

# Air-Bound Gymnastics

## Compulsory Program Policies

### The Compulsory Program

The Junior Olympic Compulsory program through USA Gymnastics is a developmental program and requires commitment. The program is meant to teach girls hard work, dedication, life skills, and prepare them for the optional program. We have written this document to inform you of our policies and expectations with this program. Although, some gymnasts may be doing gymnastics “just for fun” and don’t want to go far in the sport, the Junior Olympic program at Air-Bound Gymnastics will still expect a higher level of commitment while they are participating.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### Attendance

Attendance during competition season is very important and gymnasts will be expected to attend all practices during the week of a meet. If they miss during the week of a meet, please reach out to their coaches to make sure they are prepared for the meet. We also recognize that the girls do have lives outside of the gym. So, we recommend that a gymnast has no more than 2 weeks’ worth of absences during the school year. If they miss more than that and they aren’t progressing, they may need to compete the previous level.

During the summer months, gymnasts will be allowed 4 weeks of time off. 2 of these weeks will be after competition season and everyone will have a break to start the off-season. The other 2 weeks are during any other time during the summer, for vacation, church activities, family reunions, etc. Please let coaches know when your gymnast will miss so they can put it on the team calendar and plan for their absence. Again, if a gymnast misses more than the 2 additional weeks, they may have to compete the previous level. In the case of sickness, please allow coaches as much notice as possible for their absence. If a gymnast feels like they are falling behind, many coaches offer private lessons. Please reach out to them personally if you are interested.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### Late to Practice/ Early Departure from Practice

The beginning of practice and end of practice are some of the most important hours of our practice. It is when we do much of our flexibility, cardio, and strength work. The skills that gymnasts are required to do at these upper levels of gymnastics require such skills to properly perform without leading to injury. If you need to leave early or plan on arriving late to practice,

please let a coach know in advance so that they can prep a conditioning and stretch plan for the gymnast.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### **Work Ethic/ Attitude**

The team has the obligation to set the example in the gym. The rec program girls look up to them. Therefore, the gymnasts on the compulsory team must have a good work ethic. They need to take charge of their own gymnastics. If a gymnast is unsure of what they are supposed to be doing, they must communicate with coaches. Sitting will not be tolerated during practice. We allow a 15-minute break in the middle of practice. However, if there is sitting happening during practice time, break time will be shortened.

We understand that some days are tiring or just mentally hard. However, if a gymnast is not trying and just throwing their body around, they will be asked to call home. This type of behavior leads to injury and will not be tolerated in the gym. 110% is not always required but trying our best each day is. So, we expect all gymnasts to keep a good work ethic and communicate if their assignments need to change.

Coaches are always trying their best to fill the needs of the gymnast to succeed in the sport. Talking back to the coaches or having a bad attitude is not acceptable. Again, if they are having a hard time, gymnasts should civilly communicate with coaches about how to change an assignment to fit their needs better.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### **Sportsmanship**

Sportsmanship is part of every sport and being at a competitive level of gymnastics is a good way to learn good sportsmanship and competition ethic. Not all teammates will be friends. However, everyone on the team should treat each other with mutual respect. If a gymnast is heard talking bad about one of their teammates behind their back or bullying in any sort of way, it will be addressed by a coach. A meeting with coaches and parents will be set up if needed.

Sportsmanship is also expected for other teams during competitions. Gymnasts should cheer on and support gymnasts of opposing teams. There will be absolutely no degrading or putting down of others during competition.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### **Competition Season**

Gymnasts will have up to five meets leading up to the state meet during a season. Gymnasts are expected to do the skills they will compete during practice, especially the week of a meet. If they have not been going for a specific skill, they will be required to scratch that event

for their safety. Parents should know that there are entry fees for spectators at the meets, determined by the host gym. Parents are also expected to stay in the spectator area. They should not go onto the competition floor for any reason. Once the gymnast is dropped off to the coaches, parents should not approach their gymnast to fix hair, have their gymnasts use the restroom, etc. Coaches will fix the gymnast's hair, if needed. If a gymnast needs to use the restroom, coaches will direct the gymnast to the restroom, or they will come find the parent to take them. If parents have a problem with any part of how the meet is ran, scores, etc., they should talk to their gymnast's coach. Please do not approach judges, meet directors, or other meet personnel, per USAG rules. Gymnasts should not have phones out on the during competition. Phones should be always left in their bag or left with a parent.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### **Moving Up Levels**

It is a USAG rule that gymnasts must score a 32.0 (average of 8.0 on each event) at state to move up to the next level. However, that doesn't guarantee that they will move up. At Air-Bound, the guideline is to score a 36.0 (average of 9.0 on each event) to move up. There are some exceptions to moving up if a gymnast does not score a 36. Gymnasts must get all the skills for the next level by the end of summer (or near that time) to be able to move up. We will do testing two times during the summer to see if the gymnast has their skills to move up. The testing will take place around the middle of July and middle of August.

Skipping levels is not allowed, but they may score out of a level at the first or second meet to move up another level by the next meet. We will also encourage gymnasts to try their best to move up to the next level if they've scored well at state meet.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_