GIRLS TEAM HANDBOOK

2013

ACTIVE 303.703.8199

Activeathletics.net
INTRODUCTION
Welcome to Active Athletics’ competitive team program. Our Handbook is designed to help answer questions about your child’s participation in Active Athletics’ competitive programs. Hopefully, it will answer most of your questions and explain our general expectations. If you have a specific question not answered here, please speak with the appropriate program coach, or call the gym office and they will be happy to either answer the question or put you in touch with the correct person who can.

PHILOSOPHY
As coaches, our goal is to have the athletes excel as role models throughout their athletic careers and in life afterwards. The self-discipline, personal work habits, self-confidence, and peer relationship skills acquired through our program will become some of your child’s greatest attributes throughout their lives. Our expectations for Active Athletics athletes, both in and out of the gym, include being respectful, courteous, honest and hard working. As certified coaches, we believe that gymnastics is a sport different from all others so we approach it in a way to insure success for every athlete. Having an incredibly positive experience while reaching her highest potential is what is most important. This success will foster the self-esteem and confidence needed in all aspects of life.

Our competitive team programs have two objectives. The first objective is to provide each selected team member with the opportunity to compete on the competitive team. Everyone is considered to be valuable and helps to contribute to the overall team program. Our second objective is to be able to further develop those individuals who have demonstrated more advanced abilities towards long term careers in gymnastics including college and beyond. In either case, our goal is to help each individual reach their highest achievable potential.

At Active Athletics, we are not trying to make Olympic team members out of our athletes that participate. We will always make sure your child is in the program best suited for her based on her ability and commitment. Our program is uniquely designed to meet the needs of every aspect of competitiveness, whether it is Recreational, High School, USAG Xcel or USAG JO. Active Athletics feels our in-depth knowledge can offer any individual the proper development, provided they have the desire, commitment, and ability to realistically achieve goals set by themselves and our coaching staff.

DEFINITIONS
The following terms will be often used so as to make clear the correct definition, we have outlined it below:

Bank: A financial institution, which lends money or extends credit, Active Athletics, is not.
Booster Club: A support group that assists parents in fundraisers and other activities to help offset the expenses competitive team members incur each competition season.
Commitment: Agreement to attend practices, competitions and events for an entire season.
Due Date: The exact date something must be returned to Active Athletics. Failure to do so may exclude your child from an activity.
Mandatory: Must be done, or complied with.
Meet Fee: The actual amount of money charged by a host organized or team to participate in their event.
Minimum: The basic / least amount required.
Non-Refundable: Money that Active Athletics has already spent on your behalf and cannot be returned.
Recommended: Something that is highly advised.
Season: The time period in a competitive year.
Uniform: Required clothing, and or accessories necessary for competition.
USAG Fee: The amount of money charged every year by USA Gymnastics to become a member athlete and be allowed to participate in USA Gymnastics sanctioned competition and other sanctioned events.
Team Fee: Amount of money, charged each season per competitive team member. This fee goes into a general account which pays for coaches’ expenses, continual education, membership association fees, and other items, which benefits all of the athletes.

PARENTAL ROLE
Parents play a huge role in the development of a successful athlete. Your role is every bit as important as that of the coaches or the gym. It is also every bit as difficult, which is why we welcome and encourage your
presence at all parent meetings, team functions, competitions. Active Athletics has found from years of experience in this sport that athletes learn more and are more productive when parents are not present at practices. This also limits the urge of parental coaching. The coaching staff of Active Athletics has countless years of experience in this sport; we are safety certified and professional members with continual education about this sport. As a parent you must trust our approach as we have your child’s best interest in mind as we prepare daily, weekly and even seasonal lesson plans. When you as a parent step in and coach your child this sends mix messages and can be not only extremely dangerous but also detrimental to your child’s progress. Active Athletics does have a open door policy, and values your input and support because we want your child to reach their highest potential, so please feel free to express your concerns in an appropriate manor. Here is what you can do to help your athlete reach that potential.

