



# **JAMES FAMILY PRESCOTT YMCA**



**USA GYMNASTICS®**

---

**2019-2020  
MEMBER CLUB**

---

# **PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM HANDBOOK 2019-2020**



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

**James Family Prescott YMCA**  
**750 Whipple Street**  
**Prescott, AZ 86301**  
**928.445.7221**

### YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

### GYMNASTICS MISSION

The James Family Prescott YMCA Gymnastics department strives to build the spirit, mind, and body of all gymnasts by using the four YMCA Core Values of Caring, Honesty, Respect and Responsibility.

We foster the individual as well as the team as we work to provide a safe, fun and supportive atmosphere in which we train gymnasts & tomorrow's leaders. We wish to have all members learn to build a healthy balance in their lives between gymnastics, school, family and other activities.

### PHILOSOPHY

The goal of the YMCA is to provide a fun, safe and supportive learning environment for its members and staff. The primary focus is to develop the technique of all of its young gymnasts. As the gymnast progresses, he/she will be introduced to endurance training and goal setting. Each gymnast will be offered, to the best of the coach's ability, the possibility of achieving their personal goals in gymnastics. Gymnastics practice and competition in meets is optional. At no time will a gymnast be made to feel uncomfortable for choosing not to participate in a practice or meet. If a gymnast takes time off to participate in another sport, they may return to gymnastics at anytime.

### TEAM VALUES

- **Winning Spirit**  
Everyone competes. Everyone wins. We are an inclusive team, turning no one away. While participation in meets is optional, we encourage competition as a way to measure improvement and to foster team spirit.
- **Team Spirit**  
A gymnastics team is a community of gymnasts. To be the best we can be, we must encourage one another, cheer for one another and be respectful of one another including coaches, parents and other teams.
- **Great Technique = Great Performance**  
Every member of the team is coached in technique. This is the easiest way to build confidence.
- **Endurance = Healthy Body**  
As gymnasts develop, we begin to add to the amount of work they do. We are training their muscles, especially their hearts. This is one of the most demanding aspects of gymnastics and one of the most important.
- **Higher Levels = Tougher Conditioning**  
As a gymnast progresses and achieves higher gymnastic levels, so does the conditioning.
- **Mental Toughness:**  
The fear of flipping, heights and competition is the gymnast's strongest adversary. We equip gymnasts with the tools to overcome or control their fear through skill progression, technique and support.



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### GOALS – INDIVIDUAL

Our goal for each gymnast is:

- To gain self confidence
- To learn to be a team player
- To learn to be competitive and have fun at the same time
- To learn from successes and failures
- To learn to budget free time wisely
- To learn to have fun in a safe, educational program

### GYMNAST PLEDGE

I pledge, win or lose, to compete to my ability, to be a good sport, to listen to my coach, to help when asked, to be honest, to be caring, to take responsibility, to be respectful to everyone including other teams and judges, to support our team and teammates.

### REGISTRATION / FINANCIAL OBLIGATIONS

Gymnastic Classes run in a monthly session. Every Gymnast **MUST** re-register for every session. Registration Form and Waiver needs to be filled out and handed in with payment to the gymnastics front desk. If payment is received after the 5<sup>th</sup> of the month, a \$15.00 late fee will be applied.

Financial Obligations are as follows but not limited to:

- Session Registration Fee.

Level 2	\$ 81.00/Month	
Xcel	\$103.00/Month	
Level 3	\$108.00/Month	
Level 4/5	\$128.00/Month	
Boys 4-10	\$103.00/Month	
Level 6-10	\$148.00/Month	
  - Annual Competitive USAG# \$63.00
  - Annual Program Fee \$30.00 Fee is not prorated, non-refundable  
February 1, 2020 to January 31, 2021
  - Assessment Fee \$300.00 Fee is not prorated, non-refundable  
February 1, 2020 to January 31, 2021
- The Assessment Fee is an annual Team Fee to aid in paying for coach salaries at meets, mileage, hotel cost, judge critiquing, team sleepovers, banquet, activities, etc.
- Meet Registration and Fees for Fall and Spring seasons  
To help gymnasts progress, we recommend participation in 5 meets per season.
  - Competitive Uniform: Girls: Long Sleeve and Short Sleeve Leo's, Warm Up Suit  
Boys: Competitive Tank, Pants, Shorts, Black Socks, Warm Up Jacket
  - Membership and program payments must be current with no balance owed before gaining facility access or signing up for another program



