunity to discuss all aspects of being a team member. If you have any concerns or question, the SGA staff is always available to you.

Notice of Departure

Sunrise Gymnastics Academy Gymnastics requires a written notice should your child decide to retire from our program. Their spot on team/or any of the pre-team levels is a guaranteed spot and the notice gives us time to find an appropriate replacement and or work on any existing problems. Many times, a rash decision is made and one that eventually leads to regret. The other important reason for this notice is it may reduce a level so that there is no longer a competitive team to enter into

competitions and revenue may be a loss to the booster club.

Page 5

Team Guidelines

1. Gymnastics training is exclusive to this club. Sunrise Gymnastics Academy gymnasts may not train at any other gym; take private instruction, camp, or clinic while competing and/or representing Sunrise Gymnastics Academy without authorization from the owners or coaching staff.

2. Be on time to all workouts. That means on the floor ready to work out when your workout begins. If a gymnast arrives early, they may wait upstairs in the viewing area or on the balcony over the locker rooms. ***For safety reasons no gymnasts are allowed out in the gym before practice time begins.*** The warm-up is an important part of the training process... it is where flexibility is gained and where the body gets prepared for the work out to follow, thus limiting the potential for injury. Warm-up also sets the discipline tone for the training session, as goals and objectives are discussed. Being on time is very **IMPORTANT and considered mandatory!**

3. Gymnasts must also exit the gym at the end of their practice. Standing around, talking to each other, coaches, and parents is disruptive to the rest of the gym. Please remember to be respectful of other groups that are still practicing. If you need to visit, please do so after you have left the gym floor.

4. Team members must listen, respect and adhere to the training outline established daily by the coaching staff. Disrespect cannot be tolerated. Immature attitudes are discouraged at all times.

5. Proper matting is to be used at all times. Team members should never use an apparatus that is not properly matted. Number one, it is the responsibility of the coaching staff to prepare a safe training environment. Secondly, it is important that each gymnast request assistance from the coaching staff when they do not feel safe on an apparatus. Each gymnast's safety requirements are unique when training new skills or even repeated skills. Communication is vital and requires mutual cooperation. Again, your interpretation of safe may be different than one of your teammates or your coaches. **COMMUNICATE!**

6. Headfirst directional landings in the pit or elsewhere are strictly forbidden. Skills that have the slightest potential for headfirst landings should always be spotted or avoided all together. **NO HORSEPLAY IN TRAINING AREA!**

7. Team members should always pick up after themselves and keep their training area clean and clutter free. E.g.: Chalk, Ice Cups, Grip Cubbies, team room and etc.

8. Proper workout attire is a must. A properly fitting leotard is the only acceptable

Page 6

workout attire. Loose clothing presents a potential spotting problem and or safety issue. No shorts or shirts during workout, however, bikers are acceptable. Hair should be appropriately tied back so as not to interfere in any way during the workout. Loose jewelry is not to be worn during the workout. This is for the gymnast's safety.

9. Absolutely no food or candy, drink other than water, is permitted on the workout floor. All snacks or meals must remain in the lobby area or upstairs in the viewing area. We now have included the locker room. We ask that food not be consumed in the locker room as well.

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

11. Interaction between gymnast and parent (visually or verbally) during workouts or at gymnastics competitions is not appropriate. A distracted gymnast is a prime candidate for injury. Distractions can create undisciplined training. Parents, please see the front desk or the coach first if you need to communicate with a gymnast on the workout floor. "Yelling" over the railing is absolutely NOT permitted!

12. All gymnasts are expected to maintain the best physical condition possible. Optimal performance demands optimal nutrition. Along with this, it is the responsibility of the parents and the gymnast to maintain a healthy body, a healthy mind through nutritional intake and plenty of rest. Gymnastics requires a great deal of physical endurance and strength; therefore a healthy, balanced, nutritional meal plan is~ required, along with a healthy body weight. Replace candy with fruit, replace potatoes w/vegetables and replace fried w/grilled. If a gymnast is prescribed and taking any kind of mind or performance altering medications or enhancing or disabling drugs, a written authorization from the attending physician will be required to insure the safety of the gymnast during training. Sunrise Gymnastics Academy reserves the right to request written consent if the need arises.

