

Pickaway County Family YMCA Gymnastics Team

Rules & Policies

YMCA MISSION

To serve the whole community through programs expressing Judeo-Christian principles that build a healthy body, mind and spirit.

GYMNASTICS TEAM MISSION

It is the mission of the Pickaway County YMCA to provide a community activity in which gymnasts of any age are given the opportunity to learn life-long skills which will enhance their ability to develop a strong work ethic and long-term goal setting capabilities while representing the Pickaway County YMCA at the local, state, and national levels.

The Pickaway Co. YMCA Consulting Board and Staff endorse a competitive team program that incorporates values, education, fun, skill development, conditioning and fitness, instruction (rules clarification and training techniques) and goal setting. In addition, it is stressed that all gymnastic team members feel like they are part of the team and strongly encourage that all activities be made a complete team effort.

The YMCA attempts to provide a program that encompasses USAG Levels 4 through 9. It is not a mission of the Pickaway Co.YMCA to provide the training and atmosphere that one would find at a private gymnastics club.

PHILOSOPHY

To provide a climate of love, support, and instruction designed to maximize human and athletic development, stressing sportsmanship, friendship, and fellowship. This wholesome physical and recreational outlet will provide opportunities for physical, social, and emotional development. The gymnast will benefit individually and learn the value of being part of a team. Most importantly, the gymnast will learn to put winning in its proper perspective.

TABLE OF ORGANIZATION

Program Director

Head Coach

Assistant Gymnastic Coaches

COACHES RESPONSIBILITIES

1. Provide a climate of love and support, in which each gymnast can develop to their greatest potential as an athlete and human being.
2. Create an atmosphere in which good sportsmanship, friendship, and fellowship are valued.
3. Help develop goal setting skills, training and conditioning habits, meet attitudes, and value education.
4. Encourage the concept that winning is not defined by place or points, but is characterized by the individual's acceptance of self in relation to her performance.
5. Promote physical fitness.
6. Provide each participant the opportunity to learn and perfect skills.
7. Work harmoniously with all individuals involved with the program.
8. Attend assigned YMCA meets, both home and away.
9. Prepare line-ups for meets and events.
10. Improve personal knowledge by attending workshops, conferences, and clinics.
11. Represent the YMCA and stay informed on all rules of local, regional, and national levels.
12. Aid in the recruitment of new participants.
13. Keep rosters up to date.
14. Be supportive of all YMCA programming, operations, and staff.
15. Maintain standards of discipline and respect of all coaches, gymnasts, and YMCA staff.
16. Design and implement workouts and training sessions.
17. Maintain open lines of communication among all coaches, YMCA staff, parents, and gymnasts.
18. Obtain USAG Safety Certification prior to the fall competing season in order to work with the team.

Coaching involves teaching the fundamentals properly, and developing basic team concepts, working on fair play values, and encouraging all gymnasts to participate and enjoy the sport. A coach is a good listener, teacher, motivator, role model, and leader. He or she is a caring, patient, and supportive individual.

HEAD COACH RESPONSIBILITIES

In addition to the above coach responsibilities, the Head Coach shall also be responsible for:

1. Direct supervision of assistant coaches.
2. Interviewing potential coaching staff and recommending hire to the Program Director.

PROGRAM DIRECTOR RESPONSIBILITIES

1. Involved in the hiring process of coaches with input from other related individuals.
2. Ensure that all objectives and goals for the program are met.
3. Advise the Pickaway County YMCA Gymnastics Booster's Association, as needed.
4. Assist in providing information pertaining to the competitive gymnastics program to parents, coaches, gymnasts, and the community at large.
5. Provide information regarding training opportunities.
6. Aid in recruitment of participants.
7. Share with the Booster's Association the needs of the YMCA as they relate to the competitive program and coaching staff.
8. Support all coaches in meeting their responsibilities.

