



# North Port Gymnastics

## Team Handbook

2017-2018 Season

2885 Commerce Parkway  
North Port, FL 34289  
(941) 423-2777  
[www.northportgymnastics.com](http://www.northportgymnastics.com)

### **Welcome to Team NPG!**

Welcome to the competitive world of gymnastics! Becoming a team member of North Port Gymnastics has certain responsibilities in addition to the regular responsibilities of all members. Please keep in mind that the information enclosed is as comprehensive as possible and is subject to change at any time. Being a competitive gymnast has certain expectations that need to be met.

North Port Gymnastics firmly believes there are tremendous benefits from joining our competitive gymnastics team. There is no doubt that being a part of the team is a significant commitment of time, money, and effort for both the gymnast and the family. And from this commitment comes many rewards, which include physical aspects, such as fitness, flexibility, conditioning, balance, and coordination, as well as very important life skills, such as self-discipline, accountability, teamwork, prioritization, time management, and self-confidence. Team athletes learn how to train in a team environment and how to handle themselves in many different situations. In order to accomplish their objectives during team training, athletes are required to learn how to focus on objectives and how to prioritize and manage their time in order to accomplish their objectives. Overall, the same focus that team athletes learn in the gym serves as a supporting foundation for all aspects of life, and often this focus overflows into how the athletes approach their educational studies.

Gymnasts are dedicated athletes in both body and mind. They will spend most of their time with teammates who share the same positive values and goals in life. Because of this, rarely will the athletes allow negative situations or people or activities into their lives. That alone makes the commitment to Team NPG all worth it!

## **Notifications**

The Team Board in the gym will have most all communications posted on it; however, we do try to send out “Reminds” and post items online at the North Port Gymnastics Parents page on Facebook with the same information. All upcoming events and important information will be available to you in the gym on that board. It is important to check these weekly for important information.

Remind – Text 81010 @npgnation to get text messages or download the app and join the class @npgnation. We also use sign up genius for activities outside the gym. You will get an email when this is being used.

## **Developing a Competitive Athlete**

### **Training Readiness:**

Gymnasts are expected to arrive on time for all training practices. You are expected to be dressed and ready to participate; therefore, we advise arriving 10 minutes early, if possible, to be ready. We expect full participation from athletes at all times and believe much of their success will be attributed to consistent readiness.

### **Attendance:**

Having good attendance and being on time is extremely important for the achievement of all gymnasts. Attendance to all practices is necessary. If you are going to be absent, please call the gym and inform the staff.

### **Make ups:**

If you miss a practice open gym on Friday is the option to make up a team practice. You have 30 days to complete the makeup. If you don't let Kara or Kelly know of the absence no makeup will be allowed.

# Team Policies

## Tuition, and Fees

- Team is a year-round commitment. We train during normal breaks in the year, tuition is monthly not every 4 weeks.
- Team tuition is due on the first day of each month regardless of attendance. Credit card on file is charged on the 5<sup>th</sup> if not paid in advance.
- If you take a week or longer out of town vacation in the summer, 1 week credit will be given to you the following month.
- Team camp is required for all team members each year
- USAG/AAU Membership - Our Team North Port gymnasts compete in USA Gymnastics (USAG) and competitions. Each gymnast is required to be a member of USAG in order to compete. Membership is an annual process, and these organizations do require a registration fee to be paid each year. The registration fees cover the cost of insurance for the competitions sanctioned by these organizations. We will help you with the process. Form attached at end of packet.

## Team Fees

Team fees are typically split up into four payments usually starting in August. Teams fees include individual and team entries into all competitions up to states, coaching fees and coaching expenses. Coaching expenses include travel, hotel (only if needed) and a per-diem for food and drink. Please make checks payable to North Port Gymnastics. Please understand, that each year, fees are based on number of competitors, location of meets, number of coaches in attendance, entry fees, hotel cost, and team entry fee. They will vary each year.

## Monthly Tuition and Annual Fee

North Port Gymnastics requires all team athletes to be on **Auto-Pay** (Visa, Mastercard, Discover) for tuition. While regular tuition is paid automatically by Auto-Pay on the 5<sup>th</sup>, other fees such as team leos, competition fees, and coaches fees are due on the 15<sup>th</sup> of the month and charged to the credit card on file on the 20<sup>th</sup> if not paid before via cash or check. There are no sibling discounts for team fees. Team Registration Fee of \$60 is due annually in August and prorated if joining after August. Annual fee covers coaches' registration/certifications/education fees and team insurance fees.

