

Frederick Gymnastics Club Team Handbook



The purpose of this handbook is to familiarize parents and gymnasts with our club's policies, procedures, philosophies, and overall training program. It is imperative that you read over this handbook with your gymnasts so that the required commitment of both parents and gymnasts is clear and understood. Electronic signatures are required in agreement of this document.

admin@frederickgymnastics.com

Frederick Gymnastics Club Inc.
Updated 6/2018

Table of Contents

I. GENERAL PHILOSOPHIES	4
A. GYMNASTS SHOULD BUILD HEALTHY ATTITUDES	4
B. AN OPPORTUNITY TO ACHIEVE GOALS	4
C. GYMNASTICS IS A SPORT DIFFERENT FROM ALL OTHERS	4
II. GYM RULES AND POLICIES	5
A. RESPECT FOR YOURSELF AND OTHERS	5
B. RESPECT FOR FREDERICK GYMNASTICS	5
C. DISCIPLINARY ACTIONS	6
D. SHOWING RESPECT TO THE SPORT OF GYMNASTICS	7
E. PARENT - GYMNAST - COACH CONFERENCE	7
F. MOBILITY BETWEEN LEVELS	7
Moving from Level to Level	8
G. PRIVATE LESSONS	8
III. SAFETY	9
A. GYMNASTICS IS INHERENTLY A VERY DANGEROUS SPORT	9
B. INJURED ATHLETES	9
IV. PHYSICAL DEVELOPMENT	10
A. NUTRITION	10
B. BODY REGENERATION	10
C. BODY MAINTENANCE	10
V. TRAINING AND WORKOUTS	10
A. THE WORKOUT	11
B. OTHER WORKOUT POLICIES AND PROCEDURES	12
VI. AUXILIARY PROGRAMS	12
SPECIAL EVENTS AND PROGRAMS	12



VII. ATTENDANCE POLICY	12
A. ATTENDANCE	12
B. ABSENCES	13
C. ILLNESS	13
VIII. FINANCES AND OBLIGATIONS	13
A. COMPETITIVE PROGRAM – FINANCIAL PROCEDURES and POLICIES	13
Payment Procedures	13
B. USAG FEE	14
C. LEOTARDS AND WARM-UPS	14
IX. MEDICAL SUPPORTS	15
X. MEETS	15
A. RULES AND POLICIES FOR COMPETITION: (To be reviewed by your child)	15
B. GUIDELINES FOR PARENTS DURING COMPETITIONS	16
C. WHEN IT IS NECESSARY TO MISS A MEET	17
D. TRAVEL POLICY	17
XI. FGC BOOSTERS CLUB	17
A. HOW PARENTS SHOW RESPECT FOR THE ATHLETE, FREDERICK GYMNASTICS, AND OUR SPORT	18
B. GYM COMMUNICATIONS	19
C. THE ROLE OF A PARENT IN THE FREDERICK GYMNASTICS FAMILY	19
D. PARENT TO PARENT: SOME GUIDELINES FOR PARENTS FEELING STRESS	20
E. CONTINUING GYMNASTICS IN COLLEGE	20
F. RETIREMENT FROM GYMNASTICS	21
XII. GENERAL INFORMATION	21
INCLEMENT WEATHER CLOSINGS	21
XIII. A NOTE FROM THE COACHES	21
XIV. TEAM HANDBOOK AGREEMENT PAGE LINK	22



I. GENERAL PHILOSOPHIES

Our philosophy at the Frederick Gymnastic Club is to develop your child into a happy, healthy, competent, complete gymnast. We believe in developing your child's strength, flexibility, endurance and basic skills before attempting advanced skills. Top performance in these four areas is critical in order to be highly successful in gymnastic competitions and advanced skill development. We feel that this is the only safe, positive method for developing a successful competitive gymnast.

A. GYMNASTS SHOULD BUILD HEALTHY ATTITUDES

At Frederick Gymnastics, we feel very strongly and work very hard to ensure that the gymnasts build healthy attitudes about themselves and their gymnastics experience. This will include the development and clarification of issues concerning morality, personal philosophy, inter-personal communications, mutual respect and shared responsibility, personal development as well as team goal setting. Gymnastics impacts all of these areas, and is, indeed, a lifetime experience.

Gymnastic demands total dedication, a complete commitment, and a desire to be the best that you can be. The athletic skill and physical fitness a child develops in gymnastics, no doubt, stays with many competitors long after they put on their grips for the last time. However, it is the perseverance, mental soundness and their intellectual physical fitness the gymnast develops that is of greater value.

Because of these beliefs, we at Frederick Gymnastics take our responsibilities toward your child very seriously. It is our hope that the rules and policies presented in this handbook reflect those beliefs and the care and concern that we have for your child.

B. AN OPPORTUNITY TO ACHIEVE GOALS

Frederick Gymnastics views gymnastics as a sport of opportunity for young people to grow with dedication and determination, an opportunity to achieve goals, and an opportunity to grow into happy, healthy, confident, strong and trustworthy adults. This is no easy task. Both individual and family dedication and sacrifice will be required, and at each stage of advancement through the USAG system will demand additional effort. We stand ready to contribute our energy, our knowledge and experience, and our love and support to your efforts. We welcome you to our program and we look forward to helping you and your child achieve their goals.

C. GYMNASTICS IS A SPORT DIFFERENT FROM ALL OTHERS

At Frederick Gymnastics, we believe that gymnastics is a sport different from all others and so it must be approached in a unique and specific way in order to insure success for every athlete. We believe that children need to experience that success because it fosters self-esteem and confidence. As the gymnasts move on to the higher levels, that success will only be found through a greater commitment of time and effort.

It is also our philosophy to establish a culture of mutual respect and support in the gym. The coaches admire and respect the gymnasts who dedicate themselves and strive to perfect gymnastic skills and achieve their best. We require respect from the gymnasts towards all coaches and toward all her teammates. Nothing less will be tolerated. Gymnasts will always have the opportunity to talk with the coach regarding her training if presented in a respectful way.

Being a member of the Frederick Gymnastics Club's competitive team is a year-round commitment for both the gymnast and her parents. Your daughter has made a commitment to be the best gymnast that she can be. You can help her by getting her to workouts ON TIME, and in general, supporting her training in every possible way.



Gymnasts and parents must realize that the gymnast will have to make many small personal sacrifices to achieve the goal of being their best. This could mean missing a friend's party or other social event. Next to her family, her spiritual and academic development, her gymnastic training must be her top priority.

Gymnastics development on a competitive level is a slow, sequential progressive process. Meaning that the pre-prerequisite skills must be mastered before advance skills are attempted. Our goal for each individual gymnast is to make her the best competitor she is capable of being. This could mean helping her to become a National or International Level competitor, a local state champion, or possibly attaining a gymnastics scholarship to college.

