



## 2023/2024 Season Rebounders Gymnastics Teams Handbook CONGRATULATIONS!!

Your child is now a member of one of Rebounders Gymnastics TEAMS. Rebounders is one of the top women's gymnastics programs in the Northeast!

**As part of the yearly contract, all TEAM gymnasts and parents MUST read and sign on the contract that it has been read by parent and gymnast.**

If you are a new competitive team gymnast, returning team gymnast, or investigating our club with the possibility of your child joining our team, then this booklet will provide you with basic information on how the Rebounders Gymnastics Teams provides quality national caliber coaching and facilities to help your gymnast reach their potential. If your child is selected, it indicates that the coaches believe in your child's attitude, ability and potential and wish to help them grow in the sport of gymnastics.

### **INTRODUCTION**

#### **Welcome to Rebounders Gymnastics!**

This undertaking will give your child a stage on which to develop his/her confidence, individuality, mental and physical discipline, determination, appreciation for dedicated effort, and self-respect. Your child will mature among individuals and circumstances that will demand his/her finest efforts and judgments. He/she will develop close relationships with other young athletes who demand the best of themselves and expect the best in others. Educational opportunities will be made available which will complement and enhance the experiences he/she will have in the gym. He/she will also have a lot of fun along the way!

**Gymnastics** demands total dedication, complete commitment, and a desire to be the best that you can be. The athletic skill and physical fitness developed in gymnastics stays with many competitors long after they put on their grips for the last time. It is the mental discipline the gymnast develops their intellectual fitness that is of greater value. Because of these beliefs, we at Rebounders Gymnastics take our responsibility toward your child and his/her development very seriously. It is our hope that the rules and policies presented in this handbook reflect those beliefs and the care and concern that we have for all of our gymnasts.

## **HISTORY OF REBOUNDERS**

The Rebounders competitive gymnastics team was started in 1972 by Jean Weber and Mel Sanborn at the Towson YMCA. In the Fall of 1975, Rebounders gymnastics Training Center became the first independent gymnastics club in the Baltimore metropolitan area by relocating to 7 Foxtail Road, where it remained until January 1996 when it moved into a new facility at 7 Aylesbury Road. In 2007 Lori Stark and Heidi Soerensen bought the gym when Jean retired. Classes and team training are offered year-round for ages 2 through 20yrs.

In 1983, Mel Sanborn started the Rebounders Boys Competitive Team. The boys' team competed locally and regionally until 1992 when the team was disbanded. A small group of boys continued to train and compete locally in the Tumbling/Acro leagues. In the Fall of 1996, the Rebounders Boy's Competitive Team was revived by Scot Shaffer and continued to grow in number and skill over the next 4 years to include competitors from Class VII through Class III. The Rebounders Boys Team members have competed at local, state, regional, and national meets and traveled to New York, Pennsylvania, Virginia, Georgia, Colorado, and California. The Boys' Team now includes competitors from USAG level 4 through level 10 and has consistently sent members to Nationals since 2000.

The Club's accomplishments have been numerous over the many years since its founding. Individuals and teams have competed in USA Gymnastics, United States Association of Independent Gymnastics Clubs (USAIGC), Amateur Athletic Union (AAU), and international meets. The Girls' team has traveled extensively throughout the United States and abroad, including Canada, Germany, Holland, Switzerland, Ireland, Austria, Mexico, Bahamas, and Australia. As a result of the dedication and hard work by the gymnasts, coaches and parents, the Rebounders Men's and Women's Gymnastics Teams have achieved excellence and recognition at state, regional, national, and international levels.

## **MISSION STATEMENT AND PHILOSOPHY**

### **“WHAT ARE WE BUILDING AT REBOUNDERS?”**

Our goal at Rebounders is to coach each gymnast to reach their highest achievable level. Rebounders prides themselves on providing the athletes with the tools of understanding, believing in their coaches and themselves, to strive to reach their goals and to never give up, especially when faced with a challenge. Here at Rebounders, we

are building people and developing personalities of strength and perseverance in a fun and safe environment.

### **PHILOSOPHY**

Gymnastics is the basic grounding for all sports. We feel there is no other activity that better develops a strong body and an active mind. Gymnastics develops strength, flexibility, coordination, agility, kinesthetic and spatial awareness, and endurance.

Additional benefits of gymnastics training include self-satisfaction, independence, discipline, camaraderie, sportsmanship, and an opportunity for travel.

In today's culture and society, competition is an important part of life. Athletic competition provides an ideal environment for children learning successful life skills, goal setting, hard work, dedication, and discipline. Coping with success and failure are an integral part of the gymnast's competitive experience while also increasing confidence, courage, and self-esteem. This approach allows for the development of a solid foundation of skills from which the gymnast can build upon and safely progress.

All team members are totally involved in competition at their appropriate level to promote a positive learning experience. We feel that being a member of the Rebounders Gymnastics Team is a privilege that allows children unique opportunities and experiences that might not be available through other activities. The skill, fun, friendships, and accomplishments carry over into many of life's activities long after the gymnast's participation has ended.

