



Girls' & Boys' Gymnastics
Competitive Team Handbook
2010-2011

Revised May 2010





**Team Oswego Handbook
Gymnast/Parent
Receipt/Read Acknowledgment**

Thank you for taking the time to read this team handbook. Please sign below to confirm that you have received and read this handbook and return this signed form to the Park District's Gymnastic Department.

- I have read the document entitled "Team Oswego Gymnastics Handbook" from cover to cover and I understand and agree to the guidelines set forth within.
- I also understand that the policies and procedures may change throughout the year. Modifications to this document may be made via letters or e-mail communications from either the coaches or administrative staff in the Gymnastics Department or the Oswegoland Park District.
- If I have questions regarding any policies or procedures, I understand that I should contact the Gymnastic Staff Coordinator or other Park District administrator. Gymnastic staff and Park District administrators are listed with their contact information on page 26 of this handbook.

Parent Signature

Date

Gymnast Signature

Date

Gymnastics Facility Locations

Boulder Point, Zero Boulder Hill Pass, Montgomery, IL 60538

- Practice location
- Gymnastics office
- Gymnast mailboxes
- Coaches mailboxes

Oswego High School, 4250 Route 71, Oswego, IL 60543

- Home gymnastics meet location

Staff Contact Information

Team Coaches 630.554.4061

Please call and leave a message with your name, number, and time you can be reached.

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PART I Introduction to Team Oswego Gymnastics

Welcome to the Team – Mission Statement

The Oswegoland Park District welcomes your family to Team Oswego Gymnastics. Thank you for your interest in our competitive team program. It is our goal to provide an opportunity for your child to learn, grow, develop, and mature into an outstanding young adult. Gymnasts will learn to work hard, set and achieve goals, take initiative, the meaning and worth of dedicated effort, how to work through frustrations and set backs, take risks, and how to work with a wide variety of people. Gymnasts will develop confidence that comes with the knowledge that they can accomplish amazing things if they put their minds to it.

Participating on one of our competitive teams is a lot of fun, but it requires a huge commitment for both the athlete and his or her family. We want to be sure that you have the information you need to make this important decision. This manual will provide information and insight into how the program operates and will answer many of your questions.

Providing a fantastic gymnastic experience is our first and foremost goal. We are committed to assisting your child in his or her pursuit of excellence in the sport of gymnastics. To make this a reality, the gymnast, parents, and coaches must function together as a team. If you still have questions or concerns regarding your child's program after reading this manual, please ask questions.

Safety

Safety is always top priority. Recreational programs and activities are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in gymnastics. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to slipping, falling, poor conditioning, carelessness, horseplay, unsportsmanlike conduct, and all other circumstances inherent to indoor recreational programs exist. In this regard, it must be recognized that it is impossible for the Oswegoland Park District to guarantee absolute safety. All team participants must sign a waiver & release form before participating in Team Oswego Gymnastics.

Background Checks

As of January 1, 2008, USA Gymnastics requires background screening on all USA Gymnastics Professional Members as they apply for, or renew membership. USA Gymnastics states:

“Professional membership in USA Gymnastics should be the gold standard, an indicator that the person or organization has committed the time, interest, and hard work into being the best they can be. This membership should be a distinction that parents look for and depend upon to know that they are placing their children into well-trained and professional hands.

The responsibilities of an organization that provides for children and young adults include protecting the safety and welfare of its athletes and participants. USA Gymnastics has already mandated a safety certification program, which provides professional members with a working knowledge of how to conduct gymnastics activities in a safe environment. As outlined in the Code of Ethics, USA Gymnastics does not tolerate sexual misconduct or other inappropriate behavior with an athlete. USA Gymnastics is now requiring background screening of professional members to support this policy and in response to inquiries for this service from gym club owners. Background checks are becoming commonplace with many youth organizations and institutions and are endorsed by the U.S. Olympic Committee.”

In addition to the requirements of USAG, all employees of the Oswegoland Park District have been fingerprinted and screened through the FBI and CANTS databases.

Yvette Gutierrez, Developmental Girls Head Coach & Assistant Compulsory Coach.

