

## DYNAMIX GYMNASTICS TEAM HANDBOOK 2024-2025

Welcome to Dynamix Gymnastics Team. We ask that both parents and gymnasts please take a few minutes to read the Team information enclosed. Most questions and policies can be answered within the handbook. The Dynamix Gymnastics Team is a privilege for those gymnasts with both the skill and determination to take their gymnastics to a competitive level. We are delighted to have your children as part of the gymnastics team!

Here at Dynamix we have chosen to follow the USAIGC (United States Association of Independent Gymnastics Club) guidelines for competition and training. Many gyms in our area compete under USA Gymnastics so we wanted to give you an overview of both programs. USAIGC is a college bound program, however please know that we recognize that college gymnastics is not the ultimate goal for doing competitive gymnastics for most of our gymnasts. Our ultimate goal is for them to have fun while doing a sport that they love and learn more than just gymnastics, but life skills that they can carry with them forever. The following information is to better educate you on the sport of gymnastics and the different options out there.

Dynamix is proud to be a USAIGC Club and provide a positive, safe, and challenging environment. We aim to develop our gymnasts into strong, confident young women.

### USAIGC

USAIGC is a college bound program rather than an Olympic bound program. The ultimate goal would be to compete at the college level. The goal not being the Olympics allows the gymnasts to slow down training and peak at a later age. Over training is the number 1 reason kids leave the sport.

Competitive levels are all optional and are based on the NCAA Collegiate Rules. Copper 1 & 2, Bronze, Diamond, Silver, Gold, Platinum, and Premier.

Gymnasts can enter at any level that they meet the skill requirements for and that their coach deems safe.

Each level has recommended training hours that are closely monitored to develop skills in a safe, logical, progressive manner while not over training gymnasts.

Gymnasts do not need to score out of their current level before moving on to the next. Once skills for the following level are safely mastered, they can begin competing that level at any time. Being completely optional there are many opportunities to upgrade skills within your level even if you do not "move up". This variety of options keeps the sport interesting for the gymnasts even when they don't advance to the next level.

Gymnasts can also level up on up to two events if they have acquired skills on some but not all events for the level above them. This really helps with the frustration of being "stuck" at the same level.

The intentional slowing down of training hours in the early years of this sport allows gymnasts to balance school, family, and other interests along with gymnastics.

The more manageable requirements, hours, and flexible competitive environment of USAIGC has kept gymnasts competing in the sport longer and having a more positive gymnastics experience.

### USAG (USA Gymnastics)

This is the governing body of our sport and ultimately, they are given the task of selecting our Olympic Team. Only taking a few girls to the Olympics every four years, many athletes at the highest level will aim for college scholarships.

Competitive levels range from 3-10 and elite. Levels 3-5 are compulsory levels meaning they all do the same routines with the same requirements. Levels 6-10 are optional levels.

Gymnasts must start competition at level 4 even if their skill set is way beyond that when entering the program (exceptions are made if gymnast is over 14)

Extensive training hours at the onset of competition. Many clubs start training around 12-16 hours for levels 3-5 while continuing to upwards of 25 hours a week at the level 10/elite level.

Gymnasts must score out of each level in order to move to the next even if they have the skills for the following level.

Gymnasts must master the requirements for all four events before moving to the next level, sometimes leading to being "stuck" at a certain level.

Due to time constraints many gymnasts on USAG teams have few other activities other than gymnastics. Statistics show many gymnasts leave the sport by the age of 12.

A few years ago, after seeing the success of the USAIGC program, USAG designed the all-optional Xcel Program to compete with it. Many gyms have realized the benefits of a program for gymnasts who do not want the high demand of the traditional USAG program. Xcel is now seen as a less intense program with fewer training hours, geared toward competitive gymnastics for fun. The addition of this program has allowed gymnasts to stay in the sport longer and have a more positive experience. Finally, many gyms have recognized the benefits of this type of program.

**Dynamix Philosophy:** Here at Dynamix we strive to not only develop the gymnast, but the child. We realize that gymnastics is not forever and the life lessons learned in this sport go well beyond cartwheels and handstands. We strive to develop your child in a positive and caring atmosphere while instilling in them a strong work ethic, building their determination, and helping them develop the mental toughness that will carry them not only through the sport, but power them through life. Our coaches strive to work with each gymnast as an individual, building on their strengths and working them through their weaknesses, all while developing the team as a whole. At Dynamix we understand the importance of progressions in the success of our sport. You will see your gymnast performing many drills over the course of their time here to prepare them for doing skills independently. You will not see us “chuck” gymnasts through skills, but arm them with the knowledge and understanding of the skill so they can eventually do it on their own or with minimal assistance. This building of confidence is of the utmost importance in minimizing the fear that accompanies many of the higher-level skills. Dynamix strives to build our gymnasts confidence and self-esteem both in and out of the gym. We also strive to provide them with a strong team environment stressing the importance of teamwork and building a strong peer support system.