### **SELECTION PROCESS**

Your child's selection and placement on our team program is based upon his/her potential to learn gymnastics at a faster pace than the majority of peer participants. The team selection process begins as early as 3 to 5 years with the Gym Cubs, and Level 1 pre team programs and, and continues through the levels up to 7 years of age. These are pre-competitive programs. Competition can begin as early as ages 5, 6 or 7 for boy's compulsory level 4 and girl's compulsory level 2 and may continue through the Elite level. In our Xcel program the gymnasts may begin at the bronze level as early as age 5 and continue to the Sapphire level. Faster learning is predicated by strength, flexibility, cardiovascular fitness, and psychological readiness. Included in these coaching decisions are courage, commitment, desire, coachability, and integrity.

### **MOBILITY BETWEEN LEVELS**

- The Team Director and coaches, at their discretion, can make any level change and/or training group assignment for an individual team member.
- All-Around scores, though vital, do not necessitate a guarantee for mobility. The gymnast's strength, mental toughness, attitude, skill repertoire, and coach recommendation will be taken into consideration. These decisions are difficult at times. By supporting the coaching staff, a reinforced gymnast/parent/coach relationship will form.
- Your daughter is an individual and will progress at her own rate.
- Athletes need to be prepared to move within both the Development Level Program as well as the Xcel Program. Coaches of both programs work together,

and team members will be placed where staff can train the athletes to their full potential.

- The above information is re-evaluated each year for changes. Please note that it is not common for a gymnast to move up a level **every** year.
- Gymnastics is a very technical sport whose very nature encourages a search for perfection. Advancement and success in the sport requires mastery of basic skills. Similar to a pyramid, the larger the base of support (basics), the higher the pyramid will stand (ultimate skill level). It seems rather ridiculous and simplistic to think that merely achieving a minimum “move-up” score will indicate an athlete’s readiness to achieve success at the next level. A score is meaningless without mastery of the underlying skills. The gymnast will eventually “hit the wall” if the basics are not mastered. Advancement to a higher level does not mean a gymnast is better. Executing skills precisely makes a better gymnast.

**Mobility between levels will involve several factors:**

- **Attendance**
- **Mental toughness**
- **Coaches’ discretion**
- **Acquisition of skills**
- **Coachability**
- **Strength and flexibility**
- **Parental support (not discretion)**
- **Individual desire**
- **Potential for success at a higher level**
- **Individual confidence and courage**
- **Work ethic**
- **Increased financial responsibility**

## **FINANCIAL COMMITMENT**

### **TEAM MONTHLY TUITION FEES**

Team is year-round. The decision to join our team is a big one and reflects a significant year-round family commitment. The gymnastic year for the Rebounders Gymnastics teams is from July 1st through June 30.

Monthly tuition fees cover the coaches' salaries during practice, equipment, and general overhead expenses.

Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount. There are no refunds or prorating of fees, unless due to injury, in which case, a Dr note is required.

Tuition is due regardless of attendance. It is important to make this next point clear: Team members do not move onto and off the team based on illness, injury, vacations, camps, schedule conflicts, mandated closures, or the like.

Exception: If a gymnast will miss more than two consecutive weeks of practice, half tuition will be accepted. You must email [colleeng@rebounders.com](mailto:colleeng@rebounders.com) for **prior** approval. Rebounders requires a **current** Visa, MC, or Discover card to guarantee tuition payments. You may still pay by cash, check or another form of payment before the 5<sup>th</sup> of each month. After that time, your credit card will be charged the monthly tuition amount. If the payment declines and is not paid by the 10<sup>th</sup> of the month, the tuition is considered late, and a \$20 late fee will be applied to your child's account.

Also note, after the 10<sup>th</sup> of the month, gymnasts are not allowed to practice until monthly tuition is paid.

Monthly tuition is based on 48 weeks per year. There are 4 weeks of the year (24 practice days) for which you are not paying. This includes the week of August 28-

September 4 when the gym is closed for maintenance. Cancellations will happen. Each year you can expect to have a limited number of practices canceled due to holidays, meets, and rest days after long meets, etc.

Injured Athletes are expected to participate in practice and gym activities to the extent possible. There is no reduction in tuition unless the injury takes you completely out of the gym for 2 weeks or more.

**PLEASE NOTE: Parents must complete a written Request for any changes in monthly instructional fees and provide a Dr note to reduce tuition.** Forms are on our website under the Team Member Links tab.

**Contract termination before the end of the season requires a face-to-face meeting with the gymnast, parent, and coach prior to completing the termination form.**

<b>REBOUNDERS GYMNASTICS TEAM MONTHLY TUITION FEE SCHEDULE 2023-2024 -AS OF JULY 1, 2023</b>			
<b>All Pre Team and Competitive Levels</b>			
<b>Practice Hours/ Week</b>	<b>Practice Hours/ Month</b>	<b>Cost/ Hour</b>	<b>Monthly Tuition</b>
1	4	\$36.25	\$145
3	9	\$21.11	\$190
4	16	\$13.43	\$215
5	20	\$11.25	\$225
6	24	\$9.79	\$235
9	36	\$7.91	\$285
10	40	\$7.37	\$295
11	44	\$7.04	\$310
11.5	46	\$6.84	\$315
12	48	\$6.77	\$325
14	56	\$6.25	\$350
15	60	\$6.00	\$360
16	64	\$5.78	\$370
18	72	\$5.41	\$390
18.5	74	\$5.33	\$395
19	76	\$5.26	\$400

## **TEAM ASSESSMENT FEES FOR BOTH BOYS AND GIRLS**

In addition to the monthly tuition fee, each gymnast is responsible for yearly assessment fees. Assessment fees help pay for the following general expenses regarding the competitions.