PARENT RESPONSIBILITIES

The competitive gymnastic program is designed to benefit the gymnast. Coaches and parents must maintain their separate responsibilities to ensure the most positive experience possible for these athletes. Parents and family should provide love, understanding, and encouragement. Let your gymnast know that, win or lose, you will love them and that you appreciate every effort and are not disappointed in what they attempt to do. Be the person in your gymnast's life who provides constant, positive reinforcement. The following are responsibilities parents should be willing to accept:

1. Must be willing to accept the financial responsibilities associated with the team association. The YMCA does have sponsorship programs available to those with a financial need.
2. Must be willing to assist and participate in all fund-raising projects.
3. All parents must work shifts as assigned for fund-raisers or provide suitable substitute.
4. Must assist in conduction of all home gymnastics meets.
5. Must treat all gymnasts, coaches, judges and other parents with respect.
6. As determined by the Staff and Consulting Board of the YMCA, parents are not permitted to observe practice. Parents are, therefore, discouraged from conversing with a coach during practice time and are encouraged to arrange a time before or after practice to discuss matters with a coach. However, to maximize available practice time, parents are encouraged to help with the set up and take down of equipment, prior to and immediately following practice. Parents are invited to observe practice the last week of the month and one practice the week prior to a meet.
7. In keeping with the YMCA competitive gymnastics team policy, parents are strongly discouraged from requesting a coach to petition a score.
8. Along with each gymnast, at least one parent must attend a safety presentation annually and sign necessary waivers and acknowledgment of risk.
9. Must be willing to abide by all the rules and policies specified herein. ~~Failure to do so may be considered grounds for gymnast's suspension from the team.~~
10. Should promptly notify the Head Coach upon discontinuation of team membership.

PICKAWAY COUNTY YMCA GYMNASTICS BOOSTER'S ASSOCIATION RESPONSIBILITIES

1. Support all coaches in meeting their responsibilities.
2. Elect officers for the Association and conduct general membership meetings, as needed.
3. Raise funds in support of the YMCA Gymnastics Program.
4. Submit all projects using the YMCA name to the Program Director, prior to the event for approval.
5. Plan and organize all home meets under the guidance of the meet director, who, in most cases, will be the Head Coach.
6. Fund disbursements of over \$500 are to be made only after a majority of team member parents present have voted. The YMCA will also have a vote. Disbursements of up to \$500 can be authorized by the Officers of the Association.
7. Property purchased for the Pickaway County YMCA Gymnastics Team becomes the property of the YMCA.
8. Contributions made on behalf of the YMCA Gymnastics Team will be received into the YMCA holding account and disbursements made from the same.

TEAM ACCEPTANCE GUIDELINES

Membership on the Pickaway County YMCA Gymnastics Team can be attained in the following ways. In all instances, the head coach will make the final decision as to team acceptance.

1. Advancement through Progressive Program.
2. Request an Individual Evaluation. The head coach, along with an assistant coach, will evaluate the candidate to determine if the candidate can perform the necessary skills for acceptance on the team.
3. Former Member returning to team. The head coach will determine if an evaluation is necessary.
4. Member of another YMCA Program or Private Gym. The head coach will determine if an evaluation is necessary.

TEAM SKILL REQUIREMENTS

1. Candidates should be able to perform a majority of the current level 4 USAG JO compulsory skills on Floor Exercise and Balance Beam.
2. Balance Beam skills need only be performed on a line on the floor, not the high beam.
3. Uneven Parallel Bars, candidates should be able to:
 - A) hang in an L position for 10 seconds
 - B) do 5 chin ups
 - C) do a pull over mount
 - D) perform a cast to back hip circle
4. Vault, should be able to do a squat on or straddle over vault

OTHER REQUIREMENTS

1. Gymnast must be at least six (5) years of age on or before 12/1 of the current year.
2. Gymnast must possess acceptable behavioral skills and be willing to accept disciplinary action.
3. Gymnast must be a full facility YMCA member.
4. Must under go a physical examination and obtain doctor's clearance to participate.

