



FARMINGTON GYMNASTICS CENTER, INC.

FUN AND FITNESS FOR EVERYONE

23966 FREEWAY PARK

FARMINGTON HILLS, MI 48335

PHONE: (248) 478-6130

www.farmingtongymnastics.com

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:

- WOMEN DEVELOPMENT PROGRAM (WDP) LEVEL 1-10
- XCEL LEVELS SILVER THROUGH SAPPHIRE

THE WDP IS DIVIDED INTO THREE MAJOR SEGMENTS:

1. DEVELOPMENTAL LEVELS 1- 2 - THESE LEVELS ARE 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.
3. 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 WDP. 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 WDP LEVELS:

BRONZE - LEVEL 1

PLATINUM - LEVEL 6

SILVER - LEVEL 2-3

DIAMOND / SAPPHIRE - LEVEL 7 AND UP

GOLD - LEVEL 4-5

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) AT THE END OF EACH COMPETITIVE SEASON, OUR STAFF EVALUATES EACH GYMNAST. THERE WILL BE A LETTER SENT HOME DETERMINING HER LEVEL FOR SUMMER (LEVEL 1 & 2 ONLY) AND THE UP COMING COMPETITION SEASON.
- 2) NEAR THE END OF THE SUMMER TRAINING PROGRAM THE LEVEL 3 – 10 AND XCEL GYMNASTS WILL BE TOLD THEIR UPCOMING COMPETITIVE LEVEL.

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.

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. IN CASE OF ILLNESS, PLEASE USE THE TEAM EMAIL – FGCTEAMGYMNASTS@GMAIL.COM.

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.

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.

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.

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.

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 – UNLESS GIVEN PERMISSION BY THE COACH.**

AFTER THE 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. THE LEVEL 6 THROUGH 10 **CANNOT** COMPETE IN HIGH SCHOOL GYMNASTICS DUE TO THE HIGH LEVEL OF SKILL TRAINING. IF A GYMNAST WANTS TO COMPETE IN HIGH SCHOOL GYMNASTICS – SHE WILL ASKED TO MOVE TO THE XCEL PROGRAM.

WHEN A GYMNASTS DECIDES TO LEAVE

ALTHOUGH WE APPROACH YOUR CHILD'S TRAINING ASSUMING EVERY GYMNAST WILL STAY WITH THE TEAM PROGRAM UNTIL THEY GRADUATE HIGH SCHOOL, WE REALIZE THAT THIS IS NOT ALWAYS THE CASE. IF YOUR GYMNAST IS CONSIDERING LEAVING, PLEASE SCHEDULE A MEETING WITH YOUR LEVELS REP. IN THE EVENT THAT YOUR GYMNAST DECIDES TO LEAVE FGC'S TEAM PROGRAM, PLEASE REVIEW THE FOLLOWING INFORMATION:

1. GYMNASTS WHO LEAVE THE TEAM PROGRAM DUE TO ILLNESS, INJURY, GRADES OR LIFE SITUATION SHE IS WELCOME BACK TO FGC'S TEAM AS LONG AS THAT PROGRAM IS STILL APPROPRIATE FOR THEM.
2. GYMNASTS WHO LEAVE FGC'S TEAM FOR ANOTHER COMPETITIVE TEAM PROGRAM IN OUR AREA WILL NOT BE OFFERED A SPOT BACK ON FGC'S TEAM.
3. GYMNASTS MAY NOT PRACTICE AFTER THEY HAVE NOTIFIED US THEY ARE LEAVING.
4. GYMNASTS WHO LEAVE THE TEAM PROGRAM BEFORE THE TEAM BANQUET (END OF MAY) MAY NOT ATTEND THE TEAM BANQUET.
5. TEAM TUITION IS NOT REFUNDABLE.

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. **

THANK YOU FOR HONOR OF COACHING YOUR DAUGHTER !!