

Packer Gymnastics Team Handbook

Welcome to the South Saint Paul Packer Gymnastics Team! You have chosen to be part of this team, and in order to be successful, there are certain things in which we must all be held accountable. Remember that you are a representative of this team and South Saint Paul High school in and out of the gym.

In conjunction with the MSHSL rules, the following are policies of SSPHS Gymnastics.

Everyday Details

1. Most practices will take place from 3:30 to 5:30. Unless told otherwise assume that practice times on non-school days are also at this time and that all practices will be at Central Square.
2. Athletes must be dressed (leotard with optional shorts) and ready to go at the designated start time. Captains may start the team warm up prior to the coaches' arrival. However, for safety reasons, gymnasts are not allowed on any equipment and may not do any skills requiring a spot until the coaches arrive.
3. You need to attend every scheduled practice. Absences for specific reasons must be approved **before** you miss practice. You must text Julie (head coach) at 651-304-0808 if you will be missing practice. You must be present in school for at least half the day in order to participate in practice (or compete in a meet).
4. Please do your best to make appointments and/or do make-up for classes on days that have a later start time (meet days). For the rare occasion that this is not an option, please inform the head coach Julie as soon as you know you might be late. A note from a teacher, parent or administrator will be your ticket into practice.
5. Recurring absences will result in being held from competition and/or dismissal from the team.

Practice Etiquette

1. Athletes should come to practice mentally and physically prepared to work hard and remain active throughout the entire practice. Gymnasts are expected to complete all workouts, stretching and conditioning as assigned, to the best of her ability.
2. Respectfully address all coaches and teammates. Respond appropriately to coaches by:
 - making eye contact and listening
 - verbally acknowledge the coach
 - stay put until the coach has finished talking (don't walk away)
 - listen quietly and respectfully when whole group is being addressed

Competition Expectations

1. During meets, all gymnasts are to remain with the team at all times and should plan to stay until the final gymnasts from both teams have competed. Please wait until the conclusion of the meet to thank family and friend for their support. **Headphones and cell phones are not allowed on the competition floor.**
2. Our goal is for every athlete to have a routine for every event. This does not mean everyone will have to compete in every event or that every athlete will get to compete in every meet. The top nine athletes in each event are likely to compete in every meet. The remaining 3 spots will rotate amongst the developing gymnasts.
3. Athletes are expected to wear the team warm-up leotard prior to competition, the team jacket and pants for march-in and must wear Packer gymnastics attire on any award stand with jackets zipped up. Gymnasts are required to have hair in a tight pony tail for competition and no jewelry is allowed during competition.
4. In order to compete a skill, you must be able to do it alone in a routine prior to the day you would like to compete the skill.
5. If an athlete has a question or concern about the lineup please see Julie **after** practice. If a parent has question or concern please have a conversation with the athlete first. If there is still a concern, please contact Coach Julie to set up a time to meet. Coaches decisions on line ups are final.
3. During meets you are to remain with the team at all times and should plan to stay until the final gymnasts from both teams have competed. Please wait until the conclusion of the meet to thank family and friends for their support.
4. Athletes should plan to ride to and from all meets on transportation provided by the school. A parent/guardian wishing to provide transportation must provide a note to the activities office by noon the day of the meet.

Practice Squad

The practice squad allows new gymnasts a chance to practice new skills and develop as gymnasts throughout the season.

The following skills are minimum requirements for be on the Junior Varsity or Varsity teams. If gymnasts cannot demonstrate the ability to do the below skills, they will be placed on the practice squad. There is opportunity for a gymnast to move up to the team, if they can demonstrate these skills further down the season.

Beam: Be able to stick on high beam – cartwheel OR handstand, full turn, 2 jumps/leaps connected, round-off off end of beam

Bars: pull over, back hip circle, pop up, long hang pull over, so-circle dismount

Floor: Front walkover, back walkover, know all jumps/leaps by name, handstand hold 5 seconds, cartwheel, round-off

Vault: Handspring without spot OR half on without spot

Cell Phone Policy

Cell phones are not allowed in the gym during practice or at meets. Exceptions need to be discussed before practice with Julie. Disciplinary action will be taken if a phone is being used during practice or meet. This includes

a quick text message/snapchat/phone call, or playing music with headphones. Gymnasts may listen to music and use phones on the bus, but must put them away for the entirety of the meet/practice.

1st Offense: Verbal warning from coach to put phone away – this is the only warning

2nd Offense: Gymnast will be asked to leave practice, at a meet, gymnast will not be able to attend practice the next day

3rd Offense: Gymnast will not compete in the next meet.

Academic Policy

As student athletes your job is to stay on top of your academic work so that you can focus on athletics. If you are struggling in a class, seek help from your teachers early.

1. Grades will be checked several times throughout the season. **Gymnasts must be passing all classes in order to practice and/or compete.** If failing a class, a note must be obtained from the teacher, stating that a plan has been established and that progress is being made towards improving the grade in order to practice/compete.

Lettering Policy

Gymnastics is a varsity sport, and as such, athletes have the opportunity to earn a varsity letter at the end of the season. Coaches will take several things into consideration when determining Varsity letter winners, such as; finishing the season in good standing with all coaches, contribution to the team during competition, contribution to the team at practice, etc. Earning a varsity letter is a privilege and is something that needs to be earned. Earning a letter in a previous season is not a guarantee that you will earn a varsity letter this season.

Communication

Throughout the season, communication will be given to gymnasts during practice about various things, such as bus times, practice time changes, clothing orders, etc. The expectation is that gymnasts are responsible for communicating with their family members regarding any updates/communications that come up in practice. It is not the coaches responsibility to update family members on all changes/updates and information. However, coaches will communicate, via email, with parents, if they determine it is required.

If parents have concerns with getting information from their gymnast, a meeting will need to be scheduled with the gymnast, parents, and coach on the best way to handle the situation.

To report absences, injuries, questions, or concerns please contact

Julie Dornseif (Head Coach)

Cell: 651-304-0808

Email: jdornseif1@gmail.com

Megan O'Toole

Cell 651-353-2527

Email: megan.otoole08@yahoo.com

As a member of the South Saint Paul Gymnastics Program I, _____, will adhere to the information in this handbook. I have read it and understand its implications. I will follow all of the guidelines and will be responsible for the consequences if I choose to violate these guidelines.

Gymnast's Signature

Date

Parent/Guardian Signature

Date