II. GYM RULES AND POLICIES

A. RESPECT FOR YOURSELF AND OTHERS

- Respect your physical self. All your efforts should go into building a strong, flexible and powerful body. Fuel your body with nutritious food; rest your body with plenty of sleep; protect your body by being safe in the gym; listen to your body when it tells you to stop either because of illness or injury; heal your body when it tells you not to continue; and celebrate your body by making it strong, flexible and powerful enough to do the wonderful things expected of it in the sport of gymnastic.
- Respect your non-physical self. Gymnastics is the most demanding and difficult of all sports. You will 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. Maintain a positive attitude when facing your fears and frustrations because it is your attitude and self-confidence that will help you conquer them.
- Respect your teammates. They have their own goals and dreams, but they are also here to help and support you. Cheer for them when they attempt new skills, achieve skills that are difficult for them, or when they are competing. Be gracious and accept compliments with a smile and a "thank you".

B. RESPECT FOR FREDERICK GYMNASTICS

You show your respect by the way in which you act. The following actions show respect and are expected of a member of the FGC Gymnastics Team.

1. Attend all practices, competitions, and special events. **When healthy, all gymnasts will be expected to attend all away meets.**
2. Call the gym to alert the coaches if you will be absented for any reason.
3. Arrive on time and stay until practice is over. Get any taping completed before practice begins.
4. You are expected to work hard and to try your best. This is all that we will ever ask of you and this is always what you should demand of yourself
5. Arrive to practice ready to participate with the proper gymnastic attire that is approved by their coach, hair pulled back and secured, jewelry off, gum in the trash can, well rested, and ready to go. Stay off of the equipment until it is time to start and then be ready to start warming up.
6. Treat other gymnasts with respect, be kind to those gymnasts younger than you are, and do not think to hold yourself out as better than other gymnasts. Everyone has strengths and weakness and if you have not found your weakness yet, you will.
7. Ask permission to leave the gym. This applies to leaving practice early, going to the restroom or calling home. The main reason is so that your coaches always know where you are at all times.
8. Always act in a way that shows your respect for yourself and to the gym. We want the gym to be a happy, motivating, and uplifting place to train. There is no place in our gym for rude or belittling comments, displays of anger or disgust, talking back to coaches or other adults, or crying because you have given in your frustrations and fears.



9. Be honest, don't cheat on your workout, it only hurts your progress, reputation and chance to achieve your best. Always do your workout to the best of your ability. If you cannot or will not complete your assigned workout, be honest about it.
10. Tell your coach when your body is telling you to stop or slow down. This shows respect for you and for the coach. 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 to tell you to stop. In addition, alert your coach if you have engaged in any strenuous activity prior to the start of practice.
11. Show respect for your safety and to the wishes of your coaches by staying off the equipment without the specific permission and supervision of a coach.
12. Show respect for your safety and for the safety of your coaches by maintaining a weight that is appropriate for the sport of gymnastics. While obsessing about weight can be a very real problem, gymnasts should strive to maintain a healthy weight. The way you look is a very personal matter and we will not comment on it unless it interferes with your safety and progress to perform gymnastics to the best of your ability.
13. Concentrate on what you are trying to accomplish during practice. We will not permit you to make or receive phone calls during practice unless it is a family emergency. Cell phones must be kept in lockers. Not out on the floor unless your Coach has approved.
14. Parents must be on time to pick up their gymnast after practice. Do not assume the gym will be open. Notify the front office if you must be late.
15. Always clean up after yourself and keep your locker area clean and free of empty food containers, used tape and clothing. Gymnasts and Coaches will end each practice with a general clean up activity ensuring the training areas are picked up and mats organized for the next practice time.
16. Always wait inside the building for your ride. Gymnasts are not to wait outside for pick-up following practice.

C. DISCIPLINARY ACTIONS

The rules and policies, which govern the gymnasts and their parents, have been outlined here and in other sections of the Handbook, as well as on line by USAGymnastics. In the event that there is an ongoing pattern of disruption, or there are major rule infractions, it may become necessary to impose disciplinary actions in an attempt to ensure the integrity of our competitive program.

The list and the procedures noted below are not intended to be all-inclusive nor sequential. They are presented as exemplars of our beliefs as to what disciplinary actions may be necessary and appropriate. We will treat all of our gymnasts and gym parents as individuals, and will seek to impose the most effective disciplinary action based on each unique set of circumstances.

1. The gymnast may not be permitted to rotate with her group at the designated time. She will have to stay and finish her work or repeat the entire assignment on a particular piece of equipment.
2. The gymnast may be asked to sit and watch or the gymnast may be given an appropriate conditioning exercise to perform, which will help focus her attention and build strength to accomplish the task at hand.
3. The coach may request a meeting with the parents.
4. The gymnast may be asked to leave the gym and go home early. She may be suspended from the team for one or more days, or may be scratched from a competition. Please note, that if the gymnast is suspended from a competition due to poor attendance, a poor work ethic, or a negative attitude (or for any other reason) the entry fee is non-refundable.
5. Finally, the gymnast may be asked to leave the program if we cannot get her to change her behavior to meet the expectations of the team, her coaches, or the gym.

NOTES: *The first two items on the above list are fairly common, and we will not generally communicate these disciplinary actions to the parent of the gymnast. The development of the coach/gymnast relationship is paramount. We cannot and will not run to the parents every time we have a problem. We will attempt to build our own relationships with our athletes. Those relationships are built on time shared, belief in the same goals and*



values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs include discipline problems, and we will attempt to solve them within the framework of building a positive relationship.

The fourth item on the list, requesting a conference, signifies a need to work outside the coach/athlete relationship. In this instance, we need your help to overcome a challenge that is too much for us to accomplish on our own. It does not necessarily mean that we are confronted with a serious problem. It only means that we need your help.

The final two items on the list are reserved for the most serious violations of our rules and policies. They are seldom used. They are reserved primarily for times when there is an ongoing problem with disruption and disrespect within the gym.

D. SHOWING RESPECT TO THE SPORT OF GYMNASTICS

1. Attend every practice prepared to give your best efforts, with a positive attitude, appropriately dressed and sufficiently nourished. Showing up at the gym, properly prepared for practice, better prepares you for the demands of future competitions. Consistent attendance shows your respect for your hard work, respect for your coaches, and respect for your team, in order to be the best competitive gymnast you can be. In general, we only compete gymnasts who are prepared to give their best efforts.
2. Demonstrate the highest regard for the sport of gymnastics and your hard work by:
 - Arriving to all competitions on time,
 - Conducting yourself with grace and courage during the competition,
 - Accepting all scores in a positive manner since we know that we learn as much for our mistakes as we do from our best efforts,
 - Thanking your coaches, parents, and the meet organizers for spending their time on your behalf.
3. During the competition gymnasts are to wear their competition leotard and team warm-ups. All gymnasts must be in warm-ups for awards. All gymnasts are expected to remain and participate in the awards program.

E. PARENT - GYMNAST - COACH CONFERENCE

A parent-gymnast-coach “try-out” conference is required before a gymnast is officially considered a team member. A mandatory meeting with an FGC owner or office manager regarding team policies and financial commitments will be scheduled. An online team agreement must be signed and all legalese agreed to before practice can begin.

