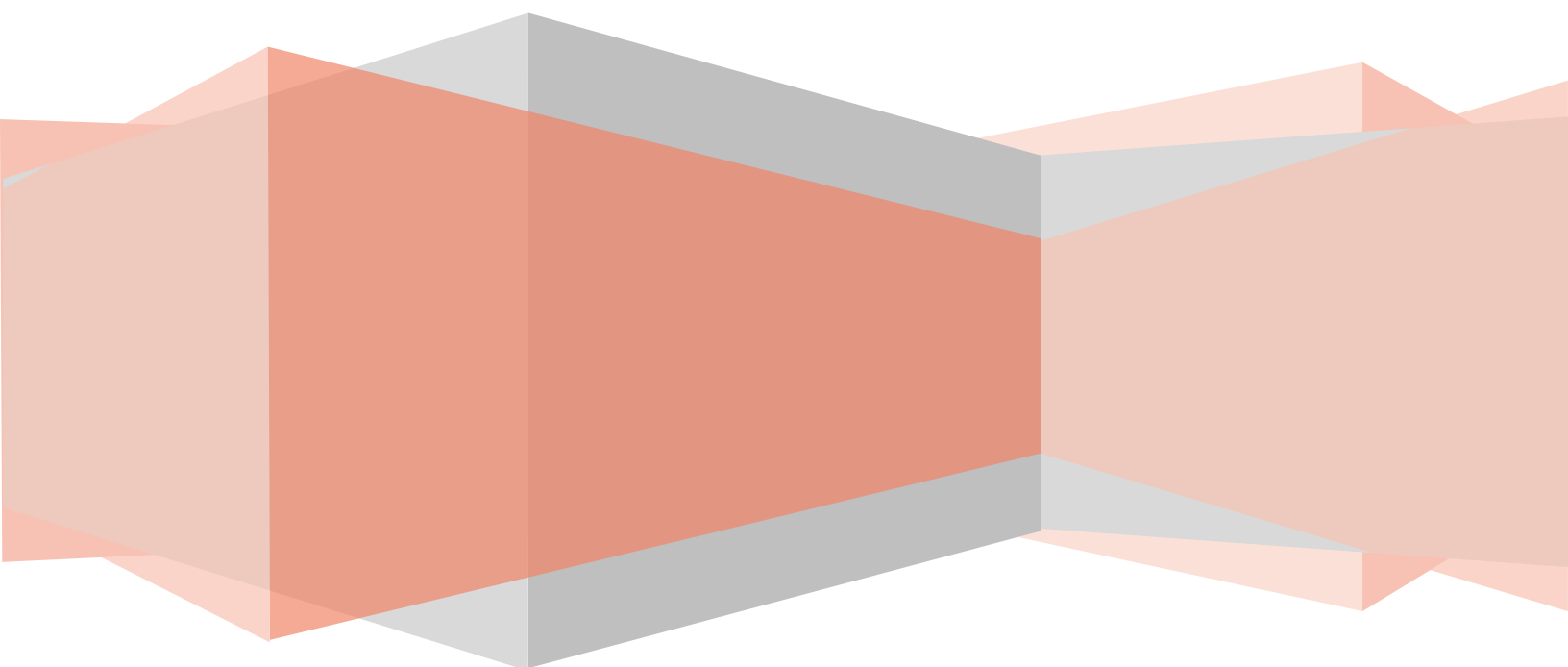


Austin Packers

# Austin High School Gymnastics Program Team Handbook

**2024/2025**



## AHS Gymnastics

Welcome to the Austin High School Gymnastics Program. We are glad that your gymnast has become a part of the Austin High School gymnastics program that offers great coaches, a great facility, great families, and a standard of excellence.

You may be wondering what to expect from your experience with the High School Gymnastics Program and, what you can do to help make our program as successful as possible. The purpose of this handbook is to provide you with the information necessary to understand the procedures that will make our program successful. Please look through the entire handbook, as all areas are important!

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Periodically, you may be given additional information or updates to place in your team handbook. Please keep this information handy as it is very important and should answer most of your questions saving you time.

Thanks again for being part of the High School Gymnastics Family and welcome.

## Coaches List

**Head Coach:** Sarah Weis  
**Asst. Coach:** Bethany Hander  
Lauren Schmitt

### Coach contact:

Sarah Weis Email: [sarah.weis@austin.k12.mn.us](mailto:sarah.weis@austin.k12.mn.us)

**Email the head coach only** anytime you have questions or issues. If we are unable to resolve the issue, a **meeting will be scheduled**. Please see the APS Activities Family Handbook for conflict protocol.

