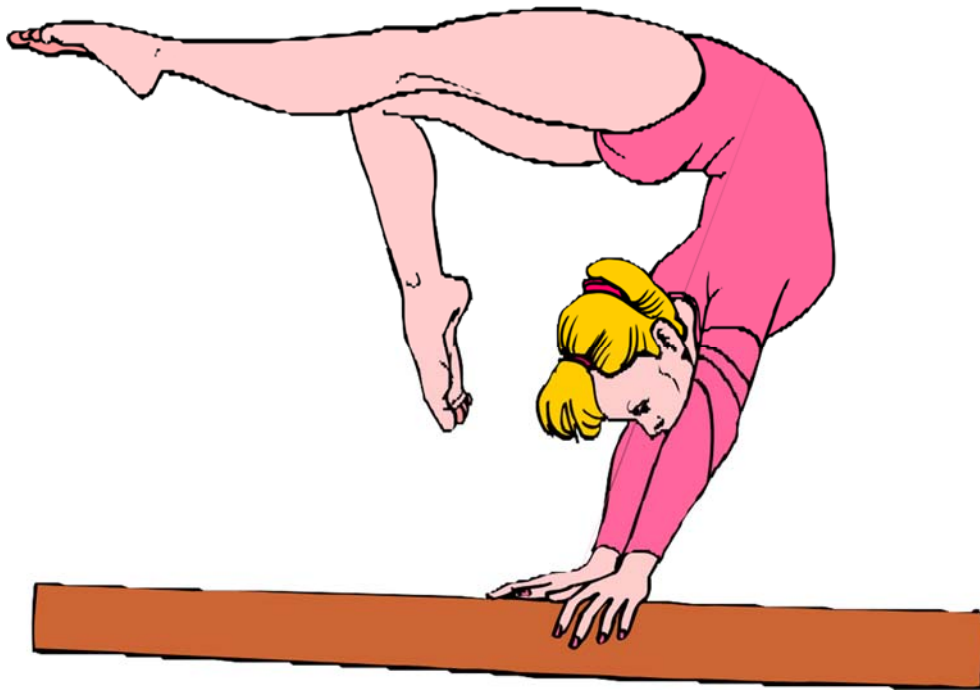


# LET IT SHINE

Parents' Club



2014 – 2015  
Handbook & Directory

**Let It Shine Gymnastics**  
**615-369-FLIP (3547)**  
**www.letitshinegym.com**  
**www.lispc.org**

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Parent & Gymnast Contract / Photo Release

Please read and sign the "contract" below, which summarizes the commitment that is expected of team parents and their gymnasts. This form must be signed and returned in order for your daughter to compete during the 2014 - 2015 season.

*I have read the Let It Shine Girls' Team Handbook and agree to support the team program as a part of the LIS Parents' Club (LISPC). It is understood that this support includes active involvement in fundraising efforts and payment of invitational or other fees on a timely basis. I also understand that I am required to volunteer a certain amount of time as determined by the LISPC Board while hosting the 2014 Music City Invitational Meet. I understand that failure to provide such support or participation may result in the suspension of competition privileges for my daughter(s).*

*I also understand that no part of the fundraising funds are transferable or refundable for any reason. Finally, my daughter(s) and I realize and agree that we are making a commitment to be part of the Let It Shine Girls' Team program through May 2015.*

Parent's Signature: \_\_\_\_\_.

Gymnast's Signature: \_\_\_\_\_ Gymnast's Signature: \_\_\_\_\_.

Date: \_\_\_\_\_.

**By returning this signed form**, I hereby give my permission in perpetuity for use of my child(s) photograph(s) taken by a member of the LISPC or supplied to LISPC by me, my family or a photographic studio, for display in the gym, advertising, promotion of LISPC sponsored events, LISPC website or other media.

It is my understanding that these photograph(s) will be used in accordance with the highest standards of good taste, and that at no time will my child's name be directly attributed to any specific picture in which they appear and in consideration of this, I do hereby relinquish ownership and expressly release LISPC including any individual associated with LISPC from and against any and all claims or any cause of action arising out of the publication and use of these photograph(s).

I understand that I may revoke the consent granted herein at any time by notifying LISPC in writing.##

Gymnast Name (Please Print): \_\_\_\_\_

Parent Name (Please Print) \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE SIGN & RETURN TO:  
"Pickett" Secretary Folder**

### **A brief description of our Parents' Club**

The LIS Parents' Club is the booster organization for the Let It Shine Girls' Team. It is also a tax-exempt charitable organization under section 501(c) 3 of the Internal Revenue Code. It is primarily a fundraising organization designed to make competitive gymnastics more affordable for the parents of team members.