## Competitive Athlete Policy

Upon joining our team, the primary goal is to get your child to the competitive level; therefore, you must understand that your child is training for competitions. Only the coach can decide if the athlete is ready to compete and what level they will compete for the season. Training a level does not mean they will complete that level.

## Injured Athlete Policy

Athletes are expected to participate in practice to the fullest extent possible. It is often possible to work around injury: focusing on strength, flexibility, and basic skill development. There is NO reduction in

tuition until the athlete has missed a whole month and ONLY if the athlete is capable of not doing anything by doctor's note. At that time, tuition will be adjusted.

If your child requires ice for more than 15/20 minutes during practice, we will be talking with the parent about the incident. If this happens more than 3 times we will be asking you to seek medical advice on injury

## **Athlete / Coach / Parent Relationship**

**Gymnast:** At North Port Gymnastics, the gymnast is essential and our first priority. The gymnast must have the passion to train, the dedication to face and overcome obstacles and the perseverance to push on when it's harder than they can imagine. The gymnasts will make mistakes and will need to be able to accept that and push themselves to correct their mistakes and reach beyond their perceived limitations. They will need to accept criticism from their coach and apply that to their training. The gymnasts are to learn from their coaches, teammates and themselves. In Gymnastics, athletes compete individually; however, they are not alone. Their coaches, teammates and their parents are by their side supporting and cheering them on.

**Coach:** The coach's purpose is to mentor and guide the gymnast. The coach will lead by example and the team is expected to follow in their footsteps. The coach will continuously strive to find new ways to teach, motivate, and inspire their athletes. The coach will communicate with the parent as needed.

**Parent:** The parent's role is to support the athlete, the coach and the team. The parent is a spectator and their role is to allow the coach and gymnast to perform their roles. As a role model for the gymnast, the parent should always demonstrate disciplined behavior, show respect to the coaches and act in a manner that is of high standard. The parent needs to be strong enough to watch their gymnast make mistakes and continuously encourage them. The parent should not get upset and discipline the gymnast when they make a mistake. Let the coach correct them and give them the necessary criticism to correct their mistakes.

## **Discipline**

In the event a gymnast acts in a manner that does not meet the expectations of North Port Gymnastics, the following disciplinary action will be taken:

- 1ST occurrence – athlete will be issued a verbal warning and a notice in their record.
- 2nd occurrence – written warning will be issued to the athlete and the parent and a copy of the notice will be in their records.
- 3rd occurrence – the athlete will be removed from the team.

Examples of actions that will require disciplinary action are: inappropriate language, lack of team support, disrespectful to coaches and/or teammates, disruptive behavior, which includes excessive talking, fooling around, etc.

## **Level Advancement Criteria**

The following criteria will be used in determining the advancement from level to level:

1. Skill level – Not only do the necessary skills need to be learned, but mastered as well before the competitive season begins.

2. Success at current level. (min of 35.00 AA score at levels and 36.00 for Xcel at least 2 times) 3. Emotional maturity:
  - a. Respect towards coaches and their teammates
  - b. Listening
  - c. Body Control
  - d. Focusing
  - e. Fear
4. Competitive experience – consistency and overall confidence.
5. Work ethic & dedication
6. Attendance – arrive on time and stay till the end.

Once these requirements are fulfilled, the gymnast will be evaluated by a team coach and advancement will take place if he sees fit. Gymnasts will continue to compete at their current level until they have mastered the skills to compete at the next level and the team coach feels they are ready to move up to the next level. We at North Port Gymnastics believe that competitions are very important for the gymnasts' self-esteem and we want it to be a positive experience for them, therefore, it is detrimental that they are competing in the appropriate level. Please understand that the coach has the gymnast's best interest in mind and will not advance a gymnast before they are ready. Doing so could cause the gymnast to be discouraged and quit the sport and that is the last thing we want to happen.

## **Being a Team NPG Parent**

North Port Gymnastics wants you to feel welcome. As a parent, you are part of the Team North Port family and you play a vital role in your child's gymnastics experience. Competitive gymnastics is a rewarding, challenging, and emotionally demanding sport. To have the most fulfilling experience, your child absolutely needs your unwavering support, your encouragement, and most importantly your positive attitude. During practices and competitions, you are an observer, a spectator, and your child's #1 fan.