13. All injuries, no matter how small, must be promptly reported to the coach. If injury prohibits a gymnast from training one week of training, a doctor must evaluate the condition of the gymnast and provide a written assessment of the injury for the coaching staff to review and follow.

14. Bathroom and drink breaks should be kept to a minimum.

15. Coaching technique and discipline are not subject to compromise with parents or

gymnasts. The coaching staff has the final say in all competitive program matters, as they are ultimately responsible in the eyes of the law for each child's well being.

Page 7

16. All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition or event competition. All gymnasts must demonstrate consistency and/or ability on all skills required in order to compete. In addition, the gymnast must be in good health and should attend every workout the week prior to any competition. Special situations should be discussed well in advance of the competition with the coach. The coaches have the authority to make the final decision as to whether they feel an athlete has met all the requirements to compete.

17. Parents are a vital part of the program's success. Practices are open for viewing, but, it is not required. However, it is imperative not to distract the gymnast during their practice time, for their safety and the safety of the team. **Disloyal, negative chat is always frowned upon and can be cause for dismissal. Something to consider, please don't assume that every parent shares your concerns, especially if they are negative. Therefore, negative talk can be very offensive to others and at some point; the one most offended will be your offender. Negative talk travels so much faster than positive!**

18. Sunrise Gymnastics Academy does not permit belly button, facial piercing or visible tattoos, via USAG regulations. They are considered a safety hazard and are not permitted.

19. Gymnastics has to be considered a dangerous sport. The combination of speed, twisting, height, flipping and spinning increase the potential for catastrophic injury. The Sunrise Gymnastics Academy staff will maintain a consistent and conscientious effort to provide the safest environment possible... BUT in this sport, injuries will happen. Parents must be aware of the inherent dangers involved in gymnastics. Please have a current, completed emergency form on file at all times, as well as, a liability waiver on file.

20. At **NO TIME** is a non-training, unregistered gymnast, parent or civilian permitted on the equipment in the training area at Sunrise Gymnastics Academy. Sunrise Gymnastics Academy's insurance provider will not provide coverage for any non-gymnastic person, posing threat for injury upon them by entering the training area at Sunrise Gymnastics Academy. Parents, please abide by this rule mandated by Sunrise Gymnastics Academy's insurance provider.

21. The majority of this section has focused on the gym and competition; however, the coaching staff believes that the order of importance always needs to be family, education, and then gymnastics. If you choose to be a member of our program, we make the assumption you have allowed appropriate time for family functions and that your child's study habits and schoolwork is of exemplary quality.

Page 8

Communication

Parents of Sunrise Gymnastics Academy gymnasts, please remember, as in everyday lives, rumors, innuendoes, and just plain backstabbing tend to occur when there is a vacuum created by a lack of information - this is detrimental to the successful operation of any gymnastic facility or business. Also, it is very important for parents to detour their children from displaying these bad habits as well. As parents, please emphasize sportsmanship, respect, consideration and to be gracious winners. For every winner, there is more that didn't.

Please encourage your child to try and work out their differences within the gym. Then, if they are unable to do it, then we invite your involvement. Whether it is with a teammate or a coach, please allow them to start building the necessary communication with their coaches and teammates that will in turn, build trust and friendship.

All questions regarding your child's progress, discipline etc. may be discussed with the coaching staff. We encourage parent and coach communication, but please try to do so by arranging a mutual time that does not interfere with training or their work schedule. Email and texting are also encouraged.

Termination of Enrollment

Only the coaching staff determines discipline and gymnastic technique. The coaching staff has the right to suspend or ask a gymnast and/or parent to terminate enrollment due to continuous disciplinary problems, which impair the safety and progress of the other program participants. Believe it or not, statistically, the highest frequency of termination of enrollment is due more to negative parents than undisciplined children. How embarrassing... please don't let this ever happen at Sunrise Gymnastics Academy!

Participation by all team members in all scheduled meets is **mandatory** at Sunrise Gymnastics Academy. If a child refuses to compete or a parent refuses a child the opportunity to compete, without an excused absence, the athlete's enrollment as a Sunrise Gymnastics Academy team member will be terminated. Sunrise Gymnastics Academy staff is sympathetic to excused absences. We cannot punish other team

members by a team member not participating for personal or financial reasons. The meet schedule is announced months in advance to enable families to plan their finances accordingly. We encourage families to offer assistance with gymnasts that cannot travel with their parents due to an unexcused situation.