**This Gymnastics handbook will be used in conjunction with the APS ACTIVITIES FAMILY HANDBOOK located on the APS website in Athletics.**

### Parent Meetings

There is **1 mandatory** parent meetings per year. This meeting is held by AHS as the winter sports informational meeting. Following the general meeting there will be a gymnastics specific meeting.

### Communication with Parents

Email has been the primary contact to use with parents. We also have our Facebook page for parents and gymnasts to relay information and competition photos. Austin Packer Gymnastics Facebook group page.

## AHS Gymnastics Requirements

The High School program is a very competitive program of women's gymnastics. We support a Varsity and Junior Varsity team. Since we do not have the coaching staff or gym space to support a developmental C squad, for safety reasons we maintain a minimum skill level for membership on the team. High School tryouts will be conducted during the first week of practice.

### High School Minimums – tryout qualifications

Vault:	Front Handspring or better
Bars:	Kip
Beam:	Superior dismount or superior level jump connection
Floor:	round off - backhand spring - back tuck

Gymnasts should be able to make three of the four qualifications to be considered eligible for the high school team. Gymnasts that cannot perform on three of the four events are encouraged to develop their abilities with YMCA programs.

## TEAM Structure

During the high school season we are allowed 5 competitors per event for Varsity and 6 competitors per event for Junior Varsity. Assignment to these teams is done by event for each competition. It is possible that a couple of girls will bounce back and forth between Varsity and Junior Varsity for the entire season. The coaching staff attempts to create the most competitive team by monitoring each girl's scores, routine value, and scoring trend. Determining the top five girls on each event can be the most difficult process that the coaching staff goes through. Please understand that we will do our best to make the right choice each and every meet.

## Common Seasonal Expenses

During the season there are a couple of miscellaneous expenses. This list is meant to be an example, not a bill. Most the expenses listed here are elective, but I do want parents to know ahead of time.

Items	Approximate \$
Leo	\$50
Shorts	\$30
Sweatshirt	\$60
Warm ups	\$65
Grips	\$75
Music	\$70
Choreography	\$200
Tournament T-Shirt	\$20

## Women's Gymnastics Events

### Vault

The vault is dynamic since the body must fly through the air both before and after contact with the table. Each vault is given a specific value determined by its evaluated difficulty. Good vault composition should include a strong approach with stretched pre-flight, a good repulsion from the table, and a long after flight with a solid landing. The quality of the vault performed is judged by the height, control, form, and flight exhibited by the gymnast during the entire vault.

### Uneven Parallel Bars

This event is one of the most spectacular in women's gymnastics. At most levels, a routine should be composed of approximately 5-12 elements using both bars with a change of direction, and including quick hand changes and re-grasps. The sequence of elements must be combined to give an uninterrupted performance. An excellent uneven bar routine should be performed vigorously and with great amplitude, show unrestricted swing, continuous movement, and precise execution, all done in a seemingly effortless manner.

### Balance Beam

The balance beam has great demands of both physical strength and mental courage from the gymnast. A routine must not exceed 1:30 minutes in length and must have a minimum of 8 elements. It is performed on a beam four inches wide by sixteen feet long, and four feet above the ground. The compositional elements of a beam routine must include coverage, balance, and dance performed with tumbling and flexibility skills. Leaps, jumps, and turns should also be included. The rhythm of a beam routine should be varied, but predominately dynamic and continuous. The total routine should exhibit the gymnast's ability to be supple, elegant, powerful, and daring.

### Floor Exercise

Floor exercise is a truly creative art form designed to project the personality of the performer and her gymnastic abilities. The floor exercise must be performed to the accompaniment of music. The music must be harmonious with the movements of the gymnast and contribute to the expressiveness of the total routine. The gymnast must cover an area of 40'x40' within a time limit of 1:10 to 1:30 minutes.

The compositional elements that must be present are: dance moves including leaps, jumps and turns, and tumbling moves showing power and flexibility. These elements must be combined into a routine that expresses and exhibits the gymnast's individual and unique style on interpretation and movement.

## Judges and Scoring

### Scoring (According to the National Federation of State High School Associations)

Unlike athletes in other sports, gymnasts are not measured against the clock, the tape, or the scale. They are measured against the standards of perfection; and the rules are designed to be as unforgiving as the events themselves.

