



## **FARMINGTON GYMNASTICS CENTER, INC.**

*FUN AND FITNESS FOR EVERYONE*

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# **TEAM PARENT AND GYMNAST INFORMATION**

## **GENERAL PHILOSOPHY**

OUR PHILOSOPHY AT FARMINGTON GYMNASTICS IS TO PROVIDE EVERY GYMNAST WITH THE BEST GYMNASTICS ENVIRONMENT, TO ALLOW EACH GYMNAST TO EXCEL ON AN INDIVIDUAL BASIS, AND TO HELP BUILD EACH CHILD'S SELF-ESTEEM THROUGH GYMNASTICS. ALSO WE AIM TO INITIATE A STRONG ETHICAL AND MORAL FOUNDATION TO HELP EACH STUDENT BEYOND THEIR GYMNASTICS LIFE.

THE PROPER EXECUTION OF BASIC SKILLS IS THE ONLY WAY TO PRODUCE A COMPLETE GYMNAST. THIS PROGRAM WILL STRIVE FOR FUNDAMENTAL EXCELLENCE, WHICH IS THE ESSENCE OF GYMNASTICS.

THE SPORT OF GYMNASTICS PROVIDES MANY INTRINSIC QUALITIES SUCH AS:

SELF- DISCIPLINE (SACRIFICE TO ACHIEVE GOALS)

SELF-MOTIVATION (WORKING HARD BECAUSE THEY WANT TO)

RESPECT (FOR EVENTS, DANGER, TEAMMATES AND COACHES)

SPORTSMANSHIP (LEARNING TO LOSE AND KNOWING HOW TO WIN GRACEFULLY)

OTHER QUALITIES INCLUDE: LEADERSHIP, MENTAL CONCENTRATION, TIME MANAGEMENT, TEAM SPIRIT, AND FRIENDSHIP, PHYSICAL AND MENTAL FITNESS.

GYMNASTICS IS A YEAR AROUND COMMITMENT. SOMETIMES PERSONAL SACRIFICES WILL HAVE TO BE MADE. THE FGC STAFF REALIZES GYMNASTS' ACADEMICS AND FAMILY LIFE TAKE PRIORITY AND TRAINING TIME WILL BE MISSED, BUT WE ASK YOU TO TRY AND KEEP ABSENCES TO A MINIMUM.

## **USA GYMNASTICS PROGRAM INFORMATION:**

USA GYMNASTICS OFFERS SEVERAL DIFFERENT COMPETITIVE PROGRAMS. CURRENTLY AT FGC WE OFFER THE FOLLOWING COMPETITIVE PROGRAMS:

- JUNIOR OLYMPICS LEVEL 1-10
- XCEL LEVELS SILVER THROUGH DIAMOND

THE JUNIOR OLYMPIC PROGRAM IS DIVIDED INTO THREE MAJOR SEGMENTS:

1. DEVELOPMENTAL LEVELS 1-2 - THESE LEVELS ARE NON-COMPETITIVE AND ACHIEVEMENT ORIENTED.
2. COMPETITIVE LEVEL 3-5 ARE COMPULSORY LEVELS AND ARE PROGRESSIVE IN NATURE, BUILDING UPON THE SKILLS REQUIRED AT THE PREVIOUS LEVEL. COMPETITIVE OPPORTUNITIES ARE PROVIDED UP TO AND INCLUDING THE USA GYMNASTICS STATE CHAMPIONSHIPS.
3. THE THIRD SEGMENT IS OPTIONAL LEVELS 6-10. LEVELS 6 AND 7 HAVE DIFFICULTY RESTRICTIONS, WHILE LEVELS 8, 9 AND 10 HAVE NO RESTRICTIONS IN THE SKILL CHOICE.

