

Team Parents

- 1) Team is for girls looking to go beyond their regular gymnastics class in all areas, specifically flexibility, getting better 'personal best' scores, pushing themselves in the gym and out
- 2) Currently participating in levels 1,2 and 3. Girls will likely do their level more than one year before moving up (USAG starts competing at level 3, so competition is much harder).
- 3) 1 of 2 regular head coaches will attend each meet with your girls.
- 4) We are encouraging parents to participate in a summer and fall fundraisers where funds will be used for meet and coach fees. These are parent-driven and minimal help from the general club will be provided.
- 5) The coaches will pick any/all meets the team will be attending this year. Our goal is 1 meet a month Jan, Feb, Mar, April plus districts is at the end of april.
- 6) Meets are REQUIRED. This seems simple, but if your child only goes to two meets there is not enough room for growth.
- 7) Class attendance is also REQUIRED, if your child misses more than 3 classes or meets they will no longer be on the team. This may seem harsh, but when they miss classes without making them up, they do lose out on more than just a run through their routines.
- 8) Each girl will have their own 'account' with their money raised in it from the fundraisers. In the event there is money raised by a girl and she leaves the team, her money will remain in the booster club account to be used by other parents at their discretion. This does happen. Any money left in your child's account at the end of the season will roll over to the next season, or go into regular booster account if that child will not be participating in the team program further. Any fundraiser done using the NKGa name must be approved ahead of time by the NKGa board. Any funds raised will remain in their child's booster club account until meet/coach fees are due.
- 9) Starting in September, meet fees and coach fees will start being paid for. Assuming the meet fee will be \$50 and coach fee will be \$55, \$105 will need deposited in your child's booster club account to be taken out as needed. We have struggled every year to get these fees in on time, so this season we are requiring them before competitive season starts.
- 10) No meets with non-AAU judges count as a required meet but can be attended in most cases. (Colby and Atwood meets fall in this category.)
- 11) The booster club needs officers: a president that can run agenda items as needed; a secretary to keep records of items discussed and voted on; and a treasurer to balance general booster club account as well as individual girls' accounts. More officers can be added as needed, and officers need to hold 1 meeting per month. Officers elected will remain there for one full season (September through April/May).
- 12) Leotard and hair elastic will be provided by the booster club and returned in its original condition with normal wear and tear. A team jacket will be required, but booster funds raised can help pay for it. Leotards are assigned at the start of the season and returned once the gymnast is done attending meets for that season.

- 13) Gymnasts must be in the top ½ of placing in 2 meets in the same season to be considered for leveling up.
- 14) Spotting at meets really affects the girls' scores and we would like to get away from it and find other alternatives where possible. No spotting after level 1 will take place at meets.
- 15) Our program would really like team girls to be in the gym 2 nights per week. We know this isn't possible for every family, but we really want this part of the sport to be an ever-evolving passion to get better, even in their 'off-time'.
- 16) Coach's fees will be \$55 per girl. Meet fees will vary from \$45 to \$60 per meet.
- 17) We will post the master meet schedule asap to plan the meets we will plan to attend this year. Most meets fall on the same weekend every year.
- 18) We try to attend one meet a month from January through April. (There aren't that many to pick from within our comfortable driving distance)
- 19) We will be requiring levels 2 and higher to participate in 3 meets plus districts. Level 1's will need to do 3 meets and districts will be optional.
- 20) Would like team girls to have participated in our program before entering into the Team part. Team is the advanced part of the program and it is very difficult to start from square one every season.
- 21) Even if your child does team for a season, then decided they don't want to continue that part, we would still like to retain them in the recreational part of the program.
- 22) Be prepared to represent our club in your town at local events: games, parades etc. Please run this by the board and the club before signing up for these things.
- 23) Set specific times for fundraisers- let's try to do the same time of year every year for best results by giving people something to plan for.
- 24) After March, levels are set and can't compete at a different level.
- 25) Team trophies/awards-need more participants with much higher overall scores to do this.
- 26) All around scores in the top (#1) getting around a 38-39, and our current avg is 35.2
- 27) Going to districts automatically qualifies you for nationals but we are not going that route right now. Last year nationals was in Tampa Florida....it is usually a fair distance away. Kansas City is the closest Nationals has been to us.
- 28) Going to nationals would require major booster club fundraising. Every team parent would pay some for a coach to attend. Attending this would require planning over a year ahead.

Both recreational and competitive gymnastics programs promote strength, flexibility, endurance, confidence, fitness and fun.

When considering a child for a team program, coaches look for the following traits:

1. Physical strength – can the child easily perform strength exercises such as pull-ups, leg lifts, sprinting, push-ups, sit-ups, and hollow body holds?
2. Flexibility – Is the child's body flexible enough to handle some of the requirements of gymnastics? Can his or her flexibility be improved over time?
3. Basic Skills – How are the child's gymnastics fundamentals? Are the basics mastered? Can the child perform the basics properly?
4. Motivation- Does the child want to learn and succeed, or is she content right where she is?
5. Coachability-Does the child listen to corrections and try to apply them? Is the child willing to take a few steps back to fix old skills before learning new skills?
6. Mental Toughness – How sensitive is the child? Does he or she respond well to criticism? Would the child be able to perform in front of a judge and receive a performance-based score with no more than a healthy amount of anxiety?

Do team gymnasts receive better training?

No. Team gymnasts do not receive better training than class gymnasts, but the majority of the time, they do receive MORE training. Most team gymnasts are required to train at least a couple times of week, while class students often only come once a week. The extra training time allows team coaches to focus on extra conditioning and the smallest of details in every gymnastics skill.

Do team gymnasts learn bigger, better skills than recreational class gymnasts?

No. Both follow the same curriculum and skill progression set forth by USA gymnastics. All class students have the opportunity to learn the same skills as gymnasts on the team.

What is required of team gymnasts?

Commitment- Members are expected to attend all practices, competitions, fundraisers, and other team events.

Attitude- Team gymnasts are expected to have a good attitude towards themselves, teammates, and their coaches. They need to accept criticism in order to improve, and they need to encourage their teammates to be the best they can be.

Family commitment- Gymnastics requires a strong family commitment ,in the form of transportation, financial assistance, fundraising, support at competitions, and mental support throughout training.