



**ATTENTION PARENTS
AND
GYMNASTS**
2019/2020 Rebounders Gymnastics Team Handbook

PLEASE BE SURE THAT YOU READ **ALL** OF THE
MATERIAL IN THIS HANDBOOK
BEFORE

SIGNING AND RETURNING THE CONTRACT PACKAGE
TO REBOUNDERS GYMNASTICS

Contract and all Health Forms are due by August 16.

No contract/Health Forms = No Practice

YOU NEED TO BE **FULLY AWARE** OF

REBOUNDERS TEAM RULES AND POLICIES

YOUR SIGNATURE ON THE CONTRACT WILL INDICATE ACCEPTANCE OF
AND AGREEMENT WITH ALL OF THE
RULES AND POLICIES CONTAINED HEREIN.

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I. 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 compliment 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.

II. 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. Classes and team training were (and still are) offered year round for ages 16 months through high school.

In 1983, Mel Sanborn started the Rebounders Boys Competitive Team. The boy's 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 Boy's 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 Girl's 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.

III. 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.

IV. 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 ½ to 4 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 on through the Elite level. In our Xcel program the gymnasts may begin at the Silver level as early as age 9 and continue to the Diamond 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.

A. TRAINING CONTENT

In order to understand and appreciate what goes into the development of a competitive gymnast, one must understand exactly what it is that we are trying to achieve during training—Strength, Flexibility, Skills, and Mental Aspects.

Strength development at the beginning or compulsory levels centers on creating a foundation on which to build as the gymnast advances. While it may appear that the gymnasts simply repeat these basic exercises over and over through the course of the year, in fact, there are both subtle and more noticeably different variations they will be asked to perform as their development increases.

Strength development at the more advanced or optional levels is more complex and specialized. We utilize a 5 phase conditioning system:

1. Build up—general conditioning (similar to that described above) which prepares the body for maximum strength development later in the cycle.
2. Max Strength—intense conditioning designed to increase the strength and power of the athlete.
3. Rest and Adaptation—a rest period to give the muscles time to rebuild and rest.
4. Conversion—conditioning specific to the sport of gymnastics.
5. Maintenance—competition season when the performance is the priority and conditioning is minimized.

Flexibility development is also critical to the long term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.

Every training session at Rebounders will begin with a warm-up. This warm-up serves to raise the core body temperature so that the body is ready for action and includes some light stretching drills to reduce the likelihood of injury. The warm-up is not intended to be a time to improve flexibility. Once the muscles are warm and tired, then they can be stretched and flexibility can be improved. This generally occurs at the end of practice.

Skill Development falls into 2 distinct but related categories: basics and new skills. Basics, or core skills, are the “ABC’s” of Gymnastics. They are the foundation from which we build. These core skills must be continually refined in order to permit the gymnast and their coaches to continually improve their performances. The better the basic skills, the better the potential for advancing one’s skill level.

Mental Aspects that are developed in conjunction with gymnastics are equally important. Though not taught in as structured a manner, the gymnasts will learn mental preparation, mental imagery, stress management, organization, and time management. Most of these gymnasts become highly organized individuals who find success in every aspect of their lives.

B. MOBILITY BETWEEN LEVELS

At Rebounders Gymnastics we believe that gymnastics is a sport different from all others and so it must be approached in a unique and specific way in order to insure success for every athlete. We believe that children need to experience that success because it fosters self esteem and confidence. As the gymnasts move to the higher levels that success will only be found through a greater commitment of time and effort.

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

It is becoming obvious that 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.

V. GYM RULES AND POLICIES

A. TO THE GYMNAST

Respect your physical self. All of your efforts should go into building up your abilities. Fuel your body with nutritious food, rest your body with plenty of sleep, protect your body by being safe in the gym, listen to your body when it tells you not to continue, and celebrate your body by making it strong, flexible and powerful enough to do the wonderful things expected of it in this sport.

Respect your non-physical self. Gymnastics is the most demanding and difficult of all sports. **You will suffer setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them, and overcome them. Set high goals and achieve them step by step.** Maintain a positive attitude when facing your fears and frustrations because it is your attitude which will help you to defeat them.