Active in gymnastics and cheerleading from a young age, Yvette has well over ten years experience coaching USAG & GIJO athletes through level 10. Her specialty is teaching developmental skills to aspiring competitive athletes, preparing them for their gymnastic career. Yvette has assisted many private clubs with the preparation of future competitors, ensuring proper selection, basic skill mastery, strength and flexibility for the long term success of the individual athlete as well as the competitive program overall. USAG safety certified, USAG pro member, USAG certified skill evaluator.

Brian Bade, USAG Compulsory/Optional Assistant Coach

Active in gymnastics through high school, Brian brings over ten years of experience coaching USAG levels 4-10 in the private club circuit before joining our staff. He is a former paramedic and a recent graduate of the Nursing Program at NIU. USAG pro member, USAG safety certified.

Candace Jackson, GIJO B Head Coach & USAG Comp/Opt Assistant Coach.

Candace has a B.S. degree in Biological Sciences from UIC Chicago, where she completed her long career as competitive gymnast by competing at the college level. She recently received her Masters Degree in Secondary Science Education from UIC and looks forward to becoming a science teacher. Candace has a strong knowledge of optional gymnastic training and is excited to be a part of Team Oswego for her fourth year. USAG pro member, USAG safety certified.

Austin Dunaway

USAG & GIJO Boys Team Junior Coach

Ryan Lemezis

USAG & GIJO Boys Team Junior Coach

Competitive Gymnastics – Is it right for our family?

We believe that gymnastics is the greatest overall body conditioning activity in which your child can be involved. Mental discipline, in addition to the obvious physical benefits, prepares these young athletes to become confident, capable, young adults with an arsenal of lifetime skills such as time management, dedication, understanding how to overcome fear and defeat, and/or how to handle disappointment. In this age of high-tech instant gratification, teaching children how to accept delayed gratification for the attainment of a worthy ideal is challenging. Being involved in Team Oswego's competitive program will require your child to commit to many hours of training, but it will also offer her/him the opportunity to learn personal discipline and to gain tremendous self-confidence as he or she builds individualized goals and accomplishments.

Possible Adjustments to Consider...

Families must provide for transportation to and from the gym, and meet locations.

At the lower pre-team and team levels, the number of hours of practice per week is relatively small. As your athlete progresses up the competitive ladder, the hours and days of scheduled practice will continue to grow, as will the fees.

Gymnastic meets will consume a number of weekends during the competitive season. Time management skills are a necessity in all areas of your child's life, and also the family's. Your child will have less time at home and less time to spend with friends outside the sphere of gymnastics influence. Homework will need to be done with more efficiency and with better study habits due to shorter periods of time available.

Team Selection

Initial placement and subsequent advancement from one team level to the next is determined by the Team Oswego coaching staff. Objective measures of learning potential will determine advancement; however, subjective elements such as commitment, desire, courage, coachability, and integrity will also be considered.

Team participation is by invitation only. Remaining on the team is also by invitation only and depends on the athlete's work habits and coachability and both the athlete's and the parents' attitude and behavior. Each May, invitation letters for the next year's competitive season will be sent.

Competitive Team Philosophy

Team coaches will place gymnasts at the level where he or she can be happy, safe, and confident. This means that every gymnast must be able to perform the skills and routines required at a given level comfortably. The skills should not be at the edge of or beyond his or her ability level. Athletes are never asked or expected to perform skills or routines in a competition that they cannot perform consistently in practice. Therefore, in general, our gymnasts will compete at about 75% to 80% of their current skill level.

To understand and appreciate what goes into the development of a competitive gymnast, one must understand exactly what it is we are trying to achieve during training. Four fundamental areas are addressed during training: strength, flexibility, skills, and mental aspects.

- ❖ Strength training is a very important part of gymnastics as it also can play a role in the reduction of injuries. We use many varieties of conditioning in order to keep it challenging and hopefully a fun part of training.
- ❖ Flexibility is also critical to the long-term success of the gymnast. Flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily and plays a role in reducing the frequency and seriousness of injuries.
- ❖ Skill development falls into two categories: basics and new skills. Basics are the foundation of gymnastics. If a gymnast does not have strong basics, his or her entire performance is weakened. These core skills must be continually refined in order to move on to more difficult skills and to improve performance. New skills are introduced as the coaches see fit.
- ❖ Mental training is used to try to create the competitive atmosphere during practice. Visualization techniques are practiced to reduce or eliminate anxiety that may occur at competition.

