

Galaxy Gymnastics



Team Handbook

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Welcome To Galaxy



Welcome to the Galaxy Gymnastics Team! At Galaxy, each gymnast is a champion. Our goal is to give each child the same quality instruction regardless of their ability. We believe that gymnastics is a tool to help kids grow into happy responsible adults. Your child will not only develop physically but, will learn motivation, self-discipline, determination, time management, teamwork, poise, grace and leadership. These are all skills that they will take with them throughout all of life's endeavors. We believe in the competitive spirit, however it must be learned and developed.

With competition comes the measurement of results. At Galaxy that competitive spirit is welcome. It is measured not by the scores, but becoming the best you can be and achieving your personal goals. At Galaxy our mission is to treat each gymnast as an individual and to help them grow as a person as well as a gymnast.

This handbook was developed to help you understand the expectations of being a team member as both a parent and a child. It won't answer all the questions (we'll try) but, the key to any successful team is co-operation and communication. Most of all we are a family. We at Galaxy look forward to working with you and hope to have a lot of fun along the way.



Team Structure

USA Gymnastics (USAG) located in Indianapolis, Indiana and is the governing body of all gymnastics in the United States. There are 11 levels to the USAG Women's program. Each Summer Olympic year, the USAG reviews and produces new optional rules. Compulsory routines are reviewed and reconstructed every eight years.

Levels 1-3 (Rising Stars): are non competitive levels which center around the basic skills for all four Olympic events.

Level 4,5, 6: Compulsory levels. USAG pre-choreographed routines and series of skills that each competitor must perform. This level competes up to the State Championships.

Level 7: This is considered the first step in optional competition. Optional routines are performed with some required skills. At Galaxy, the floor music is passed down from previous routines choreographed by Jamie. The girls who performed these routines in the past teach the new level 7's. This is a great Galaxy tradition! The new routines are given to the girls at Jamie's discretion. Beam routines will be choreographed by Galina. This level competes up to the State Championships.

Level 8: Optional Competition continues at this level adding more difficult skills and requirements as produced by the USAG. This level competes in States as well as the Regional Championships. Qualification to Regionals is determined by the USAG board. The number of gymnasts who qualify changes every year.

Level 9: The next level of optional competition. Its difficulty requirements and expectations are harder than that of level 8. These girls have the opportunity to qualify for State, Regional and Eastern National competitions. At Regionals a percentage of each age group will advance to Nationals. The percentage is determined by the number of gymnasts in each age group from all the regions in the US.

Level 10: This is the highest level in the USAG Junior Olympic program. These girls have the opportunity to qualify for States, Regionals, and Nationals. Athletes who place high enough in the all-around at Nationals will be considered Junior Olympic National Team members. At Regionals the top 7 athletes in each age group advance to Nationals.

Elite: This is the top level in gymnastics. Less than 1% of the athletes in the USAG will compete at this level. Gymnasts compete in Regional, National and International competition. The USA National Team as well as the Olympic Team is selected from this level.

Brand new floor routines are choreographed by Jamie. Please see her regarding payment.

Gymnast Guidelines



The following actions show respect and are expected of all Galaxy Gymnastics Team members:

1. **Attend all practices, competitions, clinics, and special events**
2. Call the gym if you cannot attend a workout. Make-ups must be approved by Jamie in order to control the number of gymnasts in the gym and keep the workout time safe for all.
3. **Be punctual..** Arrive on time and stay until practice is over. If you are late or leave early you often miss important stretching or strength work.
4. **Be happy...** Come into the gym with a good attitude every day.
5. **Respect** your teammates, treat each other the way you would want to be treated. Always act in a way that shows respect for yourself, your teammates and your coaches. We want the gym to be a happy and motivating place for all.
6. **Be patient** with yourself and others; everyone excels at a different rate.
7. Ask permission from your coach to leave the gym floor. This applies to leaving early, going to the restroom, getting something from your bag etc. The main reason is so that your coaches always know where you are and that you are safe.
8. **HONESTY!** 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 an assignment, be honest about it.
9. **Be healthy....** Tell your coach when your body is telling you to stop and slow down. If you are sick, injured or on medication we need to know.
10. Provide your body with proper food and drink at all times. Maintain a healthy weight that is appropriate for the sport of gymnastics. Being either overweight or underweight will put you at risk of injury.
11. Always wait inside for your ride. Be sure that your parents always know what time your workout is over and pick you up in a timely manner.
12. **The coaches determine your level. Remember, being at a higher level does not make you a better gymnast... Executing skills more precisely makes you a better gymnast.**

Gymnast Guidelines at Competition



Competition is a reward for all the hard work you have put in at practice. It should be fun experience for everyone. It is your opportunity to show what you have learned and experience team and individual satisfaction.