Respect your teammates. They have their own goals and dreams, but they are also here to help and support you. Cheer for them when they attempt new skills, make skills that are difficult for them, or when they are competing. Accept compliments with a simple “thank you.”

B. RESPECT FOR REBOUNDERS GYMNASTICS

Show your respect by the way you act. The following actions show respect and are expected of a member of the Rebounders Gymnastics Team:

1. Attend **all** practices, competitions, and special events.
2. Optional level gymnasts are responsible for **calling the gym** to alert the coaches if he/she will be absent or late for any reason.
3. Arrive on time and stay until your coach dismisses you (after all assignments are completed). Get any taping completed before practice begins.
4. 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.
5. 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.**
6. Treat other gymnasts with respect. Be kind to younger gymnasts; do not hold yourself as better than other gymnasts. **Everyone** has strengths and weaknesses.
7. **Ask** permission to leave the gym. This applies to leaving early, going to the restroom, or calling home. The main reason is so that your coaches always know where you are. If you have to leave early, notify your coach at the beginning of practice by asking first. An explanation note is recommended.
8. Always act in a way that shows your respect for yourself, team mates, 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.
9. 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.
10. 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.

11. Provide your body with proper food and drink that will help you do your best.
12. 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!
13. 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.
14. Practice proper hygiene. Always use deodorant before practice and bath afterwards.
15. Always wait inside the facility for your ride. Gymnasts are not to wait outside for pick-up following practice.
16. Concentrate on what you are trying to accomplish during practice. Always set attainable goals with your coaches, both long and short term goals.

C. SHOWING RESPECT TO THE SPORT OF GYMNASTICS

The way you act in the gym is a reflection of your respect to yourself, your teammates, and Rebounders Gymnastics. The way you act at competitions, while at team functions, and while traveling to and from competitions and functions is a public statement about how you feel about yourself, Rebounders, and the sport of gymnastics itself. **Only the highest standard of behavior will be acceptable.** The following actions show respect and are expected of a member of the Rebounders Competitive Team.

1. **Participate in all scheduled competitions.** We are a competitive gymnastics team. We measure our work and progress by going out on the competition floor to do our best in front of our families, our coaches, our friends, and our teammates. While winning is not so important, trying to win represents everything we strive for. Trying to win means that you come to practice everyday, you work hard every day, you overcome fear and that you get up every time you fall down. We do not try to win in the abstract. We try to win in the real world where rules apply, comparisons are made, judgment calls are the norm, fortitude under pressure is expected, and where falling and failing are parts of every day life. (Sounds a lot like real life doesn't it?)
2. **Attend every practice leading up to competitions.** The *2 weeks prior to meets are crucial* for proper preparation and ultimate safety while competing—we expect our athletes to attend every practice. It shows your respect for your hard work over the prior year, respect for your coaches, and respect for your team to give your very best efforts before these important competitions. Sectional, state, regional and national meets are most important. Also, any home meets or meets hosted by Rebounders Parent Organizations are very important to all of us. Prior to these important meets, we expect our athletes to attend every practice.
3. **Demonstrate the highest regard for our sport and your hard work** by arriving to all competitions on time, and by conducting yourself with presence and courage. Accept all scores in a positive manner; thank your coaches, your parents, and the meet organizers for spending their time on your behalf.
4. **During the competition, gymnasts are to wear official team competition leotard, shorts, long pants, and/or warm ups.** All gymnasts must be present for awards and in full uniform. Parents are encouraged, as well, to wear Rebounders apparel when attending competitions.

D. 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 to 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.

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. **(PLEASE DO NOT ENTER THE GYM DURING PRACTICE!)** 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 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
- Video taping each competition and requiring your child to review it at home with you

Some Appropriate Comments

- “You scored your highest yet!”
- “How was practice? Tell me about it.”
- “Do your best and have fun!”
- “Work hard and you’ll do better next time.”
- “As long as you’re happy, safe, and still learning I’m happy.”

Some Inappropriate Comments

- “You finally beat Billy!”
- “How many _____ did you make today?”
- “I’ll give you \$20 if you win today.”
- “That judge always scores you low.”
- “I cannot believe they moved Sally up and not you!”

