



Pre-Team Handbook

Welcome to Pre-team! The All Star Academy would like to welcome your family to our Pre-team program. Through this Pre-team handbook we hope to give you more insight into how our Pre-team program operates and answer many of your questions. Our Pre-team is the first step towards our competition team. After reading this manual, if you have any questions about our Pre-team program, please ASK!

The All Star Academy Team Philosophy is meant to give every gymnast an opportunity to excel not only in gymnastics but in life. Gymnastics teaches self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for risk, respect for others, poise and grace. When our students are done turning cartwheels, they will have established a base of life skills that will undoubtedly assist them through all of their non-flipping years.

Competition - It is part of our daily lives. We strive to be the best in whatever we do. This competitive spirit, however, must be learned, nurtured and developed. We are committed to fostering the spirit of competition among our young gymnasts. Gymnasts must always remember to be respectful of teammates as well as coaches. We expect the athletes to portray sportsmanship in competition by playing fair, learning how to deal with failure, and winning graciously. **IMPORTANT REMINDER** - Gymnastics excellence means becoming the best you can be individually. Their success is not measured by the trophies and banners on the wall, but by the achievements they receive on their path to personal fulfillment.

What will they be working on? Pre-team is the first step for the gymnast to become a competitive gymnast. Competitive gymnastics requires the gymnasts to be strong, flexible, have higher level skills and discipline. A competitive gymnast is also always working on trying to perfect their skills, not just be able to complete them. The gymnasts in Pre-team will be working on:

- **Conditioning/Strength Work** – This is required to not only complete the skills but also to have the body control to try and perform them perfectly
- **Flexibility** – This is needed to help the gymnast with their skill development and dance elements in their routines
- **Perfecting Current Skills** – The gymnasts will be working on perfecting the skills they have learned in their gymnastics classes
- **Learning Routine Parts** – Gymnasts will start to learn parts of the routines required for the competition team
- **Discipline** – The gymnasts will be learning the behaviors expected of a competition team gymnast.

Pre-team Is Not For Every Gymnast...and that is OK!!! The training and workouts are very different from the class that your gymnast was previously in. Those classes were focused on fun, fitness and skill development. Not all gymnasts are interested in the structured Pre-team/Team practices that focus on skill perfection and conditioning/strength training. If your child is not happy in Pre-team that is OK! One of our classes might be a better fit for your gymnast. Please explain to your child the family commitment and dedication that is required with any competitive sport. We pride ourselves on having a place in our program for every child whether it's a recreational class or on a competitive team.

Expectations Of Athletes Listed below are the expectations of our Team gymnasts.

In Pre-team we will be helping the gymnasts learn and understand these expectations.

- 1) You are expected to work hard and do your best.
- 2) Arrive at the gym ready to participate with proper attire (Girls – Leotard or Leotard and Bikers), hair pulled back away from the face (high ponytail preferred), jewelry off, gum in the trash can and ready to go!
- 3) Practice will begin promptly at designated times and gymnasts must be ready to perform at that time.
- 4) Treat other gymnasts with respect, be kind to those gymnasts younger than you, and do not think to hold yourself out as better than other gymnasts. Everyone has strengths and weaknesses and if you have not found them yet, you WILL.
- 5) Only concern yourself with things that YOU can control, which are YOUR ATTITUDE, YOUR EFFORT....YOUR GYMNASTICS!!

6) Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, fear and defeat. Expect these things, learn from them, face them and overcome them!

7) Ask permission to leave the gym. This applies to going to the restroom, getting a drink or talking to parents. The main reason is so that your coaches always know where you are.

8) Always act in a way that shows respect for you and for the gym. There is no place in our gym for displays of anger or disgust, talking back to coaches or other adults, or crying because you have given into your frustrations or fears.

9) Be honest, cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.

10) Show respect for your safety and to the demands of your coaches by staying off the equipment without the specific permission and supervision of a coach.

11) Always wait inside the facility for your ride. Gymnasts are not to wait outside for pick-up following practice.



Expectations Of Parents Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gym, coaches and the athlete. The following actions and ideas are expected of All Star Academy Gymnastics Pre-team/ Team member's parents.