- Coaches' meet wages & Payroll Taxes
- Meet entry fees for each individual gymnast and team entry fee
- Coaches' fees for clinics, meets, travel, and hotel expenses.
- Coaches' professional Certification/dues
- Coaches continued education.
- Judges' fees for home meets
- Team sleepover/TU meet event (girls competitive teams only)

**Assessment fees will be charged to the account on file and are due in 7 equal payments.**

**Rebounders will charge your account to the credit card on file on the 15<sup>th</sup> of July, August, September, October (boys Team only), November, December, January & February (No assessment in October for Girls Team as Team uniform fees due.**

**If assessments are paid in full in July, then a 10% discount will be applied to your total yearly assessment fee!**

**Please note: If team assessment fee payments are not up to date at the time of competition, your gymnast may not compete in that upcoming meet.**

**\*\*No refunds for missed meets or team termination.**

## Assessment Fee Dues

Girls Team ASSESSMENT FEES 2023 to 2024 Season & Payment Options					
Level	1	2	3	4	5
Gymnast Yearly Assessment Fee	\$ 65.00	\$ 875.00	\$1,505.00	\$ 1,505.00	\$1,750.00
Full Payment Option (10% discount)	Due	\$ 87.50	\$ 150.50	\$ 150.50	\$ 175.00
Full Payment Amount (10% discount)	Oct. 15	\$ 787.50	\$1,354.50	\$ 1,354.50	\$1,575.00
7 Monthly Installment due the 15th of July, Aug, Sept. Nov. Dec. Jan. & Feb.	N/A	\$ 125.00	\$ 215.00	\$ 215.00	\$ 250.00

Girls Team ASSESSMENT FEES 2023 to 2024 Season & Payment Options					
Level	6	7	8	9	10
Gymnast Yearly Assessment Fee	\$1,750.00	\$1,995.00	\$2,590.00	\$ 2,730.00	\$2,730.00
Full Payment Option (10% discount)	\$ 175.00	\$ 199.50	\$ 259.00	\$ 273.00	\$ 273.00
Full Payment Amount (10% discount)	\$1,575.00	\$1,795.50	\$2,331.00	\$ 2,457.00	\$2,457.00
7 Monthly Installment due the 15th of July, Aug, Sept. Nov. Dec. Jan. & Feb.	\$ 250.00	\$ 285.00	\$ 370.00	\$ 390.00	\$ 390.00

Xcel Team ASSESSMENT FEES 2023 to 2024 Season & Payment Options					
Level	Xcel BRONCE	Xcel SILVER	Xcel GOLD	XCEL without TRAVEL MEET	XCEL with TRAVEL MEET
Gymnast Yearly Assessment Fee	\$ 805.00	\$ 945.00	\$ 945.00	\$ 1,050.00	\$ 1,470.00
Full Payment Option (10% discount)	\$ 80.50	\$ 94.50	\$ 94.50	\$ 105.00	\$ 147.00
Full Payment Amount (10% discount)	\$ 724.50	\$ 850.50	\$ 850.50	\$ 945.00	\$ 1,323.00
7 Monthly Installment due the 15th of July, Aug, Sept. Nov. Dec. Jan. & Feb.	\$ 115.00	\$ 135.00	\$ 135.00	\$ 150.00	\$ 210.00

Boys Team ASSESSMENT FEES 2023 to 2024 Season & Payment Options						
Level	Pre-Team	2	3	4	5	6
Gymnast Yearly Assessment Fee	\$ 65.00	\$ -	\$ 875.00	\$ 875.00	\$ 875.00	\$ 875.00
Full Payment Option (10% discount)	Due	\$ -	\$ 87.50	\$ 87.50	\$ 87.50	\$ 87.50
Full Payment Amount (10% discount)	Oct. 15	\$ -	\$ 787.50	\$ 787.50	\$ 787.50	\$ 787.50
8 Monthly Installment due the 15th of July, Aug, Sept, Oct, Nov. Dec. Jan. & Feb.	N/A	\$ -	\$ 125.00	\$ 125.00	\$125.00	\$ 125.00

Boys Team ASSESSMENT FEES 2023 to 2024 Season & Payment Options					Xcel Platinum
Level	7	8	9	10	
Gymnast Yearly Assessment Fee	\$1,190.00	\$1,190.00	\$1,190.00	\$ 1,190.00	\$1,190.00
Full Payment Option (10% discount)	\$ 119.00	\$ 119.00	\$ 119.00	\$ 119.00	\$ 119.00
Full Payment Amount (10% discount)	\$1,071.00	\$1,071.00	\$1,071.00	\$ 1,071.00	\$1,071.00
8 Monthly Installment due the 15th of July, Aug, Sept, Oct, Nov. Dec. Jan. & Feb.	\$ 170.00	\$ 170.00	\$ 170.00	\$ 170.00	\$ 170.00



## **OTHER EXPENSES**

Team uniforms are required for all gymnasts. All apparel is usually kept for 2 seasons. Team uniforms consist of but not limited to: Girls – leotard long sleeve and tank, warm up jacket/pants, backpack. Boys: competition leo, pants, warm up jacket/pants, backpack.