GYMNASTICS PARENTING TIPS (Published by the United States Elite Coaches Association)

Why do kids participate in gymnastics?

- ☞ To have fun
- To participate with friends
- The excitement of competition
- For the exercise and fitness
- To learn new skills/improve old skills
- To make new friends
- To be successful or win

What kids should learn from gymnastics

- ☞ Respect for others
- Teamwork
- Appreciation of success and failure
- Appreciate an active lifestyle
- Enhanced self image
- Good sportsmanship
- Social skills
- New athletic skills
- Goal setting and planning
- Persistence
- Dedication
- Patience
- Performance goals vs. outcome goals

Some don't's for Parents

- ☞ Don't become overly involved.
- Don't become overly concerned about the outcome of a meet.
- Don't spend a lot of time talking to the coach about strategies, athlete selection, teaching methods, judging politics and so forth.
- Don't require your child to spend extra time practicing at home or in another facility without his Rebounders Coach
- Don't get involved in the gossip surrounding most gym schools
- Don't harass your child regarding his weight
- Don't make comparisons between your child and other child athletes.
- Don't berate the judges.
- Don't believe anyone who says they can predict your child's future in the sport.
- Don't say one thing and behave differently
- Don't love based on gymnastics performance

Don't mix messages – walk the talk

Don't threaten punishments nor offer extra rewards for gymnastics performance.

Don't try to coach from the sidelines.

Don't allow a sick child to practice or perform. Usually common sense will tell you when the illness is serious enough to withhold your child from the practice or competition. If in doubt—see a physician. This includes cases of contagious rashes, fungus, etc.

Don't confront the coach at a competition or during a practice if you have a problem with his/her behavior. This should be done during a private discussion.

Don't treat the gymnast differently than your other children.

VI. 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 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 even 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.

A. 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. **A Rebounders gymnast is 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 (JO 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**). The level 8-10's will travel with the coaches to a "big meet" (**THIS MEET WILL NOT BE A FLIGHT MEET**). 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 specific level).

“fielding” **our best team** (not necessarily gymnasts at that

We know that the vast majority of families appreciate the fact that the coaches at the gym are willing to take time away from their life to plan and conduct these trips. Make no mistake—it may be a labor of love, but the trips are often grueling for the ones in charge because they are responsible for a group of young boys/girls in a far off place. A mistake could ruin the trip for everyone or diminish the trust that the parents place in the coaches who accompany the boys/girls. We would never want that to happen. 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.

Every year brings new opportunities. Work hard, move up, and save your pennies because the world beckons!

B. GUIDELINES FOR PARENTS DURING COMPETITIONS

Cheer loud and often, but do so in a courteous manner. Obnoxious yelling is for the football game, not for us.

Cheer for *all* of 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.

C. 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 particular gymnast while compulsories are performed much the same way by all gymnasts. Scoring for compulsories and optionals 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 “warm ups.” Although it is called a warm up 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 warm ups 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 warm up 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!

VII TIME & FINANCIAL COMMITMENT

A. TEAM MONTHLY TUITION FEES

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 5th of each month. After that time period your credit card will be charged the monthly tuition amount. **It is the parent responsibility to keep the provided credit card current to avoid a \$20 administrative fee if the card is declined. Also note, after the 10th of the month, gymnasts are not allowed to practice until monthly tuitions are paid.**

The following gymnast's monthly tuitions are based on 48 weeks per year. There are 4 weeks of the year (24 practice days) for which you are not paying. These projected numbers of practice hours per week and fees are subject to change; and, will be in effect from August 16 – June 30 of each year, unless the coaches find it necessary to change them in the best interest of the gymnasts and the program.

PLEASE NOTE: Parents must complete a written Request for any changes in monthly instructional fees.
Forms are provided and must be handed to management.

Parents must complete a written Request for Contract termination.

Coaches must sign form before turning in to front office.