**USAIGC philosophy:** "The USAIGC (United States Association of Independent Gymnastic Clubs) believes we must balance intelligent gymnastic training with our gymnast's school challenges and encourage them to continue their outside activities with friends and family. You only go through life once and the USAIGC wants to build a well-rounded gymnast with their eye on higher education and one prepared to interface in the “real world”. Gymnastics is the greatest female sport there is and it is the process of becoming a gymnast that creates young ladies that are a head above their peers; they are successful students and great athletes who can succeed almost immediately in any sport they choose. Gymnastics teaches intangible life skills that have far more value and importance than scores and competitive levels. The USAIGC focuses on the process of becoming a gymnast and will provide positive healthy experiences for our gymnasts to grow and develop into “champions of life”."

### **Dynamix Communication**

Please make sure to download the Dynamix App and make sure we have a current e-mail address on file in your parent portal. Check your e-mail regularly for information regarding the gymnastics team. Please make note of any deadlines for payments or information. It is important to adhere to all due dates for forms and payments. Once the meet schedule is distributed, please keep that information easily available also so that the team coordinator doesn't have to repeatedly send information out. Join the team Facebook page for updates. If you have questions or concerns for the coaches, **please send an e-mail to [dynamixgymnastics.team@gmail.com](mailto:dynamixgymnastics.team@gmail.com) or call 215-757-0111 and leave a message including your contact information.** The coach will be given the message or forwarded the email. The coach will then contact you to address your questions or discuss any concerns you have. Please be patient with this process. The coaches work as a team and often we need to discuss things together before your question or concern can be addressed. **DO NOT** use a coach's personal email for contact as this makes it difficult to keep all the coaches informed. **Some of you have coaches' cell phone numbers or emails because of scheduling choreography times, however, please refrain from using it.** All other information (lateness, vacation, missing practice) can be handled through email or the attendance tracker and should not be sent to a coach's private cell phone. Most of our coaches are part-time and please keep in mind that they aren't in the gym every night so texts and phone calls often find them at home. Feel free to speak to a coach before/after practice for brief questions/concerns. Major concerns will be handled with a meeting if warranted.

**Team webpage:** This page found on our website will be your hub of information listing all schedules, important dates, meet updates, and important information regarding the team. You can find the link in the Dynamix app!

**USAIGC Athlete Number-**Gymnasts are required to have an USAIGC athlete number used for registration to all sanctioned meets. Initial athlete memberships are done by the parent. Renewals will be done by the gym and a portion of your membership fee will be used to renew that number.

### **Team Tuition Policy**

- \$65-\$115 (depending on status of USAIGC number) Membership fee charged when processing first payment. (Membership fee runs yearly from September-August).
- Participants must provide debit or credit card for monthly EFT debit. Cash or check are always welcome BEFORE the 1<sup>st</sup> of the month as it helps us to keep our credit card costs down.
- Tuition will be charged on the 1<sup>st</sup> of each month and continue for the duration of the season. A 15% discount for second child on team (off the child on the lower team).
- If a charge is declined or cannot be processed a late fee of \$15 will be charged to the account. Late fees will be strictly enforced.
- Competition fees are additional and not subject to discount.

\*Should your gymnast have an injury at any time during the season, please see the Gymnastics Director for a fee schedule.

**Team Cancellation Policy:** If you should decide to leave the team, **there are no refunds**. Any gymnast leaving the gym during our competition season will not receive a refund. Auto pay will be turned off for the following month if we are notified before the 1<sup>st</sup> of the month. **There are no refunds for competition fees paid.**

### **Attendance Policies**

Being on the gymnastics team is a substantial commitment; however, we don't want our athletes to miss out on special occasions for fear of missing a practice. Special occasions such as, family parties, weddings, proms, school dances, and graduations should not be missed. That being said, we expect that you will encourage your gymnast to use good judgment when it comes to choosing between practice and other activities. Special occasions are very important, but not every opportunity that comes up is necessarily a special occasion. Prioritizing one's activities is an important part of growing up. Gymnasts and parents should keep in mind that continually missing practice will hinder your gymnast's performance at competitions (which may frustrate your child) and increase her chances for injury.

- **Attendance to practice is mandatory.** The coaches will be keeping close track of attendance. Gymnasts are required to make 85% of their practices each month. If less than 85% of practices are attended two months in a row, a meeting regarding attendance will take place and if necessary, the gymnast will be put on probation. If attendance does not improve while on probation, removal from the team will result. 85% attendance for most teams equals out to no more than 2 missed practices a month.
- **The week of a meet, all practices are mandatory. Being on time and staying for the entire practice is necessary to meet this requirement. These practices are to be with your team.**
- **DO NOT CALL OR TEXT THE COACHES REGARDING LATENESS OR MISSED PRACTICES.** Use attendance tracker.
- **DO NOT send your gymnasts to practice if they feel ill, have a fever over 100.4, or are showing symptoms of COVID-19, flu, or stomach bug.** Please **notify us if your gymnast has a positive or presumptive case of COVID or flu.** Please follow all updated guidelines on this as they are released.
- **Please do your best to be on time and stay for the entire practice.** A gymnast being late is disruptive to warm up and strength training. Missing warm up leads to decreased flexibility and greater risk for injury.
- There are no make ups for team. Gymnasts are required to practice with their team at their scheduled time.