### **Mission Statement of the LIS Parents' Club**

The LIS Parents' Club shall strive to serve God in all its efforts to support the Let It Shine Girls' Gymnastics Team. This support includes fundraising, and even more importantly, an atmosphere of Christ-like love and unity.

### **Goals of the Parents' Club**

1. Achieve a high level of participation (ideally 100%) in Parents' Club activities (parent meetings, committee involvement, fundraising projects, planning / hosting meets, and special events).
2. Offset a significant portion of the non-tuition team expenses via sponsorships, hosting meets, and fundraisers. Ultimately the goal is to be able to cover 100% of the non-tuition team expense.
3. Create a spirit of support and unity among the parents and families of gymnasts.
4. Improve communications between coaches, parents, level representatives, and directors.

### **Board of Directors**

A Board of Directors manages the affairs of the Parents' Club. It consists of the President, Vice President, Secretary, Treasurer, and Fundraising Chairperson. Elections for the board of directors are held every year in the spring at the Annual Parents' Club Meeting. Board members serve a one year term beginning in June.

### **2014 – 2015 Board of Directors:**

**President:** Tiffany Pruett - pruettsrus3@att.net  
**Vice President:** Mary Beth Chapman – lisgymmom@gmail.com  
**Treasurer:** Rebecca Carter – [thecartersx4@gmail.com](mailto:thecartersx4@gmail.com)  
**Fundraising:** Christine Frost—frostybunch@comcast.net  
**Secretary:** Leigh Pickett – lpickett6386@comcast.net