Please refer to Quarterly Commitment Schedule on page 14 for cost of early contract termination

TEAM MONTHLY INSTRUCTIONAL FEES

Monthly Tuition Fee Schedule 2019-2020					
COMPETITIVE LEVELS: Xcel, Boys & Girls Teams					
Practice Hours Per Week		Practice Hours Per Month		Monthly Tuition	
				Cost Per Hour	
4		16		\$195	\$12.18
5		20		\$207	\$10.35
6		24		\$217	\$9.04
9		36		\$266	\$7.38
10		40		\$278	\$6.95
11		44		\$282	\$6.40
11.5		46		\$286	\$6.22
12		48		\$292	\$6.08
14		56		\$322	\$5.75
15		60		\$327	\$5.45
16		64		\$344	\$5.38
18		72		\$365	\$4.93
18.5		74		\$374	\$5.05
19		76		\$382	\$5.02
19.5		78		\$391	\$5.01
20		80		\$400	\$5.00
21.5		86		\$413	\$4.80

A. TEAM COMMITMENT FOR A FULL YEAR

The decision to join the Rebounders Gymnastics Team is huge and reflects a huge commitment to the team for an entire year. Team members do not move on and off the team based on illness, injury, conflicts, or the like. Team tuition fees would be higher if we determined tuition based on the likelihood that some team members might not be able to attend for various reasons. Computing a high number of gymnast hours in the gym lowers the cost to everyone. **That is why there are no discounts for missed workouts.** In order to provide the proper program, high quality instructors and an adequate training facility, it is recommended for all team members to pay tuition year round. Though the commitment is for the full year, you are financially responsible on a quarterly schedule. If for some reason your child terminates before the end of the contract year you would follow the schedule below. A Request for Team Change form must be completed, signed by the coach and returned to management by the 1st of one of the bolded months listed below.

2019/2020 Financial Commitment Stages

Termination during **First Stage** - September 1 through November 30: continue payment through **November**

Termination during **Second Stage** - December 1st through February 29: continue payment through **February**

Termination during **Third Stage** - March 1st through June 30: continue payment through **June**

Summer Financial Agreement – July and August only

IMPORTANT NOTE: Any child changing groups or levels during the course of the competitive season will pay a *pro-rated* portion of the higher tuition as determined by the date of change. When changing levels, please remember to check with RPO or RBPO regarding changes in assessment fees. See page 15 of the handbook.

B. BARGAIN VS. ACTUAL TEAM TUITION

Your child's involvement in gymnastics will cost you money, time and effort. The children train in a large and well-equipped gym under the direction of an educated, experienced, and professional staff. The overhead incurred in running a large gymnastics club includes rent, utilities, insurance, taxes, debt service, and supplies in addition to wages and equipment. It is impossible and unreasonable to think that this facility and the staff who trains the gymnasts can operate without adequate funding. Administrative fees associated with maintaining team accounting and administrative/team communication and support are now included in the monthly tuition.

IMPORTANT NOTE: The gym does not offer regular team practice the last full week in August as we get ready for fall. Individual gymnast/parent conferences will be held at specified times in April, May or June. Team practices may be cancelled at various times throughout the year for staff development, meetings, clinics, team exhibitions, inclement weather, and other circumstances when the coaches feel it is necessary. Your monthly tuition is based on a 4 week month which is 48 weeks. This means that you are getting 4 FREE weeks of practice/year.

VII. OTHER POLICIES

A. GYM COMMUNICATIONS

Gymnasts and parents are kept informed through several channels: verbal messages given to the gymnast, through mail in each gymnast's mailbox folder (located in the labeled crates below the boys team photos), email communication, team bulletin board (in Observation Room), parent meetings and conferences. Most messages are given to the gymnast at the end of practice. 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, Girl's Xcel ext. 117, Boys USAG ext. 116.

Please check team mail folders each day.

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)

B. 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.

C. 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 boy's team, ext. 140 girl's 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 Policies:

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 once per month at various times.

Boys: Make ups will be scheduled at the coaches 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 5th 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.

D. 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.

E. 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.

F. 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.**

G. 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.

H. 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.

I. DISCIPLINARY ACTION

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.

1. 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.
2. 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.
3. The gymnast may be asked to leave the gym and go home early.
4. The coach may request a meeting with a parent.
5. 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 the 2 weeks before a competition in the interest of safety.

Notes: The first 2 items on the above list are fairly 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.