Page 9

COMPETITIVE PROGRAM - FINANCIAL POLICIES

Level 2-10 and All Introductory Levels to Team is a year round commitment!

1. The competitive program tuition is determined on a yearly basis; however, payments are to be made on 4 week session schedule provided in the office. Tuition fees are due on the first week of each 4 week session. If we do not receive your payment, we will send you a reminder statement, which will include a late fee. Competitive program accounts and booster fees must be current and paid in full to enable your gymnast to participate in the competitive season.
2. Notice of intent to cancel enrollment must be made in person, and reduced to writing at least one month previous to the gymnast's final workout. If you choose not to notify the office you will be charged for the month following your gymnast's last workout.
3. Choreography, clinics, private lessons, summer programs and Booster Fees etc., are separate from your yearly/monthly competitive program tuition and must be paid for accordingly based on the same guidelines.
4. Each gymnast must maintain up to date USAG athlete registration and club registration fees. The Boosters will register your gymnast and you will receive in an email the information to pay the USAG Registration Fee.
5. Competitive gymnasts are required to obtain the competitive team uniform necessary to being a member of this program. This will include a leotard and warm-up for girls and a tank, shorts, long pants and warm-up for boys. In addition, each gymnast is required to carry, to each competition, a gym bag with all his or her personal items necessary for competition.
6. If, for any reason, a gymnast's monthly fees fall 60 days delinquent, the gymnast will be suspended from training until fees are paid in full to Sunrise Gymnastics Academy gymnastics. Unfortunately, the coach's salaries, insurance and utilities need to be paid out of the monthly income, provided by the club members. So please understand we all must be considerate of this policy and respect one another's hard earned income that provides a great facility and program like Sunrise Gymnastics Academy.

Parent Commitment

1. Make sure gymnast attends all regularly scheduled workouts, meets, and special functions and arrives on time. Communicate with the coaches regarding any problems.

Page 10

2. Check your child's clip regularly to stay current with team activities.

3. Membership in the Booster Club. Parents are welcome to attend the scheduled Booster Club meetings. Be an active member of the Sunrise Gymnastics Academy Booster Club. Notices of booster events and meetings will be also be placed on your child's clip and/or sent home with the gymnasts.

4. Be responsible for all the financial requirements required of Sunrise Gymnastics Academy and have an understanding if the consequences of not living up to them, which includes all required apparel and gear.

5. See that your gymnast is rested and maintains a healthy diet.

6. Uphold the rule that **NO SUNRISE GYMNASTICS ACADEMY GYMNAST** will be permitted to abuse their bodies with any illegal drugs, alcohol, cigarettes and will not perform any illegal actions that will harm themselves or the Sunrise Gymnastics Academy name. Maintain a lifestyle that is respected and admired by peers, as well as, young, aspiring Sunrise Gymnastics Academy Gymnasts.

The Sunrise Gymnastics Academy Booster Club

The Sunrise Gymnastics Academy Booster Club will be providing a separate book on the bylaws of our particular program. The Sunrise Gymnastics Academy Booster Club will be run as a separate entity, by the parents and for the parents and their children.

Competitive Season Information

USAG Fees

The Sunrise Gymnastics Academy competes in the USAG competitive system, which is the governing body of the Olympics. The Boosters will register the gymnasts with the USAG, and you will then receive an email containing a link with information

about how to pay the fee.

Athlete Registration Form

To be registered for competition each gymnast must complete and sign a USAG Athlete Registration Form as mentioned above under USAG Fees. These forms must be turned in by the end of August prior to the competitive year. SGA will provide the necessary forms.

Meet Scheduling

At the beginning of each season (September), a preliminary schedule of meet locations and dates will be chosen. Meets may be added, changed, or

Page 11

anceled and specify, by level, which meets are required. Level 2-5 will compete within Region 5 which includes Ohio, Michigan, Kentucky, Indiana and Illinois. Level 6-10 may be required to travel further distances throughout their season, outside of Region 5.

Meet information Sheet

1-2 weeks before a competition, participating gymnasts will receive a meet information sheet that includes a time schedule, host hotel information (if needed), phone numbers, and a map. Please request this information if you have not received it on your clip. Most information is now available online at the host gyms website.

