



JAMES FAMILY PRESCOTT YMCA

Prescott Lightning / Thunder Gymnastics

Team Guidelines & Informational Packet

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

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 5th of the month, a \$15.00 late fee will be applied.

Financial Obligations are as follows but not limited to:

- o Session Registration Fee.
 - Level 2 \$55.00/Month
 - Xcel \$75.00/Month
 - Level 3 \$80.00/Month
 - Level 4 \$80.00/Month
 - Boys 4-10 \$80.00/Month
 - Level 5 \$90.00/Month
 - Level 6-10 \$100.00/Month

 - o Annual Competitive USAG# \$57.00
 - o Annual Program Fee \$30.00 Fee is not prorated, non-refundable
February 1, 2017 to January 31, 2018
 - o Assessment Fee \$250.00 Fee is not prorated, non-refundable
February 1, 2017 to January 31, 2018
- 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.
- o Meet Registration and Fees for Fall and Spring seasons
To help gymnasts progress, we recommend participation in 5 meets per season.
 - o Competitive Uniform: Girls: Long Sleeve and Short Sleeve Leo's, Warm Up Suit
Boys: Competitive Tank, Pants, Shorts, Black Socks, Warm Up Jacket
 - o Membership and program payments must be current with no balance owed before gaining facility access or signing up for another program

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.

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

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.

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 dance 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

Labor Day	Monday	September 4, 2017	Full Facility Closure
Thanksgiving	Thursday	November 23, 2017	Full Facility Closure
	Friday	November 24, 2017	Gymnastics Department Closure
	Saturday	November 25, 2017	Gymnastics Department Closure
Christmas Break	December 25, 2016 – January 6, 2017		Gymnastics Department Closure
Easter	Sunday	April 16, 2017	Full Facility Closure
Memorial Day	Monday	May 29, 2017	Full Facility 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

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