### What the Judges Look for

- **Composition:** The judges look at the formation of the exercise, or how the gymnast constructs the routine. Each apparatus has a certain number of required movements. If the gymnast fails to include one or more of these requirements, the judges make composition deductions.
- **Execution:** The judges evaluate the performance of the exercise, or how well the gymnast executed the routine. Deductions are made for poor form - bent knees, flat feet, a loose back - and for improper technique - bent arms instead of straight arms, an overly arched body instead of a long, stretched position, incomplete saltos and twists, etc.
- **Difficulty:** In USAG, gymnastics skills are divided into five levels of difficulty, "A-B-C-D-E", with an "A" being the easiest and "E" being the most difficult. In NFHS, the levels are "Medium, Superior, High Superior, and Advanced High Superior." The difficulty level for each skill is determined by their respective governing bodies and spelled out in their Code of Points. Each of the routines must have a certain number of skills that are appropriate to the level at which the gymnast is competing.
- **Event Requirements:** Each event has required skills in order to score a perfect 10.0. If a skill is missing, then a deduction of 0.2 for each skill will be subtracted from 10.0 start.

The start value of a routine is based upon the number of and difficulty of the skills performed. Gymnasts need to fulfill all of the event requirements and Bonus elements in order to have a routine that starts from 10.0. We will work with your gymnast to increase her abilities so that she can begin to approach a start value of 10.0. Throughout the routine the judges make deductions for flaws in execution, and for any missing parts in the composition and difficulty of the exercise.

## Glossary of Gymnastics Terms

**All-Around:** A gymnast's final score, computed by adding the scores of all four events together.

**Bonus:** gymnasts can receive 0.1 -0.8 additional points for a particularly difficult element or combination of elements.

**Deductions:** Judges reduce an athlete's score from their Start Value by as little as .025 to 1.0 for their mistakes or poor execution. Some standard deductions:

- 0.5 for a fall on any event
- 0.1 for stepping out of bounds on floor
- 0.1 for failure to salute the judges before or after a routine
- 0.1 for an under 30 seconds or over 1:30 minute routine on beam
- 0.1 for a routine under 1min over 1:30 min on floor

**Dismount:** The last element in a gymnastics routine, or in the case of floor, the last tumbling pass.

**Elements:** Skills in a compulsory or optional routine. They may be either individual acrobatic or gymnastics skills, or done in combination.

**Events:** A routine done on each one of the following apparatus: Vault, Bars, Beam and Floor.

**Inquiry:** A formal written request from a coach to the meet referee to re-evaluate a gymnastics routine or score. Coaches are allowed only 1 inquiry per Invite meet.

**MAGA:** Midwest Amateur Gymnastics Association. Local organization sponsoring High School rules competition for youth gymnastics programs that culminate in an annual team and individual state meet.

**Meet:** Any organized competition with awards for both individual and team effort.

- Traditional: Warm up four events - compete four events
- Capital Cup: Warm up one event, compete that event, move to the next event

### **Meet Personnel:**

**Meet Director:** The person responsible for organizing and conducting all activities associated with a gymnastics competition.

**Meet Referee:** The judge responsible for supervising the efforts and activities of all judges at the competition, as well as evaluating the merits of any inquiries.

**Chief Judge:** The most senior judge on a judging panel for each event, who averages the other judges' input to determine the gymnast's score.

**Auxiliary or Support Judge:** One or more additional judges who evaluate a gymnast's routine. **Timers:** The person who times the length of routines, pauses, and / or falls in a routine on Bars, Beam, or Floor.

**Scorekeepers:** Individuals who run the computer programs used to record the team and individual scores during a meet.

**Runners:** Volunteers, usually children, who assist in passing scores between judges in a panel, and the scorekeeper.

**Flashers:** Volunteers, usually children, who display scores at a Compulsory meet, and Start Value and scores at an Optional meet.

**Mount:** The first element in a gymnastics routine, or in the case of floor, the first tumbling pass.

**Olympic Order:** (Vault, Bars, Beam, Floor) all gymnasts rotate through the events in the same order, regardless of where they started, (i.e., a group that starts on vault will continue to bars, then beam, then floor. A group that begins on beam will continue to floor, then vault, then bars.)

**Petition:** A request by an athlete who is unable to compete at a state, regional or national competition due to injury to be qualified to subsequent competitions based on her previous performance.

**Release skills:** Uneven bar element that involves releasing from one bar and re-catching it or traveling to the other bar.

**Sanction:** A permit issued by a governing body (USA Gymnastics, AAU) authorizing a host site to conduct an event or meet in accordance with its policies.

