



& Grace Gymnastics Booster Club 2010-2011 Handbook

Welcome

Welcome to Grace Gymnastics Center (GGC) and the Lakewood Family YMCA. We are excited that you and your daughter(s) have chosen GGC as your training facility for artistic gymnastics. The Grace Gymnastics program, based on the philosophies of the YMCA, offers children with unique abilities and interest in gymnastics an opportunity to increase their skills through the USA Gymnastics (USAG) program. Grace Gymnastics participates in USAG sanctioned competitions at local, state, regional and national levels. This also requires USAG membership for all individual team members.

The goal of GGC is to teach gymnastics in a comfortable atmosphere that is enjoyable and fun, yet stresses the importance of progression and striving for excellence. We believe the benefits of our competitive program go beyond physical and competitive aspects. We believe it also teaches:

- Mental discipline
- Cooperation and the importance of being a good teammate
- The importance of dedication and commitment
- Goal setting and perseverance in achieving those goals
- That winning can be a goal – just not the only, nor the most important goal
- How to win and lose with grace and humility

We feel that these aspects will transcend a gymnast's participation on the team, and will become successful attributes they will use throughout their lifetime. Through a knowledgeable and caring staff we work to the level of the individual and strive to bring out their potentials as a gymnast and a person. We do not pressure athletes into skills that the gymnast is not physically or mentally ready to perform.

As a new parent, we know you may have lots of questions. If you are new to the sport of competitive gymnastics, the first year can be a confusing time for you and your daughter. When a child joins the competitive team her parents/guardians must also join the GGC Booster Club. Therefore, we welcome you to GGC and the Parent Booster Club and hope these papers will answer some or most of your questions.

Expectations

As a member of the Booster Club, we require participation in Booster Club meetings. Every gymnast on the team is expected to have a parent or guardian representative at EVERY meeting. We understand there will be unusual circumstances where participation may not be possible but it then becomes the adult's responsibility to contact another club member to obtain any missed information. Booster club meetings are our primary source of communication with parents. Items such as fundraising, competition, special events and financial concerns will be addressed at the meeting. Please try to attend. General meetings are conducted approximately 4 times a year. You will be

notified by e-mail and/or a note will be put in your gymnast's box at the entrance to the gym. Every new team member will be asked to fill out an information card, and will need to return the card to the Gymnastics Director. This card will list contact information and other important details our booster club will need. Once we get that card, your child will get an information box in the gym, and you will also start receiving booster related information by email and other means.

As you work with the officers and other volunteer staff of the club, please remember there are NO paid positions. Volunteers, most of whom have full time jobs and multiple other outside commitments, fill all of these positions. Mutual cooperation and patience is the best way to get tasks accomplished through a structure such as this. It is our goal to keep costs down for our members and their children so we do not always operate like a private club where paid staff may be available to assist with the day to day chores. At some point in your daughter's time with the club, you will be expected to fill one of these volunteer roles. Without volunteers we would not have a team!

Website

Our team website is www.gracegym.com. Here you'll find the meet schedule, practice schedule, and links to other websites with information on meets we'll be attending throughout the year.

Home Meets – Our Main Source of Funding Costs

Our primary source of funds, to defray coaching expenses associated with competition, is through the hosting of home meets. *All families of competitive gymnasts are required to volunteer at home meets- including equipment set up and tear down, and working meet sessions.* Typically we host two meets, one in the fall (Scarecrow) for Levels 4-6, and one in the winter (Snowball Classic) for Levels 4-10. You will be informed each fall which dates should be held for these competitions.

Gym Boxes

Your daughter will be given a gym box, which is located to the left just as you enter the gym. Information regarding competitions, practice schedules, team roster, competition wear, fund-raisers and goodies from teammates go into the boxes. Gymnasts should check her gym boxes daily so that information can be passed along to parents on a timely manner. Information on booster club meetings and gym statements are generally sent by email.

Financial Obligation

Each gymnast will have competition requirements and financial obligations. Each gymnast must have an account established through the Booster Club. It is through this account that fees associated with competition and other special events are paid. This account must be established within three months of joining the club or before your child can participate in any competition.