**Attendance Tracking:** We use the sign-up genius system for reporting missed practices and vacations. **There is no need to email or call for missed practices due to illness, other commitments, or to let us know when you will be out or on vacation.** The sign-up genius will be emailed to you at the beginning of the season. Save the link on your computer/mobile device so it is accessible to you regularly. It is easiest to view in the calendar view which is accessible from a desktop. Mobile devices have it in list mode. Thank you for taking the time to sign up on the genius so that we can plan practices efficiently. Please save the link or create an account and click sign ups I have been invited to so that you can access this all season long to keep things updated. It is easy to change your information in the sign-up genius. This allows the coaches to view all the information at one time. Coaches will check this daily before practice. Please remember to change the name to your gymnast so that it is easier for the coaches to identify. The instructions for this are on the sign-up genius. Your gymnast is required to be at all practices the week before a meet. If there is something specific going on that you need to alert your coach to (illness, family emergency, etc.) you can leave it in the notes section or email Kim or Gabby (dynamixgymnastics.team@gmail.com). If your gymnast is not attending practice due to a new injury, please email/call Kim regarding this as well as signing up on the sign-up genius

**Summer Attendance:** While we understand that many sports have an off-season, *gymnastics was NOT designed to be a seasonal activity*. Attending practice during the summertime is a requirement to remain on the gymnastics team. Taking the summer off is strongly discouraged. Of course, we understand that gymnasts will be away for family vacations, but if your family is not away, we strongly recommend that they attend as many practices as possible. The girls work very hard at practice during the year to master their skills and this consistent practice will help them to keep those skills. Extended breaks from practice will cause a gymnast to backslide, possibly losing skills that they have acquired. This will cause frustration and a loss of self-esteem for the gymnast, as well as put them at risk for injury. In the event that a gymnast will be away for a good portion of the summer, we encourage you to get your gymnast involved in a local gym where she will be spending her vacation. Most gyms will accommodate gymnasts who are vacationing and her Dynamix coaches would be more than happy to contact a gym of your choice to help in placing your gymnast for the summer. In the event that a gymnast misses a good portion of the summer without regular gymnastics training, she will need to be evaluated upon her return and she will be placed in the group best suited to her skill level at that time. This may **not** be the group she was training with prior to her break. After a prolonged break, gymnasts will not only lose skills but won't have the opportunity to acquire new skills. This may affect the level in which they will compete for the following year, as well as, the level with which they practice.

**Practicing with an Injury:** In the unfortunate event your gymnast is injured and not participating in the entire practice she will require a doctor's note. In most cases, your gymnast is to attend practice once the initial trauma of the injury is passed and she has been seen by a doctor. Any injury that requires limited practices must have a doctor's note submitted stating her injury and how long she is expected to be out. If your gymnast is able to work out on a limited basis (stretching and conditioning), her coach will guide her through her workouts at her regularly scheduled practice time. This can be as simple as stretching and conditioning and as time goes on, some basic skills that she can do without aggravating her injury. Your gymnasts will not be required to stay for the whole practice time with an injury. If your gymnast can attend practice on a limited basis she is still required to come dressed in a leotard with hair pulled up as usual. Please discuss and decide upon an appropriate amount of work out time with her coach. Your gymnast will not be allowed to resume normal practices without written verification from her doctor. See the Gymnastics Director for fee schedule should an injury occur.

### **Gymnast Behavioral Expectations**

- Gymnasts are to report any injury to their coach immediately.
- **Please come to practice ready to go.** Have your leotard on, your hair up, and your jewelry removed before you get here. Secure your hair so that it doesn't need to be redone over the course of practice. Buns are best, braids/ponytails may not touch the eye.
- Gymnasts are always expected to show respect to everyone in the gym.
- No bad language will be tolerated. Bad language is grounds for immediate dismissal from practice.
- Gymnastics may be frustrating at times, but gymnasts should not take out their frustrations on each other, or the coaches.
- Please come to gymnastics practice prepared to work hard! Team is a privilege for those who have the skill level and determination to achieve more than our recreational classes, but those gymnasts that repeatedly show up lacking enthusiasm and drive will be re-evaluated for team.
- Poor sportsmanship will not be tolerated. We are a team and we expect everyone to support each other. A competitive spirit is admirable, but not at the expense of another gymnast's self-esteem.
- Fear is normal and happens to every gymnast. Working through fear is a life lesson. If your gymnast experiences fear on a particular skill/event the coaches are committed to helping them in any way possible. We will meet with you and your gymnast to make a plan to help them by reviewing basics and setting goals. Gymnasts must be committed to working through their fears and willing to go through the necessary progressions (drills, spotting, extra matting, etc.) in order to perform their skills again. If a gymnast is not interested/willing in going through those progressions, she may be sent home from practice. A meeting with the coaches, parent, and gymnast will be set up to resume practice with a plan in place for her to be successful.
- Poor behavior (being disrespectful, talking back, yelling at coaches or gymnasts, refusal to follow directions or take part in practice, bullying) will be handled in the following way:
  - First offense will result in a verbal warning and an email to the parent regarding the situation.
  - The second offense will result in a phone call to the parent and the gymnast being sent home immediately.
  - If the behavior continues onto a third offense, a meeting with the coaches, parents, and gymnast will take place before the next practice. A formal apology to coaches and teammates may be required before returning to practice. At this point suspension from the team may occur.
  - Further behavior problems may result in a gymnast being removed from the gymnastics team.