- 1) A gymnast's parents are an instrumental contributor to her success and happiness. Tuition must be paid on time and a commitment to transport your gymnast to and from workouts must be made. In addition and equally important, parents must help instill work ethic, values and provide support for your gymnast to be successful.
- 2) Please do not talk to your gymnast during practice. It is important for the gymnasts to stay focused and with their group.
- 3) If you need to get a message to your gymnast during practice, please talk to the office staff and they will relay the message.
- 4) Parents are not permitted on the gym floor and must refrain from coaching or commenting during any training session. If your child is not paying attention or messing around, we realize it is tempting. This is the job of the coaches.
- 5) We strongly encourage our Pre-team parents not to stay and watch every practice. Just like it is difficult to see if your child has gotten taller because you are with them every day, it will be hard to see the progress they are making if you watch every practice. We do encourage you to watch your gymnasts practice a few times a month to see her progress and work ethic. It is also important to let your gymnast practice without you present to allow them to completely focus on the instruction from their coach.
- 6) We feel that communication with the parents of our Pre-team members should be open and flowing. We email all important Pre-team information
- 7) Parents are expected and encouraged to show proper respect for our sport at all times. Rude, belittling, or negative comments about coaches, parents, and other gymnasts are always inappropriate and have no place in our program.
- 8) If you have a problem or concern, please speak to the coach. Complaining to other parents cannot solve your problem, nor can we solve them if we do not know about them. So save your self the time and aggravation and come to us.
- 9) Be encouraging and positive to your child. Be careful of comparisons, because each child is an individual with different talents and capabilities.
- 10) Please be on time to pick your gymnast up after practice.
- 11) Please familiarize yourself and your gymnast with the Pre-team Handbook. It is important that the parent and gymnast understands the rules and policies of Pre-team.
- 12) If you have any questions regarding the gym or your gymnast... please contact the gym via phone or email. Under no circumstances should a coach get a call on their personal lines. Please remember that this is our job and our free time or personal time is important to us.

Gymnast Health: Gymnasts should expect to get rips on their hands from the bars from time to time. Gymnasts are expected to still do bars when they have a rip or get a rip. Here are some treatment methods that the gymnast can do at home to help heal and prevent rips.

1. Before going to bed the gymnast should put ointment on the rip (Neosporin, Preparation H), followed by a band aid and a sock over the hand. They should keep this on while they sleep to keep the moisture in.
2. Vitamin E or aloe vera can also help heal a rip.
3. Trimming calluses is also recommended. (Younger gymnasts must have help with this)
4. If rips are a problem for your gymnast we do sell palm guard grips at the office to help prevent rips.
5. In case of an injury during workout or competition, please wait for your coach to give some indication that you should come onto the floor. In most cases you will not be invited onto the floor, because the injury will be relatively minor and the coach will take care of it. Your gymnast will continue training or competing and will need to maintain his/her focus. In cases of more serious injuries where the gymnast will be finished for the day the coaches will let you know what course of action to take. If you have any questions, please do not hesitate to ask.

Practice times and Cost

Pre-team will practice Tuesdays and Thursdays from 5:30-7:30
The monthly tuition is \$125.00 and is due on the first of each month and late after the 10th of each month.

It is important for the gymnast to participate in all practices. We understand that there are practices that will have to be missed due to emergencies, family issues and personal reasons. Please contact us by email or call us if you have to miss a practice for any reason. info@asaextreme.com or 251 236-7661.

Pre-Team Leotard

We will order an inexpensive custom leotard that is unique to the pre-team gymnast. Occasionally we will be asked to exhibit at events, festivals and parades. A team leotard will be the appropriate attire for such an event. When the pre-team is prepared, we may compete in an unsanctioned gymnastics meet.

The All Star Academy welcomes you to our Pre-team and Our Gymnastics Family!!!



**If you want to compete,
train your body!**

**If you want to win, train
your heart!**



Contact information:

The easiest way to contact us is by email. We will constantly send you emails of any changes, additions or important updates. Please check your emails regularly.

The gym address;

110 Blacksher St.

Brewton, AL 36426

Website: www.asaextreme.com

Email: info@asaextreme.com

Gym Phone: (251) 236-7661 Available at all times