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### SPECIAL EVENTS

Special events are held to foster unity. Most events are attendance optional, but we encourage all gymnasts and families to be as involved as possible. A variety of events throughout the season may include but are not limited to: Halloween Festival, Christmas Show, Fourth of July Parade, Christmas Parade, Team Overnight Parties, Team Potlucks, Awards Banquet, Team Barbeques, Fundraising activities, etc. Information will be distributed to gymnasts and families as each event arrives closer to planned dates.

### NUTRITION

Good nutrition is the key to a healthy gymnast. Well balanced meals throughout the week are vital, as is staying well hydrated. Spread carbohydrate intake over the course of the day (smaller meals and frequent snacks). This keeps your blood sugar levels adequate and stable.

The night before meets, gymnasts should be fed a high carbohydrate and protein meal. Avoid sweets, heavy foods, carbonated drinks, and fast food the day of the meet.

#### Good sources of carbs:

Pastas  
Rice  
Breads  
Fruits

#### Good sources of proteins:

Meats  
Dairy  
Beans  
Eggs  
Grains

#### Good Sources of Snacks:

Bagel/cream cheese  
Cereal bars  
Granola bars  
Muffins  
Veggies  
Water  
Gatorade

### HEALTHY LEARNING ENVIRONMENT

- The Physical Environment: Participating in a quality facility with quality equipment and staff.
- The Physiological Environment: A nurturing, energetic, goal-oriented atmosphere in which the highest standards of excellence guide our decisions.

### FUNDRAISERS

One important activity families can do together is fundraising. The monies from the fundraising activities help offset costs associated with competition, assessment, equipment, etc. Be sure we have your current mailing and email addresses and phone numbers to aide us in getting you the information in a timely matter.

Jump aboard and help by volunteering in any way you possibly can. Be a great role model for our children. Help them to learn to appreciate seeing that their hard work can and will pay off. They'll have fun while participating in great life learning experiences.



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### GYMNAST MEET ETIQUETTE

- BE ON TIME. This is really important for the gymnast's mindset during a meet. They should not feel rushed and be relaxed as much as possible.
- Dressed in team uniform. Fall Season is short sleeve until State. Spring Season is Long sleeves.
- Hair pulled all the way back in bun and gelled down. Levels 2-5: Be sure that their bun is not placed right on the center of the back of their head. Backwards roll/back extensions are really difficult to do with the bun placed there.
- Fingernail or toenail polish is not allowed.
- No jewelry (ie: necklaces dangle earrings, bracelets, etc.) are allowed to be worn during competition. Please have all jewelry removed prior to the arrival of a meet.
- If a gymnast wants to wear underwear/sports bras under their team leotard, be sure that it is the same color as the leotard.
- Support your team.
- If your routine or score is not to your expectation, do not display unsportsmanlike conduct. Act like the winner you are. It may distract other gymnasts waiting to compete and does not reflect well on you, your team or the Y.
- Be respectful to judges, spectators, family, and gymnasts.
- When accepting awards, please stand proud to represent your team, no matter the placement. Stand like a true champion and athlete.

### PARENT PRACTICE AND MEET ETIQUETTE

- BE ON TIME. This is really important for the gymnast's mindset during a meet. They should not feel rushed and be relaxed as much as possible.
- PAY ON TIME. Please pay for all gymnasts' financial responsibilities on time. This includes registration, annual program fee, team assessment fee, uniforms, meet registrations, etc.
- Be supportive of our gymnasts and other parents. Sit together as a group and cheer for everyone.
- You may be sitting next to our competition, so please be mindful of what you say. Do not bad mouth other clubs, athletes or any meet officials. This makes us look bad and could cost our team.
- Be supportive of your coaches. If you have questions regarding your gymnast, make an appointment with their coach and/or Jon.
- No parents are allowed out on the practice floor or competitive areas. Keep your gymnast focused and safe and do not call out to your gymnast.
- No contact with meet officials is allowed. This includes the meet host, judges and other coaches. Should you have questions, direct them to the YMCA coach at the meet.
- No negativity in the parent viewing area or outside of the gym in regards to any programming, coaches, events or other parents in the program. If you have an issue, meet with your coach or Jon Sebastian.
- Help and volunteer for all fundraising events that are scheduled for the team or gymnastics program. These events benefit everyone.