We have an open communications policy on our team with gymnasts, parents and coaches. If any coaching concerns or questions should arise, feel free to email the coaching staff or schedule an appointment to discuss your concerns. Meetings will be arranged upon request. If your child has a coaching issue, the child must talk to the coach that is directly involved. The parent may be present, but the child should discuss the issue with the coach. If you have already talked to the coach and feel you still need to talk to the Lead Coach or the gym owners, you may set up a meeting. The Lead Coach or the gym owners will not discuss coaching issues with parents unless they have already spoken directly to the level coach. Parents are always welcome to directly contact the Gym Owners with any issues or concern related to the safety or security of their child.

F. MOBILITY BETWEEN LEVELS

The specific mission of Frederick Gymnastics Team is to develop happy, healthy, confident, strong competitive gymnasts. One way in which we can help meet this demanding goal is to initially place the gymnasts at the level where they can be comfortable, safe, and successful. Based on assessment of her skill mastery, strength, flexibility, power and social/emotional maturity. What this means, is 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 her demonstrable ability level. We can never ask or expect our athletes to perform skills or routines in a competition,



which they cannot perform consistently in practice. Therefore, we endeavor to have our gymnasts compete at about 75% - 80% of their current skill level.

When a gymnast moves out of the developmental program at FGC, our goal is to have prepared them to compete successfully in the USAG Junior Olympic or the Xcel program. Becoming a level 10 gymnast is a lofty goal and we realize that such goals are not for everyone, and our mission is to help the gymnast to obtain her goals, not ours. Success is determined by the gymnast's dedication, effort, drive and focus.

We are very patient, and focus on the long-term development of each athlete. However, some athletes may be asked to leave the Development, Xcel or JO Level Program if it is felt that continuing is not in the best interest of the gymnast, or if there are behavior or effort problems.

Frederick Gymnastics conducts training for both developmental and competitive gymnasts. We offer competition and demonstration opportunities for gymnasts of all levels, interest, and ages. Our coaching staff determines the placement of athletes within our team and developmental programs utilizing the following procedures:

Moving from Level to Level

At the end of every competitive season, gymnasts will receive a copy of the appropriate FGC Level Mobility Sheet. Mobility sheets will clearly list all the requirements necessary for movement to the next level. The final decision of placement rests solely with the coaching staff. Please do not make this a difficult process. You trust us with your child everyday they walk in the gym, trust that we will do what is in their best interest.

Moving up from one level to the next is decided by the coaching staff based upon scores from the meet season, attendance at workouts, skill level, and the attitude and work ethic of the gymnast. Although one criterion used to advance gymnasts from one level to the next is meet scores, the scores alone does not qualify them to move to the next level. If necessary, the coaches will discuss the FGC Mobility Sheet with the parent(s) before a final decision is made. This decision will be made in the best interest of the child.

As a gymnast moves up, her responsibility to workout and to participate in scheduled meets increases.

Gymnastics is a very technical sport whose very nature encourages a search for perfection. Advancement and success in the sport is a slow progressive training process that requires mastery of basic skills. Similar to a pyramid, the larger the base of support, (the better the basics) and the higher the pyramid will stand, (the higher the ultimate skill level). It is very simplistic to think; that merely achieving a minimum "move up" score will indicate an athlete's readiness to achieve success at the next level is too. A score is meaningless without mastery of the underlying skills. The gymnast will eventually "hit the wall" if basics are not mastered.

Advancement to a higher level does not mean one gymnast is better than another. Precise execution of skills is the goal that leads to excellence in gymnastic achievement. That is why there is no mention of achieving a set score in the list of advancement criteria. Scores are subjective mastery is paramount.

G. PRIVATE LESSONS

The use of the gym for private lessons is a privilege. FGC provides a safe Olympic caliber facility, specialized equipment, professional staff and operational utilities, in addition to medical and liability insurance coverage. All of these expenses must be covered in addition to what you pay the coach. The coach determines the fee. A parent must complete a separate "private lesson request form" for every private lesson. This form along with full payment payable to "FGC" by check or credit card (no cash) must be turned in to the front office at the time of the private lesson. In addition, the following rules and policies apply for a private lesson:

1. Private lessons can only be scheduled during less-busy times in the gym and may not interfere with any classes, birthday parties or regularly scheduled team practices.
2. All team members taking private lessons must be current with FGC tuition and Boosters obligations.



3. If a private lesson is to be with a coach or teacher other than the gymnast's current coach, the parent must have permission from the current coach.
4. The maximum number of students who can take a private lesson at one time is 2.
5. Students taking private lessons must stay out of the gym area prior to and after the time scheduled for the private lesson, except to stretch prior to the lesson.
6. At all times parents must stay out of the instructional area.
7. It is our policy that the parent stays in the facility during private lessons. This is for the safety of the athlete and coach.

A parent who does not follow these guidelines will forfeit the privilege of receiving private lessons and may be asked to leave our program.

Although we allow private lessons, FGC is not an advocate of them. Our program is designed for gymnasts to become skilled from the coaching and extensive training they receive during their regular practice. Based on this philosophy, private lessons should not be necessary.

III. SAFETY

A. GYMNASTICS IS INHERENTLY A VERY DANGEROUS SPORT

Gymnastics is inherently a very dangerous sport. This fact, combined with the high difficulty level achieved by the gymnasts, only adds to the potential for injury. WE WANT ALL PARENTS TO BE FULLY AWARE OF THE RISKS INVOLVED IN THE SPORT OF GYMNASTICS. SPEED, MOTION, HEIGHT, ROTATION, FLIPPING, AND THE DIFFICULTY OF THE SKILLS PUT OUR ATHLETES IN POTENTIALLY LIFE-THREATENING SITUATIONS ON A DAILY BASIS.

We at Frederick Gymnastics are very aware of the "potential danger", and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is doubt as to the consistency of a skill. We believe in proper, meticulous and sequential progressions as lead ups for more advanced skills. We believe in padding, matting, and in training designed to make learning as safe as possible.

B. INJURED ATHLETES

Injured athletes are expected to be at practice for at least a portion of the scheduled time. She needs to maintain the endurance, strength and flexibility of the uninjured portion of her body. When an athlete becomes injured, it is our goal to concentrate on the areas of the body or the areas of training that we can improve while the gymnast is recovering. This philosophy is vitally important in supporting the athlete to maintaining her conditioning. It is for this reason, that we expect injured athletes to participate in practice.

As part of the injured athlete's training, a rehabilitation program will be designed, implemented, and supervised by our coaches.

When possible, under the direction of MMI PT Katie Dufrene DPT, (former FGC gymnasts) athletes will be screened using Functional Movement Screening. Appropriate exercises will be prescribed to address deficits in proper movement, range of motion, strength and flexibility. Progress will be monitored and exercises adapted to enhance the gymnast progress and rehabilitation.

Gymnasts seen by a doctor must have a medical release before returning to full practice activities. Coaches must be kept informed on medical problems. Please have your doctor fax medical information to the gym. Fax number (301) 695-6439.