The account must have adequate meet fee funds. We recommend keeping a balance of \$100 in your account at all times. Meet fees range from \$55 - \$120. Your daughter will NOT compete without adequate funds in the account. Checks are to be made out to “GGC” and placed in the locked black box in the gym. A statement of your daughter’s account will be periodically placed in her box at the entrance to the gym and/or emailed to you.

These costs are involved when joining the team: (See chart)

1. YMCA Membership
2. YMCA Assessment (Team) Fees depending on gymnast’s level.
3. Booster club initial coaches fee (one time only) of:
 - a. \$150 for levels 5 and up.
 - b. Competing level 4 gymnasts will be assessed only \$25, when they move up to level 5 they will be assessed only \$125 (\$150 less \$25 paid).
4. Booster Club Annual fees for each gymnast - \$35. This is assessed each September.
5. Meet Registration fees: \$55 - \$120 per meet depending on meet/level.
6. USAG (United States of America Gymnastics) membership approx. \$48/year.
7. Competition Leotard and Warm-ups. All clothing and miscellaneous purchases will require payment at the time the order is placed. *If you place an order and leave the team, you are still responsible for paying for the attire. Orders are generally placed in the summer.* Contact the team apparel coordinator for more information.
 - *Competition Leotard* – Required by all compulsory and optional team members. The team leotard is typically worn for two seasons and costs approximately \$140.
 - *Competition Warm-Ups* – Required by all compulsory and optional team members. The team warm-ups are typically worn for two to three season and cost approximately \$125.
 - *Y Nationals Short Sleeved Leotard* – Required for Optional level gymnasts attending YMCA Nationals and available to all other gymnasts. This leotard is worn by the optional gymnasts at open warm-up at the YMCA National Championships. It generally costs less than \$40. This is an annual requirement.
 - *Y Nationals March-In Attire* – Required for all gymnasts attending YMCA National Championships. This team outfit (usually T-shirt and shorts) usually costs less than \$40 and is worn during opening ceremonies. This is an annual requirement.
 - *Gym Bags* – Gymnasts are encouraged to have a team gym bag. The team gym bags cost approximately \$45.

WHAT	AMOUNT	BY WHO	WHEN	COMMENTS
YMCA Membership dues	Set by YMCA	YMCA	Monthly	Has <u>nothing</u> to do with the booster club
YMCA Gymnastics Assessment	\$45 – 150 depending on level – see workout schedule for details	YMCA	Monthly	Based on gymnast's competition level and is controlled by YMCA
Coaches Fund Fee	\$150 for level 5 & up, \$25 for competing level 4, additional \$125 to be paid when gymnast is a level 5	Booster Club	One Time Only!	May pay in lump sum or \$25/mo. X 6 mos. <u>Rare</u> additional assessment
Annual Fee	\$35	Booster Club	Annually	In September
USAG membership fee	\$48	Booster Club	Annually	Paid to USAG in August and is <u>required</u> for competition
Meet Registration Fees	See comment	Booster Club	Please keep \$100 in your account at all times*.	See detailed table below
Travel	Individuals are responsible for their own travel costs for each meet.			

*Meet Registration Fees are mailed well in advance of the actual competition date: failure to keep sufficient funds in your daughter's account will exclude her from competition until the balance is restored. The meet registrar will give you approximately 2 weeks warning before meet fees are due – but please be prepared.

Team Travel

The booster club does have a travel coordinator. Via e-mail and/or notices in your child's box, he/she will let you know the host hotels for the meet and travel information that she is aware of. At Grace, NO reservations are made for the team. The travel coordinator looks into holding a block of hotel rooms or finding out the price or if there are any good deals. IT'S UP TO THE GYMNAST'S PARENT to go ahead and reserve the hotel room. You do not have to stay where the other gymnasts are staying - but it is usually more fun for the girls and sometimes more fun for the parents. You should tell Coach Kevin if you are not staying where the rest of the team is staying. The gymnast's parent is responsible for reserving and taking care of all hotel, airfare and ground transportation. Sometimes, several gymnasts and their parent(s) will pool resources and get a rental car together or sometimes a hotel room together.