### BILL OF RIGHTS FOR YOUNG ATHLETES

- Right to participate in sports and have fun
- Right to participate at a level commensurate with maturity and ability
- Right to have qualified adult leadership
- Right to play as a child and not as an adult
- Right of children to share in the leadership and decision making of their sport participation
- Right to participate in a safe and healthy environment
- Right to proper preparation for participation in sports
- Right to an equal opportunity to strive for success
- Right to be treated with dignity



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### CHARACTER COUNTS – VALUES TO LIVE BY for YMCA Youth Sports

#### **Caring**

- Putting others before yourself
- Be thoughtful, considerate and helpful to others in your class or on your team
- Thank your coaches and meet officials
- Tell your family you appreciate their support

#### **Honesty**

- To tell the truth at all times
- Follow the rules
- Always set a good example by what you say and do
- Be fair to other gymnasts

#### **Respect**

- To treat others as you would have them treat you
- Appreciate your coach
- Be considerate and polite to the officials
- Be a good listener and always be thoughtful of others

#### **Responsibility**

- To do what you should
- Be on time to practices and meets
- Always give your best effort
- Keep your practice and meet site clean and free of litter

### **LIABILITY INSURANCE**

The YMCA provides liability insurance as required by law. The Prescott YMCA does not provide medical insurance relative to accidents or injuries sustained as a result of a program related activity.

### **ILLNESS/MEDICATION**

If a child is not well enough to participate in all of the days' scheduled activities, then he / she is not well enough to attend. If a child has a sore throat, fever, or displays obvious signs of a potentially contagious illness, a parent will be contacted to pick up their child. The YMCA does not distribute medication of any kind. No medication should be sent to the Y with a child.

### **EMERGENCIES**

While at the program, if a child receives a superficial wound or injury (minor bumps, bruises, cuts, scratches, splinters, nose bleeds) the staff will administer first aid. The parent will be informed of the injury at the time of pick-up. If an injury appears more serious, the staff will contact the parent. The staff will remain with the child until the parent arrives.

For the injury or illness that requires emergency medical attention: 911 will be called and the child will be taken to the nearest hospital for treatment. A staff member will accompany the child. The parent will be contacted immediately after the ambulance has been called. If the parent cannot be reached, the emergency contacts will be called. If the emergency names cannot be reached, the YMCA staff will secure emergency medical care agreed upon in writing prior to enrollment. A written report of accidents requiring a doctor or ambulance will be completed.



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### LOST AND FOUND

A lost and found box is located in the gymnastics building. Contact YMCA Staff regarding a lost item. Items left over 30 days will be donated to local charities. Please write your child's name on all personal items.

### SNOW DAYS

In the event area schools are closed due to snow, the YMCA gymnastics department will follow the same guidelines as the school schedule. If there is a delayed school schedule due to the snow, all classes beginning after 10:00 will occur. All gymnastics classes will be cancelled on full snow days according to the school system.

### HOLIDAY CLOSURES

Easter	Sunday	April 12, 2020	Full Facility Closure
Memorial Day	Monday	May 25, 2020	Full Facility Closure
Labor Day	Monday	September 7, 2020	Full Facility Closure
Thanksgiving	Thursday	November 26, 2020	Full Facility Closure
	Friday	November 27, 2020	Gymnastics Department Closure
	Saturday	November 28, 2020	Gymnastics Department Closure
Christmas Break	December 20, 2020 – January 6, 2021		Gymnastics Department Closure

### SCHOLARSHIPS

The YMCA provides financial assistance for those in need through the Y Scholarship Program. If you would like your child to participate in a Y program and cannot afford to pay the entire fee, apply for a Y Scholarship today. No one is turned away for inability to pay. Qualifying is based on the needs of the family and scholarship funds available.