- ✦ Be on-time. Arrive at competition at least 15 minutes prior to the scheduled stretch time.
- ✦ Arrive with a positive attitude.
- ✦ Show good sportsmanship for all gymnasts in the competition. Cheer on your teammates as well as your competitors. You will make lifelong friends during your tenure in this sport by doing so. If you see a skill or routine that you like let them know it.
- ✦ Galaxy Gymnastics Team Uniform must be worn.
- ✦ Hair must be neatly pulled back and team scunchie worn.
- ✦ All nail polish must be removed from toes and hands.
- ✦ All Jewelry must be removed except for a single pair of post earrings (one in each ear).
- ✦ Contact the coach immediately upon arrival to the competition.
- ✦ No gymnast is allowed to leave the competition floor for any reason unless given permission from the coach.
- ✦ Be courteous, respectful, and polite to all judges, meet directors, host clubs, competitors and coaches. The only time you should approach a judge is to thank them for hosting or judging a meet.
- ✦ Only gymnasts competing in the event should be on the competitive floor.
- ✦ Away Meets: when you are traveling to a meet you are representing Galaxy Gymnastics, you must behave appropriately. No yelling or playing around in the hallways in hotels.
- ✦ You are not to swim or sit in the hot tub the day of a meet. Otherwise this could prevent you from doing your best in competition. Additionally, do not sit out in the hot sun the day of a meet.
- ✦ REST before competition. Get a good night sleep the night before.
- ✦ Gymnasts should stay at their last event until the last athlete has finished the competition.
- ✦ Gymnast are expected to stay for awards and always wear their team uniform for the ceremony.
- ✦ Strive to do your routines and skills to the best of your ability. Scores are not always indicative of your best performance. Concentrate on achieving your goals, for example if you are performing a new skill in competitions for the first time and did it... You won that day.
- ✦ Accept your scores with dignity and without comment or criticism. You cannot control the scores you get nor, can you control the scores of other gymnasts. You can only control what you do.
- ✦ There is no place for crying, disrespect and uncontrolled emotions on the floor. This type of behavior will not be tolerated.
- ✦ "Good Luck and Have Fun!"

Gymnasts

WHAT TO BRING TO COMPETITION

- Team Leotard warm up and/or competitive
- Team Warm-up suit
- Wrist bands
- Grips (always have an extra pair handy in case they break or rip)
- Athletic tape
- Team Scrunchie
- Hair Spray, Gel
- Floor Music (2 copies)
- Flip Flops and/or White Socks
- Deodorant
- Hair clips
- Water Bottle
- Light Snacks- (power bars, fruit, crackers, pretzels, granola bars, etc not candy!)



Galaxy Gymnastics Parent Guidelines



Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gymnast or of the coaches. It is also every bit as difficult. That is why we welcome your presence at practices, at every team function, and at every competition. We try to be very family friendly and oriented. We want your input and your support because we want your child to succeed. We encourage all our parents to attend all the competitions and be a part of our program. Here is what you can do to help your daughter achieve her dreams.