Moving up from one level to the next is decided by the coaches based upon a combination of factors, including scores from the meet season, attendance at workouts, skill level, and the attitude of the gymnast. As a gymnast moves up, his or her responsibility to workout and to participate in scheduled meets increases.

PART IV: Administrative Information

Team Oswego Coaching Staff

Jennifer McCLeese, Gymnastic Supervisor & USAG Optional Girls Head Coach.

Jennifer has a BSW in social work from Aurora University, and is currently working on her Master's degree in Forensic Psychology at Argosy University in Chicago. Active in gymnastics and cheerleading from a young age, Jennifer has over fifteen years experience coaching women's level 4-10 gymnastics, ten of them in the private club circuit. She has served as a clinician for Michigan's USAG State Congress and Illinois State Training Camps, and has coached numerous individual and all around champions in the USAG Junior Olympic Program. In addition to her gymnastic and cheer background, she has extensive experience in choreography. USAG pro member, USAG safety certified, USASF pro member, USASF level 1 & 2 certified, ASEP certified, MELPD certified, USAG certified sanctioned meet director.

Janos Sziron, USAG Optional and Compulsory Boy's Head Coach.

Active in high-level gymnastics for forty years, Janos has a Master of Sports Science Degree for training and development of International Level Competitive Athletes. Janos earned his Master's from the Hungarian University of Physical Education. An accomplished gymnast, Janos was a member of the Hungarian National Team in 1975, 1977, and 1978. He competed at the elite level and was a qualifier to the 1980 Olympic games but could not compete because of a back injury. Janos has taught physical education at the college level and owned The Gymnastic Training Center in Minneapolis where he produced dozens of elite level gymnasts who were members of the U.S. National team. Janos has over twenty years experience, coaching in the private club circuit before joining our staff. USAG pro member, USAG safety certified.

Jocelyn Reichert, GIJO A & USAG Compulsory Girls Head Coach.

Jocelyn has a B.S. in Athletic Training (emphasis in Sports Medicine) from Northern Illinois University. Active in gymnastics and dance for over twenty years, she also has prior experience as a dance instructor and has coached levels 4-8 for both USAG Junior Olympic Program and GIJO athletes. She has developed a multitude of state and individual champions within both leagues. Jocelyn has over ten years experience, coaching in the private club circuit before joining our staff. USAG safety certified, USAG pro member, ASEP certified.

Family Commitment Plan

It is expected that all families will contribute time to the gymnastics program in some way. Some jobs require greater time and effort and can be more demanding on individuals. Some families, due to individual circumstances, are not able to contribute on a year-long basis or may wish to have some flexibility in the types of jobs for which they volunteer. The important issue is that all of these jobs should not fall on only a few families. The following table has been developed as a suggestion of family expectations according to your gymnast's number of training hours.

Training Hours Per Week	Volunteer Hours Per Year
2 - 4	2
6	3
9	4
12	6
16	8

For families with two or more gymnasts in the competitive program, the obligation will be the volunteer time expected of the gymnast with the greater training hours. Following are just a few of the many ways in which you can volunteer:

- ✓ Home meets (Check in, Admissions, Timers, Flashers, Runners, Scoring Table, Awards, Concessions, Judges Hospitality, Coaches Hospitality, Gymnast Gifts, Meet Sponsors, Decorating, Set up and / or Take down)
- ✓ Fun Tumbling Meets (Check in, Trophies, Goodie Bags, Chaperones)
- ✓ Team Demonstrations
- ✓ Newspaper PR Liaison (Submit meet results and pictures)
- ✓ Videotaping (as coach deems necessary)
- ✓ Newsletter
- ✓ Banquet / Team Party Organizer
- ✓ Team Photo Organizer

PART II Competitive Program Policies

Gymnast Guidelines

The decision to join Team Oswego Gymnastics is a big one and reflects a commitment to the team for an entire year. Team members do not move on and off the team based on conflicts, illness, injury, or personal whim. You are either on the team or not. Following are the guidelines that all team members are expected to follow:

- ❖ Each gymnast is expected to attend all regularly scheduled workouts. Please arrive on time to all workouts. That means on the floor ready to workout when your workout begins, not talking in the bathroom or hanging out in the lobby. Missed warm-ups may result in muscle pulls or strains later in the training.
- ❖ Proper attire must be worn. Girls should wear a properly fitted leotard and boys should wear shorts or stirrup pants. Please avoid excessively baggy clothing, as it is a safety concern. Hair should be appropriately tied so as not to interfere in any way during the workout. Please do not wear any jewelry (other than stud earrings) during workouts, and leave your valuables at home as we are not responsible for lost or stolen property.
- ❖ Please do not bring open food or drinks onto the workout floor. Snacks should be deposited in the team snack container by the back door and should be consumed in the lobby area only. Due to allergies, no nut products are allowed. Snacks such as fruit, crackers, pretzels, or juice are recommended. Please refrain from bringing candy, soda, or sugared snacks as they have little nutritional value. Gymnasts should not linger by the PowerAde machine or refrigerator.
- ❖ Work hard and try your best. Do not compare yourself with other gymnasts. Every gymnast is different and will advance at different rates. Concern yourself with things over which you have control... your attitude and your effort.
- ❖ Please alert your coach when your body is telling you to slow down or stop. If you are sick, on medication, or are injured, we need to know, and you need to listen to your body. Pain is the body's way of telling you to stop.
- ❖ Please treat your coaches with respect. Your coach wants you to succeed and to be safe. Follow his or her instructions. There is no place in the gym for rude or belittling comments, displays of anger or disgust, or talking back to coaches, employees, or other adults. Coaches, in return, will respect the gymnasts.

- ❖ Please treat your teammates with respect and kindness. Joining in any activity that is hurtful to a teammate is destructive and is a distraction to achieving our goals.
- ❖ Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself. If you cannot or will not complete a task, be honest about it.
- ❖ Try to maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. 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.

Parent Guidelines

A family's role in team gymnastics is a key to a successful team experience.

- ❖ Ensure that your child gets enough sleep, proper nutrition, gets to and from the gym on time, and has proper clothing and equipment.
- ❖ Check e-mail regularly to stay current with team activities. E-mail is going to be our first form of communication. Please give us as many e-mail addresses as you like.
- ❖ Acknowledge your child's fears. It is normal for a child to be frightened when competing or when attempting new skills. Conquering that fear is 90% of gymnastics. Do not yell at or belittle your child. Be patient, and assure him or her that the coach would not ask him or her to attempt a skill if the readiness weren't there.
- ❖ Parents or siblings of a participant may not enter the gym or use any equipment before, during, or after a participant's workout. Our insurance policy does not cover unregistered athletes. Please use the viewing windows in the lobby to watch the gymnasts.
- ❖ If you need to speak with your child's coach, please do so before or after practice, not while he or she is focused on running a safe and effective workout. Please leave a note with a staff person at the front desk, or call during the day to arrange a time to talk.
- ❖ Please make arrangements to have your child picked up on time. Our coaches and building attendants have family and personal commitments after work to attend to.
- ❖ Please call the gym if your child is going to miss his or her practice.

- ❖ No flash photography is permitted during a meet. The sudden flash of light could cause a gymnast to be injured. Please check your camera in advance. This applies to power lights on video cameras as well. Many cameras come with an automatic flash. 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 three hours prior to the actual competition. This energy should carry them through the entire competition. If necessary, a gymnast may pack a healthy snack in his or her gym bag.
- ❖ 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 teammates.

Regarding Judges

There is much more to judging than you may think. Judges put a great deal of time into learning and studying the sport. They are tested rigorously on skills, technique, and evaluation. The general spectator is often completely unaware of special requirements, rules, and skill values that are factored into the final score. Coaches can give more detail outside of the competition if parents have questions about scoring.

On the other hand, judging in gymnastics is subjective. Different judges tend to focus on different aspects of performance. Try not to compare scores from one meet to another. Focus on your child's improvements in performance and achievements during the season. If a parent should ever think that his or her own judgment as to the merits of a routine is more accurate than those of the judges, and the coaches, the parent is encouraged to take the classes, study the materials, and take the test to become a certified gymnastics official. Our sport is always in need of talented officials who can correctly score and rank hundreds of routines performed over a long weekend.

As stated earlier, please do not approach a judge, either during or after a meet, about a score awarded to a gymnast. Coaches will handle all inquiries and appeals as deemed necessary.