It is not uncommon for host clubs to send out meet information late or make last minute changes. Information in many instances is not received until the night before a competition. It is a good idea to clear the whole weekend of a meet on the chance there will be last minute changes that could conflict with your previous plans.

The meet takes how long?

The average meet can take as little as 3½ hours or as long as 6 hours. Please make sure you have least 4 minutes of video tape space available to record your child's performance. This may be an exaggeration, but there is a lot of downtime, so be prepared with reading material.

Most competitions run in a format called **Capitol Cup**

Open Warm Up - Usually a half-hour long. This time is for general stretching and getting equipment settings specific to the gymnast.

Timed Warm Up - Every gymnast present warms up on their first apparatus event. This procedure can take from 20 – 30 minutes, depending on the level and number of participants.

March In - all the gymnasts line up and march in to the gym to be presented to the audience and judges. Usually the National Anthem is played. This takes about ten to fifteen minutes.

Competition - the gymnasts now actually compete, on their first event and receive scores from the judges. After this first event, they rotate through each event, warming up on each apparatus prior to competing on the event. They receive their scores immediately after their performance at each event.

Awards – In most instances, the gymnasts will stay with their coaches until all competitors are done competing for the session. This is to show respect for all the competitors at the meet. After the competition is concluded, there will be an awards ceremony. It is the responsibility of each parent to take their child to the awards ceremony if it is not possible to go as a team.

Page 12

Some competitions run in a format similar to the one listed below.

Open Warm Up - Usually a half-hour long. This time is for general stretching and getting equipment settings specific to the gymnast.

Timed Warm Up - Every gymnast present warms up on each of the apparatus. This procedure can take from an hour to an hour and a half, sometimes more.

March In - all the gymnasts line up and march in to the gym to be presented to the audience and judges. Usually the National Anthem is played. This takes about ten to fifteen minutes.

Competition - the gymnasts now actually compete and receive scores from the judges at each event. This may take an hour and a half to two hours to complete. Longer if it is an optional meet and one touch warm ups are necessary.

Awards – In most instances, the gymnasts will stay with their coaches until all competitors are done competing for the session. This is how to show respect for all the competitors at the meet. After the competition is concluded, there will be the awards ceremony. It is the responsibility of each parent to take their child to the awards ceremony if it is not possible to go as a team.

Meet Etiquette for Gymnasts

The following guidelines will help each gymnast make competition a fun and successful experience. Number one stipulation, please plan on arriving to the event site 15 minutes prior to "gymnast check-in" recommended time.

👋 Be friendly and use sportsmanlike like conduct at all times.

Everybody has a unique way of experiencing gymnastics competition. Some people look for the fun in the experience; others are simply hoping to cope with their fears, while others are focused to the point of excluding everything else around them - including you!

This may at times make it seem difficult to be friendly with some gymnasts at a meet. Just remember, everyone is doing the best they are capable of at that moment. Typically, SGA gymnasts enjoy competing and we as parents, have grown accustomed to their smiling faces.

Page 13

When the opportunity presents itself, introduce yourself to the other gymnasts and coaches in your competitive rotation. Most of the time you will have the chance to develop some new relationships, however, when another gymnast is being given directions by her coach or preparing to compete, you must allow him/her time to concentrate without distraction.

📢 Stay focused on the competition. Talking with parents, relatives, or friends is inappropriate during the meet.

Even with the best of intentions, relatives and friends may give advice that conflicts with what your coach says. What will you do when you receive advice from Mom that differs from what Dad told you, then the coach says something different? The answer is you will become more nervous and uptight because you do not know where to place your focus. During workouts and competition pay attention to the coach, let mom and dad just sit back and enjoy themselves as well.

📢 Before leaving the competition, notify the head coach.

Always let the coach know when you are going to leave the facility. You should never leave the competition facility or go to the parking lot without specific permission from the coach. You should always be accompanied by another team member or coach when leaving the competition floor.

📢 There is absolutely no reason for you to be on any piece of gymnastics equipment unless you are warming up or currently competing.

If you are staying to watch another teammate compete, or you have arrived early for warm ups, stay seated in the bleachers and do not to wander out onto the competition floor without permission from a coach.

📣 Competing gymnasts must stay in their rotation group. SGA gymnasts love to cheer so don't be shy. Be sure to cheer your teammates on, but try not to be disruptive to the quieter, sedate gymnasts.