It is your job to help insure that your athlete gets enough sleep, proper nutrition, gets to and from the gym on time, and has the proper gymnastics attire and equipment. It is extremely important for you to provide your unconditional love, encouragement, and support. Your praise and love should not be based on performance, scores, placement and comparison to others, but rather on their improvement and individual successes along the way. It is through performing these tasks that you show your respect for your athlete and the effort put forth into their sport. Any more or any less does a disservice to your child and will limit their opportunity for success.

Communication is the key to any successful business, and our business is making strong athletes. Complaining to other parents or patrons of Active Athletics will not solve a problem, please be respectful enough to understand that the staff of Active Athletics has your child’s best interest in mind. If there is a concern, or issue that you feel needs to be addressed please do so in an appropriate manner, by arranging a time to visit with your child’s coach. Coaches’ time outside the gym is their personal time and they are under no obligation to perform Active Athletics related work, meaning if you send an email, txt, or call a cell phone coaches may not respond back until their scheduled working hours. Please call the gym and leave a message for the coach you are trying to reach, this is the only way Active Athletics can guarantee that your child’s coach will call you back promptly.

After speaking with your child’s coach, you feel that your concern has not been fully addressed or needs more attention please feel free to bring them to head girls coach Trevor C. Trevor C can be reached best via email at activeathletics@comcast.net subject attention coach Trevor C

PRACTICES

Proper attire for all gymnasts includes removal of all jewelry before workout. Gymnasts should wear an appropriate leotard to practice. On colder days sweat pants may be worn during warm-ups and stretching. Do not leave your gym bag or any of its contents in the gym. Your personal belongings are your responsibility.

FEE POLICIES

As your child moves up in the competitive aspect of gymnastics, so does the financial responsibility. Be aware in order for your child to participate in any competition all fees must be paid in advance; this includes your monthly tuition installment, Team fee, meet fee, uniforms etc. Failures on the parent’s part to meet DUE DATES can adversely affect your child.

APPROPRIATE CONDUCT

In this day and age, Active Athletics finds it necessary to incorporate this section. In most cases our team members have always used good judgment. Therefore, this section will serve as an awareness of unsuitable conduct for the Active Athletics training environment. Active Athletics will leave the common sense aspect up to each individual team member and their families. This could, and in some cases, would be permanent dismissal from the Active Athletics Team Program. Active Athletics is not a drug, alcohol, or theft counselor nor will it become one. If you mess up, you will pay the penalty, which may be your participation at Active Athletics. Active Athletics will not condone any of this during its practices, travel, competitions, social media sites, or other digital outlets.

The reference in any manor concerning the use of Drugs, Alcohol or the paraphernalia associated with it is strictly prohibited! This includes any suggestive apparel that promotes or advertises Drugs, Alcohol, Smoking, Sex or inappropriate language.

Look the Look. Gymnastics at this level is a very conservative sport. The image we would like to portray is one that is wholesome and neat. Being well groomed and orderly is part of an important development required
to be a high level competitor. The nature of our sport and activities that it requires are better suited for the individuals that are well groomed and neatly dressed. **IN THIS SPORT THE BOOK IS FIRST JUDGED BY THE COVER.**

**COMPETITION CONDUCT & POLICIES**

Competition should be properly balanced with training. As a result, we may not always compete with our entire team. We try to calculate the best development and level of competition for each gymnast in our program. Some skills may not be ready to compete, which are sometimes omitted from the routine. Some individuals may not compete on an event depending on their ability at the time of the competition. Our coaching staff considers all of these factors when determining who is ready and who needs more time. Safety is our first concern! If the athletes’ ability to perform a required skill is deemed unsafe by the coach, the athlete will not compete that event.

**MEET PROCEDURES**

Parents will be given a meet schedule. All meets are required unless otherwise specified. There will be approximately 5 - 7 meets per year. If you foresee a conflict with the meets we have scheduled, you must notify Active as soon as possible. Active will provide all families with a meet schedule and commitment for attendance paper once the competition schedule has been set. Meets can be held on Friday, Saturday or Sunday. Active Athletics has no control over the day or time we may compete. Meet fees usually range from $65 to $100 dollars per meet. We will enter your child in their assigned age and class level for each meet. Once your child is enrolled in a competition the money is non-refundable even if you decide to not participate in that event. Active Athletics has to pay host clubs well in advance to reserve spots for competitions so once a commitment to participate is made on your behalf, Active Athletics cannot get the money back, so please plan your weekends activities accordingly.