Miscellaneous clinics, team building activities, secret snowflake gifts for big/little sister at holiday time.

Parents of each gymnast must be prepared to finance their gymnast as they advance through the different level of competition, taking into consideration tuition increases, uniforms and supplies, competition expenses and time requirements for training sessions.

Each gymnast will be responsible for their own travel expenses. Travel expenses are not included in the yearly assessment.

## **GRIPS**

**Girls Gymnasts:** Optional level gymnasts should have 2 pairs of grips; one pair for regular usage, and a backup pair in case a tear or break occurs. This does not apply to the gymnasts at levels 2-5.

**Boys Gymnasts:** Optional level gymnasts should have 2 pairs of grips; one pair for regular usage, and a backup pair in case a tear or break occurs.

## **CHOREOGRAPHY FOR OPTIONAL AND UPPER-LEVEL XCEL FLOOR & BEAM**

The Floor exercise music is as important as the execution of any part of a routine. Rebounders strives to maintain a level of originality in its selection of floor exercise pieces for all optional gymnasts. The music & choreography of the routine is the financial responsibility of the family. Payment will be made to Rebounders Gymnastics and the choreographing coach will be compensated through Rebounders payroll. Music cost: \$60-\$150. Floor Choreography: \$200-\$300. Beam Choreography: \$70.00 and up. The level coach will assist in selecting appropriate floor music for each optional gymnast and has the final decision of when a gymnast should change her music and routine.

## **PRIVATE LESSONS**

Because these gymnasts spend so much time in the gym for regularly scheduled practices, it is generally not recommended or necessary for them to add private lessons. Gymnasts, like all athletes, need time for their bodies to rest. Private lessons for team members may only be scheduled with their direct coaches under limited circumstances when performance or safety issues exist. Private lesson fees are paid directly to Rebounders and the coach will be compensated appropriately through Rebounders payroll.

## **REBOUNDERS PARENT ORGANIZATIONS –RPO & RBPO**

The Rebounders Parents Organizations are non-profit groups consisting of parents of all gymnasts from pre-team to the highest levels.

Parents of each competitive levels must be members of the Rebounders Parent Organizations. The parents must attend all mandatory meetings and volunteer time at home meets.

The purpose of the RPO and RBPO is to support the gymnasts in specific areas:

- They are to raise funds to help support the gymnasts by organizing home meets such as: Rebounders Annual Black Eyed Susan Invitational. Xcel Games and DQ meets.
- These organizations will support team activities such as: Mock meets, big sister/little sister event, holiday party, end of the year banquets.
- Funds may also be used to purchase equipment that will benefit Rebounders team members.
- Graduating Senior scholarships/gifts
- State meet flowers for each gymnast

The business of the organization shall be managed under the direction of the Board of Directors who are approved by a vote of the general parent body. They are president, vice president, secretary, treasurer, and past president. The Board consists of one representative from each competitive level, the Coaching Coordinator, Administrative Liaison or representative, and committee chairmen. The president appoints committee chairmen and level representatives. All board members shall be subject to removal at any time by the affirmative vote of a majority of the Board of Directors.

The Board has meetings monthly which are open to any gymnast's parents who wish to attend. The Coaching Coordinator or representative may be present during part of each meeting to answer questions, provide information on upcoming events, and address issues of concern.

## **FAMILY OBLIGATION**

The family plays a fundamental role in making the training of our athletes possible. Not only do the athletes themselves put in time, but also so must the families of the athletes. Each family is required to participate in all fund-raising activities for their respective Parent Organizations.

A requirement for team participation is that **each family of a competitive gymnast is required to volunteer to work several sessions at their Parent Organizations hosted meets.**

Each family is encouraged to be an active participant on a committee. The committees can include but are not limited to: Competition Committee, Publicity Committee, Awards & Decorations Committee, Food Committee, Fund-Raising Committee, Social Committee Each parent organization will have specific committees and duties.