📣 Gym bags, warm up suits, grips, and any other stuff you brought with you should be placed inside your gym bag and kept near you or under your chair. Please don't have housekeeping call us later and tell us that the Sunrise Gymnastics Academy girls left their water bottles lying out in the middle of the gym.

📣 Complete warm ups should be worn during march-in and when accepting awards. Leotards should not be pulled down and hanging at the waist, Please do not undress in the area of the competition or in the awards area. That is disrespectful and displays lack of discipline.

Page 14

The meet is not complete until **ALL** the awards have been handed out. The other gymnasts have waited patiently to receive their awards and have applauded your efforts. You owe them the same consideration. And above all, remember you are representing Sunrise Gymnastics Academy and if we hope to be champions, and then we must act like champions.

Win, Lose, or Wipeout

It is important to remember that a score for any routine is an evaluation of one single performance in your career as a gymnast, not a label you must live up to (*i.e. winning the all around this time means you must win it every time*), or hang around your neck for the rest of your life (*a 95th place ribbon for falling off the beam 20 times*). Each meet teaches you more about your abilities as a gymnast, competitor, and human being, and are necessary ingredients for success at higher levels of competition.

Regardless of the outcome of a routine or overall competition, you must learn that crying and feeling sorry for yourself is not an appropriate response to this situation or to most learning situations in the gym or normal life. Simply try to remember that you had numerous times to perfect a skill or a routine the week prior to the meet, but one chance in front of the judge. Don't beat yourself up if you didn't perform your best. You will get many more chances and try to learn from the experience and grow from it. Remember, we will all make mistakes and we will indeed grow from them and become better athletes!

Meet Etiquette for Parents

1. Team Spirit is the number one responsibility of the parents at a meet where Sunrise Gymnastics Academy is represented. This means be prepared to cheer and show

support for our gymnasts!

2. Remember, your gymnast is part of the Sunrise Gymnastics Academy team. He/She competes not only for himself/herself but also his/her teammates, parents, coaches, the Booster Club, and Sunrise Gymnastics Academy.

3. Please show proper respect to all Judges and Coaches at every competition. They are all there for one reason, to support your child's interest in gymnastics. Under no circumstance should you attempt to contact any judge 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 after the meet. Even the coach is not allowed to approach the judges regarding routines or scores during the meet, but must submit an inquiry through the Meet Director. Points could be deducted not only from your gymnast but the team score as well for failure to follow these rules.

Page 15

4. Please show proper respect to all competitors. You **NEVER KNOW** who is sitting near you (*I.E. parents of the gymnast you just made a remark about*).

5. Once a gymnast has walked into the competition area for warm-up, they **ARE NOT ALLOWED** to talk or have contact with their parents until the competition is over. This has less to do with control than it does with FOCUS. Any distraction could disturb the focus necessary to have a successful routine. The coach's job at the meet is to monitor the gymnast's condition and teach her to respond appropriately. If the gymnast is too excited, the coach calms her down. If the gymnast is too complacent, the coach pumps her up and motivates her to do her best. The emotional dynamic is fluid in a competition. An excellent vault score may cause a gymnast to be over-confident. A terrible bar routine may actually provide an educational moment. At these times the gymnast needs to focus on the coach's advice, not distractions from off the competitive floor.

As coaches, we know that you mean well with your comments, but they may not be appropriate for the long-term training of your gymnast. If you have any questions about what happens at a meet, talk to the coach after you have returned to your gym and you have first had time to reflect.

6. 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. This also includes other relatives and friends.

Your child could be immediately scratched from the meet if a parent is in the competitor's area. USAG requires credentials for admittance to the competitive floor. This regulation is supervised under very strict guidelines.

7. In case of injury during warm-up or competition, **YOU MUST** stay in the spectator area until your coach flags you onto the floor. There is a medical person attending most meets. Allow them the opportunity to evaluate the seriousness of the injury. You will be summoned when needed. In most cases, you may approach the general area, but must be summoned to the immediate area. Please standby rather than stand over!

8. **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. Even the most helpful comment from you could have disastrous consequences.

9. **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.

Page 16

10. 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. If necessary, a gymnast may carry fruit juices and pieces of fruit in their gym bag to maintain their energy level.