**ATTIRE FOR COMPETITION**

Active Athletics competitive attire is required at all competitions and scheduled events. Uniform purchases are done at the beginning of each competitive season. Their apparel is to be worn for competitive events only. It is not meant to be worn during practice, school or on the playground. Most competitive leotards require special washing so please read the washing directions, to avoid bleeding, fading, and unnecessary wear. All athletes should come dressed for the competition and meet the coach on the competition floor for stretching.

**WHEN COMPETITIONS BEGIN**

Once an individual has demonstrated their ability and readiness to compete in practice then they will be allowed to compete at competitions. This means mentally as well as physically. Proper training prior to competition is more important to the overall development of the athletes. Our staff will determine the readiness based on your child’s abilities and the level of competition that will be entered.

**TRAVEL AND TRANSPORTATION**

The parents of each athlete will be responsible for, their own hotel, meals, and transportation to and from the competition. This includes airfare and hotel arrangements. Unless special arrangements are made with the coaching staff, athletes will be expected to stay with their parents. All athletes should always arrive 10 minutes prior to the gym open times given. The time the gym open means the time open stretch starts if you are late, your child misses valuable warm-up time and more importantly can mentally upset them for the competition.

**MEET CONDUCT**

Athletes are required to stay with their assigned competitive group until the conclusion of the meet and the end of awards. Parents are not allowed on the competition floor. This is a strict USAG Safety Rule and is enforced at all times. Additionally, every parent would like to be there for their child, however by doing so you create situations that are not conducive in the ongoing development of your child’s gymnastics future. Coaching and developing a competitive attitude is a constant thing that does not start and stop with every routine. It is continuously present during the entire competition and their maintenance and development should not be interfered with during the competition if possible. If an emergency arises and your assistance is needed you will be asked to come on to the competition floor by the coach that is assigned.

Parents should remain in the stands and participate as spectators only. Each athlete is monitored throughout the meet for individual needs during the competition. Sometimes there are tears and sometimes there are smiles and this is an important time for the Coach / Athlete relationship. It is an important competitive
learning / educational period. This is not a good time to become involved. Communication with your child during the meet could result in the team being disqualified. If communication is absolutely necessary during this time, please contact the coach.

It is inappropriate to make negative comments to the judges regarding their judging. Please leave those issues to the coaching staff. The judges are trying to do a fair and consistent job. They are not out to get anyone. Scores will vary from meet to meet as interpretations are being considered. Judges we encounter are very experienced and know the reputation of our program. Negative comments will not improve your child’s all-around standings, but will come back to us as coaches. Judges do not forget who you are, and what program your kid is in. If comments are made, the coaching staff will hear about it, so please do not embarrass anyone in the process. We have been coaching a long time and have a good relationship with many of the Judges we see, if a judge is in error we the coaching staff will bring it to their attention in the appropriate manner.

All competitors need to remain on the competition floor until all team and individual awards are presented to their respective age group and level. During the awards presentation, all Active Athletics competitors need to remain in their Active Athletics attire until the completion of the awards ceremony. We realize you may have better things to do, places to go, and people to see, however, it is considered rude to not be present to receive your awards, and dressed in your full uniform, this is about sportsmanship.

Siblings should sit in the stands and not play in the pit or on unused equipment during competitions and/or awards presentation.

Proper nutrition is very important to the athlete. It is the fuel that gets them started and keeps them going! A meet can last for several hours so please make sure the athlete has a healthy and nutritious meal before arriving. We have several suggestions for pre meet meals and snacks during competition. Please feel free to ask your Childs coach for a list of these items.

CONFERENCES

There are times during the year that as a parent you will feel the need to discuss the progress, development, or just want a general “checkup” on your child. We are available before or after workout for any discussion that you would need. Do not interrupt a coach while they are on the floor to discuss issues. Unscheduled “on the spot” meetings are not considerate of your child’s coaches. Please schedule an agreeable time with child’s coach to have a meeting, so that enough time can be set aside to fully address any concerns that need to be addressed.