### CONTACT INFORMATION

Jon Sebastian  
Gymnastics Director  
928-445-7221 x234  
jon.sebastian@prescottymca.org

Danielle Taintor  
Gymnastics Associate Director  
928-445-7221 x245  
d.taintor@prescottymca.org

Gymnastics Desk  
928-445-7221 x242



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### BEHAVIORAL CONTRACT

#### **GYMNAST COMMITMENT**

##### **I Commit to being on time and ready to work.**

- Girls
  - Practice attire: Practice leotard with hair pulled up. Tight fitting shorts optional.
  - Meet attire: Competition leotard and warm-ups with hair jelled or sprayed and pulled up tightly in a bun. No fingernail/toenail polish may be worn.
- Boys
  - Practice Attire: Tight shirts/tanks and tight shorts/pants.
  - Meet Attire: Competition tank, black stir-up pants, black shorts and black socks.
- All dangling jewelry must be removed.
- Attendance card pulled and signed every day I attend practice.
- No gum, food or drinks permitted on floor.
- Homework and eating completed prior to start of practice and conditioning.

##### **I commit to a good work ethic.**

- Our team practices are shorter than most private clubs. In order for our team to be competitive with these clubs, we must utilize every minute we have for practice, leaving the socializing for before or after practice time.
- No leaving practice area without coach's approval.
- Performing, focusing and giving 100% at all times.
- Be Coachable. Listen to your coach corrections and work on them the next time you perform.

##### **I commit to being respectful.**

- Remember. To gain respect, you must first be respectful.
- Have a positive attitude throughout the whole practice.
- Be respectful to coaches. Mouthing off, eyeball rolling, tantrums, equipment throwing, refusing coaches request, back talk, etc. is unacceptable. You may be asked to leave the gym floor for a time or home for the night if the behavior continues.
- Be respectful to teammates. Assist and support your team. Encourage your team to be their best. Intimidation, bullying, elbowing, pushing, arguing, gossiping, name calling, etc. is unacceptable behavior.





# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### **I commit to being a team supporter.**

- We are a competitive team. Competing not only helps better you as an individual gymnast, but also strengthens team unity and spirit. Attending meets as a team and cheering for each other builds team successes. I commit to competing at meets with my team members to the very best of my ability.
- While at meets I commit to being professional. There will be no crying or tantrums when your routines or scores are not to your expectation. This may only distract your other team mates' who are still preparing to compete and really looks bad to everyone around us including the judges and other teams. I understand while at meets I represent the YMCA and the City of Prescott. I will look and act professional and I will be respectful to all people I come into contact with.
- While at meets you will remain on the competitive floor with your coach. In order to remain focused you will not be allowed to wander off to see your family or friends until you session is completed.
- Fundraising is a vital part of this team's success, enabling the team to have banquets, sleepovers, fun activities away from the gym, yearbooks, new leotards, new equipment, meet expenses, etc. The more team athletes and parents help with the fundraising; the more successful the fundraisers will be.
- Take pride in your gym. Keep lockers and food eating areas cleaned up.

### **I commit to being responsible**

- For my work ethic.
- For my healthy diet, including healthy snacking.
- For my conditioning.
- For my homework.
- For my attitude during gymnastic practice.

### **PARENT COMMITMENT**

- I have reviewed and will encourage my gymnast to adhere to all parts of this contract.
- I will not call my gymnast away during practice or at meets without prior notice to his/her coach.
- I will not enter the gym floor during practice times or meet competitive area during session times.
- I understand while at meets, I represent the James Family Prescott YMCA.
- I will look and act professional and I will be respectful to everyone.
- I will support my gymnast physically and emotionally.
- I will teach my gymnast healthy eating habits. I will make it possible for my gymnast to eat healthy, and will encourage him/her to do so.
- I will be respectful and supportive of both the desk, coaching staff, team members and families. I will set a good example by not bad mouthing, bullying, shaming, spreading rumors, etc. If there are issues to discuss I will schedule an appointment to meet with my gymnast's coach and/or Gymnastics Director.
- I will support the team by encouraging my gymnast to attend as many meets as possible with his/her team. I understand the head coach recommendation is at least 5 meets per season.
- I will support team fundraisers and will volunteer to help.