1. Team Contract: At the beginning of each season you will receive a contract which outlines tuition, medical forms, insurance and obligation as a team member. No gymnast will be allowed in the gym unless this paperwork is fill out.
2. Tuition is due on the first of each month. If not paid by the fifth of the month your credit card will be charged.
3. USAG Membership: each gymnast must pay a fee to USAG for competition. Once this fee is paid they are assigned a membership number. No gymnast can compete without an up to date membership to the USAG. The gym must be paid directly by you each year as Galaxy registers the team all at once to the USAG.
4. Team Uniform: You are responsible to purchase team warm-up suits, team leotards and all related Galaxy Team apparel
5. Meet Fees: Must be paid prior to each competition to the Booster Club
6. Schedule for meet fee payments will be listed on the bulletin board in the gym lounge.
7. Meet Schedule: A schedule is given out at the first Booster Club meeting each year. Although we try to adhere to this schedule, it is tentative and meets could be added or deleted throughout the year.
8. Invitational Meets: These meets are team competitions as well as individual. Each team member is required and expected to participate in these competitions. When traveling several hours to a competition, it is recommended that you stay over the night before your competition.
9. Transportation: you are responsible for providing transportation to and from meets. We encourage car-pooling with other team members. If there is a problem getting to a competition or practice please try to make alternative transportation arrangements.
10. Please make sure your gymnast is on-time to competition and practice. Not only is it upsetting to coaches, but it creates unnecessary anxiety for your child in an already intense situation.
11. Call the gym if your child cannot attend a workout. Make-ups must be approved by Jamie in order to control the number of gymnasts in the gym and keep the workout time safe for all.
12. Cheer loud and often for all the members of our team and for any good performances that you see.
13. Promote Galaxy Gymnastics in every way you feel is appropriate, T-Shirts, banners and cheers, but never ever speak in a negative way about another club, coach, judge or gymnast.
14. Under no circumstances should a parent approach a judge before, during or after a competition to comment on, complain about, or even ask about a score.
15. Please do not contact or talk to your gymnast once they are on the competitive floor. We want the gymnasts to focus all their energy on the competition with as few distractions as possible.
16. Under USAG rules only USAG professional members, judges and person's assigned to assist with the competition are allowed on the competitive floor. Parents should never come on the competitive floor.
17. Please do not coach your child. When a parent tries to coach their child they actually interfere with the very performance they are trying to improve. Please let the coaches do their job in the gym and on the competition floor. In addition to causing confusion for the child as to whom they should listen to, it also interferes with the development of the coach/athlete bond which is critical to any long term success in the sport.
18. Eligibility for Competition and Travel:
 - A. Gymnasts must be current on all gym and Booster Club obligations.
 - B. A gymnast may not be sent to a competition if they have not mastered all the skills required. We would never want to put a gymnast in a situation in which they do not feel confident and safe.
 - C. Attendance-missed practices can mean missed competitive opportunities.



Communication

Communication in the gym can be a challenge.

We have a communications corner located in the gym lounge. There you can find information on :

- Upcoming meets, changes or cancellations to events, practices, directions, fundraising efforts by the booster club etc.
- A mailbox for each gymnast is located in the lounge.
- Please tell your gymnast to pass on notices that they may have taken out of the box. Often the communication ends up in the bottom of the gym bag so please check periodically.
- Messages for Jamie should be left in her mailbox which is located on the top row with the gymnasts mailboxes
- Booster Club messages and meet payments should be put in the Booster Club mailbox.
- You may schedule conferences with Jamie. Please use the mailbox or call the gym to leave a message for any of the coaches. **Please do not call the coaches on their cell or home phones.** Every effort will be made to contact you in a timely fashion.
- Any issues that pertain to the Booster Club (e.g. assessments, meet fees, hotel reservations, transportation, fundraising) please speak to your level rep or a board member.
- Please contact the coaches if there is a major problem or concern. Communication is important, we can only help if we hear from you that there is a problem. Complaining to another parent won't help. We spend a lot of time with your child and play a large roll in your child's life. Please understand our goal is keeping your child's best interest at heart. If you have enough respect for us to allow us to spend so much time with your child please respect us enough to know we have your child's best interest at heart.

Other Things to Know

- NY State Gymnastics Website: www.newyorkstategymnastics.com
- USA Gymnastics Website: www.usa-gymnastics.org
- Galaxy Gymnastics Website: www.galaxy-gymnastics.com
- Books you may want to read: Winning Every Day, By Shannon Miller; Letters to a Young Gymnast, By Nadia Comaneci; Heart of Gold, by Kerri Strug
- DVD: It's About Gymnastics (great for beginners. Features current Galaxy Gymnasts, can be purchased at, www.itsaboutgymnastics.com)
- Ten-O-Gymnastics.com, gymsupply.com; great for purchasing grips, beams etc.
- GK-elitesportswear.com: Gymnastics apparel
- Jen Roitman: Mental Toughness Trainer, catalyst11@hotmail.com,
- Dr. Kimberly Caspare: Doctor of Physical Therapy, Certified Athletic Trainer , Certified Stength & Conditioning Specialist: casporeconsulting@yahoo.com
- Orangetown Podiatry: Dr. Rob Conenello (845)365-3103