(Reference Additional Gymnast Conduct/Rules)

ADVANCE TO NEXT COMPETITION LEVEL

Gymnasts advance to next competition level by two methods, as indicated below.

1. Mandating Scores. Gymnast meets mandated scores, as defined by Great Lakes Zone (G.L.Z.) or The South East Ohio Gymnastics League (SEOGL) or
2. Electing to Advance. Gymnast elects to advance after meeting minimum scores required by G.L.Z. or the SEOGL.

Level 4 Advancement- A level 4 gymnast must achieve at least one mandate score to elect to move to Level 5.

Level 5 Advancement- A Gymnast must compete two seasons at Level 5 before eligible to *elect* to advance to Level 6. Gymnastics is a sport build solidly on progressions. All Level 6 skills are progressions of Level 5 skills. Mastery of Level 5 skills are required to elect to move up to Level 6.

Level 7 Advancement- Level 6 Gymnast must achieve at least one mandate score to elect to move to Level 7. However, the head coach will have the final decision as to whether or not a level 6 gymnast may elect to move to the next level.

Level 8 Advancement- A Level 7 gymnast MUST achieve mandate scores to move to Level 8. Level 7 gymnasts WILL NOT be permitted to elect to move to Level 8.

Level 9 Advancement- A Level 8 gymnasts must achieve mandate scores to move to Level 9. Level 8 gymnasts WILL NOT be permitted to elect to move to Level 9.

The head coach will make the final decision as to when to permit a gymnast to elect to advance to the next competing level, without attaining mandating scores.

Under special circumstances gymnast may progress and posses skills that the Head Coach may petition the Great Lakes Zone Committee to allow a gymnast to skip a level; such as move from Level 5 to Level 7. This is done on an individual basis and after much thought and discussion with the gymnast and her parents. The Head Coach however; has the final decision.

DRESS CODE

Gymnasts must obey the following dress regulations:

1. leotards or unitards must be worn. Official team leotard MUST be worn at competitions.
2. loose fitting clothing, such as T-shirts, sweatshirts, or baggy shorts will not be permitted.
3. leotards must have no ornamentation such as buttons or sequins.
4. bike shorts are permitted.
5. slick or slippery clothing is not permitted.
6. no inappropriate apparel will be permitted.
7. no jewelry will be permitted.
8. long hair must be pulled back & out of face.

GYMNAST CONDUCT / RULES

1. Gymnasts must stretch prior to practice. If arriving late, gymnast must spend first 30 minutes performing stretching complex.
2. Gymnasts are to respect and obey the decisions and directions of coaches.
3. Gymnasts are not permitted to leave their group without permission from the coach. Upon returning, gymnast must go to the end of the practice line-up.
4. Gymnasts are not permitted to cut in front of one another in line.
5. No jumping or tumbling on mats is permitted during set up or tear down of equipment.
6. Gymnasts are expected to arrive at practice on time. In the event of late arrival, due to school schedule, or other valid reason, please notify the YMCA . If arriving late please report immediately to the coach.
7. After the floor has been dust mopped, ALL gymnasts must assist in setting up equipment.
8. Unless otherwise approved by a coach, gymnasts are not permitted to dress and leave until equipment is put away.
9. Anyone not doing their part in equipment placement will be required to sit out for 30 minutes each occurrence.
10. Food or drink is not permitted in the gym.
11. Water bottles are permitted, provided they have spill proof lid and are kept along a wall.
12. Gum is not permitted
13. If required to sit out a portion of practice, gymnast will be required to do so on the sidelines. Gymnast will not be permitted to leave the gymnasium without permission and must return promptly and report to your coach upon return. Failure to abide by this rule will result in one week suspension from practice. If a gymnast is suspended during competing season, gymnast may miss competing in a meet due to requirement of having to attend at least one practice a week during competing season.
14. Must attend safety presentation annually.
15. Must treat coaches, other team members, competing coaches, and judges with utmost respect.
16. Must participate in all fund-raising activities, when requested.
17. Must abide by all SEOGL or G.L.Z. rules or policies.
18. Must understand that competition in all events will occur only when Head Coach feels a gymnast is ready.
19. Practice a week during, a gymnast must attend every regularly-scheduled practice the week of a meet or will be ineligible for upcoming meet. Gymnast must also attend at least one practice a week during competing season to be eligible to compete. Exceptions to these rules include death in the family or personal illness, for which a doctor's excuse is required. Other reasons will be considered if the situation is discussed with the Head Coach *PRIOR* to the absence.