**Start Value:** The Start Value is the maximum starting score based on the gymnast's compliance with the requirements.

**USAG:** *United States of America Gymnastics.* USAG is the national governing body of amateur gymnastics. To compete in USA Gymnastics meets, a gymnast must obtain a USAG member card. USAG directs competition, determines rules, and oversees all aspects of gymnastics in the United States.



## Athlete Expectations and Gym Standards

Every gymnastics program has its own approach to attaining its goal of excellence. This section will help you to identify the expectations of our athletes, the standard of our team.

### Athlete Expectations

- We expect top effort from every athlete on the floor at every practice. Our desire is to assist every athlete toward their personal and team goals every day. In that effort, and as a courtesy to the athletes that are training at their best, we ask any athlete *not* feeling up to their potential to refrain from negatively influencing other athletes' workouts. Outbursts like un-sportsmanship like crying, talking back to a coach, being rude to other athletes, or talking negatively to others are unacceptable and unnecessary. If a disruption occurs, we will ask the athlete to remove herself from the floor, collect herself in the rest room or locker area, and then return with a renewed attitude. Even our greatest and most positive athletes have bad days, but they respect their coach and their teammates enough to "take it off the floor".
- Warmup start time is not arrival time! All athletes, at minimum, are expected to be on the floor at the time workout begins. We prefer athletes to arrive 5-10 minutes early to stretch out their bodies and prepare for the conditioning and warm up. Timeliness to practice is a reflection of an athlete's commitment to her workout, her goals, and her respect for her team and coaches. Senior team athletes are expected to be on time to practice, if a late arrival is not prearranged, and the warm up has already started, they are not allowed to train in that workout.
- Attendance is very important and athletes are expected to attend every practice possible(unless approved by coach or physician). Gymnastics is a very demanding sport and requires lots of hours of conditioning and training. Inconsistent participation is the greatest hindrance to any athlete. If an athlete isn't feeling well enough to train on all apparatus, we encourage them to at least attend and stretch or condition if possible. If an athlete has too much homework, we ask that they stay home and get caught up. If an athlete is too sick to attend workout, please call and leave your coach a voice message. There are no make-up practices. Multiple unexcused absences may result in suspension.
- Athletes need to have gymnastics bag. The bag should contain the items listed below:
  1. Grips
  2. Wrist Bands - for grips.
  3. One Bottle Lotion - Use this to prevent hands / feet from cracking. Remember, chalk removes the moisture from your hands and feet. Once your hands / feet crack, it takes a very long time for them to heal.
  4. One Extra Leotard - Better safe than sorry!
  5. Hair Accessories and Hair Spray
  6. Competition Leotard
  7. Warm up Leo and Shorts

I have a supply of pre-wrap and tape in the gym; please do not buy any for your gymnast.

- Injuries are part of sports in general, and unfortunately they are a part of our sport as well. However, athletes that do have an injury are absolutely encouraged to participate in as much of their regular workout as possible. An athlete with an injury can still train on all events that do not stress the injury and there are many things the athlete can do outside of full routines that can maintain an athletes training level during recovery. With respect to

the limits of the injury, athletes are expected to attend workouts to condition, stretch, and do whatever possible to make sure that they maintain their fitness.

- Parents are encouraged to keep in good communication with their child's coach. We will do our best to meet regularly and informally with parents to provide an opportunity to discuss the questions or concerns that inevitably arise during a season. We accept our responsibility first to be as open with our team planning and decisions as possible, and in return ask that if there are gym issues, they be brought to the attention of the coaching staff. Quality communication is a shared commitment. If you have a concern, or "heard something" and wonder if you should be concerned, please see your child's coach. Our desire is to **keep the High School Gymnastics Program a 100% positive atmosphere for parents and athletes.**
- Bleacher protocol, home and away. Please do not initiate or participate in any negative discussions about our program, other programs or people in the gym, especially around another gym's parents or athletes. You may be the only thing the person next to you knows about us.
- Competitions are an opportunity for our athletes to *compete* against other athletes in the area, state, and country, not *participate* in front of a crowd. The meets we select, especially at the upper levels, are chosen based upon the amount and quality of competition our athletes will face. As regularly as possible, we want our athletes to face tough opponents for their competitive development. **Under no circumstances will an athlete that is unprepared to perform participate in an event. If the routines are not solid and the coaches do not believe it is in the athlete's best interest to participate, your athlete will not compete. This is not a warning or a punishment.**
- The week before a big competition is a very important week emotionally for an athlete. Their ability to "pull it together" before a competition is critical, and begins at the early levels of our sport. Each athlete is expected to be able to perform their entire routines the week of the competition, and at the upper levels, without spot. If they are inconsistent with their efforts, or if they miss any workout in the week before a competition, they may not be considered for competition. The workouts prior to a meet are some of the most important in the training system.