IV. PHYSICAL DEVELOPMENT

A. NUTRITION

Gymnast strives to maintain a maximal strength to weight ratio to excel in the sport. A gymnast's daily nutritional habits will have a direct effect on her mental acuity, physical performance, injury prevention and recovery, as well as long term overall health. The point of quality nutritional habits and proper hydration cannot be stressed enough. A well balance diet consisting of quality protein, healthy fats, fruits, vegetables and whole grains are paramount to success in gymnastics training.

The nutritional requirements for a competitive gymnast are unique to the demands of the sport and must be considered. The energy requirements for an athlete, is a combination of the requirements for training, growth, physical development and tissue maintenance. Inadequate caloric intake is associated with inadequate nutrient intake and can have lasting detrimental effects to a gymnast's health and performance leading to issues with growth and development. Proper hydration is key in maintaining strength levels although popular energy drinks have a positive effect on electrolyte balance; they are often loaded with excess sugar, namely high fructose corn syrup. Excess sugar can lead to dehydration. The recommendation for proper hydration for gymnasts is daily consumption of water at a ratio of .5 oz. per pound of body weight. (Example) An 80 pounds gymnast should be drinking 40 oz. of water a day. Proper nutritional habits begin at home; please understand your role in providing your child with quality choices and a positive example. Getting children involved with food selection and preparation will help facilitate a positive relationship with food and proper nutrition.

B. BODY REGENERATION

Sleep is paramount for growing bodies and minds. Sleep facilitates physiological regeneration of tissues in the body, a time for the athlete to repair tissue and muscle damage at the cellular level, from the previous day's activities. Sleep is a proven factor in skill acquisition and muscle memory, it is necessary for an athlete's brain to rest between training sessions in order to consolidate newly learned skills. Maintaining a regular sleep schedule will support the athlete's health and promote healing from injury.

C. BODY MAINTENANCE

The two most important functional attributes in gymnastics are strength and flexibility and in order for your daughter to move on to advanced levels she must be constantly striving to improve herself into these two areas. All children can develop above average level of flexibility throughout this year, we will be stressing these areas of development, therefore, it would be an advantage for your daughter to increase her flexibility both in the gym and at home by adding a daily stretching routine both in the morning and evening even on days she has practices, will make an important impact on her gymnastic development.

Serious athletes can also benefit from the services offered by such professional as chiropractors, massage therapists, physical therapists and acupuncturists. Consult your child's coach and the Medical Support recommendations in this document for more information.

V. TRAINING and WORKOUTS

In order 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. There are four fundamental areas of development, which need to be addressed during the training: (1) Strength (2) Flexibility (3) Skills (4) Discipline.

1. Strength Development – As with all sports one objective of the training is to make the difficult look easy. This is much easier to accomplish if the athlete has the strength required to master the skills. In most cases, the stronger the better. This is certainly true of gymnastics. It is also true that strength training can



also play a role in the reduction of injuries. Strength development at the developmental or compulsory level focuses on building a base on which to build as the gymnast advances. Sit-ups, push-ups, pull-ups, running and so on are used to achieve this goal. While it may appear that the gymnasts simply repeat these basic exercises over and over again through the course of the year, in fact there are subtle and at times not so subtle variations in the performance of these exercises. Technique may be changed or improved, the number of repetitions change, resistance is altered, the range of motion is increased, and the athlete is continually challenged to complete his/her assignment.

2. Flexibility Development – Flexibility development is also critical to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master required skills easily, and plays a role in reducing the frequency and seriousness of injuries.
3. Skill Development – Skill development falls into two distinct, but related categories: Basics and New Skills. Basics are like the ABC's of gymnastics. The gymnast uses these ABC's to compose their gymnastics sequences and routines. If any of these basic building blocks are missing or defective, the entire performance is weakened. These basic skills, the building blocks of the sport, must be continually refined in order to permit the gymnast and his/her coaches to continually improve their performances. That is why we continually review and drill the basics.
4. Discipline – Just like strength, flexibility and skill development, discipline plays an integral role when training. Training requires discipline from both the coaches and athletes. The coaches must be constantly keeping all athletes focused and training hard in order to allow them to continually improve their performance. Gymnasts must also keep themselves disciplined by forcing themselves to train harder when they get discouraged and keep focused when they get excited. With discipline, strength, flexibility and skills will follow.

A. THE WORKOUT

Please take time to discuss this with your daughters. If she cheats on the warm-up or cool-down exercises she may be more susceptible to soreness, strain, pulled or even torn ligaments or muscles. Time injured is time without practice, and time away from practice leading to poor competitive performance and may mean no competitions. Competition is an earned privilege at Frederick Gymnastics Club.

The warm-up and cool-down exercises are keys to preventing injuries in gymnastics. It is imperative that your child be present for these aspects of her workouts. Each workout begins with a minimum of 10 minutes of warming up: stretching each body part and joint from head to toe.

The gymnast's will workout on each event every day under the direction of the coaching staff. Practice concludes with cool-down exercises and stretching. Occasionally, your daughter may be late finishing her workout. We do not keep girls late very often but it may happen when the workout expectations have not been met. We have a highly successful program and by experience we know what gymnasts can and must get accomplished during a workout. We do not over burden the gymnasts, but we do require maximum effort each day. Parent cooperation is imperative and carpools may be affected.

Approximately, half way through the practice the gymnast will be provided a break time to re-energize and hydrate their bodies. The types of food that should be consumed at this time include fruit, quality protein, water, popcorn and other nutritious snacks. All gymnasts must clean up after themselves and never bring candy, soda, energy drinks or other sugared food, they are not appropriate snacks for practice.



B. OTHER WORKOUT POLICIES AND PROCEDURES

1. Workout attire: gymnasts are required to be dressed in a manner that reflects positively on our program.
 - a. Leotards or tight fitted workout attire are required to be worn at all times in the gym.
 - b. Sports bras are required as needed.
 - c. NO TWO-PIECE WORKOUT OR LOOSE FITTED ATTIRE IS PERMITTED.
 - d. No jewelry is permitted; it causes safety problems for both the gymnast and her coach.
 - e. Hair should be pulled up and away and secured from the gymnast's face. Barrettes made of hard or sharp material may pose a safety hazard and are not permitted.
2. Attendance: We accept new team members through a tryout process. There are always more athletes who want to be on the team than we have room therefore, if you do not come to practice, you are taking the place of someone else who would like to be part of our team. For this reason, Frederick Gymnastics expects every athlete to come to every practice.
3. Frederick Gymnastics utilizes maintenance services to keep the gym clean and in good repair. However, each Team will have responsibility for daily clean up duties to help keep the training area safe, neat and ready for use by the next group in the gym. At the end of their final team practice event each day, the coach will supervise the gymnast to replace mats and equipment, as well as pick up trash off the floor surrounding their last event and around their locker area. Several times a year the coaches, with the support of the Parents Booster organization, will supervise a locker clean out.
4. Occasionally, the gymnasts will be asked to volunteer their time to empty foam from the pits in order to maintain the integrity of our foam blocks and clean the pit areas. This is not a requirement, but usually a good time of fun and teambuilding for our gymnasts. Any gymnast with dust allergies will not be expected to help empty the pits but will be able to help in another area.