11. All gymnasts are expected to stay until the end of the awards ceremony whether they are receiving an award or not. They need to cheer all award recipients - especially their teammates.

Expectations

Problems occur when a parent expects too much from an athlete who is new to the competitive arena. (*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.

Here's a typical parent when their child enters competitive gymnastics. Don't be embarrassed; we've all been there! Parents seem to develop 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 hot!*" 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 over-simplification of what typically happens, and not all parents react in this manner. The key is to recognize when your child is working up to her potential. If your child completes all his/her skills for the first time, without a fall, that is a winning routine regardless of what score he/she receives. Comments from you should be congratulatory and positive. No mention should be made at that time of what could have been done better, that would lessen the effect of this "victory". The first day back in the gym, after the meet, your child's coach will go over your child's performance and discuss those elements that need work and congratulate her on the elements he/she competed correctly.

Page 17

Any score he/she receives during a competition is no reflection on you as parents. 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 he or she learns to react to them that demonstrates his or her development as a competitor.

Remember, a score given to your child in a gymnastics competition is an evaluation of one single performance, not an evaluation of the child. And, please remember this very important insight into your child's scores: a judge is performing her job to the best of her ability and to her interpretation. She is judging based on a set of codes and values provided by USAG. What her interpretation of the code is and in turn, relating it to your child's performance is entirely out of the SGA coaching staffs control. Again, judging is somewhat subjective. Please understand, you may not always see what the judges are seeing or understand what they are looking for.

Gymnast Criteria for Meet Participation

Meets should be a positive experience and therefore we require that all Sunrise Gymnastics Academy teammates attend all meets so as to assure the necessary environment that the gymnasts are used to, unity, support, strength in numbers & etc. Here are a few criteria that will be considered prior to each meet. .

1. **Eligibility** - Gymnast must have all necessary fees paid and be considered an active and eligible gymnast.

2. **Performance Level** - Mastery of skills is based on performance in workouts. A gymnast will not be allowed to compete an event or skills unless he/she can perform ALL requirements during the week of the competition and during the event warm-up.

3. **Attendance** - Gymnasts missing an excessive number of practices may not be permitted to compete. The same could be true for gymnasts that consistently arrive late or leave early from workouts.

Arriving late and leaving early may seem insignificant at first glance, however, gymnasts arriving late tend to miss stretching, as a result flexibility suffers and it shows in split leaps and several skills that demand a wide range of dynamic movement.

Gymnasts leaving early not only miss end of workout stretch, but usually some part of the conditioning circuit. This lack of strength development makes itself known in skills requiring explosive repulsion and general endurance.

Obviously, this gymnast's routines will be fair to middling at best. The concept

Page 18

"It's not what you do, but how you do it" is the overriding principle in making a determination whether a gymnast in this circumstance will compete. No coach would willingly send a gymnast into a competition knowing the gymnast is not prepared to do his or her best. The child would have an unsuccessful experience, which could shatter self-confidence and ruin the competitive experience.

4. **Attitude** - A positive attitude and showing respect to coaches and teammates is important. Gymnasts must be emotionally ready for the competitive arena.

Meet Fees & Travel Expenses

Each gymnast is responsible for her own meet fees, via the booster installments or fund raising. These fees will vary depending on the meet. Meet fees are generally between \$65.00 and \$125.00. Each gymnast is responsible for her own transportation to the competitions, hotels (*if needed*), and restaurants. Some meets will require an overnight stay, due to distance and start times. Occasionally, meets have been scheduled during school hours. It is your responsibility to make prior arrangements with your school for the planned absence.

Moving from Level to Level

There always seems to be discontentment, confusion and in some cases mistrust in the area of advancement. Although there can never be an "etched in stone" advancement policy and procedure, due to the variety of circumstances involved, we do have a very fair and consistent method intact.

The most important factor in advancing a child is maintaining the integrity of the program and the child. Moving up from one level to the next is decided by the coaches based upon scores from the previous meet season, attendance at workouts, skill level, consistency of scores and the attitude and maturity of the gymnast and the child's success potential. The coaches will discuss all aspects of the gymnast prior to announcing the move to the child or the parents.

Nutritional Guidelines Prior to a Meet & During Season

It is not our intent to dictate nutrition. Obviously, your gymnast eats what you prepare daily throughout the rest of the year and is capable of performing appropriately in workouts. The suggestions listed here are designed to optimize performance the day of the meet.