**Cleaning Expectations:** Team gymnasts are expected to help in maintaining the cleanliness of the gym. Each night gymnasts will rotate to help with vacuuming the bar area and wiping down mats etc. Team gymnasts are the only ones who use chalk and in order to use it responsibly they are to vacuum at the end of the night. This is their gym and caring for it fosters a sense of pride.

### **Practice Dress Code**

- **Leotards are required;** no tank tops/shorts in place of a leotard. Two (2) piece leotards are not permitted.
- **Lycra shorts are permitted for practice,** however no baggy shorts, shorts with drawstrings, or boxers will be allowed.
- **No jewelry will be permitted during practice.** Stud earrings are permitted in ears, but no hoops of any size. No rings, necklaces or bracelets (including ankle) even the rope kind.
- **Hair must be secured at all times.** Please use clips etc. to secure long bangs. A gymnast's hair must be kept out of her face/eyes for safety reasons. Please no pig tails and only pony tails if the hair from that pony tail won't touch the gymnast's eye. Buns and French braid variations are strongly encouraged for practice and **are required for competitions.**

**Team Birthdays:** Your gymnast is welcome to bring in a treat to celebrate her birthday. Please let your coach know and bring the treat (nut free) to be handed out at the end of practice. We also ask that just as in school, party invitations only be distributed in practice if all the gymnasts on your child's level are being invited. If not all the gymnasts are invited to the party, please don't distribute the invitations at the gym.

**Inclement Weather:** Occasionally, weather may cause us to cancel, rearrange, or end a practice early. We follow the Neshaminy School District regarding *most* closures for weather. If Neshaminy School District closes or dismisses early we will most likely cancel our practices if we feel it is necessary at practice time. On a weekend we will follow the lead of the Dynamix Program Director. Emails will be sent out whenever possible to alert you. Please check your app, our web site, or Dynamix Facebook page for updates.

**Advancing to the Next Competitive Level:** Each child will progress at her own pace - please do not compare them to other gymnasts in their group. Each gymnast must achieve certain skills in order to compete at the next level and this may take more than one year. We will allow gymnasts who are ready to be event specialists at the next level at our home meet if they have the necessary skills. Gymnasts at the copper 2 level can expect to be there 1 or 2 seasons. Since the bronze level spans such a large variety of skills at multiple levels of difficulty, those gymnasts can expect to be at the bronze level for possibly 2 or even 3 seasons before transferring to diamond or silver. **Understanding that the level may not change, but the skills do is key in realizing that although your gymnast may not be moving up a competitive level she is still progressing in the sport.** Many factors contribute to gymnast's progression. Things like strength, flexibility, attendance, age, fear, even growth spurts are things that affect a gymnast's rate of progression. Please encourage your gymnast to continue working hard and if you have any questions regarding what she needs before moving on to the next level please see her coach.

**Private lessons:** Private lessons for team gymnasts will be discouraged. The girls spend enough time in the gym and if they are attending their practices and working hard, private lessons should not be needed. Exceptions will be made for gymnasts who miss a practice the week of a meet due to illness, family emergency, or school priorities; private lessons are dependent upon coach availability. If we feel that your gymnast is struggling on something and that she would truly benefit from a private lesson, we will suggest it. The best way for your gymnast to progress in this sport is for them to attend all their required practices, put their best effort into the strength and conditioning program, and strive to be a coachable athlete. With limiting private lessons, the coaches will be identifying events/skills that need a little extra work and will be holding clinics when needed to assist with acquiring those skills.

**Social media:** Parents are expected to appropriately use social media with regards to the gymnastics team. Please monitor and encourage appropriate usage of social media with your gymnasts. Using social media (Facebook, Snapchat, Instagram, Tik Tok etc.) in an inappropriate manner can cause disruptions to the team dynamics. No negative posts via social media regarding Dynamix, the team, teammates, or coaches will be tolerated. Bullying or the intentional exclusion of gymnasts using social media will not be tolerated. These behaviors could ultimately result in suspension or removal from the gymnastics team.