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### BOYS TEAM

#### Parent Financial Responsibility

2020

- Annual Assessment \$300.00 Non-Refundable / Due January 15.
  - New team members will be prorated according to entry date onto team
  - Will not be pro-rated or refunded if gymnast leaves before the season is over.
- Annual USAG Competition Athlete Number \$63.00 / Due July 1<sup>st</sup>
- Annual Program Fee \$30.00 Non-Refundable / Due Feb 1<sup>st</sup>
- Monthly Additional \$15.00 late registration fee will be added for payments made after the 5<sup>th</sup> of the month. Fee includes team dance.
  - Level 4 – 10 \$103.00
- Competitive Jersey (All Levels) \$27.50 plus Shipping and Tax
- Competitive Pants (All Levels) \$27.50 plus Shipping and Tax
- Competitive Shorts (All Levels) \$18.00 plus Shipping and Tax
- Black Socks
- Prices and availability on uniforms subject to change. May take approximately 10-16 weeks to arrive.
- Meet Registration (2 per month of each competitive season) Approx. \$90.00 each.
  - We are a competitive team requiring a minimum of 3-5 meets per season
    - Boys (All Levels) season
      - January-May
      - Meet payments must be made by deadline. No late entries will be accepted.
    - YMCA Nationals (out of state)
      - Usually towards the end of June or beginning of July.
      - We represent the whole State of Arizona. Some families incorporate their summer vacations with the YMCA Nationals. Start planning now.
- Membership and program payments must be current with no balance owed before gaining facility access or signing up for another program.

I have read and I understand and agree to our Behavioral Contract and Financial Responsibilities.

Gymnast Name \_\_\_\_\_ Level \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# JAMES FAMILY PRESCOTT YMCA

## PRESCOTT LIGHTNING & THUNDER GYMNASTICS TEAM

### GIRLS TEAM

#### Parent Financial Responsibility 2020

- Annual Assessment \$300.00 Non-Refundable / Due January 15
  - New team members will be prorated according to entry date onto team
  - Will not be pro-rated or refunded if gymnast leaves before the season is over.
- Annual USAG Competition Athlete Number \$63.00 / Due July 1<sup>st</sup>
- Annual Program Fee \$30.00 Non-Refundable / Due Feb 1<sup>st</sup>
- Monthly Additional \$15.00 late registration fee will be added for payments made after the 5<sup>th</sup> of the month.
  - Level 2 \$ 81.00
  - Level Xcel \$103.00
  - Level 3 \$108.00
  - Level 4/5 \$128.00
  - Level 6-10 \$148.00
- Competitive Short Sleeve Leotard (Levels 2-5) \$ 39.50 plus Shipping and Tax
- Competitive Long Sleeve Leotard (Levels 2-5) \$99.99 plus Shipping and Tax
- Competitive Optional Leotard (Levels 6-10) \$184.99 plus Shipping and Tax
- Competitive Xcel Leotard (Bronze – Diamond) \$114.25 plus Shipping and Tax
- Competitive Warm-Up Jacket (All Levels) \$43.50 plus Shipping and Tax
- Competitive Warm-Up Capri's (All Levels) \$18.00 plus Shipping and Tax
- Prices and availability on uniforms subject to change. May take approximately 10-16 weeks to arrive.
- Meet Registration (2 per month of each competitive season) Approx \$100.00 each
  - We are a competitive team; thus we require a minimum of 3 meets per season
    - Compulsory Levels 2-5 Two seasons
      - September-November Short Sleeve Leo
      - January-May Long Sleeve Leo
    - Optional Level 6-10 & Xcel have one season
      - January-May Optional / Xcel Leo
    - Meet payments must be made by deadline. No late entries will be accepted.
  - YMCA Nationals (out of state)
    - Usually towards the end of June or beginning of July.
    - We represent the whole State of Arizona. Some families incorporate their summer vacations with the YMCA Nationals. Start planning now.
- Membership and program payments must be current with no balance owed before gaining facility access or signing up for another program.

I have read and I understand and agree to our Behavioral Contract and Financial Responsibilities.

Gymnast Name \_\_\_\_\_ Level \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