**2013-2014 Individual and Team  
Accomplishments:**

<b>LEVEL</b>	<b>GYMNAST and ACCOMPLISHMENT(s)</b> <i>(State Meet )</i>
2	<p>Allison Walton- 1<sup>st</sup> Vault, 1<sup>st</sup> Bars, 2<sup>nd</sup> Beam, 1<sup>st</sup> AA            Lily Catherine Bury- 2<sup>nd</sup> Bars, 3<sup>rd</sup> AA            Sydney Shiao- 2<sup>nd</sup> Vault, 1<sup>st</sup> Bars, 1<sup>st</sup> Beam, 1<sup>st</sup> AA            Katelyn Redding- 2<sup>nd</sup> Bars, 3<sup>rd</sup> Beam, 2<sup>nd</sup> Floor, 2<sup>nd</sup> AA            Ellie Grace Sneed- 2<sup>nd</sup> Beam            Caitlin Caserta- 1<sup>st</sup> Bars, 3<sup>rd</sup> AA            Lilly Howlett- 3<sup>rd</sup> Vault, 3<sup>rd</sup> Bars            Hope Galbreath- 3<sup>rd</sup> Beam            Kailey Ludwig- 3<sup>rd</sup> Vault, 3<sup>rd</sup> Bars, 3<sup>rd</sup> Beam, 2<sup>nd</sup> AA            Sadie Cahoon- 1<sup>st</sup> Bars, 2<sup>nd</sup> Beam, 2<sup>nd</sup> AA            Samantha Lambert- 3<sup>rd</sup> Beam, 1<sup>st</sup> Floor, 3<sup>rd</sup> AA</p>
3	<p>Kamryn Klien- 2<sup>nd</sup> Vault, 2<sup>nd</sup> Bars, 1<sup>st</sup> Beam, 1<sup>st</sup> AA            Adara Boczulak- 1<sup>st</sup> Bars, 1<sup>st</sup> Floor, 1<sup>st</sup> AA            Karsyn Clift- 3<sup>rd</sup> Vault, 3<sup>rd</sup> Bars, 2<sup>nd</sup> AA            Leah Hetherington- 3<sup>rd</sup> Vault, 1<sup>st</sup> Bars, 2<sup>nd</sup> Beam, 2<sup>nd</sup> AA            Emma Baker- 1<sup>st</sup> Vault, 1<sup>st</sup> Bars, 3<sup>rd</sup> Beam 1<sup>st</sup> Floor, 1<sup>st</sup> AA            Emma Grace Carter- 2<sup>nd</sup> Vault, 1<sup>st</sup> Bars, 1<sup>st</sup> Beam, 3<sup>rd</sup> Floor, 2<sup>nd</sup> AA            Selah Bell- 3<sup>rd</sup> AA            Eden Oakes- 2<sup>nd</sup> Floor            Bailey Murphy- 2<sup>nd</sup> vault, 1<sup>st</sup> Bars, 3<sup>rd</sup> Beam, 3<sup>rd</sup> Floor, 2<sup>nd</sup> AA            Allison Freeman 2<sup>nd</sup> Vault, 1<sup>st</sup> Bars, 1<sup>st</sup> Beam, 3<sup>rd</sup> Floor, 1<sup>st</sup> AA            Liberty Lege- 3<sup>rd</sup> Beam            Taylor Pankey- 3<sup>rd</sup> Floor            Mallory Moreau- 2<sup>nd</sup> Bars</p>
4	<p>Celia Trotter- 1<sup>st</sup> Bars, 1<sup>st</sup> Beam, 1<sup>st</sup> AA            Emalee Frost- 2<sup>nd</sup> Bars, 1<sup>st</sup> Floor, 2<sup>nd</sup> AA            Hallie Williams- 1<sup>st</sup> Vault, 3<sup>rd</sup> Bars, 2<sup>nd</sup> AA            Sutton Walters- 3<sup>rd</sup> Bars, 1<sup>st</sup> Beam, 3<sup>rd</sup> Floor            Ellie Smith- 3<sup>rd</sup> Bars, 3<sup>rd</sup> Beam, 2<sup>nd</sup> Floor            Victoria Garrett- 1<sup>st</sup> Vault, 1<sup>st</sup> Bars            Erin Pruett- 1<sup>st</sup> Floor, 3<sup>rd</sup> AA            Vanessa Turner- 2<sup>nd</sup> Floor, 3 AA            Isabella Gresham- 3<sup>rd</sup> Vault, 3<sup>rd</sup> Floor            Lucy Litwig- 2<sup>nd</sup> Bars</p>
5	<p>Gray Fleetwood- 2<sup>nd</sup> Vault, 1<sup>st</sup> Bars, 1<sup>st</sup> Beam, 1<sup>st</sup> Floor, 1<sup>st</sup> AA            Rita Sophia Stachurski- 3<sup>rd</sup> Vault, 2<sup>nd</sup> Bars, 3<sup>rd</sup> Beam, 2<sup>nd</sup> Floor, 1<sup>st</sup> AA            Anna Kate Bickel- 3<sup>rd</sup> Bars, 2<sup>nd</sup> Beam 3<sup>rd</sup> Floor, 3<sup>rd</sup> AA            Taylor Anne Walters- 2<sup>nd</sup> Vault, 1<sup>st</sup> Bars, 1<sup>st</sup> Beam, 2<sup>nd</sup> Floor, 1<sup>st</sup> AA</p>
6	<p>Charlotte Brooks- 2<sup>nd</sup> Vault, 1<sup>st</sup> Bars, 1<sup>st</sup> Beam, 1<sup>st</sup> AA</p>

7	Isabella Weimer- 2 <sup>nd</sup> Bars, 1 <sup>st</sup> Beam, 2 <sup>nd</sup> AA Stevey Joy Chapman- 1 <sup>st</sup> Bars, 1 <sup>st</sup> Beam, 3 <sup>rd</sup> floor, 2 <sup>nd</sup> AA Kaia Prater- 2 <sup>nd</sup> Bars, 3 <sup>rd</sup> Beam
8	Zoe Williams- 1 <sup>st</sup> Bars, 1 <sup>st</sup> Floor, 2 <sup>nd</sup> AA
9	Trinity Bell- 1 <sup>st</sup> Vault, 2 <sup>nd</sup> Bars, 2 <sup>nd</sup> AA Taylor Pickett- 3 <sup>rd</sup> Bars, 3 <sup>rd</sup> Beam, 1 <sup>st</sup> AA Olivia Nesbitt- 2 <sup>nd</sup> Vault Mikaela Moore- 2 <sup>nd</sup> Bars, 2 <sup>nd</sup> Beam, 3 <sup>rd</sup> AA

**Regional Qualifiers:**

Level 7: Stevey Joy Chapman(state team)  
Isabella Weimer (all star)  
Level 8: Zoe Williams (all star)  
Level 9: Olivia Nesbitt  
Mikaela Moore  
Trinity Bell  
Taylor Pickett

**NationalQualifier**

Olivia Nesbitt (Level 9)