- ❖ Once gymnasts have walked into the competition area for warm-up, they are not allowed to talk or have contact with the 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 gymnasts' conditions and teach them to respond appropriately. If the gymnasts are too excited, the coach calms them down. If the gymnasts are too complacent, the coach pumps them up and motivates them to do their best. The emotional dynamic is fluid in a competition. An excellent vault score may cause overconfidence. A terrible bar routine may actually provide a key educational moment. At these times, the gymnasts need to focus on the advice of their coach, not distractions outside 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 the gym and you have had time to reflect.
- ❖ In any competition, parents, friends, and / or relatives of the gymnast are not allowed onto the competitive floor. Your child could be immediately scratched from the meet as a result of infraction of this rule. You must remain in the spectator's area along with all other relatives and friends.
- ❖ In case of injury during warm-up or competition, you must stay in the spectator area until your coach flags you onto the floor.
- ❖ Please do not coach your child. Coaches should coach and everyone else should encourage. Injury may result from taking the gymnast's focus away from the coach's technique. Even the most helpful comment from you could have disastrous consequences.
- ❖ Provide unconditional love, encouragement, and support to your young athlete. Please do not compare your child with other athletes for every gymnast is different and will advance at his or her own rate. Look for the progress your child is making in gymnastics and celebrate it.
- ❖ Through the items mentioned above, parents show respect towards their athletes and the effort they put forth. Any more or less does a disservice to your child and limits his or her opportunity for success. Bring your problems or concerns to the coaches. If they cannot help, they will explain why and will work to find another way to solve the issue. Complaining to other parents undermines the effectiveness of the coaches and hinders the culture of the team.
- ❖ Because parents have such a large emotional stake in the athlete's performance with little control over the outcome, they sometimes may experience stress that can lead to unusual behavior. By watching practices and competitions, parents may gain limited knowledge about the sport of gymnastics. When a parent starts to coach his or her child, they can actually interfere with the very performance they are trying to enhance. Please refrain from coaching during practice or competition. In addition, this interferes with the development of the coach/athlete bond that is critical to any long-term success in the sport. Please leave coaching up to the Team Oswego Gymnastics trained staff. Often times, multiple corrections can be given, but due to the ability of the gymnast to apply one (maybe two) at a time, the coach will give the athlete the most important area to try to improve in the next effort.
- ❖ Some parents who recognize themselves in the following description may need to reevaluate their active role and attitudes: observing every practice intently; praising or punishing your child for what you observe; finding your sense of worth or happiness dependent on the success of your child; constantly comparing your child's progress to others in his or her group, on his or her team, or in competition; verbally abusing the gym, coaches, and/or program while still placing your child in our program, or video taping each competition and requiring your child to review it with you at home.
- ❖ Please make every effort to play a positive support role in your gymnast's competitive career. Negative comments regarding gymnasts, judges, coaches, or anything related to gymnastics will not be allowed during practice, at a competition, or in the lobby.

- ❖ Attending team parent meetings is for your benefit. These meetings are a great communication opportunity between coaches and parents and there is plenty of time for questions and answers. Primarily information about the competitive season is discussed at these times.

Priorities: The coaching staff believes that the order of importance always needs to be (1) family, (2) education, and (3) gymnastics. If you choose to be a member of this program, it is assumed that you have allowed appropriate time for family functions and that your child's study habits and schoolwork is of exemplary quality. Routine family or school-work responsibilities are not appropriate reasons to miss practice. If you find that your child is unable to make the commitment this program requires, we can provide other levels that would fit better into your family's needs.

- ❖ Gymnasts should have a competition bag and keep all of their belongings in the bag during the meet.
- ❖ Athletes should stay with the team until competition is over and the coach releases them.
- ❖ Athletes should stay for awards dressed in the Team Oswego warm-ups. Most meets have a formal system for presenting awards. As a participating athlete, you have an obligation to stay for all the awards and to accept any award presented to you with courtesy and gratitude. It is customary to accept awards with a firm handshake and a warm smile. Congratulate and shake hands with the other athletes. Remember that you are not just representing yourself, you are representing Team Oswego as well.
- ❖ If you are staying to watch another teammate compete or if you have arrived early for warm ups, stay seated in the bleachers. Do not wander out onto the competition floor.