When we are on the road or at home, proper nutrition prior to a meet can affect the outcome, either in a positive way or a negative way. Here are some

Page 19

guidelines that we should abide by.

There is no better time than NOW to start educating your child about proper nutrition and ordering appropriate meals during your absence. Previous to a competition, the idea is to eat foods that are easily digested and will supply the gymnast with energy. Carbohydrates are what give the gymnast endurance and stamina, if burned shortly after consumption. The idea is not to bog the digestive system with excess meats, fried or fatty food, or any food that causes distress to a particular gymnast.

In general, every gymnast should finish their meal at least an hour before warm ups begin. Otherwise, the food lies like a lump in the stomach while the body diverts blood flow to arm and leg muscles, which are now demanding priority.

Each gymnast should carry a small snack (crackers, fruit) and water in their gym bag to maintain energy, should the need arise during a competition.

Beyond a competition, it is vital that your child maintain a healthy body weight. In most cases, they are using their own body weight to perform most skills. Therefore, you must take in consideration that with the pounding, jumping and flipping, they are incurring three times their body weight. So, it is extremely important that they do not

utilize anything more than a healthy weight while doing the sport of gymnastics. Obtain healthy body weights from your family physician. Healthy eating habits are crucial to all athletes, but even more so to gymnasts. Balanced meals are very important. Foods high in sugar have a tendency to settle in the mid section. Encourage fruits and vegetable in lieu of candy and breads.

Hotel / Motel Guidelines

Generally a host hotel is provided as the recommended accommodations for a given meet..

Sometimes, they offer a gymnastic rate that is better than other hotels, but sometimes we are able to shop and find better rates elsewhere. It is not mandatory that all Sunrise Gymnastics Academy families stay in the same hotel, but it is helpful if we do know where everyone is staying.

Page 20

Also, if you find great accommodations, share the good news and we may all stay there. For each meet, you will receive hotel information, maps, meet sites and schedule. Many times, this information doesn't come to the gym until two weeks prior to the meet. We will provide the information immediately upon receiving it.

One thing that is mandated for each gymnast is getting a sufficient amount of rest prior to competing. This is an important key to successful competition. Certain combinations of people are likely to stay up all night chatting when they should be sleeping. A recommended amount of rest is 8 - 9 hours. Also, if travel is involved, several nights of good rest may be required.

Travel Rules

1. In the case of an away meet and commercial travel is required (for instance at National and/or Regional competitions), we do our best to try and make travel arrangements that are convenient for the majority, if not all, of the traveling team. It makes the trip more exciting and as coaches, we are assured of everyone's "on-time arrival" and safety.

2. During the entire trip you are responsible to follow timetables laid out by the coaching staff. For example, if the team is required to arrive a day early, which may be required to make adjustments to the time change or to visit a day of competition prior to Sunrise Gymnastics Academy's competition schedule or etc. We take in consideration the physical and mental condition of the gymnasts upon arrival. Travel can be tiring and stressful. The travel schedule will be outlined and communicated prior to departure.

3. We try to coordinate activities that will appeal to everyone and their families. At Sunrise Gymnastics Academy, we really all enjoy one another's families and company and we truly enjoy sharing experiences together. So, we highly encourage family participation.

4. You are responsible for all personal belongings including money, jewelry, passport, boarding passes, tickets and other items necessary for the trip. Coaches and chaperones will take custody of these items if necessary or asked. If otherwise, be sure to keep all your important papers and personal items in a secure place.

5. If traveling with a chaperone, gymnasts are responsible for any financial or legal claim made against them during the trip. This can include destruction of property, phone calls made from hotel rooms, ordering pay-per-view movies, eating from the honor bar, or ordering room service to name just a few.

Page 21

Glossary of Gymnastic Terms

SGA - Sunrise Gymnastics Academy

ACTIVE - A gymnast in good standing who is current in payment of Sunrise Gymnastics Academy Gymnastics, fees and Booster Club fees, and attends all regularly scheduled training sessions.

ALL AROUND SCORE - A gymnast's total score from all events.

BOOSTER CLUB - A non-profit club involved in furthering the participation of young people in the sport of gymnastics and defraying the costs of the competitive gymnastics team at Sunrise Gymnastics Academy.