VI. AUXILIARY PROGRAMS

SPECIAL EVENTS AND PROGRAMS

In addition to competitions, we also schedule several special events each year. FGC will periodically participate in community-based events that focus on support and outreach to our local community. Team demonstration: Frederick In The Street, Frederick Children's Festival and local school Fitness and Health Fairs.

The Holiday Party is held in mid-December, and it features a gift exchange and refreshments sponsored by Boosters Organization.

Our awards banquet is hosted by FGC Boosters in May or early June at the conclusion of the USAG competitive season.

Team pictures are taken each fall after leotard orders have been filled. Individual and team photos are taken and offered for sale. Selections of packages are offered, and you are never under any obligation to purchase pictures. These photographs may also be used on our website and other FGC publications.

VII. ATTENDANCE POLICY

A. ATTENDANCE

Attendance is required at each practice. Consistent attendance will enhance your opportunity to achieve your goals and perform at your best.



B. ABSENCES

Attendance will be noted daily, absence because of personal illness, family emergency, or religious reasons are acceptable excuses for missing practices. Each gymnast is allowed two (2) weeks of vacation each year. Preferably, your vacation weeks coincide with the one-week in July and the one-week in late August that the gym is closed. The coaching staff would prefer that the two weeks not be back to back. If this is necessary, check with a gymnastics club where you are vacationing and perhaps you could attend practice at their facility.

Missed practices due to indifference, poor attitude or misappropriated priorities, (parties, poor planning of schedules, schoolwork or social events) demonstrates a lack of commitment and could result in not moving up a level and in extreme cases, dismissal from the team.

Each gymnast will be allowed five (5) days of unexcused absences. After the third unexcused absence, the parents will be contacted, after the 5th unexcused absence there will be a conference with the gymnast and the parents and a 6th unexcused absence could result in dismissal from the team.

C. ILLNESS

If your child is ill and will miss team practice you should call the gym 301-695-9414 and leave a message for her coach.

VIII. FINANCES AND OBLIGATIONS

A. COMPETITIVE PROGRAM – FINANCIAL PROCEDURES and POLICIES

- Competitive team tuition is based on only 48 weeks of gymnastics yearly. We do not charge for the full 52 weeks a year, because we take into consideration practice time that is missed due to vacations, holidays, weather and the week of closing. This 48-week fee is split into 12 monthly payments. This is not a per hour program, but based on the cost of the total program. The competitive program is already greatly discounted in comparison to our Recreational Instructional Gymnastic Programs and is in fact, effectively subsidized by the class programs.
- Our online software program “Jackrabbit” provides a monthly ETF (Electronic Funds Transfer) payment management system requiring all team members to have an active credit/debit card on file for all team tuition payments. Therefore, it is MANDATORY at the time of yearly registration, that team members provide and maintain an active credit/debit card number to be stored electronically in our Jackrabbit program, even if your preferred method of payment is check or cash, an active credit/debit card is required to be on file and available for EFT if necessary. The JackRabbit Class Management System meets all security standards to ensure that your card information is safe. In fact, only the last four digits are visible to us on the computer. Should your credit/debit card become inactive please contact the gym immediately. Failure to maintain an active, available credit/debit card on file with the gym will result in immediate suspension from participation in FGC programs and services.

Payment Procedures

- The Team Program at FGC is a 12 month, full year, USA Gymnastic competitive program encompassing both the Junior Olympic, Xcel and Developmental Team programs
- This financial commitment is for a full year. (July 1 – June 30) The decision to join Frederick Gymnastic Club Team is a commitment to the team for an entire competitive year. Team members do not move on and off the team based on illness, injury, conflicts or personal choice. Team tuition would be higher if we determined tuition based on the likelihood that some team members might not be able to fulfill their commitment for various reasons.
- Tuition payments will be automatically deducted from your credit/debit card on file on the 1st of each month as authorized by you. Those who wish to pay by check or cash must do so BEFORE the 1st



business day of the month, so it may be credited to your account before charges are automatically taken from your card on the 1st of the month. If, for some reason, your account balance cannot be taken from your card on the payment withdraw date, you will be charged a \$10 administrative fee. If your payment continues to be late, late fees will be applied as indicated below (see late fees).

- There are no tuition refunds for any reason.
- Team members are financially responsible for the entire competitive season (July 1 – June 30) for the monthly payment obligations set for each level.
- Tuition for seriously injured gymnast is handled on a personal basis with the gym owner.
- Bounced checks will incur a \$25 NSF fee plus any additional banking fees that may apply.
- DISCOUNTS: Families with more than one gymnast on team will receive a 15% discount on the second team member's tuition. The tuition discount will be applied to the sibling, whose tuition is of equal or lesser value.
- LATE FEES: Tuition is late, 1 business day after the authorized EFT date. If after 10 calendar days the account is not current a 5% late penalty will incur on the entire balance and your account will be delinquent. (see below)
- DELINQUENT ACCOUNTS: The gym reserves the right to charge any balance of fees that goes beyond 30 days late to your credit card that is on file at the gym, unless a payment plan has been submitted and approved by the gym owner before the payment due date. In the event that an account is 30 days overdue your child will be suspended from onsite training and any scheduled competition. Your child may return to training once payment has been received. We understand that unexpected and extreme financial situations occur and we are willing to work with families, but we must have communication from the families regarding any payment issues.
- REGISTRATION FEES: All Frederick Gymnastics members are charged an annual registration fee of \$35. Individually or \$50. Per family. This fee is used to cover insurance and administrative costs for the upcoming competitive season. When your registration fee is due in September, it will also be automatically charged to your card along with your tuition.
- Parents and gymnasts must understand that this commitment, financial and otherwise, will run through the end of the season (July 1 – June 30), unless the following occur:
 - If at any time during this period a family moves from the area or the gymnast sustains a serious career ending injury and cannot continue in the program, your commitment will be cancelled.
 - (FGC reserves the right to require medical and relocation documentation)
- If at any time during the gymnastic season, your child or a parent is asked to leave, or leaves by parental choice, the Frederick Gymnastic Club Team Program, you are committed to pay 100% of your remaining annual tuition fee, as well as any related Team fees.
- Frederick Gymnastic Club reserves the right to work with each family and situation on an individual basis additionally, after notice and at cost to the parent, Frederick Gymnastic Club reserves the right to refer delinquent accounts to appropriate credit collection agency and to ensure the viability of our program by pursuing any legal action necessary to secure delinquent payment due.

B. USAG FEE

Each gymnast who will be competing within the USA Gymnastics Junior Olympic or Xcel Program must pay an annual fee and complete an official USAG registration form. This fee covers your gymnast with USAG Insurance while she is at any USAG sanctioned meet and gives them an annual subscription to "USA Gymnastics" magazine. As well as a wealth of information and parental support, related to the sport of Gymnastics provided on the member only website. Link: www.usagym.org

C. LEOTARDS AND WARM-UPS

Exhibition leotards are required for all FGC JO and Xcel team members. Competition leotards and warm-ups (jacket & pants) are required for Levels 3 and up. Each gymnast must have her own uniform. Please plan to purchase new team leotards about every two years. Payments are due before the uniforms will be ordered. You will receive additional information about prices, sizing, ordering and payment from the FGC Booster Organization.



