

April 10, 2019

Executive Summary

Gymnastics Proposal

TRHS Athletic Department is exploring the addition of gymnastics for the 2019-2020 school year. NHIAA rules state that if a school has less than 5 gymnasts, the school will be allowed to compete as individuals representing the school. If the school has 5 or more participants, the gymnasts are a recognized team. Athletic Director has inquired with NHIAA regarding the process to obtain a schedule for 2019-2020 winter season. TRHS will be able to have a schedule either as individuals or as a team.

The representative from the “Off the Wall” Gymnastics facility in Plaistow confirmed that the facility would be able to provide TRHS Gymnastics with practice time and is preparing an estimate for the season.

TRHS has researched specific coaching certifications with NHIAA and other Athletic Directors. There are recommendations, but no additional requirements. According to an Athletic Director, many of the coaches coach club teams and have a USA Gymnastics coaching certification at varying levels. All coaches would need to be First-aid/CPR certified. They must also complete an online *Concussion Course* through the NFHS and a 2-part *Principles of Coaching Course* (NHIAA requirement).

TRHS Athletics anticipates the estimate from Off the Wall within the next few weeks. If the TRSD decides to move forward, Athletic Department will set up a parent/student meeting to outline the requirements of participation on a high school team. After approval, Athletic Department would advertise for a coach.

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