**Cell Phone Policy:** **Cell phone use is prohibited during practice.** This is not a time for texting, snap chatting, tik tok, tweeting or FB messaging. If a parent needs to be reached the gym phone may be used. Phones are collected at beginning of practice. If a gymnast wishes to videotape a skill, she must ask a coach for permission and return her phone to the collection area after recording.

**Academic Performance:** Gymnasts on the Dynamix Gymnastics Team are required to keep satisfactory grades in school. Gymnasts whose performance in school is below the acceptable level will be required to meet with coaches and parents to come up with a revised/reduced practice and competition schedule until such time that satisfactory academic performance has been achieved. It is up to the parent's discretion to inform the coaches of unsatisfactory academic performance.

**Floor Routines:** Copper gymnasts will all use the same floor music and basic routine, however skills will be tailored to each gymnast. Bronze gymnasts will be assigned one of two floor music and basic routines, again with skills being tailored to each gymnast. Gymnasts who are on the Diamond and Silver/Gold level will have individual floor routines as in years past. This entails music selection and purchase as well as choreography fees. Totals for this depends on both the chosen music, routine, and choreographer. We pass down routines that are not being used if there is a good fit, if not a new routine will need to be created for the gymnast. All music choices must be approved by the coaches. New music that needs to be purchased starts at \$50 and the cost of routines vary based on new verses passed down routines, as well as choreographers who set their own prices. Costs for choreography vary from \$225-\$450 and we will work with you to find the best fit both for your gymnast's level, style, and personality as well as financial constraints. Once a gymnast gets an individual floor routine and it is successful (scoring well and working for the gymnast) the gymnast will keep it for 2-3 years. This allows the gymnast to focus on upgrading the skills in her routine instead of having to learn a whole new routine each year and get comfortable with it. Once the gymnast learns the intricacies of the music and routine dance, she can then focus on upgrading the skills in her routine. If a routine is not working for a gymnast the coach will advise you as to when a gymnast should start from scratch with a new routine.

## Expectations of Dynamix Team Parents

**Drop off to practice:** Please continue to drop off at bottom of stairs from car. Please do not drop your gymnast off more than ten (10) minutes prior to the start of her practice. Coaches are either not here more than ten (10) minutes prior to practice or are assigned to be working with other groups and cannot provide supervision to your gymnast.

**Pick-up after practice:** Parents are welcome to come in and pick their gymnasts up after practice. For any parents who are not in the lobby at pick up time, the coach will bring the kids outside for pick up. Parents need to exit their car and approach the building. Gymnasts will not be allowed to walk through the parking lot due to safety reasons. **Please pick your gymnast up promptly after practice.** Per our policy, two (2) coaches must remain with any gymnast who is not picked up on time.

**Parent Viewing:** At Dynamix we are excited for you to see the progress of your gymnasts on a regular basis. However, we ask that you remember that the team shares the gym with the recreational class programs. Our class students only come on average one hour per week and that is the only opportunity each week that those parents have to view their children. We do not place restrictions on team viewing, but we ask that team parents be sensitive to the level of activity in the lobby.

Interfering with your gymnasts' practice will not be tolerated. Entering the gym, calling your gymnast over during practice, and coaching from the sidelines are strictly prohibited. If you need to communicate with your gymnast, please see the person at the front desk who will deliver your message. For safety reasons as well as in an effort to run efficient practices, our goal is to limit distractions to your gymnasts as much as possible. We appreciate your help in this matter.

**Parent Concerns:** If you have any concerns about what your gymnast is doing during her practice, or general gymnastics team rules, policies, or expectations, we insist that you approach this in an appropriate manner. Concerns can be addressed with Gabby or if necessary, Kim via email, phone, or meeting depending on the situation. Gymnastics concerns can be addressed directly with her coach before or after practice or via a meeting set up through Gabby. We insist that you refrain from discussing concerns or airing grievances you have with other parents via social media, email, or in the lobby. Yelling at our coaches or other parents will not be tolerated and are grounds for dismissal from the team. Respecting everyone in our program is a main priority here at Dynamix. We strive to keep Dynamix gymnastics a positive environment. We thank you in advance for your commitment to that mission.

**Leaving the team:** If your gymnast has decided that her time with gymnastics is up or that Dynamix Gymnastics is not the best fit for her we again insist that this be discussed with our coaches and Kim, not the other parents and team girls. We realize that at some point every gymnast is done with the sport. We also realize that we are not always going to be a good fit for everyone. We are proud of the program that we run here at Dynamix, however realize that it may not align with every gymnast's goals. While we encourage team commitment gymnasts who truly want to leave the team can do so at any time during the season (no refunds will be given on monthly tuition already paid or competition fees) with no hard feelings. We truly want the gymnasts who are here to be fully present and engaged in our program not just waiting for the season to end so they can move on. If your gymnast is leaving for another program, we ask that you do so immediately upon deciding without discussing with other parents and gymnasts. If you leave the team for another program, you are no longer able to participate in team events/practices. We hope that before you decide to try out other team programs, you will sit down and talk with us regarding your reasons for thinking a different team program would be a better fit. Gymnastics is a small world, and we are usually made aware when our gymnasts are looking elsewhere in the area.