IX. MEDICAL SUPPORTS

Frederick Gymnastics Club is fortunate to have a working relationship with Frank Nisenfeld MD and Laura Copaken MD of Mid Maryland Musculoskeletal Institute & Orthopedic Associates (MMI). Offices are located in Frederick and Urbana. 301-695-8311 x1196. Dr. Copaken specializes as a pediatric orthopedist with extensive experience in the sport of gymnastics as a former competitive gymnast. MMI physical therapist Katie Dufrene DPT (FGC Alumni) works directly at FGC with our gymnast once a week and consults our coaching staff with rehabilitation progress of our athletes. Additional resources include Daniel Lahr MD in Rockville 301-315-6380, orthopedic sports medicine specialist: and Josh Funk DPT CSCS at Rehab 2 Perform in Frederick 301-798-4838. These doctors are extensively familiar with our program and the issues occasionally encountered by gymnasts in training. We advise you to contact their offices when a doctor or physical therapist is needed due to a gymnastic related injury.

Remember, most pediatricians treat all children the same with general recommendation of “No Activity”. Since your child is involved in an extensive training program, she has above average strength, flexibility, endurance, drive and determination. Generally, athletes will heal much faster than “non-athletes” and therefore, should be treated individually. As previously mentioned, missing practice time can be detrimental to your child’s progress. It is required that a gymnast attends practice during rehabilitation. With the goal of facilitating a smooth transition back from injury by complementing her rehabilitation and keeping her in condition while she is healing.

X. MEETS

Our philosophy at Frederick Gymnastic Club is to compete a gymnast when she is ready to compete on all four events and not before! However, each case is treated individually. Nervousness is very normal, but it can ruin a competition if not controlled. It can be controlled by: 1) relaxing and resting prior to arriving at the competition 2) once at the meet, focusing only on listening to the coaches’ instructions, warming-up and performing her routines 3) remaining mentally and physically tough and aggressive throughout the meet. Any distractions from the above formula will usually have a negative impact on the gymnast and her performance. She can listen to only one set of instructions at a meet and those instructions will come from her coach. Please do not interfere with your child’s meet preparations. It is vital that she stay focused on her coaches’ instructions and guidance. Distractions from parents, although well intended can lead to loss of focus and injury from lack of concentration. Absolutely No texting the coaches or gymnasts during a competition. **THIS WILL NOT BE TOLERATED.** Please have your daughter at the designated spot at the designated time, wish her luck and turn her over to her coach then sit back and enjoy the competition and your child’s performance.

A well-balanced meal including protein, fat, vegetables and complex carbohydrates should be eaten the night before and the morning of a competition. Pre-competition meals should be consistent with your child’s normal diet and are essential in providing your child with the energy she needs to compete at her best. Fruit and a simple carbohydrate snack and water are encouraged for mid competition. A light snack is all that is needed not a full meal. Please do not include foods and/or beverages that could damage or stain a child’s leotard.

A. RULES AND POLICIES FOR COMPETITION: (To be reviewed by your child)

1. FGC will obtain a USAG number from the USAGymnastics office.
2. Arrive at the competition venue 15 minutes before the open warm-up is scheduled to begin.
3. The gymnast is to find her coach as soon as she arrives.
4. Remain in the area designated for the gymnasts as either competitors or observers throughout the course of the competition. Obey all warm-up regulations and procedures.



5. Present yourself in proper attire including a Frederick Gymnastics warm-up leotard (if applicable), competition leotard, and warm-ups.
6. The gymnast should be well groomed. The gymnast's hair should be pulled up away from the face and well secured. Jewelry should not be worn unless you get specific permission from a coach. The use of make-up should be very limited. (Single earlobe studs are permissible if approved by the coach)
7. The gymnast should take her place in the line-up and accept the scores she receives with dignity and without comment or criticism. If you do well 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, put the matter behind you and focus on your upcoming events. Do not make matters worse by giving in to your emotions and ruining your chances for a good performance on your next event. Remember too, that you are part of a team. The team needs you to be in control, ready to perform, as well as being supportive of your teammates.
8. Be prepared to assist the coach with the boards, mats, and music during the meet. A gymnast should always double-check her bar settings!
9. Be courteous, respectful, and polite to all meet officials, hosts and hostesses, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging the meet.
10. Remain seated at all times when not performing. Keep all your belongings in your competition bag.
11. Stay with the team until the competition is over and the coach has released you. Once a gymnast has entered the competition area, there should be no contact between the gymnast and her parents unless there is an emergency. Gymnasts shall be technology free in the competition arena i.e. No Cell Phones, or Tablets
12. For awards, stay in your warm-ups. Most meets have a formal setting for presenting awards. As a participating athlete, you have an obligation to stay for all the awards and to accept any 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 as well. Remember that you are not just representing yourself; you are acting as a representative of Frederick Gymnastics as well.

The MDUSAG State Chairman for our region asked that parents be reminded of the following:

"All complaints you have are to go to your coach after the meet. Only professional members of USAG can file formal complaints related to meet competition. Parents should not contact the state, regional, or national office. This includes complaints about scores, judging, and gymnast's skill level, what gymnasts at other clubs are doing and/or scoring and whether or not they are at the correct level, posting of scores, meet administration, what constitute large/small team, etc. The state, regional, and national office will listen to and address all problems brought to them by professional members."

B. GUIDELINES FOR PARENTS DURING COMPETITIONS

It is the philosophy of Frederick Gymnastics that the gym, the coaches, the parents and the gymnasts are all part of the same team. We encourage all of our parents to attend every competition. Having a strong cheering section does wonders for team motivation, and it is something we can be proud of. As parents, you should be aware that as a member of the Frederick Gymnastics Team, you too, represent Frederick Gymnastics. With that in mind, a few guidelines for parents during competitions seem in order:

1. Cheer loudly, but do so in a courteous manner.
2. Cheer for all the members of the Frederick Team, and feel free to cheer for fine performances turned in by the gymnasts from other teams.
3. Promote Frederick Gymnastics in every way you feel is appropriate: wearing Club Gear, t-shirts, sweatshirts, banners, and cheers. Never, ever speak in a negative way about another club, coach, gymnast, or judge.
4. The only time a parent should approach the meet director or a parent from the club hosting the meet is to thank them for a job well done and for inviting us to their meet. If you have a concern or complaint, you need to bring it to the attention of your coach after the meet. If you cannot say anything nice, don't say anything at all.



5. Under no circumstances is a parent or a gymnast ever to approach a judge or meet official before, during or after a competition to comment on, complain about, or ever ask about a score.
6. Please do not contact, talk or text your gymnast once they are on the competitive floor. We ask them to focus all their energy on the competition, and we want as few distractions as possible. After the meet is over, they will come to see you and you can give them your proud congratulations.