## Athlete Competition / Travel Guidelines

### General

1. Austin gymnasts are expected to behave in a respectful and courteous manner. Discussions regarding your teammates, other teams, coaches, etc. should all be done with respect. **Gossip and negative talk are unacceptable.**
2. Athletes are to arrive at the YMCA no later than the assigned "load" time unless otherwise instructed.
3. All gymnasts' hair is to be very neat and sprayed in a ponytail, bun, or French braid. No jewelry is permitted.
4. Competition attire (Warm-up suit, tank leo or competition leotard) is to be worn at meets.
5. Bleachers are for the audience. Once the warm-up rotations begin, athletes are not allowed into the bleachers until the conclusion of the award ceremony.
6. When traveling, the coaches will set curfew before a competition. All athletes are expected to follow the curfew and go to sleep or lay quietly at the appropriate times. Part of traveling with your team is to respect others by allowing your teammates the chance to rest.
7. Proper eating habits, e.g. eating in such a way as to best prepare you for competition, are expected leading up to and during competition.
8. Discipline at competition should be impeccable; just like training. All discussions with coaches should be with the utmost respect, even if you disagree with a decision.
9. Awards podium.
  - All athletes will remain on the floor, with their team until the conclusion of awards.
  - All athletes will be in uniform attire on the awards stand.
  - Athletes will be expected to treat the awards ceremony, their teammates, other teams and their award with respect.

### Travel

Travel will be arranged through the High School athletics office. Information about travel plans will be sent home when necessary.

## Parent General Rules and Policies

- Parents are not permitted on the gym floor, and must refrain from coaching or commenting during any training session. We realize it is tempting to try to correct your child if she is not paying attention or goofing off; however, this is the coach's job. If you feel there is a problem that we are not seeing, please address it after workout so we can take care of it.
- Please feel free to watch any practice at any time. You are welcome to observe so your child feels supported, but it is not recommended that you stay at every practice. We feel that it hinders the gymnast from developing relationships with their coaches and teammates, and can also encourage parents to coach their child. Athletes have enough pressure trying to please themselves and their coach, without worrying about disappointing a concerned or interested parent as well. When you do attend practice, show your child that you are pleased with their performance when the practice is over.
- Conditioning / stretching at home should be your child's decision. At different times during the season, we may feel a need for some extra work at home, but forcing a child to condition / stretch against their will may cause resentment and possibly burnout. Every level trains a sufficient number of hours each week; let them enjoy their "downtime" when they have it.
- A major component of the athlete / coach relationship is the athlete's ability to discuss any relevant information about fears / frustrations / illnesses / injuries, etc. with their coach. Please encourage your child to bring that information forward and set the foundation for a successful working relationship between athlete and coach. Too many times a parent brings it to the coach because the athlete is uncomfortable. Our staff will work to make sure that the reaction is appropriate and comfortable for your child.
- Parents are encouraged and expected to show the proper respect for our beautiful sport at all times. Rude, belittling, or negative comments about judges, coaches, parents, and other gymnasts are always inappropriate. This creates a negative atmosphere for the other parents and leads to the embarrassment of the athletes. If we find that this is a problem, it is our guarantee to the positive parents / athletes in our program that these parents will be asked to leave the club.
- Gymnasts are not permitted on any equipment without the specific permission and supervision of a coach.
- We are working to provide an opportunity for clinicians, sports psychologists, and nutritionists to be invited throughout this year to educate parents, athletes, and coaches. We highly recommend your support for, and attendance at these meetings.
- Be encouraging and positive to your child. Be careful of comparisons, because each child is an individual with different talents and capabilities. They are all special, and our goal is to let them know that.