THE XCEL PROGRAM IS DESIGNED TO OFFER A BROAD-BASED, AFFORDABLE COMPETITIVE EXPERIENCE OUTSIDE THE TRADITIONAL JR. OLYMPIC PROGRAM.. GYMNASTS MAY BE RECOMMENDED OR CHOOSE TO TRANSITION TO THE XCEL PROGRAM UPON COMPLETING THE DEVELOPMENTAL LEVELS OR AT SUBSEQUENT LEVELS. GYMNASTS CHOOSING TO COMPETE HIGH SCHOOL GYMNASTICS WILL BE REQUIRED TO TRANSITION TO THE XCEL PROGRAM. THE XCEL PROGRAM IS DIVIDED INTO 5 LEVELS, AND ARE LOOSELY CORRELATED TO JUNIOR OLYMPIC LEVELS:

BRONZE - LEVEL 1

SILVER- LEVEL 2-3

GOLD- LEVEL 4-5

PLATINUM- LEVEL 6

DIAMOND- LEVEL 7 AND UP

## **BOOSTER CLUB REQUIREMENTS**

PARENTS OF GYMNASTS WHO PARTICIPATE IN FGC'S LEVEL 3 – 10 AND EXCEL SILVER-DIAMOND TEAM PROGRAMS ARE REQUIRED TO BECOME MEMBERS OF FGC'S BOOSTER CLUB. ALONG WITH THE TIME COMMITMENT OF YOUR FAMILY, THERE IS ALSO A MONETARY COMMITMENT, WHICH CHANGES FROM YEAR TO YEAR. PLEASE FAMILIARIZE YOURSELF WITH THE FGC BOOSTER CLUB MEMBER HANDBOOK FOR MORE DETAILS.

## **TEAM STRUCTURE AND ADVANCEMENT**

ADVANCEMENT THROUGH THE LEVELS WILL BE DETERMINED BY THE COACHES, USING THE FOLLOWING CRITERIA:

- 1) SKILL LEVEL
- 2) MENTAL ATTITUDE
- 3) SUCCESS AT CURRENT LEVEL
- 4) GYMNAST'S DESIRE
- 5) POTENTIAL SUCCESS AT NEXT LEVEL
- 6) ATTENDANCE

THERE WILL BE 2 CHANCES/TIMES FOR ADVANCEMENT THROUGHOUT THE YEAR:

- 1) IN MID JUNE, AT THE END OF EACH COMPETITIVE SEASON, OUR STAFF EVALUATES EACH GYMNAST. THERE WILL BE A LETTER SENT HOME DETERMINING HER LEVEL FOR SUMMER AND THE UP COMING COMPETITION SEASON. IF REQUESTED, THERE CAN BE A COACH, PARENT MEETING TO ANSWER ANY QUESTIONS OR CONCERNS.
- 2) THROUGHOUT THE SUMMER FGC WILL ALLOW ANY GYMNAST TO ADVANCE LEVELS PROVIDING ALL REQUIREMENTS HAVE BEEN MET. THE FGC STAFF RESERVE THE RIGHT TO ADVANCE ANY GYMNAST TO A HIGHER LEVEL PROVIDED ALL OF FGC'S TEAM STANDARDS HAVE BEEN FULFILLED.

## **WORKOUT STRUCTURE**

EVERY WORKOUT IS PRECEDED BY A 10 TO 30 MINUTE GENERAL STRETCHING AND AEROBIC EXERCISE. THIS TIME PERIOD IS **VERY IMPORTANT** TO PROPERLY PREPARE FOR THE WORKOUT AND TO PREVENT INJURIES. PLEASE BE PREPARED TO HAVE YOUR DAUGHTER AT THE GYM ON TIME. WARM-UP IS FOLLOWED BY INDIVIDUAL ROTATIONS VARYING IN LENGTH FROM 30 MINUTES TO 1 HOUR. DURING WORKOUTS GYMNASTS ARE REQUIRED TO WEAR LEOTARDS. OCCASIONALLY, DUE TO WEATHER, GYMNASTS WILL BE ALLOWED TO WEAR SWEATSHIRTS FOR WARM-UP, BUT WILL BE REQUIRED TO REMOVE THEM AS THEIR ROTATIONS BEGIN.

GYMNASTS WILL HAVE SPECIFIC GOALS DURING EACH ROTATION. EACH GYMNAST WILL HAVE THE RESPONSIBILITY TO COMPLETE ALL OF THEIR GOALS, WHICH ARE WELL WITHIN THEIR CAPABILITIES. IF FOR ANY REASON THE REQUIREMENTS ARE NOT MET DURING A NORMAL ROTATION, THE GYMNAST CAN EITHER STAY AFTER PRACTICE AND FINISH, OR THEY MAY

COME IN ON THEIR DAY OFF AND COMPLETE THEIR GOALS. ALL TEAM MEMBERS MUST MAINTAIN TEAM DISCIPLINE AND SPECIFIC GOALS.