ATTENDANCE & PRACTICES

Regular attendance is important for the consistent development of your child’s gymnastics. Frustration can be the result of sporadic attendance. Inconsistent attendance has a tendency to cause extended plateaus and may also cause regression in ability. The lack of participation on a daily basis disrupts the planned training program. This could cause timing to be thrown off which may result in an injury, the relearning of skills, and the rebuilding of strength and endurance.

The importance of warming up cannot be over emphasized. Psychologically, warming-up is intended to raise the athlete’s concentration level and ability to focus on training. Physically, warming-up prepares the body for the activity of gymnastics. A physically and mentally prepared individual is essential. The participant’s physical and mental capacity should be raised to a state at which the individual will be experiencing during the course of the workout. In addition, warming-up is as much an injury preventative as it is a preparation for activity. It raises the core temperature of the various muscle groups allowing the stretch process to occur more efficiently.

Please be on time, warm-ups are that important. Everyone will have an excuse of why they are late, however that does not make you any earlier. Coming from another sport and saying that you are “already warmed up” will not cut it. The prescribed team warm up must be done to prepare for Active Athletics competitive programs.

MAKE-UPS

We do not offer make up times. The time assigned to you is the time you are scheduled. Missed practices due to holidays and vacations cannot be reassigned. Our team program has reached a level that limits us to accommodate more than the normally assigned number of gymnasts for that assigned day. You may not come during another team level for any reason.
HELP OUTSIDE OF ACTIVE ATHLETICS
OUTSIDE COACHING - Coaching other than what the Active Athletics staff provides will not be permitted with the exception to training camps sanctioned by the USAG. There are other club programs that will offer, open gym time, private lessons, and open invitations to participate with them and their teams. We feel this is a conflict of interest, personal training plans, and developmental goals. We will not permit these activities to occur with our competitive team program. If you feel that your child needs more attention or there is an issue then please see your coach and schedule a meeting. Coaches do offer private lessons and this could be an answer.

SUMMER GYMNASTICS CAMPS
In general Gymnastics camps provide a fun, recreational environment. They do not provide the gymnast with individualized competitive objectives in mind. The gymnast will be allowed to experience skills in a non-progression fashion, which sometimes misleads a gymnast to believe they are ready for a more difficult skill, than they are actually ready to perform. Keep this in mind when whether or not to send your child to a gymnastics camp.

Time Lines
Active Athletics realizes that in today’s world, scheduling can get a little crazy. We try everything we can to make life easier on you the parents. As soon as competition information is available to us we redistribute it to you. So it is vital that we have up to date email contact info for you on file so if your email changes please update it will the front desk. For the JO girls’ team in February each year Active tries to produce a tentative timeline for the compulsory year and in July for the optional year. This timeline lays out uniform ordering, estimated fees, and dues dates. Typically, the Colorado State meeting is not held until June of each year and it is at this meeting when the “draw” is done for competitions. It is after that point when Active can officially set its calendar for which competitions to attend for the season. After that, we will release an updated schedule to the parents. For the Xcel girls’ team, Active tries to produce a tentative timeline for the season in October, as the official bidding and awarding of meets for the Xcel program can go into January before it is finalized. This program is run differently than the JO program.

Booster Club
Gymnastics is expensive and Active Athletics has a booster club to help offset the costs. All members of Active Athletics Girls Team program are required to participate when Active Athletics hosts a competition. This is a requirement as being part of our team. You can participate by volunteering your time or by making a cash donation. All other fundraisers the booster club does are completely optional and you can participate as you like. The booster club distributes funds twice a year and those funds can be used for whatever gym related expenses you want. You just need to inform Active Athletics how you would like the proceeds applied.

PURPOSE AND OBJECTIVES
The Booster Club is organized to foster enthusiasm and support for the Active Athletics gymnastics and cheer programs and to provide fund raising opportunities for the programs.

METHODS
The Booster Club is organized and operated exclusively for charitable purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code. Notwithstanding any other provisions of the articles, the Booster Club shall not carry on any other activities not permitted to be carried on (a) by a charitable organization exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code of 1986, as amended from time to time or (b) by a charitable organization, contributions to which are deductible under Section 170(c)(2) of the Internal Revenue Code.