C. WHEN IT IS NECESSARY TO MISS A MEET

Based on the recommendation of FGC coaching staff, we will register every prepared gymnast for every competition. If your gymnast is injured and unable to compete please let her coach know in writing as soon as possible. We send many meet entries and entry fees months in advance. It is sometimes possible to get a refund for gymnasts who cannot participate. The chance of receiving a refund is greater if we can give the competition host enough notice for them to replace your child with another gymnast. However, many hosts give a deadline for refund requests and we must respect their deadline. Refunds are considered to be a courtesy not a requirement.

D. TRAVEL POLICY

The FGC coaching staff believes that it is beneficial for our gymnasts at the optional level to travel and experience competition outside of our immediate area. The coaches make all decisions regarding which travel meets the gymnasts will be competing in. Each family is responsible for making their own travel arrangements. A Boosters representative may be available to help coordinate travel arrangements. When airfare and lodging are required, the Boosters will reimburse the gymnast based on the guidelines established in the Boosters Club by-laws.

Whenever possible, coaches like to organize at least one group activity for the away meet. Participation by all team members is requested.

XI. FGC BOOSTERS CLUB

FGC Team Parents must join and participate in the Boosters Club FGC Parent Booster Club. It is a 501-C3 not for profit LLC. (www.fgcgymnastics.com), organized to provide support to the FGC competitive gymnastics team members and coaches education. Booster efforts include the following:

- **Fundraising** – proceeds from which pay for meet coaching and travel expenses, coaches' education, banquet, holiday party and year-end awards
- **Home Meets** – including The Frederick Classic, Intra-squad practice meets and The Junior Invitational
- **Collections** – collecting and payment of meet entry fees

The Boosters Club supports the efforts of the gymnasts, coaches, and the team program at the Frederick Gymnastics Club, Inc. through paying coaches' meet and travel expenses, coaches' education, (i.e. clinics, congress, seminars, and workshops), reimbursement of gymnast travel expenses (as eligible), forwarding of meet entry fees and USAG fees as appropriate, and other expenses.

Participation in high-level gymnastics is an expensive proposition. Many of our gymnasts would not and could not participate at the higher levels without the support of the Boosters. After spending years of work to attain a high standing in the sport, we do not want our gymnasts to have to drop out because of the associated cost. The Boosters' support makes it possible for all our gymnasts to go as far as their talent and hard work will take them. By design and by necessity, the Booster families at the higher levels receive a greater amount of financial support than those at the lower levels. As your child works her way through the USAG Competitive Program, she will require additional travel, to State, Regional and National competitions, entitling her to additional support from the Boosters.



The Boosters Club requires that each family meet specific obligations. As a member of the Boosters, you will get to vote on various topics to decide what will or will not be done. You will be obligated to meet and agree with the laws as established by the Boosters organization.

Every year Frederick Gymnastics hosts the Frederick Classic Invitational. This competition is the biggest fundraiser the Boosters conduct each year. Every family must help work at the event.

Active participation in Booster Club events represents another manner in which parents can inspire their daughter's growth in competitive gymnastics. Just as FGC gymnasts are expected to work diligently on their skill development during practice, Boosters members are expected to support their daughter's dedication to gymnastics through involvement in Boosters activities.

Details about Boosters Club activities are communicated in writing throughout the year and placed in your daughter's "mailbox", (folder) located upstairs and electronic updates. Also, the Boosters Club meets quarterly or as deemed necessary by the Board. All meetings are open to the general membership, at which your attendance and participation are expected, welcomed and encouraged.

A. HOW PARENTS SHOW RESPECT FOR THE ATHLETE, FREDERICK GYMNASTICS, AND OUR SPORT

Parents play a central role in the development of a successful gymnast. Your role is every bit as important as that of the gym or the coaches. It is also every bit as difficult. That is why we welcome your presence at practice, at every team function, and at every competition.

As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to do her best. Show your support by ensuring your child's attendance at practices, and by coming to meets.

Parents are not participants on their child's team, but contribute to the success experienced by the child and her team. Parents serve as role models and their children often emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly show good sportsmanship at all times toward coaches, officials, opponents and teammates. Remember that your child is the gymnast. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals.

Do not over burden your child with winning or achieving best scores. The most important part of your child's gymnastics experience is that she learns about herself while enjoying the sport. This healthy environment encourages learning and fun, and will develop a positive self-image within your child.

The best way to help a child achieve her goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. When your child makes mistakes, remember that she is still learning. Encourage her efforts and point out the things she did well. As long as she gave her best effort, you should make her feel like a winner.

Here is what you can do to help your daughter achieve her goals. It is through performing these tasks that you show respect for your gymnast and the effort she is putting into her sport.

1. Please come to any of your child's coaches if you have a problem or concern. We are in business to serve you and your child. Your thoughts and insights are important to us. If we cannot help you, we will explain why and we will work to find another way to solve whatever is of concern related to your daughter's gymnastic progress. Complaining to other parents cannot solve your problem. You as the parent have a responsibility to communicate your question or concerns directly to your child's coach. Procedures have been outlined above to follow should you not be satisfied with the proposed resolution. Please follow them.



2. Parents perform their role at home and outside the gym area. Within the gym, the coaches and administrators of the gym play their roles. Please do not coach your child. Your comments detract from what the coach is doing, they give the gymnast another thing to think about, and it interferes with the development of the coach/athlete relationship, critical for long-term success.
3. Please stay in the observation area behind the chain at the staircase, and out of the gym. Parents who venture out on the floor create a danger to themselves and to the athletes. Parents are often unaware of traffic patterns and often get in the way of gymnasts performing their skills. If you need to contact your child, see the person at the front desk.
4. Please let a coach know before practice if you think your child might have a problem due to illness, medication, or injury.
5. *Coaches and judges are the only persons qualified to judge a gymnast's performance and technique. A parent's role is to provide support and encouragement; tell them what great kids they are. Please leave the job of coaching and correcting your daughter's technique to our coaches!*

B. GYM COMMUNICATIONS

Communicating effectively with everyone on our team can be a challenge. We work very hard to get information to you in a timely way by putting handouts, newsletters, and meet information in the girls' folders. We also post copies of information we put in the folders on the bulletin board upstairs opposite the folders, we communicate via e-mail, and when appropriate, we send information to our web address and social media.

You can help us communicate more effectively by checking your child's folder and your email on a regular basis. You should also check the bulletin board to review all information that has gone out in recent weeks. In additionally, much information can be obtained by going to our website: www.frederickgymnastics.com

Of course, we are always happy to answer questions and solve problems one-on-one. If you think that your child would benefit from such a meeting, please feel free to schedule it with your child's coaches. The gym will also schedule meetings with individual parents, team levels, or competition groups as needed throughout the year.

