



Nastia Lukin-
“Train until you cannot remember the last
time you fell off the beam!”

Tomah HS Gymnastics

Welcome

Welcome to the 2022-23 gymnastics season. We are looking forward to another year full of fun, sore muscles and goals achieved. We have big goals in mind... so be ready to get to work! We have potential to break the team record, individual records and personal records!

If you need to get a hold of either coach, please don't hesitate. We can be contacted below.

Coach Karen Brown

Cell: 608-387-9448

Email: karenbrown@tomah.education

AST. McKenzie Linenberg

Cell: 608-343-0905

REMIND APP:

Text to number -81010

Text message- @thsgymna

THS Gymnastics 2022-2023 Team Rules

The following rules have been established to help our team have a successful season. Each member's commitment to these rules is vital to creating a positive learning environment for our team. In addition to these Gymnastics Team Rules, all members must adhere to the Tomah High School Activities Code.

Deciding to join this team is making a commitment to yourself, your coaches and above all to your team. Gymnastics is an individual sport; however, it is the team score that is the reflection of our team. Keep this in mind as you practice and as you make personal choices in and out of school and in and out of competition.

Conduct

Gymnasts are representing Tomah High School and therefore their conduct in school must be of acceptable standards. All classes and study halls are to be attended. Failure to abide by this will result in losing eligibility on the team. You are student athletes, and just as in the name, the student part comes first. Athletes must show respect for team members, peers and adults in school and in the community. Members will adhere to the

Tomah High School Activities Code for alcohol, drugs and conduct unbecoming of an athlete.

Attendance

Attendance is mandatory at all practices, performances and fundraisers. There are a few acceptable reasons for missing practice, such as illness, a doctor's appointment (although during season we hope you could schedule them during a nonpractice time) or a death in the family. All other excused absences will be at the discretion of the coaches. You **MUST** call/message coach **BEFORE** practice if you are going to miss that day. A note or message will be required from a parent for any absence or it will be considered an unexcused absence. Work and hair appointments will NOT be considered excused absences.

Practice begins at 3:45pm and ends at 6:00pm.

- Do not arrive late. Do not ask to leave early.
- If you need a ride to the fairgrounds, message coach.
- If you are late due to an academic reason, you must bring a note from your teacher.
- Gymnasts are to be dressed and ready to go at the Park and Rec building at start time.
- All snacks should be healthy and finished before practice- no eating during practice.
- If you need to go to the training room for whatever reason, get there ASAP after school! Student athletes are seen/taped/etc on a first come first serve basis. Bring a note from trainer to practice. *TRAINER IS LIZ*
- If a gymnast is injured, she is still required to attend practice and participate in any way possible. (encouraging, critiquing routines, making locker decorations, cleaning gym, etc.)
- JV gymnasts are required to attend all varsity meets, unless prior approval- learn by watching!!
- NO IPODS or CELL PHONES out at practice, unless YOU ASK or we are having practice at the fitness center, then can listen to music.
- A gymnast must attend practice the night before a meet or will be ineligible to perform. (unless school approved absence)

PHONES WILL BE PUT IN A BOX AT PRACTICE IN THE GYM- TOO MANY CAUGHT ON PHONES DURING PRACTICE. WILL BE GIVEN BACK AT THE END OF EACH PRACTICE. Phones at meets will be allowed in their bags, unless it becomes a problem, then we will collect them at the beginning of the meet and given back at the conclusion. ***

Unexcused Absences will be handled in the following ways...

(FYI: This includes absences without a note or phone call.)

1 unexcused absence – WARNING

2 unexcused absences – gymnast will miss one performance but must attend the meet without their uniform (wear street clothes). The gymnast will be allowed to sit with the team during the meet.

3 unexcused absences - gymnast will miss two performances and the gymnast will not be allowed to sit with the team at the meet, and must sit in the stands with the rest of the fans.

4 unexcused absences – dismissal from the team

Varsity and Junior Varsity/ Lettering

An athlete may compete both on Varsity and Junior Varsity in the same meet, as long as they do not repeat a single event in the meet. Five gymnasts will compete on each event (vault, bars, beam, floor) for both Varsity and Junior Varsity. There are a few meets in which only Varsity athletes will complete, but all team members are required to attend the meet. The line up for varsity and junior varsity is at the discretion of the coaches and is based on prior meet performance and also work ethic and attitude during practice. It will be announced at least one day prior to meet.

To letter for Varsity, you must earn 40 points to letter. If an athlete is competing both Varsity and Junior Varsity, she must earn 20 Varsity points and 20 Junior Varsity points.