**Home Meet:** The Powerhouse Classic will be on March 29<sup>th</sup> & 30<sup>th</sup>. This is an exciting event for our team. Competition fees are reduced because we host this meet. **All parents need to work at this event in order for their gymnast to compete at our home meet.** There will be parent meetings as we get closer to the meet that one parent will be expected to attend. A sign-up genius will be emailed out so you can sign up for at least one position as well as sign up to donate one item for our concession stand/hospitality table. Parents who do not show up to work their shift or don't bring their donation in at the specified time will then be charged the entry fee for the meet.

**Team events:** In the past we have run fundraisers such as handbag bingo and gift card raffles where team participation is required, these will be planned as needed. Occasionally we run team outreach events such as movie nights, trunk or treats, fall fun at Shadybrook etc. These are not mandatory but strongly encouraged as they build team spirit and reinforce the importance of community for the team.

**Competition Payment:** The competition fee will allow your gymnast to be entered into USAIGC gymnastics competitions. Your fee depends on your gymnast's level, number, and type of meets your team will attend. This fee covers your gymnast's entry fee to meets, team entry costs, and coach's compensation. Every meet is different in terms of entry fees for gymnasts, event specialists, and teams. The coaches may also need to be compensated for more than one session at certain meets.

## COMPETITION INFORMATION

**Average Number of Competitions/Level:** Copper 2 gymnasts will have 4 meets (not including states/regionals). Bronze will have 4 meets. Diamond, Silver, and Gold will have 5 meets (not including states or regionals). The state and regional meet is NOT included in the competition fee and will be charged after qualification into the meet before the competition itself. Also, gymnasts must meet qualifications scores to attend state/regional meet (participation in a minimum of 3 sanctioned meets with an all-around qualifying score in at least 1 of them).

**Event Specialists:** Fees for competition cover all-around competition for gymnasts only. Diamond level and up may be asked by the coaches to be a specialist (compete 1 or 2 events on the next level) at our home meet. If agreed on, specialists will be required to pay the specialist fee before the meet. Usually, it is between \$15-\$30/event. This may also require a gymnast to stay for an additional session. For example, a silver gymnast with gold skills on beam may be asked to compete beam with the gold gymnasts in addition to her all-around silver. Specialists can be a big help to the team score and give a gymnast the opportunity to challenge themselves. You will be informed of this before the competition and given instructions on payment at that time.

### **Competition Policies**

- Gymnasts are expected to attend all meets including states/regionals (if qualified). We are a team and would like every gymnast to support the team and each other. Missing meets is detrimental to the team. The girls work very hard and should be able to count on one another to help bring home the best team placement possible. Please review this commitment with your gymnast so that she has a good understanding of this.
- Competition fee does not include payment for the state/regional meet. If your gymnast qualifies you will be notified of the additional fee for the state/regional meet.
- **Practices the week of a meet are mandatory.** If practice is missed, coaches will decide whether the gymnast is prepared to compete.
- **Injury policy:** Injuries that prevent a gymnast from participating in a meet will be handled two ways. If the injury occurs after meet fee/entry has been submitted to the host gym it is considered non-refundable (treated the same as illness occurring just prior to a meet). In the event that the injury occurs prior to entry fees being sent to the host gym all monies paid will roll forward to offset the cost of States/Regionals. There are no refunds for competition fees.

**Competition Readiness:** It is up to the coaching staff to determine when a team or individual gymnast is ready for competition. Regarding participation in meets, parents should be aware of the following things:

- If a gymnast is injured prior to or during a meet, it will be left up to the coaches' discretion whether they will compete (continue competing) in the competition. If we are unsure about an injury, we will not allow her to continue in the meet.
- If a gymnast is struggling on some events, but can compete on others, the coach and gymnast may decide that they will scratch (not compete) certain events in competition. This would be decided before the competition itself.
  - The decision-making process regarding gymnastics skills/events that will be competed at the upcoming meets is as follows. These decisions are made solely with your gymnast's safety in mind. Required elements are those elements in the routine deemed by USAIGC to be in the routine and are not subject to substituting other skills for. A few examples (not a full list) of these required skills are provided below:
    - **Copper 2:** Roundoff back handspring, performing skills on high bar, handspring over resi on vault
    - **Bronze:** Vaulting over table, round off back handspring, non-flight on beam.
    - **Diamond/Silver:** Kips & fly away on bars, salto on floor, specific non-flight/flight elements on beam.
    - **Gold:** Beam series with flight, double salto pass on floor, direction change or release move on bars.
  - When considering whether a gymnast competes an event at a meet, due to safety concerns, we are requiring that the girls be able to perform their USAIGC required elements:  
**1) on their own 2) in a safe manner 3) consistently**  
for a minimum of **THREE (3) FULL PRACTICES** before a competition in order to compete it.
  - This means gymnasts who get a skill the day before a meet may still not compete that skill (possibly event) at the competition the following day. Execution of new skills are affected by stress of competition, especially in a strange setting. This is how injuries occur. Gymnasts who are just acquiring a skill must become comfortable doing it independently in practice here at their own gym before we have them perform in a high stress environment such as a meet. Gymnasts need the confidence of having their skills for at least a week in order to best perform them in a competition. Their safety is more important to us than any meet, score, or medal placement will ever be.