MEMBERSHIP
Voluntary - Membership in this Booster Club is voluntary and shall be open to all interest persons.

Qualifications – To become a Member, an individual must submit his or her name and contact information to the Communications Director of the Booster Club. The Communications Director shall keep a record of all individuals who have submitted their names to be Members. Such individuals shall remain Members until they notify the Board that they no longer wish to be a Member.

CURRENT BOARD MEMBERS
Donna Stillwell – President
Kara Pontius – Vice President
Julie Johns – Secretary
Jeanne Ulery – Treasure
Amy Ramos – Communications Director
Denise Elder – Fundraising Coordinator

**FUNDRAISING**

Any monies received into the Booster Club either by fundraising or by direct contribution cannot be refunded. A 501(c)(3) status allows the Booster Club the opportunity to raise money for competitive athletes. If an athlete quits, the remainder of the money to be allocated to him or her many be transferred to a sibling participation on the team. If there is no participating sibling, the funds will be put in the Booster Club general funds to be disbursed in other ways.

Fundraisers are designed to help a competitive gymnast/cheerleader offset his or her expenses and team fees. The fundraisers may change from year to year. Participation is not mandatory but the profits are allocated based on points earned for participation.

**CURRENT FUNDRAISING OPPORTUNITIES**

**King Sooper reloadable gift cards:** Year round – 5% of amount reloaded is sent back to the booster club. The treasurer keeps track of all funds by card numbers. In July and December those funds are paid out. Athletes receive 1 point for every $10 earned.

**Safeway reloadable gift cards:** Year round – 5% of amount reloaded is sent back to the booster club. The treasurer keeps track of all funds by card numbers. In July and December those funds are paid out. Athletes receive 1 point for every $10 earned.

**E-books:** Usually runs September thru October. Earn ½ point per book sold.

**Butter Braids:** The Active Boys team runs this fundraiser the month of November and Orders are back in time Thanksgiving. Athlete’s account will receive 1 point for each $10 of profit.

**Used Leo Sale:** We start collecting Leo’s mid to end Nov. Receive 1 point for each leo donated and ½ point for each pair of gymnastics shorts. Leo sale runs during the month of December. In January they are placed on the wall and we continue to sell them until sold.

**Honey Baked Ham Gift Cards:** This is a new fund raiser for Active. Sell Gift cards and we get 20% back. Athlete’s account will receive 1 point for each $10 of profit.

**Chocolate:** We will sell Chocolate in early spring and have orders back in time for Easter. ¼ point for each box of candy.

**POINT SYSTEM**

Twice a year, points are earned on behalf of the team athletes for various volunteer activities and fundraisers. Team athletes shall accrue points from Jan 1 – June 30th (paid out to Apex on July 1) and from July 1 – Dec. 31st (paid out to Apex on Jan. 1).

**HOME MEETS**

Food donations lists and session volunteer spots are posted online using Signup Genius. Families will receive an email asking for donations and volunteers. **ALL TEAM FAMILIES** are asked to donate at least **TWO** items from the food donation list. In order to be eligible for any other fundraising, you MUST participate in food donations for all home meets regardless of what team your daughter competes on.

Volunteers that work during the meet will earn a share of the profits from the meet concessions. This is a change to the Booster Club policy - meet profits will no longer be included in the dollar amount used to calculate the value of points. The more sessions you work, the greater your percentage of the profit. Only adult
workers will earn meet credit - athletes and non-adult siblings that work during the sessions will be given a meal voucher / coupon to use at the concession stand after their session is complete. Gymnast and non-adult volunteers can only volunteer if their parent is in attendance or working the meet.
We the parents of ______________________________ (our gymnast) have read the Active Athletics Girls Team Handbook. We understand our roles and expectations as the parents of a competitive gymnast. We further understand that communication is the best way to ensure that our child finds success and we will properly communicate with the coaching staff if any questions that may arise. The information in this handbook has been discussed in detail with the above athlete and she has full understanding of all rules and policies.

________________________________________  __________________
Signature                                            Date