COMPULSORY ROUTINES - A series of exact skills on each event that are put together with clearly marked timing, amplitude, and body positions on all events. USAG develops a set of routines for all compulsory levels. All gymnasts compete the same routines, utilizing the same music and are judged on the exact requirements using the routines developed by USA Gymnastics.

OPTIONAL ROUTINES - Routines developed and choreographed by the coaches for each gymnast in the Optional Level. The routines will be choreographed with all the required elements, individualized for each gymnast's strength, style, and difficulty. Requirements are coded and the coaches are knowledgeable of each skills value. Choice of floor music is decided on by coach and gymnast.

ELIGIBLE - an active gymnast, current with USAG, Club, and Booster fees, who, with coach's approval, may participate in all activities including meets and exhibitions,.

INACTIVE - A gymnast who has officially dropped or voluntarily chosen not to compete, or whose Sunrise Gymnastics Academy fees are delinquent.

INELIGIBLE - A gymnast who is not current with the Booster Club, SGA fees, or USAG fees, has had some disciplinary problems, or is considered not ready by the coach.

INVITATIONAL MEET - A meet, usually with a specific theme, hosted by any gymnastics club.

QUALIFYING SCORE - The all around score needed for entry into the state, regional or national competition. Normally

Page 22

this score is determined by USA Gymnastics, but in some cases may be changed according to a particular state or region's needs.

STATE MEET - In most cases, the season finale, where qualified gymnasts compete with other gymnasts throughout the state. Higher level gymnasts may go on to compete in regional or national level competitions.

USAG - USA Gymnastics.

Description of Team Levels

Fun Level 2 and Fun Level 3 – Fun Level 2 & 3 are introductory levels to competition. Gymnasts will compete at what are called “fun meets”. There are no scores and everyone receives ribbons based only on their routines. There also may be a participation medal or trophy awarded at the end of the competition.

Level 3 - The first major compulsory competitive level for girls. USAG Invitational and local sanctioned meets are attended. Gymnasts receive awards based on scores on each event in their age level and division. Level 3 is the stepping stone to future higher levels.

Level 4/5 – Level 4 is the first major compulsory competitive level for boys. Level 4 and Level 5 is a continuation of the compulsory competitive level with training on more advanced skills for girls and boys. USAG Invitational and local sanctioned meets are attended. Gymnasts receive awards based on scores on each event in their age level and division.

Level 6/7 (for boys) Level 6 and Level 7 is a continuation of the compulsory competitive level with training on more advanced skills for boys. USAG Invitational and local sanctioned meets are attended. Gymnasts receive awards based on scores on each event in their age level and division.

Levels 6/7 (for girls) Beginning optional level routines are developed and choreographed individually by the coaches for each gymnasts' strength, style and difficulty level. Gymnasts will compete at USAG Invitational meets receiving awards based on scores on each event in their age level and division.

Levels 8 -10 - Advanced optional level routines are developed and choreographed individually by the coaches for each gymnasts' strength, style, and difficulty level for girls and boys.

Page 23

Sunrise Gymnastics Academy

Parent / Gymnast Acknowledgement

I have read the document titled "**Welcome to the Team!**" 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 and / or Gym Owner(s).

As a member of the Sunrise Gymnastics Academy Competitive Team, I pledge to uphold the **NO TOLERANCE RULE** against the use of any illegal substance, which pertains to alcohol, cigarettes or illegal drugs and I will not perform any illegal act that could lead to prosecution or arrest that could harm yourself, another or the Sunrise Gymnastics Academy name. I pledge to maintain a positive lifestyle that is respected and admired by my peers, other gymnasts and the young, aspiring gymnasts at Sunrise Gymnastics Academy, which includes maintaining a healthy mind and body.

As the athlete's parent, I agree to uphold all support that is required for my child to participate on team at Sunrise Gymnastics Academy, which includes financial responsibilities, travel, and encouragement.

Should I have any questions regarding any policies or procedures, I understand that I should contact the Gym Owners or Booster Board members for the appropriate answers.

Parent Signature

Date

Gymnast Signature

Date

This is the Original Copy for Your Records

Sunrise Gymnastics Academy

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Parent Signature

Date

Gymnast Signature

Date

***Please Sign, Detach & Return to Office by
Team Commitment Fee Deadline***