## **EXPECTATIONS FOR GYMNASTICS COMPETITIONS**

**Attendance the Week of a Competition:** We want each of our gymnasts to be successful at their meets. In order to achieve this, it is important that gymnasts practice regularly. **Attendance to all of your levels team practices the week of a meet is mandatory.** Practice the week of a meet needs to be a priority. If a gymnast misses one of these practices before a meet due to injury or illness, the coaches will decide whether it is in the gymnast's best interest to participate in the meet. A gymnast who has not practiced due to injury or illness may not be feeling 100% and could injure herself under the stress of competition. Practices missed due to a religious holiday or unfortunate event such as a funeral, death in the family, or family emergency will be excused. A private lesson may be needed for your gymnast to come in and do a routine on each event to ensure that she is ready for competition. Please speak to your gymnast's coach under these circumstances. Missing practice for any other reason the week of the meet may mean that your gymnast will not be allowed to participate in the meet. In the event of a major special event that requires your gymnast to miss practice before a meet, a decision on whether they can compete will be based on their attendance over the last month (at least 85% of their practices attended), and their work habits in the gym. A private lesson may be required so that they can get a routine on each event done before the meet. Please do not take advantage of this. It is always best for a gymnast to practice with their team before a competition. **No matter what the reason, if a gymnast misses a competition, no refunds on competitive fees.**

**Attendance to Meets:** The Dynamix Gymnastics team is a competitive team and attendance to meets is expected. Copper 2/Bronze will have 4 meets, Diamond/Silver/Gold 5 meets (this is NOT including states regionals). In order to qualify for the state meet, you must get a qualifying all-around score in one meet and compete in at least three USAIGC gymnastics meets. Attendance to meets is mandatory; however, we understand that the late scheduling of some of the meets presents a problem when you are trying to schedule events in your own life. If you cannot go to a meet, you can try and arrange for your gymnast to go with a teammate. We do ask that you let us know if you will not make a competition once you get the meet schedule. This way we will not pay the entry fee for your gymnast. If you choose to not participate in a meet, you will not receive a refund of your competition fee. We ask that you respect both your gymnast and her team when making decisions regarding meets. These meets are not only individual competitions, but also team competitions. The absence of your gymnast may significantly hurt the team's placement in that competition. The top three (3) scores on each event count for the team score. There must be at least three (3) team members at the competition to be considered a team. **If your gymnast qualifies for the state meet we would expect her to compete in this meet, it is a great event for the team as a whole!** If your gymnast is entered in a competition and cannot make it on that day due to illness or family emergency, please contact their coach or a team member, if you cannot reach someone, please email [dynamixgymnasticsteam@gmail.com](mailto:dynamixgymnasticsteam@gmail.com) as we can check that email from the competition.

**Competition Attire:** Gymnasts are to come to meets as follows:

- Dressed in their Dynamix competition leotard and team warm up suit. Do not come to meets dressed in "regular clothes".
- Please have your gymnast's hair up and ready to go in a bun or French braid variation, NO PONYTAILS. We will not have time to fix it once the competition starts. Gymnast's hair may not touch their eyes (ponytails, braids etc.)
- Warmups and the competition will be done in your leotard (shorts are allowed). Bras/underwear must not be visible.
- No fingernail or toenail polish
- No jewelry, except one (1) pair of stud earrings.
- Please limit the use of make-up. If your gymnast doesn't normally wear make-up, skip it. Heavy "stage" make-up is not needed in gymnastics competitions. This is not a dance recital or cheer competition.
- Bring your Dynamix gym bag. Grips, tape, pre-wrap, wrist/ankle/knee braces should be in your bag.
- Wear your hair tie, ribbon, scrunchie that the team coaches have given you, it is part of your uniform.
- Penalties are given for bra or underwear showing. Please make sure bras do not show outside of the leotard and if wearing underwear, they are either the same color as the leotard or skin tone and they do not show.

**NO CELL PHONES ON THE FLOOR.** Gymnasts are not allowed to be on their cell phones, even checking the score apps. If a gymnast's phone is spotted a judge will penalize their score. It is unreasonable to expect the girls to not pull out the phones so **NO PHONES IN THE GYM BAGS.** If a coach sees a phone, it will be taken and given to a parent.