Participation at Meets – Illness or Injury

A gymnast, who has missed a large amount of practice time due to sickness, injury or for other reasons, may not necessarily be allowed to participate at a competition. This area never seems to have a set rule that fits every scenario. The approval for a gymnast to compete hinges on many factors, but generally, the safety of the individual gymnast is the most important aspect.

One factor is the level of a gymnast. Higher-level gymnasts are at greater risk when performing/competing with little or no practice of routines. If a gymnast has not

practiced a routine, or successfully performed a routine during the week, there's a good chance they will struggle at the competition too. We realize that an entry fee for these meets is not cheap, and some meets include travel expenses (e.g. hotel, airfare, etc.). However, if a gymnast cannot perform a routine during warm-up, or is physically struggling to make her skills, it is the coach's prerogative to scratch her from the event.

By placing your child in our program, you are also entrusting us, as gymnastics professionals, to make proper decisions regarding your child's gymnastics and her safety. Please, trust that we will make the correct decision.

Competitions

Gymnasts are expected to participate in competitions using the following guidelines:

Compulsory Gymnasts:

Level 4 – Required to participate in all home meets and a minimum of three additional meets. Participation in Sectional and State Championships (if qualified) is also required. We strongly encourage all Level 4's to participate in all meets offered during the season. Meets for Level 4's usually occur in the Western Washington or Portland area. Occasionally the state will hold its Championship Meet in Eastern Washington. Level 4's may participate at YMCA National Championships, provided we have a minimum of five gymnasts who commit to participating.

Level 5 & 6 – Required to participate in all home meets and meets scheduled elsewhere in Washington State unless extenuating circumstances come up such as: family vacations, sickness, school functions etc. Participation in Sectional and State Championships is also required. Meets that may require an overnight stay are always optional for levels 5 & 6. If you are unable to go to a meet, you must communicate with coaches. YMCA Nationals and travel meets are optional, but we encourage each gymnast to participate.

Optional Gymnasts:

Level 7 – Gymnasts are required to participate in all home meets and meets within the state of Washington. Participation in State Championships is required. They are strongly encouraged to participate in travel meets (those requiring out of state travel or overnight stay). Level 7's are also encouraged to participate in YMCA nationals each June/July.

Level 8 – Gymnasts are required to participate in all competitions in Washington State, including the State Championship. Level 8 gymnasts are also required to participate at the Regional Championships if qualified. In addition they are expected to participate in at least one travel meet and YMCA Nationals.

Level 9 & 10 – Gymnasts are required to participate in all scheduled competitions.

What to Wear to Meets

- Gymnasts need to arrive at the event site in their full warm ups (pants and jacket). Absolutely no pajama pants, shorts, t-shirts etc. If the gymnast is wearing their leotard the sleeves need to be tucked in (not hanging out of their pants).
- Hair needs to be done upon arrival. Hair should be neatly pulled out of the gymnast's face. No bangs below the eyebrows. No "messy" buns.
- A small amount of makeup may be worn by older gymnasts. No heavy eyeliner or glitter.
- Only one pair of stud earrings is allowed. More than one will incur a deduction from the judges.
- No nail polish, this will also incur a deduction.
- All bras and underwear must match the color of the leotard or be skin tone. Please make sure that your gymnasts undergarments do not show underneath her leotard.

What to put in your gymnast's gym bag

Once your gymnast goes onto the competition floor she is not allowed to return to the stands until after the meet is over. Please make sure she has the following in her gym bag:

- Bottle of water
- Healthy snack such as granola bar, banana, pretzels etc. (no candy or anything that can spill)
- Extra hair ties, clips, hairspray etc.
- Grips and wrist bands
- Floor music for optional gymnasts (back up copy)

Attendance

As your daughter's skills and interests in gymnastics grows, so will the family commitment. With each level of competition there is an increased demand for time and financial support. Gymnasts are expected to attend practice on a regular basis. If they will be late to practice or need to miss a practice they are expected to call Coach Kevin at 460-8920 or e-mail him at kmilliren@ymcatacoma.org and let him know. If it is a pre-scheduled absence then they should notify their coach and have the information placed on the calendar. Concerns regarding scheduling, absences, practices and competition readiness should all be addressed to the coaching staff.