J. COACHING STAFF DECISIONS

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

K. 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.

L. 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.

VIII. ADDITIONAL FEES

A. UNIFORMS AND APPAREL

All of the gymnasts will be dressed the same for all competitions. After warm-ups they will change into their competition leotard/uniform for the meet. They will wear the warm-up suit for march in and as needed during the competition. The gymnasts are required to stay in their warm-ups for awards. Cost includes: boys-- leotard, shorts, long stirrup pants, warm-up jacket. Girls—warm up leotard, competition leotard, warm up suit and bag. *These costs are NOT included in the yearly Assessment fees for Girls Team.*

B. GRIPS

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

C. INVITATIONAL WORKOUTS

A gymnast may be invited by a coach to attend additional work-outs. These work-outs will incur an additional fee to be determined by the Coaching/Administrative Coordinators. This extra time will be offered to those gymnasts who want, need, and can physically handle the extra work. These work-outs do not take the place of normally scheduled practices. It is a privilege to be invited to participate in these work-outs.

D. OPTIONAL FLOOR MUSIC, FLOOR & BEAM CHOREOGRAPHY FOR GIRLS TEAM

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.

E. 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.

IX. REBOUNDERS PARENT ORGANIZATIONS –RPO & RBPO

The Rebounders Parents Organizations are non-profit groups consisting of parents of all gymnasts from pre-team through elite levels. Parents of each competitive levels must be members of the Rebounders Parent Organizations. The parents must attend all mandatory meetings and pay all assessment fees. The purpose of the RPO and RBPO is to support specific areas in the gym. They are to raise funds to help with gymnast travel and meet fees, to pay coaches' travel expenses and fees, to provide team activities, and purchase equipment that will benefit team members. It is also the purpose of the parent organization to provide opportunities for gymnasts and their parents to develop a strong sense of team unity and sportsmanship.

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 and pre-team 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.

A. 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. **Each family of a competitive gymnast is required to volunteer to work several sessions at their Parent Organizations hosted meets.**

Each family is expected 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.

B. ASSESSMENT FEES

The RPO and RBPO will hand out a separate schedule of fees and payments for each competitive season. This will be given to you by the respective parent organization in September. These fees cannot be determined until the meet schedule is worked out.

The RPO and RBPO will ask for you to sign an assessment agreement or contract. The assessment fees must be kept up to date in order for the athlete to compete. The RPO will work with any family that communicates a need.

C. ASSESSMENT GUIDELINES

The following page will give an **example** of RPO and RBPO assessment schedules, fees, and requirements from previous seasons.

REBOUNDERS PARENT ORGANIZATION ASSESSMENT / FEE Examples from 2018-2019 Season

The Girls Rebounders Parents Organization (RPO) and Rebounders Boys Parents Organization (RBPO) collect fees throughout the competitive year to help pay for the costs associated with Rebounders USAG competitive Teams. These assessments account for only a portion of the team's operating expenses. Other income is generated by fundraisers. **These fee payments must be kept up to date in order for your gymnast to compete in the meets.**

Assessment fees help pay for the following general expenses:

1. Meet entry fees
2. Hotel expenses for travel meet
3. Coaches fees for exhibitions, meets, travel and hotel expenses
4. Coaches training
5. Gifts of appreciation to coaching staff
6. Graduating senior gifts and scholarships
7. Annual Sleepover
8. Flowers for all gymnasts during state meets
9. Awards banquet
10. Holiday party

Please note there are several expenses which the RPO and RBPO incur which are not listed.

The **RPO assessment fees** for each USAG girls' team athlete, according to competition level, are listed below with the **monthly** fee schedule. Families, who pay their annual assessment fees in full prior to October will receive a discount.

Level	Total Fee
Level 2	Approx.,\$700
Xcel	\$775-\$1150
Level 3	\$1100-\$1575
Level 4 & 5	\$1275-\$1700
Level 6	\$1275-\$1700
Level 7	\$1525-\$1950
Level 8	\$1975-\$2400
Level 9	\$2175-\$2600
Level 10	\$2175-\$2600

The **RBPO assessment fees** for each USAG boys' team gymnast, according to competition level, are listed below with the **monthly** fee schedule (September through June).

Level	Fee
Level 4	\$550/year
Level 5-10	\$1200/year

*Remember these fees are from the previous seasons and will be updated accordingly.