

YORK GYMNASTICS

2016-2017

Congratulations on becoming a new or returning member of the York Girls' Gymnastics Team! We are looking forward to a great season. We are hoping that the following information may help answer any questions that may arise over the next few months. Please take the time to understand the following expectations to ensure a successful season.

All gymnasts must pay the \$175 participation fee to the athletic office or via the webstore.

The following team apparel fees should be paid to the finance office.

\$55 Competitive Leotard \$40 Warm Up Leotard \$100 Warm Ups (Jacket and Pants)
Gymnasts will not be issued leotards or apparel until fees are paid.

Academic Eligibility:

All gymnasts must be academically eligible to compete.

To participate in IHSA activities a student must be enrolled in and pass FIVE academic classes each week to be eligible.

- The athletic office checks grades each week and informs coaches and athletes of any academic ineligibility status.
- If ineligible the gymnast will not be allowed to compete for the following week.
- In ineligible, the gymnast will not be allowed to practice until a plan is created to make sure the gymnast obtains the help needed to become eligible again.

Code of Conduct:

Students are expected to uphold themselves to the expectations of the Code of Conduct at all times. Behavior expectations are clearly outlined in the student handbook and should be adhered to 24 hours a day. Violations are addressed through the Athletic Director and are taken seriously.

Practice Times:

Monday through Friday: 3:30pm to 5:45pm

Saturday: 9:00am to 11:30am

During "level specific meets" (such as varsity only), all other levels will have practice during regular times with their respective coaches unless otherwise specified.

Attendance:

Attendance at practice is crucial to the development of a gymnast. If a gymnast is unexcused from one practice, they will be ineligible for the next meet. Each multiple unexcused absence will result in being ineligible for an additional meet.

In order to avoid being marked unexcused, a parent must email the coach prior to practice. An email should also be sent on days when the gymnast is ill and does not attend school or leaves school due to illness and is unable to practice. If a gymnast needs to leave practice early for any reason, a parent must email the coach as well.

Being on time is crucial. This means that if a gymnast is going to be late to practice, a pass from the teacher they were with must be presented. If a gymnast is going to be late to a meet, the corresponding coach must be contacted immediately. This includes being picked up after the practice/meet is over. An unexcused tardy for either a practice or a meet, before or after, may result in the gymnast temporarily losing the privilege to compete. If a parent is running late to picking their child up, please contact the coach prior to 6:00pm to let them know you will be arriving.

Please note, any absence to practice on the day prior to a meet (excused or unexcused) may result in the gymnast being ineligible for that meet.

Expectations for practice:

Gymnasts will be expected to be ready for practice, dressed in a leotard, form fitting shorts, with their hair pulled up, jewelry off and with a water bottle. Food (including gum) will not be permitted in the gym.

Gymnasts are expected to leave their phones off and in their locker unless given express permission to use them for videotaping THEIR OWN skills. Phones should not be used for social purposes or without permission of a coach.

If a gymnast needs to leave the gym for any reason, they must have permission from a coach. This includes requests to go to the trainer.

Injuries:

Injuries can be a part of any competitive sport, and gymnastics is no exception. Every step will be taken to prevent injuries from happening, but if one does occur the head coach needs to be notified immediately, even if the gymnast thinks they are ok.

We here at York are excited to have you all as part of our team, and are looking forward to the new season. Please let us know if we can help you in any way, or if you have any questions.

Best,

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