When your child succeeds you are there for her to celebrate the accomplishment, and when your child fails you are there for her to provide comfort and reassurance to try again.

There are certain expectations that come with being a part of Team NPG. As a parent you serve as a positive role model for your child, her team members, and other parents. We stress to our athletes the importance of good sportsmanship within and outside the gym, and the same good sportsmanship is expected of our Team NPG parents. The behavior of each of us reflects upon North Port Gymnastics as a whole, and we ask that each you help protect the professional character and image of North Port Gymnastics.

As a parent you have the privilege of attending your child's practice by observing from the viewing area. Please note, while we love having you here it is also a distraction to your child and can be dangerous. When they are looking for your approval and not paying attention to their surroundings or the coach. This privilege comes with a few expectations that we would like to highlight:

We do prefer that a phone conference or a more personal meeting is scheduled and issues are not discussed during team practice times. We also ask that gymnasts not be brought into discussions that

truly do not call for them. We strongly suggest attending all parent meetings and booster meetings, as we are striving to keep you informed on matters involving your child and the competitive program.

### **Parent Rules and Policies**

- Parents must remain current with all fees-registration, team fees, and monthly tuition. Please understand that failure to do so will cause elimination from any competition or extra activities associated with North Port; open gym, clinics, and private lessons, parades, banquets, etc.
- Drop off and pick up your child from practice on time. Attendance to all practices is important to gymnast's progress, dedication, and experience. Always get your child to competitions on time. It is upsetting to the gymnast and team when they are late.
- Do not try to coach or spot your child at home. It causes confusion for the child and interferes with the coach –athlete bond and general progressions.
- Do not compare your child to other gymnasts; every child will progress at their own rate. This can affect their self-esteem greatly.
- Please remember that as a team parent you represent our entire program. If you have a problem or have heard gossip please refrain from discussing it in the gym lobby, at a meet or on social media, and schedule a meeting accordingly.
- Please respect the open viewing area at North Port Gymnastics. You are not to coach your child at any point.
- You will be given one warning and after that you will be asked to leave. This is for the safety and development of the gymnast.
- Once you deliver your gymnast to the meet or practice, they are in the hands of the coach. Please stay in the parent area and never go on the floor. The only acceptable communication is cheering and clapping.
- NEVER speak to a judge, official, or event personnel at a competition. This is a USAG rule. Your coaches will answer any questions you may have. Please understand that the coaches often have another session right after yours, and a meeting may need to be scheduled for the following week.
  - Never contact a meet directly for schedules, directions, or changes needed to be made for your child. Your child's coach and our team manager will handle all issues with meets along with handing out all information once it is finalized. Per USAG, meet directors are only required to mail information 2 weeks prior to the event.
- We will do our best to inform and educate you on how scores will be given. Please do not dwell on scores as it takes away from the overall experience of gymnastics.
- Make every effort to finish every season you start. Fees are based on how many gymnasts are on the team from the very beginning of each season. If you choose to leave mid-season, no refund will be given for any assessment fees.
- Please be considerate of your surroundings in the common viewing area and refrain from openly speaking negatively of your child, another athlete, or the coaching staff.
- Please respect the coaches' time with the athletes and avoid interrupting or distracting the coaches during training times.
- Please refrain from interrupting or distracting your child during training times. Our athletes perform the best when they are focused. Furthermore, distractions can be dangerous not only for your child but also for the other athletes. Should you need to speak with your child during training, please request a staff member to get your child for you.

We understand that at times you will have questions, concerns, and feedback that you would like to share with the coach about your child's training. We will be happy to arrange a private conference at a convenient time for the parent and the coach outside of the scheduled training hours. Failure to comply

with Team NPG Parent Policies could result in suspension from the gym or removal of your gymnast from our program.