Meet Etiquette for Parents

- ❖ Team spirit is a huge help. Please be sure to cheer for all the Team Oswego gymnasts.
- ❖ Please show proper respect to all officials and coaches at every competition. They are all there to support your child's interest in gymnastics. 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. 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.
- ❖ Please be respectful and considerate of all competitors.

Meet Etiquette for Gymnasts

- ❖ Athletes should arrive at the competition site 10 – 15 minutes before open stretch is scheduled to begin. Athletes should be in uniform and well-groomed and report to their coach at the beginning of scheduled open stretch time.
- ❖ Athletes must remain in the designated competition area throughout the course of warm-ups and competition and obey all warm-up regulations and procedures.
- ❖ Each athlete should accept his or her place in the line-up and the scores he or she receives with dignity and without criticism. There is no place for crying or uncontrolled emotions during meets. Athletes cannot control the scores they get nor can they control the performances of any other gymnast. Athletes can only control their own performance.
- ❖ Gymnasts, if you do not do your best and receive a disappointing score, ask your coach about it when the meet is over. If you make mistakes and are disappointed in your performance, do not make matters worse by becoming emotional and jeopardizing your chances for good performances on upcoming events. Remember, too, that you are part of a team. The team needs you to be in control and ready to perform. They do not need you bringing the spirit of the entire team down by inappropriate actions.
- ❖ The gymnasts should not worry about keeping track of their scores during the competition. Athletes' concentration should center on their performance. There will be plenty of time to review scores later.
- ❖ Gymnasts should be prepared to assist the coach with boards, mats, bar settings, etc. during meets.
- ❖ Be courteous, respectful, and polite to all meet officials, hosts, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging a meet.

Discipline Policy

It is the goal of the Oswegoland Park District to provide each program participant an environment that is safe and secure, therefore, every participant is expected to treat other participants and Park District staff, volunteers, equipment, and facilities with respect.

The following behaviors are expected:

- Be willing to listen and follow direction
- Accept the responsibility of representing Team Oswego by displaying a positive attitude
- Use appropriate language at all times
- Abide by all rules of the gym at all times
- Show respect to teammates and opponents
- Encourage and support all Team Oswego participants

The following behaviors are considered unacceptable:

- Harming or endangering one's self
- Intentional misuse of equipment
- Failing to follow verbal instructions meant to insure safety
- Intentional damage to property or equipment
- Vandalism
- Tantrums resulting in damage to property or materials
- Theft
- Harming others, such as, but not limited to:
- Throwing objects at or near others
- Fighting, hitting, biting or kicking others
- Verbally or non-verbally abusing others, i.e., name calling, taunting, bullying, etc.reflective of misbehavior
- Using inappropriate language
- Exhibiting behavior that undermines the authority of Park District staff and/or volunteers

NOTE: Criminal behavior, or any behavior that endangers the participant or others may result in immediate, permanent suspension from the Park District program.

These discipline procedures are intended as general guidelines for the Park District staff and volunteers who are at all times expected to use good judgment and common sense to assure safety and security for program participants.

Discipline Procedures

If unacceptable behavior occurs, the Park District staff or volunteers will follow the guidelines listed below:

1. A verbal warning will be given to the participant
2. A verbal warning will be given and the participant will be required to take a "time-out" to calm down and gain control of him/herself and a parent will be contacted.
3. If unacceptable behavior occurs a third time, a written behavior report will be taken, a parent will be contacted, child will be suspended for remainder of (1) day. A parent may be required to be present if the child is to continue participating in the program
4. If unacceptable behavior occurs after (1) day suspension, written behavior report will be taken, parent will be contacted, and the participant may be suspended for time frame
5. If unacceptable behavior occurs after 2nd suspension, final written report will be taken, parent will be contacted and participant may be removed from the program for one year.

Attendance

Attendance is mandatory. If a gymnast is going to miss a practice, call the gym. Attendance involves arriving on time and staying for the entire practice. If a gymnast is late, he or she must still perform the entire warm up. The warm up is an important part of the training process in which the body prepares for activity to reduce the potential for injury. Gymnasts will not be permitted to leave early unless prior written arrangements have been made with the coach. Gymnasts who habitually arrive late and leave early from practice will have trouble performing to their highest potential at meets.

