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## **JAMES FAMILY PRESCOTT YMCA Prescott Lightning Gymnastics Welcome**

Welcome new team member. You have worked your way through recreational classes and pre-team and have now been invited to join the James Family Prescott YMCA Prescott Lightning / Thunder Team.

Gymnastics is a competitive sport which means our team competes with other gymnastics teams in Arizona and at times with teams from other states. Level 2 through 5 are compulsory levels. All gymnasts perform the same routines and are scored by a panel of judges. The routines will be judged on how well the athletes perform their routines. Level 6 through 10 and Xcel are optional levels. Gymnasts may choose their own music for the floor and have their routines choreographed on all of the events meeting the criteria for that level. Coaches may help with music and routines.

Joining team means you are serious about gymnastics. To be a great gymnast you must be serious about your workouts. Great gymnasts work on: strength, flexibility, fearlessness, competitiveness, and work ethic. Work ethic means you come to gym on time, ready to work hard, dress appropriately and respect all coaches, athletes, and yourself.

Gymnastics is a lot of fun and hard work. You will make new friends, however, you will need to find a balance so that your friendships don't interfere with your workouts. Gymnastics is about performing your routines and skills as perfectly as you possibly can which takes focus and concentration. If you are distracted by giggling and silliness you won't perform as well and a lack of focus may lead to injury.

Most injuries can be avoided by taking proper care of your body by stretching, conditioning, diet, proper warm-ups, etc. Most accidents are caused by lack of focus, being distracted or thinking about something else. The second most common cause of injury is trying tricks without proper progressions. Be smart, stay focused, follow instructions, be respectful, and gracious but most of all find a balance between friendship, silliness and serious hard work. Find the right balance and you will be successful.

On behalf of myself and the staff of the James Family Prescott YMCA, we wish you much success.

Jon Sebastian  
Gymnastics Director