You earn points on the following scale:

1st Place (top score) for the team on an event = 5pts

2nd place for the team on an event = 4 pts.

3rd place for the team on an event = 3 pts.

4-5th place for the team on an event = 2/1 pt.

*If special circumstances arise, lettering will be based on the coaches' discretion. *

***** **Automatic disqualification:** If a gymnast receives an athletic suspension once the season has started for substance abuse, misconduct or other inappropriate actions, the athlete will not letter.*****

Special Awards

Team Captain – This team captain will be selected at the end of the season for the following year. This gymnast will possess outstanding leadership and diplomacy. This gymnast will also possess outstanding character as an athlete, student and citizen. The team captain will be voted on by the team members and will receive a special award/certificate that will be awarded at the end of season banquet.

Most Outstanding Gymnast/Leader of the Pack– This gymnast will be selected at the conclusion of the season. This gymnast must have competed at the varsity level and exemplified characteristics of a high-quality gymnast/individual throughout the year, specifically in the areas of outstanding performance and personal character. This award will be given at the end of season banquet.

“If you do the best you can, you will find, nine times out of ten, that you have done as well as or better than anyone else.”

-William Feather

I don't think anything is unrealistic if you believe you can do it. I think if you are determined enough and willing to pay the price, you can get it done.”-Mike Ditka

Most Improved Gymnast – This gymnast will also be selected at the end of the season. She will have improved her gymnastics skills greatly through out the season, be a hard worker, with a good mental attitude. This award will be given at the end of season banquet.

**Academic All State Awards can be earned with 3.5 accumulative GPA's or higher

** Conference Awards including sportsmanship award

** Other novel awards may be given to gymnasts at the end of the year or through out the year based on coaches' discretion.

Other things to know...

- Floor music will be provided to each gymnast by the school/coaches, however it can also be purchased or created individually if the gymnast chooses.
Visit: www.floormusicexpress.com
- Coaches will help gymnasts choreograph all routines (if requested) but bring your own ideas too! **(check out Youtube!)**
- Gymnasts are required to provide their own grips, braces and practice attire.
- Warmups will be bought by gymnasts- own black leggings for march in.
- We expect all team members to compete on at least one event, and to show improvement on ALL events. We hope that through out the year, gymnasts are working toward competing on all four events either Varsity or JV.
- Team members are expected to support each other at practice and at meets, encouraging others and cheering.
- All gymnasts must stay to the end of the meet, but are allowed to ride home with parents if proper paper work is filled out.- green sheet at the meet.

**Cell Phones (or any other recording device) are NOT allowed in ANY locker room, unless for a 911 emergency. WIAA RULE! So, phones are to be shut off the moment we leave the bus, or enter any Gymnasium. If there is a problem with compliance on this rule, the coaches will collect cell phones before we leave the bus/enter the gym and redistribute them upon completion of the meet or upon boarding the bus.

** If athletes or parents have concerns about the gymnastics program, they should contact the coaches after practice before going to other sources. Gymnast should approach coach Brown first, then parents should. If you feel your concern is not adequately addressed, then you should contact the following (in this order): Athletic Director (Brad Plueger), High School Principal (Robert Joyce), Superintendent (Dr. Hanson).

Thank you for reading this information. We are looking forward to a great season!



~ Coach Karen Brown and McKenzie Linenberg



Parent Roles:

ways Parents can be involved/volunteer-
all is GREATLY appreciated!!

*Encourage your daughter to do her best! Gymnast represents THS, their parents and mostly themselves wherever they go and whatever they do!! (Don't want to be the team that.....can you believe this girl said this or shared this on social media...)

*Come watch us when you can!

*Booster Club Membership Levels

*Team Meal- your house or gym

*Healthy Snacks for meets

*Concession – help take \$

*Hospitality Room Invite- food

*Banquet- decorate, provide food, share pictures, slide show

- used to have to set up/ tear down at our meets-

thank Brad and Deb for all they do!

THS GYMNAST CONTRACT

By signing this paper, I am agreeing to all written team rules, including no CELL PHONES at practice.

I am agreeing to make a strong commitment to the THS gymnastics team and will contribute a positive attitude.

I am agreeing to treat all teammates, coaches and equipment with respect.

I am promising to use practice time wisely and work hard.

I am promising to keep my grades up to an acceptable level and remain eligible to compete all season. (1 F = no competing)

I am agreeing to the fact that if I break any of the rules I will accept the consequence given whether it be extra conditioning or sitting out of a competition or dismissal from the team.

Basically... I am agreeing to work hard by doing my best, have fun and be a good teammate!

Gymnast signature

Parent/Guardian signature

Email –STUDENT

Email-PARENT