## GYMNAST RULES AND POLICIES

- Show your respect by the way you act. The following actions show respect and are expected of a member of the Rebounders Gymnastics Team:
- Attend **all** practices, competitions, and special events.
- Optional level gymnasts are responsible for **contacting their coach** to alert the coaches if he/she will be absent or late for any reason.
- Arrive on time and stay until your coach dismisses you (after all assignments are completed). Get any taping completed before practice begins.
- Work hard and try your best! This is all that we will ever ask of you, and this is always what you should demand of yourself.
- Arrive at the gym ready to participate with the proper attire. Hair cut or pulled back, jewelry off, gum in the trash can, well rested, and ready to go! **Stay out of the gym until it is time to start and then be ready to start warming up.**
- Treat other gymnasts with respect. Be kind to younger gymnasts; do not hold yourself as better than other gymnasts. **Everyone** has strengths and weaknesses.
- **Ask** permission to leave the gym. This applies to leaving early, going to the restroom, or calling home. The main reason is that your coaches always know where you are. If you must leave early, notify your coach at the beginning of practice by asking first. An explanation note is recommended.
- Always act in a way that shows your respect for yourself, teammates, coaches and to the gym. We want the gym to be a happy, motivating, and uplifting place.
- There is no place in our gym for rude or belittling comments, displays of anger or disgust, talking back to coaches or other adults, or crying because you have given in to your frustrations or fears.
- Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, to your teammates, your parents, and most importantly, to yourself. If you cannot or are unable to complete an assignment, be honest about it.
- Tell your coaches when your body is telling you to stop or slow down. This is respect for yourself and for your coaches. If you are sick, injured, or on medication, we need to know, and you need to listen to your body. A written note is recommended in these cases. If you are unable to do what is expected of you, due to illness, then you should not be in the gym. Please stay home, rest and get healthy. In addition, alert your coach if you have engaged in any strenuous activity prior to the start of practice. Provide your body with proper food and drink that will help you do your best.
- Show respect for your safety and the safety of others by staying off equipment without specific permission and supervision of your coaches. This applies specifically to trampolines and pit!

- Show respect for yourself and your coaches by staying in the best physical condition possible. The way you look is a very personal matter and we will not comment on it unless it interferes with your ability to perform gymnastics safely and to the best of your ability.
- Practice proper hygiene. Always use deodorant before practice and bath afterwards.
- Do not arrive to the gym any sooner than 15 minutes prior to the start of your practice.
- Always wait inside the facility for your ride. Gymnasts are not to wait outside for pick-up following practice.
- Concentrate on what you are trying to accomplish during practice. Always set attainable goals with your coaches, both long- and short-term goals.

## **OTHER POLICIES**

### **GYM COMMUNICATIONS**

Gymnasts and parents are kept informed through several channels: verbal messages given to the gymnast, through email communication, parent meetings and conferences and through the Team communication apps. **(Girls -Stack Team app, Boys -Team Snap app.)** Some messages will be given at the end of practice to the optional gymnasts. We feel that gymnasts mature enough to be on the team should be capable of getting the messages home to the parents. We try to emphasize the importance of relaying these messages to you. Should you not completely understand the message you receive, please do not hesitate to contact the coach at the gym. For Girl's USAG ext. 140, Boys USAG ext. 116 or each coach's work email. **Please do not text your coaches to their personal phones.**

Parents and gymnasts will have a conference with the coaches at least once a year. These conferences are scheduled to basically review the gymnast's progress and discuss any problems the coach, parent, or gymnast may be having. Additional conferences may be requested by either party at any time to discuss specific issues. (Often, some situation outside the gym affects the gymnast's performance in the gym. Coaches cannot help unless they are aware of such a situation)

### **WORKOUT ATTIRE**

Gymnasts are required to train dressed in a manner which reflects positively on our program:

- Boy's leotards, short and long stirrup pants should be worn. Boys may not take their shirts off during practice.
- No jewelry is permitted because it causes safety problems for both the gymnast and his coach
- Hair should be pulled back off the face
- Girl's leotards. No 2- piece workout wear.

## ATTENDANCE / TARDINESS

**Level 3-6 gymnasts are expected to maintain a minimum 75% attendance average. Level 7-8 gymnasts are expected to maintain minimum 80% attendance. Level 9-10 gymnasts are expected to maintain a minimum attendance of 85%.** See section D below for attendance requirements if injured. **Failure to meet the minimum attendance requirement will result in forfeiture of competition opportunities. Attendance averages may be a factor in determining who gets to participate in travel competitions.** In the event of illness, it is the gymnast's responsibility to call the gym **(410) 252-3374(ext. 116 boys' team, ext. 140 girls' team) before practice** and notify the appropriate level coach of the reason for the absence. The request to miss a practice, competition or exhibition must be submitted in writing to the appropriate level coach or head coach. The request must have the parent's signature and be submitted prior to the intended absence. The emergency # for inside the gym is (410) 252-3374 ext. 150.

It is necessary for all gymnasts to be in the gym and ready for training on time. If a gymnast is late, he must first finish all required warm-up exercises. The workout session is scheduled in such a manner that everyone should begin and end together. Chronic absence/tardiness will be addressed with a Coach/Parent meeting which may focus on the importance/commitment to the team and the training program.

## MAKE UP PRACTICES

**Pre Teams:** Make ups are scheduled by the level coaches.

**Girls Compulsory Team:** When space permits, we will allow each level to make up during another level's practice. These make-ups must be approved by the team member's coach a week in advance. Some levels may offer make up practices on occasional Sunday evenings.

**Xcel Team:** Make ups will be scheduled at the coach's discretion.

**Boys:** Make ups will be scheduled at the coach's discretion.

**Optional Girls:** Your coaches have set forth specific guidelines for make-ups. Gymnasts on a 4 day/week practice schedule a make-up is available on the 5<sup>th</sup> day **with permission of a coach only**. You will need to see your coach regarding sign-up for this make-up. It is on a first come/first serve basis.

**\*There are no make-ups offered in the summer for any level or team. \***

### **INJURED GYMNASTS**

Injured gymnasts are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and to turn a difficult time into something positive by increased work on flexibility, strength, specific events, or specific skills. Attendance requirements for an injured gymnast will be determined on an individual basis case by case.

