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 2:45 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.

3. You need to attend every scheduled practice. Absences for specific reasons must be approved **before** you miss practice. You must text Kaia (head coach) at 651-366-7882 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 Kaia as soon as you know you might be late. A note from a teacher, trainer, 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 friends 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 but we still expect an effort at creating a routine for each event.

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 tied up neatly for competition (no flyaways or hair in your face.) No jewelry is allowed during competition (includes piercings and friendship bracelets).

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 Kaia **after** practice. If a parent has a question or concern please have a conversation with the athlete first. If there is still a concern, please contact Coach Kaia 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 before the meet.

<u>Cell Phone Policy</u>

Cell phones are not allowed in the gym during practice or at meets. Exceptions need to be discussed before practice with Kaia. 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.

<u>Academic Policy</u>

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.

<u>Lettering Policy</u>

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, etc. The expectation is that gymnasts are responsible for communicating with their family members regarding any small updates/communications that come up in practice. Important things will be communicated through email to parents such as fundraising opportunities, team bonding activities and clothing orders. Email communications will come from ssppackersgymnastics@gmail.com or bound.

To report absences, injuries, questions, or concerns please contact
Kaia Tautges (Head Coach)
Cell: 651-366-7882
Email: ktautges@apps.sspps.org

Assistant Coaches
Liz Woxland
Rebecca Potter

Athlete/Family Agreement

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