IF A GYMNAST NEEDS TO LEAVE PRACTICE EARLY, PLEASE INFORM THE HEAD COACH FOR THAT PARTICULAR LEVEL PRIOR TO PRACTICE. THIS IS ONLY TO ENSURE THE GYMNAST RECEIVES THE BEST POSSIBLE WORKOUT. NO GYMNAST IS ALLOWED TO LEAVE PRACTICE EARLY WITHOUT INFORMING HER COACH. FOR THOSE GYMNASTS THAT DRIVE TO PRACTICE, VERBAL PERMISSION MUST BE RECEIVED BY THE HEAD COACH FROM THE GYMNAST'S PARENTS IN ORDER FOR THE GYMNAST TO BE ALLOWED TO LEAVE EARLY. THE FIRST OFFENSE FOR A GYMNAST THAT LEAVES WITH OUT A VERBAL PERMISSION WILL BE MET WITH A PARENT AND COACH MEETING. THE SECOND OFFENSE, THE GYMNAST WILL BE ASKED TO LEAVE FGC.

THERE WILL BE TIMES WHEN YOUR DAUGHTER MAY NEED TO MISS A PRACTICE. THIS IS CERTAINLY UNDERSTANDABLE, HOWEVER; PLEASE KEEP THESE ABSENCES TO A MINIMUM AND PLEASE INFORM THE HEAD COACH PRIOR TO THE DAY OF ABSENCE. IN CASE OF ILLNESS, PLEASE CONTACT THE HEAD COACH TO INFORM HIM/HER OF THE SITUATION.

**IF YOUR DAUGHTER BECOMES INJURED, HER HEAD COACH NEEDS TO BE KEPT INFORMED OF HER REHABILITATION PROCESS. HOSPITAL STAY EXCLUDED, WE EXPECT HER AT PRACTICE FOR THE ENTIRE PERIOD UNLESS OTHERWISE DETERMINED BY THE COACHING STAFF.** IN ORDER TO SPEED UP RECOVERY, EVERY GYMNAST NEEDS TO MAINTAIN STRENGTH, FLEXIBILITY, AND ENDURANCE EVEN DURING RECUPERATION. IN THE EVENT THAT YOUR GYMNAST IS OUT DUE TO SERIOUS INJURY FOR AN EXTENDED PERIOD OF TIME, YOUR TUITION WILL BE DECREASED TO 50%.

ALTHOUGH NOT REQUIRED AT THIS TIME, TEAM GYMNASTS SHOULD HAVE SOME TYPE OF MODERN, JAZZ, OR BALLET DANCE TRAINING. SINCE WOMEN'S GYMNASTICS IS EXTREMELY DANCE ORIENTATED, THIS TYPE OF TRAINING IS **STRONGLY RECOMMENDED.**

## **NUTRITION**

THE COMPETITIVE GYMNAST HAS SPECIAL NUTRITIONAL REQUIREMENTS AS COMPARED TO ATHLETES IN OTHER SPORTS. BODY FAT MUST BE KEPT TO A MINIMUM AND AT THE SAME TIME THE GYMNAST IS REQUIRED TO INCREASE HER STRENGTH AND POWER.

THIS GOAL CAN ONLY BE MET BY MAINTAINING GOOD NUTRITIONAL HABITS. PLEASE PAY EXTRA ATTENTION TO THE TYPES OF FOOD YOUR DAUGHTER CONSUMES. EACH GYMNAST HAS CERTAIN GOALS, WHICH WILL NOT BE ACHIEVED IF SHE HAS IMPROPER NUTRITIONAL HABITS.

## **COMPETITION**

OUR PHILOSOPHY AT FGC IS TO NOT ALLOW ANY GYMNAST INTO OUR COMPETITIVE PROGRAM UNTIL SHE IS ABSOLUTELY READY TO COMPETE, **BOTH PHYSICALLY AND MENTALLY.** WE WANT EVERY GYMNAST'S COMPETITIVE EXPERIENCE TO BE POSITIVE AND SELF-REWARDING. PLACING A GYMNAST IN HER PROPER LEVEL IS VITAL IN BUILDING A GYMNASTS' SELF-ESTEEM.