### **COLLEGE BOUND ATHLETE**

The Rebounders Gymnastics coaches will assist every college bound athlete in locating a college of their choice. We will establish contact with any college that you are interested in and assist you in earning a scholarship. Colleges seek out the best private club athletes in the state and in the country, and we have had a great deal of success in helping our graduating seniors earn scholarships.

It is very important that you build your gymnastics video library during your high school years. Most colleges do at least part of their recruiting using these videos. During the spring of the junior year and the following summer, we will help with the video by filming during practice and featuring work in progress to show off your very best skills. Of course, the most important thing that you can do to help yourself is to maintain good grades and to score well on the SAT's. All juniors should take the test and then repeat it in their senior year. Even the best gymnasts will fall short of their college goals if the grades and test scores are low.

### **CLEAN-UP DUTIES**

Rebounders Gymnastics staff helps to keep the gym clean. However, each athlete on our team will have specific clean-up duties to help keep the gym neat, and ready to use by the next group in the gym. **This includes your lockers and the locker areas.**

### **INCLEMENT WEATHER**

Since many people live near good roads, the regularly scheduled team practices are not normally cancelled due to snow or bad weather. If it is necessary to cancel practice, there will be a recorded message on the Rebounders main line by 2pm. If a weather event occurs on a Saturday morning, you will receive an email if practice is cancelled. We realize that some gymnasts may live in areas that make it impractical for them to come in during bad weather conditions. This is an acceptable reason for missing practice.

During holiday periods, the practice schedule may be rearranged. Parents will be notified of changes through the team email. Practices during these periods should be attended like any other practice schedule. If a vacation interferes with this schedule, communication from the parents must be submitted to the child's coach in advance. **Cancellation of training and/or competitions is at the discretion of the coaching and administrative coordinators.**

## NUTRITION BREAKS

The types of food that should be consumed at this time include fruit, vegetables, water, pretzels, and other nutritious foods. Never bring candy, soda, or other sugared foods. They will not supply an instant source of energy. What they will do is cause the athlete to crash once the body metabolizes the sugar. Water bottles should be filled with water only.

## DISCIPLINARY ACTION

**The coaches and management reserve the right to terminate any gymnast at any time for the gymnasts/and or parent inappropriate behavior.**

The list and the procedures noted below are not intended to be all inclusive. They are presented as an expression of our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our gymnasts and gym parents as individuals and will seek to impose the most effective disciplinary actions based on each unique set of circumstances.

The gymnast may not be permitted to rotate with his group at the designated time. He/she will have to stay and finish his work or repeat the entire assignment on a particular piece of equipment.

The gymnast may be asked to sit and watch, or the gymnast may be given appropriate conditioning to perform which will help focus his attention and build strength to accomplish the task at hand.

The gymnast may be asked to leave the gym and go home early.

The coach may request a meeting with a parent.

The gymnast may be suspended from the team for one or more days or may be scratched from a competition due to poor attendance, a poor work ethic, or a negative attitude. Remember, gymnasts must practice consistently for the 2 weeks before a competition in the interest of safety.

**Notes:** The first 2 items on the above list are common and we will not generally communicate these disciplinary actions to the parent of the gymnast. The development of the coach/gymnast relationship is paramount. Those relationships are built on time shared, belief in the same dreams, values, work performed together, and the emotional ups and downs that are part of all important ventures.

## COACHING STAFF DECISIONS

*The Rebounders coaching staff has final jurisdiction over any training or competition related decisions. Decisions will be based on the growth of the gymnast as well as consideration of any effect on other team members.*

## CELL PHONE USAGE BY GYMNASTS

The gymnasts should turn off their cell phones during practice. They will not be permitted to use their phones at any time during practice hours. If the gymnast needs to make a phone call to a parent, during practice hours, he/she may use the gym line.

## TEAM BANQUET

If before the Team Awards Banquet a gymnast quits the team in order to train at another gym and or leaves the team without fulfilling their financial obligations to Rebounders Gymnastics, Inc and or the Rebounders Parent Organization, he/she may not participate in the Annual Team Awards Banquet.

## PARENTS ROLE

You play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gymnast or of the coaches. It is also every bit as difficult.

On the **physical side**, it is your job in ensure that your young athlete gets enough sleep, gets enough of the proper kinds of foods/drink, gets to and from the gym on time, and has proper clothing and personal equipment.

The **emotional side** is just as important. It is your role to provide unconditional love, encouragement, and support. Your love is not based on whether he/she made his/her kip, giant, or dismount. Your support is not dependent on his/her scoring a 50.0 or 36.0 all around; your encouragement is not conditional on his/her somehow making you look good by being the best in his/her group, on his/her team, in his/her state, or in the country.

Rebounders has an open-door policy. Please come to any of your child's coaches if you have a problem or concern. Please call in advance for an appointment or approach the coach before or after practice to set up a conference time convenient to both parties. Complaining to other parents cannot solve your problem, nor can we solve them if we don't know about them. If you respect us enough to allow us to play a large role in your child's life, please respect us enough to know that we have your child's best interest at heart.