**State Team**

Level 2- 2<sup>nd</sup> Place  
Level 3- 3<sup>rd</sup> Place  
Level 4- 2<sup>nd</sup> Place  
Level 5- 1<sup>st</sup> Place  
Level 7- 3<sup>rd</sup> Place  
Level 9- 2<sup>nd</sup> Place

## **Description of our training groups USAG Level 2-10**

### Compulsory Levels 2-5

These compulsory levels are required to move up from one level to another. In order to move from one level to the next, each gymnast must achieve a minimum required all-around score and prove that they are competent, both mentally and physically, to safely compete in the next level. The degree of difficulty in each routine increases with each level. Every athlete within each level will compete the same routine. (For example, a level 4 in Washington has the same beam routine as a level 4 in Florida.)

These levels provide opportunities of competing out of state and in the USA gymnastics state championships.

### Optional Levels 6-10

Level 6 is the bridge between compulsories and optional levels. Each level has individually mandated skills and requirements. After meeting such requirements, each gymnast will have a routine choreographed for them on each event uniquely tailored to the gymnast's strengths.

Gymnasts performing at these levels may earn the opportunity to perform at the State and Regional Championships. Levels 9 & 10 may have the opportunity to perform at the National Championships.

### **Place the gymnasts where they can be happy, safe, and confident.**

The goal of Let It Shine Gymnastics is to develop happy, healthy, and confident children. One way the program helps meet this demanding goal is to place the gymnasts at the level where they can excel safely and confidently. This means that every gymnast must be able to perform the skills and routines required at a given level comfortably, as determined by the coaching staff. The skills should not be at the edge of or beyond a gymnast's ability level. We can never ask or expect our athletes to perform skills or routines in a competition that they cannot perform consistently in practice. Therefore, we plan for our gymnasts to compete at about 75-80% of their current skill level.

### **Advancing Levels**

The invitation to advance level is determined solely by the coaching staff. Typically, gymnasts advance to the next competition level when the coaching staff feels that they safely have the physical skills, mental skills and maturity to successfully compete at the next level. While some gymnasts may compete at a given level for only one year, other gymnasts will compete at the same level for more than one year.

## **Making the Commitment**

In the beginning of June the gymnasts desiring to compete at Levels 2 through 10, will "officially" join the team, and make the commitment, along with their parents, to become members of the Let It Shine Parents' Club (LISPC) for one year. At this time, each gymnast will be charged the annual registration fee. By paying this fee, you will also be agreeing to support the organization by fundraising and volunteering at the local meets hosted by the LISPC (*e.g. the Annual Music City Invitational, hosting of TN Optionals State Meet*), and to purchasing the attire required for competition.

## **What every team member will need to compete:**

**These prices are approximate and vary from year to year.**

### **Levels 2, 3, 4, 5, approximately \$400\*\***

Mid- sleeve competition leotard	\$134
LIS warm-up	\$145
LIS gym bag	\$30
USAG competition number	\$54
TN Women's Program Fund	\$15

### **Levels 6, 7, 8, 9 & 10 approximately \$750\*\***

Floor Choreography	\$200
Beam Choreography	\$75
Mid - sleeve competition leotard	\$134
LIS warm-up	\$145
LIS gym bag	\$ 30
USAG competition number	\$ 54
TN Women's Program Fund	\$15

*\*\*costs listed above are estimates – exact costs TBA*

## **Level Representatives**

Level Representatives are appointed every summer by mutual consent of the coaching staff and the Parents' Club Directors. Level Reps serve a one year term beginning in June. Responsibilities include:

- Contact their level parents regarding upcoming events, schedule changes, or deadlines and distribute other pertinent information and materials.
- Assist coaches in planning and coordinating team activities.
- Make themselves available to their level team parents for questions or feedback.
- Receive meet fees, fundraising proceeds, and/or information from their level parents.
- Attend monthly Board of Directors meetings.
- Additionally Level Reps will relay communication from Coaching Staff to Parents. It should be understood at all times that concerns regarding decisions made by the coaches should be addressed directly to the coaching staff and not the level representative.