EVERY GYMNAST WHO IS INVITED TO A PARTICULAR MEET IS EXPECTED TO COMPETE. THE FGC STAFF REALIZES OTHER PRIORITIES DO ARISE, BUT PLEASE TRY TO MISS AS FEW OF THESE MEETS AS POSSIBLE. IF THERE IS A CONFLICT IN YOUR SCHEDULE, PLEASE INFORM THE HEAD COACH AS SOON AS POSSIBLE.

GYMNASTICS IS A PHYSICALLY AND MENTALLY DEMANDING SPORT. THE RISK FACTOR IS ALREADY VERY HIGH WITHOUT ADDING ANY OTHER VARIABLES. BEING UNPREPARED, WHETHER PHYSICALLY OR MENTALLY, FOR A GYMNASTICS MEET AND COMPETING IN THE MEET, WILL INCREASE THE RISK FACTOR SUBSTANTIALLY. FGC WILL NOT SUBJECT ANY GYMNAST OR COACH TO THIS TYPE OF SITUATION.

THERE ARE ONLY A FEW, HIGH RISK, OPTIONAL SKILLS WHEN A COACH SHOULD MENTALLY OR PHYSICALLY SPOT A GYMNAST. THEREFORE, IF A GYMNAST IS NOT PERFORMING HER REQUIRED ROUTINE COMPLETELY BY HERSELF BEFORE A MEET'S ENTRY DEADLINE, SHE WILL NOT BE INVITED TO COMPETE IN THAT PARTICULAR MEET.

**ALL COMPETING GYMNASTS ARE REQUIRED TO ATTEND THEIR ENTIRE PRACTICE PERIOD THE WEEK PRIOR TO COMPETITION. IF YOU DAUGHTER MISSES HER SCHEDULED PRACTICE, SHE WILL BE WITHDRAWN FROM THE MEET AND FORCED TO FORFEIT HER ENTRY FEE.**

## **DAY OF COMPETITION**

PREPARING FOR THE DAY OF COMPETITION ACTUALLY STARTS THE NIGHT BEFORE WITH MAKING SURE YOUR GYMNAST RECEIVES THE PROPER AMOUNT OF REST. COMPETITION IS PHYSICALLY LESS DEMANDING AND REQUIRES MORE MENTAL PREPARATION THAN OUR WORKOUTS. THEREFORE, PLEASE TRY TO RELIEVE ANY STRESSFUL SITUATIONS, SUCH AS TARDINESS, PRIOR TO COMPETITION.

YOUR GYMNASTS' HEAD COACH WILL DISTRIBUTE ALL MEET INFORMATION. THIS WILL INCLUDE CHECK-IN TIMES, COMPETITIONS, MAPS, ETC...

ALL GYMNASTS ARE REQUIRED TO WEAR THEIR TEAM LEOTARDS DURING THE WARM-UP AND THE ACTUAL COMPETITION.

DURING OPENING AND AWARD CEREMONIES, GYMNASTS ARE REQUIRED TO WEAR THEIR TEAM WARM-UP UNIFORM. UNDERWEAR SHOULD BE THE SAME COLOR AS THE LEOTARD AND HAIR MUST BE WORN IN AN ORDERLY FASHION.

ALL GYMNASTS ARE REQUIRED TO STAY AT THEIR LAST COMPETITION EVENT UNTIL THE ENTIRE COMPETITION IS OVER. **ALSO, THEY WILL NOT BE ALLOWED TO LEAVE THEIR EVENT/TEAM DURING COMPETITION.**

AFTER COMPETITION, GYMNASTS ARE ENCOURAGED TO STAY FOR THE AWARD CEREMONY (IT WOULD BE GREAT TO HAVE EVERYONE STAY, BUT WE REALIZE OTHER PRIORITIES EXIST). IF YOU MUST LEAVE **BEFORE** THE AWARDS ARE OVER - YOU MUST ASK YOUR DAUGHTER'S COACH PRIOR TO THAT COMPETITION.