Parents perform their role at home and outside the gym area. Within the gym the coaches and administrators of the gym play their roles. **Please do not coach your child.** Your comments detract from what the coach is doing, they give the gymnast another thing to think about, and it interferes with the development of the coach/athlete relationship that is crucial for long term success.



## **TO THE PARENT:**

The parent of a gymnast on our team can have one of the most difficult of all jobs, although the smallest role in actually controlling the performance of the athlete. At the same time, the parent may feel the greatest sense of emotional attachment to that performance. This combination of a high emotional stake in the performance with little or no direct control over the outcome can produce stress and can lead to some bizarre behavior. Parents have been known to lose sight of the important role that they have to play. This often creates conflicts with the coaches.

The coaches do their job in the gym and on the competition floor. When a parent starts to coach their child, they actually interfere with the very performance they are trying to improve. Coaching your child puts them in a no-win situation. Please do not coach/distract your gymnast from the waiting area while he/she is practicing. This distraction can be a safety hazard to your child.

In addition, you are interfering with the development of the coach/athlete bond that is critical to any long-term success in a sport. The gymnast must be able to trust his/her coach, rely on his/her coach to direct his/her training and to receive important emotional support from the coach's praise.

If your gymnast must leave practice early, please call into the gym at 410.252.3374 ext. 150 to inform the coach.

### **Some Guidelines for Parents Feeling Stress**

Danger signs—watch for these. If you recognize some of these traits, you may need to re-evaluate your actions, your role, and your attitudes.

- Observing every practice, intently
- Praising or punishing your child for what you observe during these daily observations
- Finding your sense of worth/happiness dependent on the success of your gymnast
- Constantly comparing your child and his progress to others in his group, on his team, or in the competition
- Verbally abusing the gym, coaches, the training program while still placing your child under our control
- Videotaping each competition and requiring your child to review it at home with you

## TRAVEL AND COMPETITION

Competitions are scheduled at the discretion of the meet director and meet officials. Their decisions are based on USA Gymnastics Rules and Policies. We as a club have no particular control over the dates, times or location of competitions. In general, competitions are usually scheduled on weekends. However, this doesn't eliminate any other day as a possible meet day. Please keep this in mind because competitions often interfere with religious obligations, family activities, vacations, etc. If you know in advance of any days your child is unable to participate, you must inform us in writing immediately. Most competitions require early registration and entry, so refunds are rarely given. Also, the possibility may arise that a scheduled competition may "close" prior to an entry deadline, therefore shutting us out. In this case, we will make alternative plans to replace that competition.

## REBOUNDERS PHILOSOPHY ON COMPETITION

Rebounders Boys and Girls Gymnastics Teams have achieved gymnastics excellence and recognition at the state, regional and national levels. This is a result of the hard work and dedication by the gymnasts, coaches, and parents.

- **All gymnasts are expected to maintain 75% attendance (80% attendance required for girls competing levels 7-10) in order to be eligible to safely represent the team in competition.**
- While traveling to meets, coaches and gymnasts have the opportunity to socialize with each other in a setting other than the gym and are also able to meet gymnasts from other parts of the state or country.
- During travel meets the parents are responsible for getting their gymnast to and from the competitions. The only exception will be the one travel meet where the coaches will take the Level 8-10 gymnasts.
- Compulsory gymnasts will compete as a team at most meets. At the upper levels we are generally invited to bring one or more teams to a competition. That means the coaches will have to determine who will go and on what team they will compete.
- Our travel meets will require the parents to be responsible for getting the gymnast to and from the competitions and to purchase and secure any tickets for their child, as well as reserve and pay hotel and rental vehicle fees.
- The coach's responsibility for travel meets will be to coach your gymnast at the meets. The one exception for (JD Optional Girls only) will be a non-flight meet with the Level 8-10 gymnasts. The gymnasts will have the option to travel with the coaches or their parents. We understand and appreciate that these travel experiences are important team building times for the gymnasts and will continue to encourage gymnasts to attend each other's competitions as well as spend time together outside of the meet venue.

- At the beginning of the competitive season, we target our “core meets” (within driving distance) and several meets to be our “big meet” (may or may not be within driving distance). Our goal is to have every optional gymnast on the team compete in at least one “big meet” at their respective level (**THIS MEET MAY OR MAY NOT BE WITHIN DRIVING DISTANCE**). These gymnasts will have the option to travel with the coaches or with their parents. The meets we attend for the purpose of getting the name of Rebounders Gymnastics in front of other clubs, judges, and college coaches, will require “fielding” **our best team** (not necessarily gymnasts at that specific level).
- If coaches find it necessary to send anyone home due to an infraction of conduct unbecoming of a Rebounders gymnast, the gymnast becomes the parents’ responsibility. It will also be the parents’ responsibility for any additional expenses incurred. Due to the above, as well as the risk of accident or illness, gymnasts should know where their parents are and how to contact them at all times during travel meets.

## **GUIDELINES FOR PARENTS DURING COMPETITIONS**

**Cheer loud and often but do so in a courteous manner.**

Cheer for ***all*** the members of Rebounders team and feel free to cheer for fine performances turned in by the gymnasts of other teams. In a very real way, we are competing with them, not against them. If you allow yourself, you will become friendly with the parents of the gymnasts of other teams you will see several times each season over the next few years.