Cell Phone Use during Practice

The use of cell phones is not allowed from the start time of practice, until the time that practice is scheduled to be done. This includes break-time and the use of phones for purposes other than calling and texting; games, photos, etc. However, use of cell phones is allowed for important or emergency reasons. For instance -- if a gymnast is uncertain about how they are getting home from gym, because their normal carpool person is not at

gym. In this case, use of the phone is permissible, but the *gymnast must first obtain permission from their coach.*

- First violation of this rule will result in confiscation of their cell phone. In order to get the phone back, one of the gymnast's parents will need to retrieve it from the Gymnastics Director.
- Second violation will meet the same result as the first offence and include suspension from the team for one week.
- Third violation will result in indefinite suspension from the team.

Disruptive or Disrespectful Behavior

Team members guilty of disruptive, distracting, and/or disrespectful conduct with coaches or teammates, will not be tolerated and will face disciplinary action.

- First violation – parental contact to inform parents of the situation and problems that exist.
- Second violation – parent(s) and gymnast will meet with coaches, discuss situation and sign behavior contract – possible suspension.
- Third violation – suspension from team – possibly indefinite.

Talk to your Coaches!

Remember that any sport can be stressful for children who place high demands on themselves, have multiple commitments and school obligations. If she seems to be going through a “rough” spell please speak with her coach and together come up with some ideas to help your child work through the challenge.

Though gymnastics is a difficult sport, we want your child's experience as a member of the Grace Gymnastics team, to be both enjoyable and rewarding. A gymnast who stays focused and enthusiastic, will help to keep practice-time a fun, safe and fruitful experience for everyone. Feel free to communicate with the coaches if problems or concerns arise. You can contact Kevin Milliren phone at (253) 460-8920 or email at kmilliren@ymcapkc.org to set up an appointment. Please, do not contact the coaches during practice time.

Welcome to the club and we hope you enjoy many successful gymnastics years!

Grace Gymnastics Center Team Coaches

Level 4: Linda Hamlin & Lindsay Spuck
Level 5/6: Kevin Milliren, Evan Rodeberg, Krista Kirkley, Beth Scougale & Jen Vandelac
Level 7 – 10: Kevin Milliren, Lyndsay Skoda & Krista Kirkley

Directory of Booster Club Officers and Parent Volunteer Positions for 2010/2011

Elected Officers

President	Karen Ditzler
Treasurer	Vickie Glastetter
Secretary	Helene Cox
Level Representatives	
Level 4A – I	Deena Natsiopoulos
Level 4A – II	Rachel Holly
Level 4B – I	Tami McKnight
Level 4B – II	Sherry Burlingame
Level 5 – I	Tina Miller
Level 5 – II	Jacqueline Cables
Level 6 – I	Kelly Johnson
Level 6 – II	Erin Gorospe
Level 7 – I	Tracey Johnston
Level 7/8 – I	Sheila Coughlan
Level 7/8 – II	Kim Eibel
Level 8-10 – I	Shawn Dagen
Level 8-10 – II	Ardyce Dressler

General Volunteer Positions

Meet Registrar	Linda Consatti
Travel Coordinator	Angela March
Team Apparel Coordinator	Ardyce Dressler
Summer Banquet Coordinator	
Winter Banquet Coordinator	
Website	Brad McKnight

Home Meet Coordinator Volunteers

Home Meet Coordinator I	Lynne Miller
Assistant	Angela March
Awards	Linda Conzatti and Karen Ditzler
Concessions	Patty White
Decorations	Ardyce Dressler
Goody Bags	
Hospitality/Judges Room	Angela Whittier
Leo Sales Coordinator	Deena Natsiopoulos and Tina Miller
Used Leo Sales Coordinator	Lynn VanNatta
Pin Sales Coordinator	Sherry Burlingame
Raffles	Tracey Johnston