Summer is a very important time for practice. We understand that this is a busy vacation time, however, we encourage gymnasts to ask for a conditioning list while they are absent. Gymnasts have finished the competitive season and continue to work on learning new skills and improving strength and flexibility during the "less pressurized" noncompetitive season. Every effort should be made to maintain good attendance year round.

Gymnasts who miss more than four weeks of practice may be asked to work out and compete at a lower level. This policy is recommended by USAG to prevent injuries to a gymnast that may be caused by a lack of conditioning.

3. Attendance – Gymnasts missing an excessive number of practices may not be selected for competition. 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 warm ups and conditioning. Gymnasts leaving early not only miss part of an event rotation, but also the end of workout stretch. This lack of preparation becomes obvious at competition season. The gymnast's routines will be fair to mediocre at best. The concept of "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.
4. Attitude – A positive attitude and show of respect to coaches and teammates is important. Gymnasts must be emotionally ready for the competitive arena.

Participation in Scheduled Meets

Gymnasts who are unable to attend a scheduled meet should contact the gym office at 630.554.4061 as soon as possible.

Gymnastic meets may have different purposes and the training for each will differ accordingly. The early part of the season focus may only be on gaining competitive experience and developing confidence. The goal is for the athletes to get their feet wet and familiarize themselves with competition.

Other meets might be used to earn qualifying scores. The athlete may be trying to qualify to a state, regional, or national level competition. The goal here is to exhibit more polish and consistency. Mobility meets are set up for a gymnast to obtain a specific score so he or she can move up to the next competitive level. Finally, there is the meet in which everyone hopes the coach and gymnast will pull out all the stops (Championship Meets – State, Regionals, or Nationals), where everyone hopes that his or her efforts will culminate in success.

Meet Fees and Travel Expenses

Gymnasts are responsible for paying their own meet fees. Meet fees will be due by Oct 29, 2010. Gymnasts are also responsible for their own transportation to the competition, hotel reservations if needed, and food. Spectators should be prepared to pay an admission charge at meets.

Refunds of meet fees will not be given after the fees have been submitted to the host gym, except when a doctor's note prohibits the athlete from participating due to medical reasons.

Lines of Responsibility

If you have a question or concern about a coach, a safety issue, or a policy, please speak to your child's coach first. If he or she is unable to resolve your issue, you will be referred to the Head Coach. This line of responsibility is meant to encourage parents to maintain ongoing communication with the team coaches. It is easier for us to address a problem when we know about it.

PART III: Competitive Season Information

Meet Scheduling

At the beginning of each season, preliminary meet information will be sent via e-mail to those parents who have provided us with an email address. Additional meets, changes, and cancellations will also be communicated by email, on our website, and on the bulletin board in the lobby at Boulder Point.

Host clubs set deadlines for meet entries. After this date the host club will set the final meet schedule depending on the number of entrants. More often than not, most of the day and session times are not received until a week before the meet. It is not appropriate to call a gym to see if they have posted this information. Please let our office handle communications with the host gyms. It is a good idea to clear the whole weekend of a meet on the chance that there will be last minute changes that could conflict with your previous plans.

Gymnast Selection Criteria for Meet Invitations

Meets should be a positive experience and therefore gymnast selection is made very carefully. Coaches make the decision based on the following criteria:

1. Eligibility – Gymnast must have all necessary fees paid, be current on tuition, and be considered active and eligible.
2. Performance – Mastery of skills is based on performance in workouts. In general, USAG gymnasts should be able to perform all required skills at the time the entry fee is due. Gymnasts who are new to a level may be allowed to enter a meet even if they are not prepared on all four events; however, this decision will be made by the coaching staff and will largely be determined by athlete's attendance, attitude, and effort in workouts.

Emergency Procedures

In the unlikely event of a medical emergency involving your child, the Oswegoland Park District has in place the following procedure:

1. Emergency first aid will be administered, including a call to 911 if necessary.
2. You will be contacted using the emergency contact information provided.

During inclement weather, the Oswegoland Park District will make every effort to remain open. Should the need arise to cancel practice, you will receive a phone call with details.

Financial Policy (revised May 2010)

Your child's involvement in gymnastics is a commitment of time, effort, and money. The athletes train in a large and well-equipped gym under the direction of an educated, experienced, and professional staff. In addition to wages and equipment, the overhead incurred in running a large gymnastics program includes lease, utilities, insurance, supplies, and administrative costs.