**2014- 2015 Level Reps:**

**Level 2: Candy Miyake**

**Level 3: Lori Redding**

**Level 4: Mary Freeman/ Teresa Gresham**

**Level 5: Mary Freeman/ Teresa Gresham**

**Optional Rep: Heidi Weimer**

**The Competition Coaching Fee is determined by the Board of Directors each year.** The Competition Coaching Fees relate to coaches' session fees, travel expenses, and other related program/team expenses. These fees relate to the entire program as a whole, which includes Level 2 through Level 10. Fees are not specifically split between Compulsory and Optional; if this system were not in place, adequate funding may not exist to keep a gymnast from progressing in the sport. It is very important to every competitive program that there is a strong Compulsory and Optional team. In recent years LISPC's fundraising efforts e.g. MCI, fundraising events, etc. have offset these costs. In the event that our Club's fundraising efforts are not successful to the point of being able to cover these expenses, a prorata share of the amount needed to cover the Competition Coaching Fee will be assessed to each gymnast.

The LIS Parents' Club pays for appropriate team expenses regardless of the team member(s) for whom such expenses were incurred. Thus, fundraising should never be viewed as personal funds, but as funds to offset the fees incurred by the team as a whole.

**New gymnasts joining the team will be required to join the Parents' Club**  
Membership Fee: **There will be an *annual membership fee of \$30 per family.***

**Participation Expectation**

During the 2014-2015 season the LIS Parents' Club plans to host at least one meet – the annual Music City Invitational (MCI). This meet is our Club's most profitable fundraiser. Due to the extraordinary efforts of our parents in recent years, we have been able to fund the entire Coaching Fee Budget. This meet is scheduled for the weekend of November 21- 23, 2014 at A-Game. Each parent/family shall be expected to volunteer a minimum amount of time while hosting the 2014 Music City Invitational the weekend of November 21- 23, 2014. The number of hours expected to be volunteered will be determined by the MCI Planning Committees and LISPC Board once meet details are finalized. Net profits from the meet will go into the LIS Parents' Club general fund. Each year, the board of directors will determine the amount of those profits that will be reserved and applied for future team needs.

**Budget Guidelines**

Expenses budgeted by the LIS Parents' Club for each gymnast may include but are not limited to:

- All coaches' expenses at invitational, sectional, state, regional, and

national meets throughout the season for artistic competitions (including mileage expenses, food, hotel, and coaching session fees).

- Coaches' USAG numbers, training, and certifications.
- Season ending picnic, banquet, or party.

**Parents are responsible for additional costs including, but not limited to, those listed below:**

- Gymnast's USAG membership number and TN USAG fee
- Purchase of warm-up suit, leotard and team gym bag (if necessary).
- Individual entry fee and a share of the team entry fee for all invitational meets.

In the event that an unreserved surplus remains at the end of the competitive year the Parents' Club may use the funds for items such as USAG membership numbers, leotards, warm-ups, gym bags, invitational entry fees, and/or it may reduce the Competition Coaches Fee for the following year by an appropriate amount.

### **Budget Goals**

*The ultimate goal of the LIS Parents' Club is to pay all competition expenses for a// gymnasts. We are working towards the use of team fundraising projects, sponsorships and meet proceeds to raise all funds instead of parents having to write checks to the LISPC in order to meet the annual competition fees.*

Additional objectives include, but are not limited to, paying for competition costs for gymnasts who qualify for Regional & National competitions (as annual budget allows). We depend on the support of our parents and our community in order to achieve these goals. Please contact any LISPC Board member with any fundraising ideas or sponsorship contacts for our team.

### **Code of Conduct**

#### Gymnasts:

- Show respect to coaches, judges, officials and other gymnasts
- Support and encourage her teammates
- Train and compete with a positive attitude

#### Parents:

As a team parent please be aware you also represent our team and our gym. This is both at meets and at practice. Potential team member's parents are also in the stands and discouraging or critical comments negatively represent the team. As a team parent, it is your obligation to:

- Positively support and encourage our gymnasts
- Focus on your child's efforts and performance, rather than their score or placement
- Refrain from "coaching" your gymnast from the stands or at home
- Respect the coaches decisions and teach your child to do the same
- Ensure all communication with coaches, staff, Level Reps, Board members and other LISPC members are always polite, respectful and

professional

- Refrain from being critical of judging, scoring and other gymnasts during and as you exit meet venues

**Attendance - Important Notice from Coaching:**

Gymnast attendance at all meets is mandatory unless specified on the meet schedule as “optional”. Exemptions from competition must be requested and approved by the coaching staff in advance of the meet registration fee deadline.

Attendance at all practices is required during “meet week” (the week immediately preceding a weekend with a scheduled meet). If you miss a practice during meet week (including due to illness), please discuss your situation with the coaches and see if they can make alternate arrangements for the missed practice time.

Alternative arrangements are at the coaches’ discretion and may involve fees paid to the coaches.