## Meet Etiquette for Spectators

- NO flash photography, if videotaping make sure light is off.
- Parents are not allowed on the competition floor at ANY time or for ANY reason. Only USAG and or AAU Professional Members are authorized to be on the floor or designated areas.
- Once a gymnast has entered the competition floor there will be no contact allowed with the gymnast until the coach has dismissed the gymnasts from the competition.
  - In the event your gymnast is injured during warm-up or competition, please do not run onto the floor endangering yourself or any other athlete, which could distract attention from your child's immediate care. Remain as calm as possible knowing that one of our coaches will indicate to you if you are needed on the floor. In most cases, parents will not be asked onto the floor for the following reasons:
    - For insurance reasons, only professional members or athletes are permitted on the floor per USAG & AAU regulations.
    - In many cases, injuries may look a lot worse than they are. It is likely that the coach or medical staff can properly & efficiently manage the situation. It is common practice for the coach to tell the gymnast not to move until the situation is assessed.
    - Once an injured gymnast sees a parent it is not uncommon for them to become upset and this will worsen the situation.
    - The most important factor when dealing with an injury is for everyone to remain calm so that the coach, athlete and medical staff may communicate their needs to each other.
- Under no circumstance should a parent ever approach a judge or meet official before, during, or after a competition to comment on, complain about or even inquire about a score.
- Please be courteous of all other meet spectators when standing to see events, taking pictures or videoing.
- Please promote team spirit in a positive, encouraging way. Cheer not only for North Port Gymnastics, but for any and all displays of great gymnastics. ● Always show positive & encouraging support for your child at all times. A parent's role is one of unconditional support regardless of the outcome of the meet.
- It is important for parents to remember that a score awarded to your child at a gymnastics competition is not a reflection upon you as a parent. There is no reason for you to feel embarrassed if your child has a rough meet. Scores received at gym meets are an evaluation of one single performance, not an evaluation of the child.
- Please do not shout out criticism to your or any gymnast during the meet.
- Sportsmanship is expected from North Port parents at all times.
- Most meets entry fees for spectators, parking and concessions is cash only.
- Meet times and locations are subject to change please make sure the day before to double check

## Being a Team NPG Athlete

Being a member of Team NPG is a privilege that your child has earned. This privilege comes with higher expectations of the athlete. Team training is more disciplined than the recreational program and requires a higher level of commitment. Listed below are a few of the expectations, both in training and outside of practices, that are a must.

- Team NPG athletes are expected to arrive on time to training and competitions, maintain good attendance, and always enter the gym with a positive attitude. Call the gym if you cannot attend.
- When late, athletes will check in with the coach. They may not be allowed to practice if the coach decides that the late start is unsafe or a disruption to the team.
- Team NPG athletes are expected to have fun, set reasonable goals for themselves, and always try their best. Come to the gym with a positive attitude and ready to work.
- Team NPG athletes are expected to always respect their coaches, teammates, and themselves.
- Team NPG athletes are expected to exhibit good sportsmanship either within the North Port Gym or at any other host gym for a competition.
- Team NPG athletes are expected to stay in good academic standing.
- Team NPG athletes are expected to maintain good hygiene and present themselves neatly.
- Ask permission to leave an event. This applies to leaving early, going to the bathroom. You may not talk to your parents during or between events. It can be very distracting. Your coaches are responsible for you during practices and need to know where you are at all times.
- Cell phones are not allowed to be used during workout times. We will take your phone!
- Provide your body with proper food and drink at all times. Do not eat between events unless approved or advised by your coach.
- All Team NPG athletes are required to report any drug they will be using, including aspirin, and cold or cough medicine. Athletes need to communicate with their coaches if they are feeling ill, believe there is an injury, or any physical discomfort.
- Athletes are required to have their own tape at all times. Do not borrow tape from anyone and do not ask to borrow anyone's tape.

### **Attire and Hygiene**

For training, team girls must tightly secure hair back so that they will not play with it or continually have to put it back up. All jewelry, except for small earrings, are to be removed prior to training. Proper gymnastics leotards are to be worn. Gymnastics shorts may be worn during training with one exception - during the week prior to a meet that your child is competing in, only leotards without shorts will be allowed. Team girls will train hard and will get quite sweaty. While at the gym it is considered good hygiene to keep a bottle of deodorant either in the gymnast's gym bag or locker.

### **Team Basics**

We know that entering a new arena can be somewhat confusing and overwhelming, so we have put together a few tips and notes to help you through your introduction to Competitive Gymnastics and Competitions.

**Coaches:** Coaches will be there for each meet to lead your child through stretch & competition. You should arrive with your gymnast 30 minutes prior to your gymnast's scheduled stretch time. Stretch is extremely important and should never be missed, especially for a meet.