C. THE ROLE OF A PARENT IN THE FREDERICK GYMNASTICS FAMILY

The parent of a gymnast has one of the most difficult jobs. All members of our "family", who include the gymnast, coaches, and parents, are equally important. The parent plays a minimal role in actually controlling the performance of the athlete. At the same time, the parent may feel the greatest sense of emotional attachment to that performance. The combination of a high emotional stake in their performance with little or no direct control over the outcome can produce stress and lead to some challenging behavior. Parents have been known to lose sight of the important role they play. They sometimes step outside their sphere of influence and enter the domain of other members of the family, creating conflicts with others.

The coaches do their job in the gym and on the competitive floor. When a parent starts to coach their child, they actually interfere with the very performance they are trying to improve. The gymnast can only concentrate on one part of their performance at a time. If a parent is telling the child to "keep their legs straight," or to "run faster," or to "smile," they are directing the child's attention away from what their coach is telling them. The child cannot make two corrections at once, so they either do both poorly, or they focus on one or the other. No matter which choice they make, someone is going to be upset with them, and they will not progress in the way that they should. Coaching your child puts them in a no-win situation. It is unfair to them and to their coaches.

In addition, you are interfering with the development of the coach/athlete bond, which is critical to any long-term success in this sport. The gymnast must implicitly be able to trust her coach, rely on her coach to direct her training, and to receive important emotional support from their praise. You interfere with all of that when you attempt to direct or coach your child's gymnastic development.



Finally, do you really think that the Coach did not notice that her legs are bent! Of course, they notice! If the Coach is not working to improve their appearance, it is because he or she is working on something more important at this point in-your child's gymnastic skill development and training. Perfect execution often comes late in the mastery of key skills.

Supporting your Gymnast:

It has been said that gymnastics is 90% mental and 10% physical. Those who work in the gym every day know that the ratios are off, but they express the constant need for mental and emotional readiness on the part of the gymnast. Indeed, the mental game of gymnastics is what often separates the good from the great

As in all competitive sports, your child will have definite "highs" and "lows". There will be times when she won't want to leave the gym and times when she won't want to go to the gym. These emotions are perfectly normal. As her parents, you play an important role in these highs and lows. Being overly sympathetic toward her frustration may discourage her from facing them. As is usually the case, a light, positive and supportive attitude from parents always helps. Getting the child to talk about their fears and anxieties also helps them cope with them and develop important life skills. Be sure to consult your child's coach if concerns are persistent.

Your child wants and needs to share her excitement about gymnastics with you and her family. The support you provide for your child, our coaching staff and our program is imperative. Please do not instill doubt or fear in your gymnast. This could be very damaging to her self-confidence and bring to an end her successful gymnastics career.

D. PARENT TO PARENT: SOME GUIDELINES FOR PARENTS FEELING STRESS

Danger signs - watch for these. If you recognize yourself in these descriptions, you probably need to re-evaluate your actions, your role, and your attitudes.

- Observing every practice intently.
- Praising or punishing your child for what you observe during these daily observations.
- Finding your sense of worth and happiness dependent on the success of your child.
- Constantly comparing your child and her progress to others in her group, on her team, or in competition.
- Verbally attacking the gym, the coaches, and the program while still placing your child in our hands and as a member of Frederick Gymnastic Club.
- Video recording each practice or competition and requiring your child to review it at home with you.

Remember, your child needs your unconditional love and support at all times but much more so as she is facing the challenges of highly technical skills required in competitive gymnastic.

E. CONTINUING GYMNASTICS IN COLLEGE

One measure of a successful competitive gymnastic program is the number of athletes that continue their gymnastics career at the collegiate level. FGC is very proud of the number of our gymnasts who today continue to excel at the collegiate level with or without financial assistance.

Being recruited to compete at the collegiate level is a highly selected group of athletes. FGC is a proven partner in the college scouting efforts. We have nurtured this relationship and have demonstrated that FGC gymnasts can and do excel at the collegiate level. College scouts frequently can be seen in the stands of our local, State and National meets including the Frederick Classic.



FGC coaches and staff will assist every college bound athlete in locating a college program of their choice. We will establish contact with any college that you are interested in attending, and do our best to assist you in perusing a scholarship. Colleges seek out the best private club athletes in the country for their teams.

Gymnasts that plan to continue their gymnastics career in college should begin preparation as early as their freshman year in high school. Parents and gymnasts should become familiar with the NCAA Clearinghouse concerning the CORE academic requirements and NCAA regulations. There are strict guidelines about when a gymnast may actually have contact with the college coaches that are found in the NCAA regulations. Information can be obtained from the NCAA website www.ncaa.org. It is also a good time for gymnasts to become aware of the college gymnastics programs that are available. Attending a college meet can be beneficial to observe the skills performed and the team and coach interactions. It is important that you build your gymnastics video library during your high school years. Most colleges do at least part of their selection using these videos. During the spring of the junior year and the following summer, we will help the athlete by filming them during practice and featuring works in progress that show off your very best skills.

F. RETIREMENT FROM GYMNASTICS

To every time there is a season, as with everything there is a beginning and there will be an end to your child's participation in gymnastics. We as coaches and parents encourage children to finish what they start. When your child has decided that this will be her last competitive season with gymnastics, we encourage her to finish out the year.

The procedure we support is to finish the season (which ends in June) and attend the annual FGC Banquet for recognition and closure to the sport. Should a gymnast need to end her participation mid-season, for medical or any other reason, she would be welcome and honored at the annual banquet.

XII. GENERAL INFORMATION

INCLEMENT WEATHER CLOSINGS

For cancellation information, please call the gym voice mail at (301) 695-9414, and dial 5. Practices lost because of inclement weather cannot be made up due to the full schedule of the gym. Additionally, announcements and closures will be posted on FGC's web site and social media. Many times, the coaches will contact their Level Rep and they will e-mail all parents that are on that level to inform them of a closure. Some of our gymnasts and coaches travel from out of the county and the state. Conditions in Frederick area may seem to be sufficient for travel but we do not want to ask anyone to travel on road conditions that may be hazardous by the time practice ends. We cannot control the weather so we make the most prudent decision possible for everyone's safety.

XIII. A NOTE FROM THE COACHES

It is our pleasures to work with your daughters, helping develop them as a gymnast, set and reach their goals and strive to achieve excellence. We strive to develop the whole child to be happy, healthy, confident, strong competitive gymnasts and productive members of society. We have done our best to keep practice times appropriate for each level and to make sure that each girl has ample time to fully develop her skills. Our teams are growing! Due to the large numbers on each team level, gymnasts may only work out with their team level. Unless you are told by your coach to come in at another time, please come in only when your level is scheduled. Thank you for your cooperation in this matter.

We are looking forward to another exciting year of great gymnastics! Our expectations are high, and our eyes are focused on achieving our best. We work out in a state-of-the-art training facility that is second to none in the state of Maryland, and we have the support of a fantastic Boosters Club. Altogether we have all the ingredients for



achievement and success. With our hard work and that of our gymnasts, along with your support, the coaching staff of Frederick Gymnastics looks forward to a most successful season.

XIV. [TEAM HANDBOOK AGREEMENT PAGE LINK](#)