# Dynamix Team Parent Code of Conduct

## An electronic signature will be required.

- Parents will demonstrate good sportsmanship and assist coaches in teaching good sportsmanship to their gymnasts.
- Parents are expected to familiarize themselves with the information presented in the team handbook and at the parents' meetings. It is expected that you will consult the team website for updates, read all information emailed to you and sent through the app to stay up to date on team information.
- Parents will show respect to all gymnasts, coaches, and clubs under ALL circumstances. Bullying and harassment will not be tolerated.
- Parents will make sure their children show respect to all athletes, coaches, and clubs under ALL circumstances. Bullying and harassment will not be tolerated within the team.
- Parents will monitor their gymnast's social media and text/email to ensure that bullying behaviors are not occurring within the team.
- Parents will bring any problems or issues directly to Gabby. Discussing with other parents on or off premise or using social media to vent regarding problems or issues is not an appropriate way to handle these situations. Nor does it teach your children the best way to handle conflict. Be direct and honest with your communications and we will be able to resolve any problems before they escalate.
- Parents will not coach their gymnasts under ANY circumstances in practice or competitions. Coaches will coach.
- Parents will not enter the competitive area at any time for any reason unless the coaches come to get you. Videos and non-flash photography need to be done from seating area.
- Parents will not yell out at the judges. They can penalize the team.
- Parents will under no circumstances approach a judge, coach from another team, or meet official of any kind at a meet. There are no exceptions to this.
- Parents will never contact a gym hosting a meet for times of competitions, refunds, or regarding awards. Dynamix notifies you of days/times of meets as soon as they are available to us. Mistakes happen in awards, let the coaches handle it at the meet or coaches handle it after the fact. Unless we have directed you otherwise, there is no reason for you to EVER call or email a host gym of a meet.
- Parents will refrain from calling over or gesturing to your child at any point during practices or competitions.
- Parents will make sure gymnasts do not have their cell phone on the competition floor and will NOT attempt to bring their cell phone to your gymnast to see her scores, placements, or those of the team.
- Parents will make sure their gymnast follows through with her commitment to the team and is putting forth the required effort in practice and competitions.
- Parents will do their best to get gymnasts to all their practices and competitions on time and prepared.
- Parents will contact another team member if they are going to be late to a competition due to traffic or accident so the coach may be told, include information on when your estimated arrival time is.
- Parents will not compare their gymnast to others and will keep a positive outlook regarding their gymnast's skills, scores, and goals. As coaches, we stress performance instead of scores. While a routine may be better than last meet, the score may not reflect it. Some meets the judging is tougher than at others. Keep that in mind when discussing your gymnast's scores with her.
- Parents will remember that this is supposed to be fun for the gymnasts. The girls put enough pressure on themselves to do well, do not add to this. Every gymnast goes through ups and downs while training, encourage your gymnast to navigate these and she will continue to enjoy the sport. Don't hesitate to seek our help if needed.
- Parents will remember that winning and losing are both valuable experiences for your gymnast. They will work together with the coaches to teach the gymnasts how to graciously accept both winning and losing.
- Parents will honor their commitment to the home meet by working the shifts they signed up for and bringing their concession/hospitality donation at the promised time.

I have read and understand the parent code of conduct above and agree to conduct myself accordingly.

## **Team Commitment Pledge**

**Electronic signatures will be required.**

**I as a parent have fully read and understand the policies and procedures outlined in the Dynamix Gymnastics Team Handbook. I have discussed with my gymnast the policies of the team and feel that they fully understand the commitment outlined below. By signing I indicate that I agree and will abide by the policies and procedures stated within the handbook.**

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**Parent Signature**

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**Date**

**I, \_\_\_\_\_ have read the Dynamix gymnastics team handbook and understand that by joining the gymnastics team, I am not only making a commitment to myself, but to my team. I understand that I am required to come to my practices each week. I understand that I am required to attend at least 85% of my practices each month and that the week of a meet I will be required to come to all of the practices offered that week for my level. I realize that being part of the team means that my teammates count on me and I on them for the season and I commit to finishing the entire competitive season with a good attitude while participating in the meets to the best of my ability (barring unforeseen circumstances such as illness, injury, or moving out of the area).**

**I pledge to work hard at my practices and behave in an appropriate manner. I pledge to have a positive attitude and build up my fellow gymnasts and not do anything that will distract my teammates from their practices or competitions. I pledge to show respect to my coaches and communicate any concerns, fears, frustrations, or problems in an appropriate manner. I understand that I am an example to the lower-level gymnasts and will do my best to model good behavior, work ethic, and sportsmanship. I will support and encourage my teammates during practices and competitions and not do or say anything that I would not want done or said to me. I will speak positively about my gym, my teammates, and my coaches. I will choose to handle any issues that come up with my teammates or coaches in an appropriate manner. If I do not know how to handle a situation with a teammate or coach, I will ask for help in handling things in the best way possible.**

**I understand that what I put into my practices, flexibility training, and conditioning is what I will get out of it. I pledge to give my best effort in my training. I understand that the gymnastics team is a big commitment, and I am willing to make some sacrifices to fulfill my personal goals as well as the goals of my team. I hereby commit to be the best I can be!**

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**Gymnast signature**

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**Date**