## Parent Competition Rules and Policies

- Please do not coach your daughter in the gym or at meets! This is the coach's job. Children should not feel that their parent's love or support is determined by the child's gymnastics ability.
- As you watch your daughter, try to focus on improvement in skills. Do not compare scores to previous meets or to other gymnasts. This is a subjective sport and we try to keep the gymnasts focused on performance, not scores.
- Be positive at all times! It requires extra work sometimes, but your attitude will determine your child's attitude and their success, both in gymnastics and in life.
- Take responsibility for promoting Austin Gymnastics' reputation as a positive force in the lives of people; never make negative comments about other gyms, coaches, gymnasts, or judges. As an Austin team parent, you also represent us, and your behavior will reflect on our whole family. We encourage you to sit with other Austin team parents and form a cheering section.
  - If you have concerns or comments about the meet, see the head coach .
  - When your daughter looks up at you in the stands, smile at her and show positive encouragement, regardless of her performance. Let her know by your facial expressions that you are proud and love her.
  - Every gymnast must have a Gymnastics bag at every competition that should contain all of the appropriate items listed in the ***Athlete Requirements*** section of the handbook. It is also a good idea for the gymnast to keep a bottle of water and a snack in her bag at the meet.
- Each gymnast should prepare for her competition by eating properly. If you have any questions regarding appropriate times and types of pre-competition meals, please see your child's head coach. Send a healthy snack in your daughter's team bag, in the event the session runs long.
- If a gymnast has a "crisis" during the meet and cannot control her issue in a timely manner, she will be sent to the restroom to compose herself. We appreciate how hard it is to watch your child cry, but we think it is important for them to learn how to deal with setbacks during competition without parental help. Please help us to help them grow and let them learn to cope with both success and failure. Do not meet them in the restroom during the competition.
- If your daughter is sick the day we leave for a meet, please keep her home and let the coaches know as soon as possible.
- When the coach dismisses the gymnasts after meets, gymnasts may go to see their parents, but they must return to the awards area dressed appropriately (team warm-up) for the awards ceremony.

## Ten Suggestions for Parents

1. Make sure your child knows that win or lose, scared or confident, you love her, appreciate her efforts, and are not disappointed in her. Her goal should be to improve, not win. This will allow her to do her best, and avoid developing a fear of failure based on your disapproval and family disappointment. Be the person that your daughter can look to for constant positive reinforcement about herself as a person. She is more than just a gymnast. Learn to hide your feelings if she disappoints you. She is not supposed to do gymnastics to please you.
2. Try your best to be completely honest about your child's athletic abilities, competitive attitude, sportsmanship, and actual skill level. Don't compare her to other gymnasts.
3. Be helpful, but don't be a coach, on the way to the gym, at the gym, or on the way home in the car. It is hard to hold your tongue, but it is a lot tougher for your daughter to be inundated with advice, pep talks and instruction that may be directly opposite what the coach is saying.
4. Teach your child to enjoy all the aspects of competition - to be "out there trying", to be "working to improve skills and attitudes", to take the "physical bumps and come back for more." Don't say that "winning doesn't count", because your daughter already knows it does. Explain that the "Happy Warrior" who loves all aspects of competition usually ends up being the happiest and the most well-adjusted athlete, and one who looks back on her gymnastics days as a joyful time in her life.
5. Try not to relive your athletic life through your child, whether you were a very successful athlete, a benchwarmer, or a "wannabe" in the stands. You made mistakes. You lost as well as won. You were frightened, afraid of success, afraid of defeat, or afraid of pain. Don't pressure you child because of your own pride.
6. Let your child make her own voyage of discovery into the world of gymnastics. Help to calm the water when things get rough, but let her set her own course. Then she will have her own sense of accomplishment when gymnastics comes to an end.
7. Find out what your daughter thinks about the sport. Don't assume that she wants the same things that you do, or that she feels like you do about gymnastics. Don't try to push her in the direction that will give you the most satisfaction.
8. Your child's coaches have tremendous influence over her. Get to know the coach so that you are comfortable with the philosophy, attitudes, ethics, and knowledge to which your daughter is exposed. You should be happy with the program you have chosen, as it will have a direct impact on other aspects of her life.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to the tales of woe or heroics. Take a look at the situation and try to develop a calm outlook on the everyday ups and downs.
10. Make a point of understanding courage, and the fact that it is relative. There are different kinds of courage. Everyone is frightened in certain situations. No one can escape fear. Explain to your child that courage does not mean the "absence of fear", but rather doing something in spite of fear or discomfort.

## MSHSL Gymnastics Overview

### 1. SEASON BEGINS

Practice may begin on the 15th Monday preceding the date established for the finals of the State Girls' Gymnastics Meet.

### 2. PRACTICE SESSIONS BEFORE FIRST CONTEST

Three weeks of organized practice shall precede the first contest.