In an effort to better serve Team Oswego parents, there will be only one registration required for a gymnast to participate year round. This year's team gymnastic session begins June 22, 2010 and continues through June 16, 2011. Your monthly team fee will remain the same for the entire billing year. The number of training hours per week will remain the same through the year, however the practice times during the summer may be different than the school year.

Your monthly fee is calculated by first multiplying the hourly fee by the total number of hours your gymnast is scheduled to participate throughout the year. This total is reduced by a credit equal to the cost of ten days of participation. The discounted total will then be divided into 12 equal payments. This credit for ten days has been figured into the current team fees for all boys and girls teams, Level 4 & up, allowing for an occasional conflict or sick day.

Monthly payments are due on the tenth day of the month. You have the opportunity to complete an Auto-Charge Authorization form that allows the Park District to charge your monthly payments on the date due to the credit card of your choice: VISA, MasterCard, American Express, or Discover. This method of payment protects you from the additional cost of late fees.

If you do not choose auto-charge, you are responsible for making your payment on or before the tenth of each month. Monthly bills are not mailed; an email reminder will be sent approximately ten days prior to the due date. A payment received six days or more after the due date will result in a \$25 late fee being charged to your account.

If you cannot make a payment on time, you can avoid the \$25 late fee by contacting the Park District's billing department at 630.554.1010 prior to the scheduled due date. You will be asked to make an alternate payment plan, and if that plan is honored the late fee will not be charged.

When a scheduled payment has not been made fifteen days after the date it was due, and you have not contacted the billing department to make alternate payment plans, your child will be withdrawn from the program.

Injured gymnasts are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and to turn a difficult time into something positive by increased work on flexibility, strength, specific events, or skills. There is no reduction in tuition until the total amount of time missed exceeds one month and then only if the gymnast cannot participate in workouts in any way. At that time, the tuition may be adjusted depending on the circumstances. Any gymnast who is out for one week or more must present a "return to activity" release signed by his or her doctor in order to return to practice.

Missed Classes and Make-ups

If your child is unable to train due to a conflict with other activities, Team Oswego will not offer make-up classes. Occasionally due to your child's or the team's participation in an outside meet, his or her training day may be missed. This is sometimes unavoidable due to the schedule associated with travel to competitions. Unfortunately, no make-up classes will be available on these occasions.

Our competitive schedule is carefully planned in conjunction with our recreational classes and together, they use every available minute of gym time. If the schedule allows, we do sometimes offer drop-in training, particularly before a big meet. Otherwise athletes must train on the days and times established for their group.

Additional Fees for Team Gymnasts

Uniforms: All athletes will have a team uniform. Female gymnast team uniform includes a leotard and warm-ups. There will be no change in the style of competitive wear for the 2010-2011 season; we do intend to change the style for the 2011-2012 season.

Male gymnasts will have a uniform that includes a tank, stirrup pants, shorts, and warm-ups.

USAG Athlete Membership Fee: USAG Girls and Boys must have a USAG Athlete Membership card to compete in USAG sanctioned events. The cost is approximately \$45 - \$50 per year.

GIJO Athlete Membership Registration: GIJO Girls must complete a GIJO Athlete Membership Registration to compete in GIJO events. At this time there is no additional charge for this registration.

Choreography: The Team Oswego Head Coach will determine the composition of routines each optional gymnast shall receive and shall approve each girl athlete's individual floor music. The choreography charge will be \$125 for floor routines and \$75 for beam routines.

Private Lessons

The Park District offers private gymnastic instruction for gymnasts who express an interest in more concentrated, personal training. At all times the normally scheduled classes and events take precedence over any private lesson. All team members taking private lessons must be current with their tuition and any other financial obligation to the Oswegoland Park District. Private gymnastic lessons must be paid in full to complete the registration. Private lessons may not be included or added to the billing program.

Parent / Coach Status Meetings

Status Meetings will be held in May-June and provide an opportunity to discuss your athlete's progress and identify issues or concerns that may have arisen. It is also a time to talk about summer training hours and the next season's competition. If you have concerns at other times of the year, please do not hesitate to request a meeting with your child's coach.