**AT NO TIME IS ANY GYMNAST ALLOWED TO ACT IN A DISORDERLY FASHION ON ANY PIECE OF EQUIPMENT. THIS INCLUDES MASS TUMBLING, JUMPING IN PITS, OR ACTING IN ANY IRRESPONSIBLE WAY. IF A GYMNAST IS CAUGHT OR SUSPECTED OF**

**ENGAGING IN SUCH ACTS, SHE WILL BE WITHDRAWN FROM ANY REGISTERED COMPETITIONS AND WILL NOT BE INVITED TO ANY FUTURE COMPETITIONS UNTIL SHE CAN ACT RESPECTFULLY. ACTING IN A DISRESPECTFUL AND IRRESPONSIBLE FASHION INCREASES THE RISK FACTOR. WE STRIVE FOR A REPUTATION OF A WELL-RESPECTED AND ORDERLY PROGRAM. FGC GYMNASTS REPRESENT THE ENTIRE PROGRAM, AND ARE EXPECTED TO ACT ACCORDINGLY.**

## **HIGH SCHOOL COMPETITION**

FGC'S STAFF UNDERSTANDS THERE IS A NEED AND A DESIRE FOR SOME GYMNASTS TO COMPETE IN HIGH SCHOOL GYMNASTICS. EXCEL AND U.S.A.G. LEVELS 4 AND 5 WILL BE ALLOWED TO COMPETE IN HIGH SCHOOL GYMNASTICS. THE LEVEL 6 THROUGH 10 **CANNOT** COMPETE IN HIGH SCHOOL GYMNASTICS DUE TO THE HIGH LEVEL OF SKILL TRAINING. HIGH SCHOOL GYMNASTS ARE EXPECTED TO ATTEND PRACTICES AT FGC DURING THE HIGH SCHOOL COMPETITIVE SEASON. THE FGC COACHING STAFF WILL ATTEMPT TO WORK WITH THE HIGH SCHOOL COACH TO PROVIDE WHAT IS BEST FOR THE GYMNAST. GYMNASTS ARE REQUIRED TO COMPETE IN ALL MEETS PRIOR TO THE HIGH SCHOOL SEASON AND AS MANY AS ALLOWED DURING THE SEASON.

EVERY FGC GYMNAST WHO CHOOSES TO COMPETE IN HIGH SCHOOL GYMNASTICS WILL HAVE SPECIFIC REQUIREMENTS THROUGHOUT HER COMPETITIVE SEASON. THESE REQUIREMENTS WILL BE GIVEN TO EACH GYMNAST ON AN **INDIVIDUAL BASIS. IF THESE REQUIREMENTS ARE NOT MET, THE GYMNAST WILL BE WITHDRAWN FROM FGC'S COMPETITIVE PROGRAM.**

GYMNASTS WANTING TO COMPETE IN HIGH SCHOOL GYMNASTICS MUST CONTACT THEIR HEAD COACH PRIOR TO OCTOBER 1ST OF EACH YEAR, SO THAT ARRANGEMENTS FOR SPECIFIC INDIVIDUAL REQUIREMENTS CAN BE ESTABLISHED.

## **TEAM TALKS**

TO BETTER COMMUNICATE WITH EACH INDIVIDUAL GYMNAST AND THE TEAM, AND TO ASSIST IN TEAM UNITY, OCCASIONALLY HEAD COACHES WILL TAKE TIME OUT OF ROTATIONS AND HAVE A "TEAM TALK". THIS WILL ALLOW GYMNASTS TO EXPRESS THEIR FEELINGS AND TO SUGGEST ANY IDEAS TO IMPROVE WORKOUTS, AND TO HELP THE TEAM SUCCEED.

## **CONCLUSION**

THIS INFORMATION BOOKLET ATTEMPTS TO PROVIDE TEAM PARENTS AND GYMNASTS WITH SOME INFORMATION, AND TO HIGHLIGHT WHAT IS EXPECTED OF EVERYONE. AT FGC, WE ARE TRYING TO MAINTAIN THE BEST GYMNASTICS PROGRAM IN THE MIDWEST. FGC IS PROVIDING A SERVICE; IF YOU HAVE ANY INFORMATION OR IDEAS TO HELP IMPROVE OUR SERVICES, PLEASE INFORM US!

**\*\* FGC STAFF WILL CONTINUALLY REVIEW AND UPDATE THIS BOOKLET TO BEST SERVE OUR CUSTOMERS. \*\***