### 3. CONTESTS

Maximum number allowed – 16

### 6. LAST DATE TO JOIN A TEAM

A. To be eligible for section and state competition, a student must be a member of that school's team no later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

B. Membership Defined: A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the League.

C. Exceptions: At the member school's discretion, students may be allowed to join a team after the fourth Monday (the 22nd calendar day) from the official start of that sport season and be fully eligible for regular season and post-season competition if they meet any of the four conditions below:

- 1) transfer students who become eligible in their new school; or
- 2) students who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage; or
- 3) students who, were under the care of a physician and were medically unable to join the team by the specified date (students must have written documentation from the physician); or
- 4) students who join a team after the fourth Monday (the 22<sup>nd</sup> calendar day) from the official start of that sport season, and **have not participated in the same sport:**
  - a) on a non-school team or as an individual competitor; or
  - b) in a camp or clinic; or
  - c) received private instruction in that sport during the high school season.

D. Students who join a team after the fourth Monday (the 22<sup>nd</sup> calendar day) from the official start of that sport season are eligible for the **regular season only** (not post-season) if they **have** participated in the same sport:

- 1) on a non-school team or as an individual competitor; or
- 2) in a camp or clinic; or
- 3) received private instruction in that sport during the high school season.

### Section Tournament – Advancement to State

The top scoring team will represent the section at the state meet.

The top 3 finishers on each event and the top 3 finishers in the all-around will advance to the State Tournament.

## Practice

All gymnasts are expected to:

1. to have hair up, leos on and pulled up, and on the floor ready to go at the start of practice; Leos are the appropriate uniform. TANK TOPS are not allowed for practice or competition warm-ups.
2. be in attendance for full duration of practice regardless of the number of events competing, unless there is an excused absence or excused reason for being late or leaving early
  - a. Practicing prior to the designated practice time MUST be approved by the Head Coach, which will include an approval from the YMCA Gymnastics Director prior to the approval given to gymnast. Approval will be under the discretion of the head coach and will not be granted in every circumstance.
3. All Gymnasts AND Parents are to respect the line up decisions of the coaches that will be based on criteria such as, but not limited to: effort and performance in practice, performance in prior competition(s), current and chronic injuries, attitude, and behavior.
4. SENIORS: All uniforms purchased by the school must be returned to the head coach by the banquet date. Failure to do so will result in fines and an inability to graduate.
  - a. 2024-2025 uniforms include: competition leo, warm-up leo, jacket
5. Keep phones in backpacks unless approved by a coach
6. Gymnasts sitting and socializing without respecting coaches' directions to participate will be sent home
7. Behavior is consistent with creating a team environment including:
  - a. Safety – Physically, Mentally and Emotionally, and Relational (relationships)
  - b. Strong – Physically, Mentally and Emotionally, and Relational (relationships)
8. Consequences for behavior inconsistent with the values of the gymnastics handbook and the APS ACTIVITIES FAMILY HANDBOOK will be at the discretion of the coaches.

## Captain Selection Process & Role of Captains

I am working on developing a Captains/Leadership Council to help grow leadership skills in those we feel have that capability.

Selection Completed by: Head Coach and Assistant Coach(es)

Recommendations Completed by: Gymnasts

- a. Gymnast's input is valued; Recommendation Form(s) can be filled out for a teammate or teammates they would like considered for Captain; this is no guarantee of Captainship for the recommended gymnast
- b. Forms are with Sarah and need to be completed by end of **Regular Season**

Student Classification: not a requirement (meaning you don't need to be an upperclassman)



Qualities:

1. Behavior is consistent with Values of the Program (Values apply not only to Captains and potential captains, but also to ALL gymnasts)
  - a. Values:
    - i. Responsibility, Accountability, Dedication, Trustworthiness, Civility  
  
Civility: showing respect, fairness, caring, citizenship  
Citizenship: active volunteer, honest, lead by following the rules and laws, responsible decision-making, relationship skills, social awareness
    - ii. Discipline, Effort, Perseverance, Sportsmanship, Leads by Example, Works with all teammates and not just friends
    - iii. Under no circumstances will harassment or bullying behaviors in any nature be acceptable. Any behaviors of such nature will have consequences given to any person(s) involved. Consequences will be determined based on the severity of the behavior(s) and may result in dismissal from the team.
2. Acquired and/or actively developing the Leadership Skills listed on page 17

Academic Eligibility: along with eligibility to participate, selection and maintaining captainship requires:

- a. maintaining an eligible GPA
- b. completing assignments by deadlines

**Failure to comply with the values of program and demonstrate leadership skills can result in termination from your Captain position.**

## Leadership Skills

- (in no particular order of importance and not a conclusive list; Do Not need all but actively working on)
1. **Positivity:** optimistic and helps lift morale, **seeing new possibilities** and **inspiring** others through your positive example.  
-Thinking with a Can Do attitude
  2. **Inclusive:** not excluding any of the parties or groups involved aka including everyone
    - a. Not having or being apart chats, text groups etc. the eliminate other teammates for gossiping purposes.
  3. **Respectful & Supportive**
    - a. Shows regard & consideration towards others
    - b. Recognizes when to follow and is able follow
  4. **Time management:** organize and plan how to divide your time  
-ex: give yourself 10 minutes to get 5-8 tumbling passes on beam;