DISCIPLINARY PROCEDURE

Discipline will be enforced in the following manner:

- 1st. offense- Warning issued and parents notified.
- 2nd. offense- Sit out 30 minutes of practice and parents notified.
- 3rd. offense- Sit out one full practice, discussion with parents and possible suspension from the team.

An appeals process is available after the 3rd. offense, which may include a meeting with the gymnast, parents, Head Coach, Program Director, Executive Director, and an officer of the booster's organization.

TEAM FEES

The season is a twelve month season. Team fees are to be paid monthly in advance. Monthly bank draft option is available. Contact a service associate at the courtesy desk for details. Team fees are payable at the courtesy desk. Contact the courtesy desk for team fee amount.

Fees are non-refundable; however, in the case of injury or extended illness, at which time a doctor's written order is required, fees will be credited to next participating session.

Anyone more than 7 days late in team fees will be suspended from the team and all team fees regardless of amount. Reinstatement on team will occur only after full monthly payment is made and specified late fee charge. Participants experiencing financial difficulties paying team fees should address such problems with the YMCA.

A gymnast may elect to sit out or quit a month(s); but upon returning, a reinstatement fee must be paid equal to one-half the regular month fee, in addition to the monthly fee.

For safety reasons, a gymnast who quits the team and returns, and has satisfied the above payment requirements, must be on team roster for three (3) weeks before being eligible to compete in a meet. According to S.E.C.G.L., a gymnast must be on the team roster for 90 days prior to meet to be eligible to compete in the District or State meet.

Gymnast is considered a member of team as long as team fees are paid in full and YMCA membership is in effect.

MEET FEES

Meet fees for the entire season will be due in September, which coincides with the time frame the Team Roster is due to the SEOGL Secretary. A lump sum payment of approximately \$90.00 will be due at this time. Notice of meet fees will be posted on the Gymnastics Team bulletin board at the YMCA. Anyone not conforming to this payment policy will not be allowed to compete.

Checks are to be made payable to the: *Pickaway County YMCA Gymnastics Boosters*. The treasurer will then disburse checks for meet fees to the appropriate teams, as needed. Meet fees are to be submitted to the Team Treasurer, (Cathy Steinhäuser). ***DO NOT PAY THESE AT THE COURTESY DESK***

Meet fees are NON-REFUNDABLE, with the exception of not competing due to injury, in which case a doctor's release is required.

Meet fees for the District Championship Meet will be due within seven (7) days after the amount is announced and posted. Anyone not paying within this time frame will be scratched from the meet. Meet fees for extra meets that may be scheduled will also be due within seven (7) days of posting.

DIRECTING PARENT SUGGESTIONS AND / OR CONCERNS

In an effort to fully maximize the time of the entire coaching staff, the following formal procedure shall be utilized when directing suggestions and/or concerns regarding the Pickaway County Gymnastics Team Program. This is the only procedure that will be accepted; suggestions and/or concerns presented in any other manner may not be considered valid and will receive no response and/or action.

1. All suggestions and/or concerns shall be directed, in writing, with as much detail as possible, to the Head Coach. A copy may be given to the Program Director, if desired.
2. The Head Coach will then consider the suggestion and/or complaint, and schedule a time to discuss the situation, if needed. The Head Coach may confer with the Program Director, if the situation merits.