Promote Rebounders Gymnastics in every way you feel is appropriate: t-shirts, sweatshirts, banners, and cheers. Never speak in a negative way about another club, coach, gymnast, or judge in the process.

The only time a parent should approach the meet director or a parent from the club hosting the meet, is to thank them for a job well done and for inviting us to their meet. **Please refrain from calling or contacting a host club, as we will pass on all pertinent information as soon as we receive it.** If you have a complaint, you need to bring it to the attention of your coach.

Under no circumstances is a parent or a gymnast ever to approach a judge or meet official before, during, or after competition to comment on, complain about, or even ask about a score.

Please do not contact or talk to your gymnast once they are on the competition floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over, they will come to see you.

## **GYMNASTIC SPECTATING: WHAT ARE THEY DOING ANYWAY?**

Gymnastics competitions involve performances on four (Girls) or six (Boys) apparatuses called “events.” Vault, Uneven Parallel Bars, Balance Beam and Floor Exercise for girls; and Vault, Still Rings, Parallel Bars, High Bar, Pommel Horse, and Floor Exercise for boys. The athletes always rotate as a group from one event to the next in the order listed above called “Olympic Order.”

Athletes will complete compulsory or optional exercises. The National Governing Body of gymnastics (USAG) develops compulsory exercises or routines. Usually, the compulsory routines are developed with varying levels of difficulty so that athletes can use the compulsory routines to develop their skills progressively. Optional routines are choreographed by the gymnast and or the coach. Optional routines are usually unique to each gymnast while compulsories are performed much the same way by all gymnasts. Scoring for Compulsory and Optional Levels is largely similar except that the gymnast must follow a prescribed sequence of skills in compulsories.

The gymnasts will perform skills on each event. These skills are rated from A through E, with E being the most difficult.

The competition will usually begin with pre-competition “warmups.” Although it is called a warmup these periods usually closely resemble a workout. During the pre-competition “warm up” the gymnasts will begin with stretching and other activities and then progress to the apparatuses for pre-competition skill and routine rehearsal. The gymnasts will usually rotate from event to event during the warmups with very strictly applied time limits to each athlete or team—so that no one dominates the equipment.

Following the “warm up” the athletes will assemble at some designated place just outside the competitive area. The gymnasts will have changed into their competition attire and then “march in.” Each athlete and team will usually march to music onto the floor exercise mat and line up to be recognized prior to the competition. The judges for the competition will usually march in at the same time. This is a long-standing tradition of gymnastics competitions. The National Anthem will be played or sung while the Colors are presented. It is tradition to stand when the colors are presented. Placing the hand over the heart is optional during the Star-Spangled Banner.

Following the march-in the gymnasts will disperse to their initial competition event. The gymnasts usually march to their first event (and all subsequent events) and upon arrival at their event they stop to pay homage to the judges by acknowledging the judges before dispersing again. After acknowledging the judges, they will usually warm up again. Gymnasts like to warm up a lot. This time it is more like a warmup and is often called a “30 second touch” which means that each athlete gets 30 seconds to rehearse skills again before she actually has to perform the skills. The 30 seconds is highly coveted, so someone usually guards the timing of the 30 seconds with a stopwatch. The athletes are now ready to begin competition.

Judges evaluate the routines based on rules developed by the FIG which is a French acronym for International Gymnastics Federation. The FIG publishes a new set of rules involving routine evaluation every eight years. This is one of the reasons gymnastics is so difficult to understand. Few sports very nearly start over every four years in the rules that govern performances. To make matters worse, there are interpretations of these rules, and the interpretations of the interpretations. Some meets go by one set of interpretations, and some meets by others.

Gymnastics is an interesting sport where the officials can outnumber the athletes. Judges spend a long time studying and are tested and certified for each level of gymnastics that they judge. Judges watch each routine and write down everything that happens in the routine. The writing is a series of symbols that have evolved in the judging community to easily record skills without having to write the English equivalent of the skill because that takes too long. The judge would be able to tell the coach and gymnast the precise routine that was performed, where errors were made, and their magnitude.

The start value score for each routine depends upon which level your child is competing, and deductions are taken from that start value for each error made in the execution of a skill or skills, insufficient difficulty, and other special areas having to do with particularly virtuous performances, risky performances, or innovative performances. The judges will often “conference” following the first competitor to double check to ensure everyone is taking deductions for the same things. “Conferences” later in the competition are usually due to the “spread” of scores being too large. There are rules governing how far the scores can be “spread” –thus requiring conferences for scores not “in range.”

Team competitions involve summing the scores of each event across a pre-determined number of gymnasts. The highest score wins. Although gymnastics meets are often pretty stoic in atmosphere—they don’t have to be. You should feel free to applaud and cheer for anything you like. The gymnasts really do appreciate your applause—the more the better!

# THANK YOU!

Rebounders Gymnastics Inc takes gymnastics and the development of your child seriously. We realize your children spend a lot of time each week with us and we understand that responsibility. If at any time you have a question or comment concerning your child's well-being, please contact us immediately.

The coaches and staff would like to thank you for your involvement and support of our program, and we appreciate the opportunity to coach your gymnast. We look forward to a fun, safe and successful season!

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