**Gym Bags:** Each gymnast should have a gym bag. Items that are important to have in their bag include: Water, grips (if their level requires them) and warm up. Other items you may want to include are: small healthy snack, good luck item, deodorant, hair ties, socks and flip flops or shoes.

**Practice:** This is a time when your gymnast should focus on learning and fine tuning her skills. Team should be fun, but it is also a commitment to a sport they love. They need to focus on the skills at hand and understand that excessive playing around can cause safety problems. Good attendance is



important to develop and maintain a gymnast's skills. Please support your team's coaches as they work to teach your child focus, discipline and gymnastics.

**Meets:** In general, you do not receive notification of the meet schedule until one week prior to the meet. However, there are times when the hosting gym will issue the schedule earlier. There are also instances where you will be able to find the schedule on the hosting gym's website.

## Competition Rules and Policies

- For competitions, a team athlete must have her hair up in a fashion that is French braided or in a Bun. Please control loose hairs with hairspray and/or pins. Matching hair scrunchies may be worn for competitions along with hair glitter. Polish is NOT to be worn on fingers or toes (basic French manicure allowed). Very minimal to no makeup is to be worn, and no jewelry is allowed (stud earring allowed).
- A team athlete is required to wear her official competition leotard. The athlete must also wear her official team warm-up suit and bring team backpack.
- Before competitions, athletes must rest and eat properly.
- Athletes should not miss practice, especially the week leading up to competition. If your child misses one or more practices, they will automatically be scratched from the meet. **THERE ARE NO FULL OR PARTIAL REFUNDS.**
- Prepare all competition clothing and gym bag the night before the meet. If your child forgets their grips, they will scratch bars due to safety risks.
- Report to the competition site at least 30 minutes before your session.
- Athletes will not carry on, cry or complain about their scores or about other teammates scores or places. This behavior is unacceptable.
- Athletes will have good behavior at all times including listening to coaches and being respectful of all other participants. All gymnasts will control their attitudes, bodies and words during competitions.
- Athletes will show respect for judges and other coaches.
- Athletes will stay with the coach the entire competition and not touch any equipment unless given permission to do so.
- Athletes will always cheer for their teammates and be courteous of other gymnasts from other teams. Always show good sportsmanship!
- Athletes should only bring healthy snacks to the meets and only eat it if the coach has given them permission. Only water is allowed on the competition floor.
- If an athlete cannot safely perform the skill in practice several times, they will not be allowed to perform it in the competition and will have to scratch that event. There is no exception to this rule.
- Athletes must stay for the entire competition, especially the awards, regardless of individual outcome. NO gymnast is allowed to leave prior to the end of awards unless given permission by the coach. Gymnasts are required to sit with their team for the entire award ceremony.
- Athletes are required to be in their team warm ups, fully zipped for awards. Please do not chew gum or candy on the awards podium.
- Athletes should always have tape, a second pair of grips and wristbands. Xcel and Optional athletes should always carry a copy of their floor music on their or a parent's phone.

\*\*\*If the competition rules are not followed, the gymnast will be removed from the meet. They will be sent to you.

## Team Acknowledgement

I agree for my child to join Team North Port Gymnastics and to accept the year-round commitment to

Team North Port Gymnastics. I agree to read and understand the rules and policies of North Port Gymnastics through the material provided to me, including the Team Handbook provided to me, and by attending all orientations. I understand and agree that as a parent (or guardian) of a Team North Port athlete, it is my responsibility to read, understand, and comply with all the Team policies. It also my responsibility to ensure my child understands and complies with all the Team policies.

I acknowledge that North Port Gymnastics reserves the right to change, substitute, discontinue, interpret, and apply all Team policies and benefits.

I acknowledge that my child's Team membership is "at will", meaning that I may resign my child's membership at any time, with or without cause. If I do choose to resign, I will do so with verbal notice to the coaching staff and written notice to the front office addressed to the attention of North Port Gymnastics owners.

**Athlete Name:**

\_\_\_\_\_

**Athlete Signature:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_

**Parent/Guardian Name:**

\_\_\_\_\_

**Parent/Guardian  
Signature:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_

**"Go to" Parent Contact info:**

**Email:** \_\_\_\_\_

**Cell #:** \_\_\_\_\_