5-7 minutes for 5 jump series

5. **Motivation:** the **purpose** that provides energy to push personal limits and continue to work when challenges arise.  
-finding positive words and behaviors to drive teammates to achieve team & personal goals
6. **Confidence:** belief in yourself, in your team, in the goals and purpose of the team
7. **Communication:**
  - a. **Adaptability:** The ability to adapt your communication style to different situations and audiences.
  - b. **Active listening:** The ability to remain engaged and attentive during conversation, paying attention to verbal and non-verbal forms of communication.
  - c. **Empathy:** being sensitive or aware of the feelings, thoughts, experiences of others.
  - d. **Body language/Facial Expressions/Voice Characteristics:**  
can make others feel comfortable or uncomfortable to share opinions.  
  
\*Positive Communication: Smile; peaceful, cheerful, enthusiastic tone of voice (the way you speak); eye contact  
\*Negative Communication: eye rolling; arms crossed; snotty, snippy, sarcastic, envious, critical, doubtful tone of voice
8. **Emotional intelligence:** ability to recognize and manage emotions in yourself and in others.
9. **Self-management:** The ability to regulate your emotions, especially during periods of high stress.
10. **Integrity:** the practice of being honest and showing a consistent and uncompromising adherence (**actions are honest/truthful when no one's looking**) to strong moral and ethical principles and values. In ethics, integrity is regarded as **the honesty and truthfulness** or earnestness of one's actions.
11. **Self-awareness:** The ability to recognize your own strengths, weaknesses, and emotions.

# Gymnastics: Girls Varsity Winter 2024-25 Schedule

(as of 10-19-24)

Type	Time	Opponent	Location
<b>Friday, Dec 6, 2024</b> Meet	6:30PM	Owatonna	<a href="#">Austin YMCA</a>
<b>Saturday, Dec 7, 2024</b> Invite	3:00PM	Away vs. Multiple Schools	<a href="#">Mankato K &amp; G Gymnastics</a>
<b>Friday, Dec 13, 2024</b> Meet	6:30PM	Away vs. Faribault Senior High	<a href="#">Faribault Gymnastics</a>
<b>Friday, Dec 20, 2024</b> Meet	6:30PM	Red Wing	<a href="#">Austin YMCA</a>
<b>Saturday, Jan 4, 2025</b> Game	10:00AM	vs. Multiple Schools	<a href="#">Live Fit Fairmont, MN</a>
<b>Tuesday, Jan 7, 2025</b> Meet	6:30PM	Waseca	<a href="#">Austin YMCA</a>
<b>Thursday, Jan 9, 2025</b> Meet	6:30PM	Away vs. Northfield	<a href="#">Northfield Gymnastics Club</a>
<b>Friday, Jan 17, 2025</b> Meet	6:30PM	Away vs. Winona	<a href="#">Winona Middle School</a>
<b>Saturday, Jan 18, 2025</b> Invitational	10:00AM	Away vs. Multiple Schools	<a href="#">Jackson County Central High School - HS Main Gym</a>
<b>Tuesday, Jan 21, 2025</b> Meet	6:30PM	Byron Public Schools	<a href="#">Austin YMCA</a>
<b>Friday, Jan 24, 2025</b> Meet	6:30PM	Multiple Schools	<a href="#">Austin YMCA</a>
<b>Saturday, Jan 25, 2025</b> Invite	9:00AM	Away vs. Multiple Schools	<a href="#">Winona Middle School</a>
<b>Friday, Jan 31, 2025</b> Meet	6:30PM	Away vs. Multiple Schools	<a href="#">Rochester Friedell Middle School</a>
<b>Saturday, Feb 8, 2025</b> Big 9 Conference Meet	12:00PM	Away vs. Multiple Schools	<a href="#">Rochester Mayo High School</a>
<b>Saturday, Feb 15, 2025</b>			

Section Class A

TBD

Away vs. Multiple Schools

**Friday, Feb 21, 2025**

State Tournament

TBD

Away vs. Multiple Schools

[TBA](#)

**Saturday, Feb 22, 2025**

State Tournament

TBD

Away vs. Multiple Schools

[TBA](#)

**Pictures are Friday Nov. 22 at 4:30 pm**