

Let It Shine Gymnastics

Competitive Team Handbook

Mission Statement

Let It Shine's mission statement is to provide exceptional gymnastics programs for children in a state of the art facility instructed by staff that emulates the life of Christ. We want our members to have fun and develop their minds, bodies and souls in the safest manner possible to the glory of God. We acknowledge that we are not perfect, but pursue excellence by seeking continuous improvements in every aspect of our business

Levels

Let It Shine's women's competitive team follows the rules and regulations set forth by USA Gymnastics. The levels designed by USAG begin at level 1 and end at level 10. Each level was designed to begin implementing and teaching more difficult skills and techniques that are essential in the development of a competitive gymnast. At Let It Shine, each level is of equal importance; therefore our coaching staff is dedicated to challenging gymnasts to reach their full potential within the sport – regardless of what particular level or program the gymnast may be currently involved in. Beginning with the Developmental Program and extending through to the Compulsory and Optional Teams, the Let It Shine Team Coaches recognize and respect the time and effort put in by all gymnasts.

DEVO

Let It Shine's developmental program is designed to help all athletes involved prepare for competitive gymnastics. It is our belief that in order to advance safely in competitive gymnastics the gymnast must have a strong foundation in the basic skills, strength, flexibility and focus that this sport requires.

COMPULSORIES

The compulsory program consists of levels 1 – 5. Each gymnast across the country performs the same routines under the rules and regulations set forth by USA Gymnastics. Each level is designed to help gymnasts attain the skills needed to advance and become an upper level athlete.

These levels provide opportunities to compete in the USA Gymnastics State Championships.

Optionals

The Let It Shine girl's optional team is for those left standing and begging for more after completion of the compulsory levels. The optional program consists of levels 6 – 10. Each gymnast will have routines that are specifically designed to show off their individual strengths.

Gymnasts performing at these levels may earn the opportunity to compete in the USA Gymnastics State and Regional Championships. Levels 9 & 10 may earn the opportunity to compete at the USA Gymnastics Junior Olympic National Championships.

Athlete Expectations

All members of Let It Shine Gymnastics are expected to abide by the following;

- Each member is expected to maintain excellent attendance.
- Each member is required to report to practice with a positive attitude.
- Each member is expected to respect her coaches, teammates and self at all times.
- Each member is required to maintain good hygiene.
- Each member is required to have all equipment needed for gymnastics training including, grips, tape, pre-wrap, deodorant, hair ties, hair spray, etc.

Parent Expectations

All parents of a Let It Shine Competitive Team member are expected to abide by the following;

- Each parent is committed to helping their athlete be on time to all team related activities.
- Each parent is committed to letting the coaches do all of the coaching on and off the floor.
- Each parent is committed to encouraging their athlete throughout their training.
- Each parent is committed to being on time with their athlete's tuition.
- Each parent is committed to maintaining a positive demeanor at Let It Shine Gymnastics and all gymnastics related events.

Competitive Information

Advancement

In order to be promoted to the next level at Let It Shine the gymnast must execute the following;

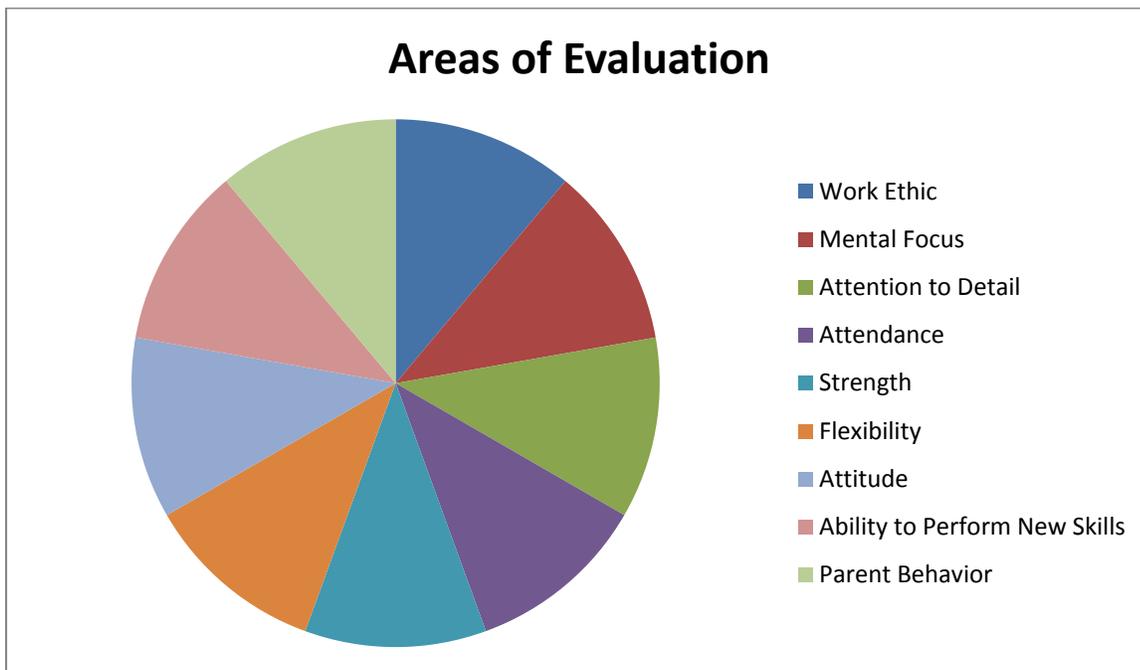
- Each gymnast must have excellent attendance.
- Each gymnast must achieve and maintain the strength and flexibility needed to safely perform new skills.
- Each gymnast must show the mental focus required for more difficult and dangerous skills.

- Each gymnast must maintain a positive attitude.
- Each gymnast must be able to perform the next level’s skills consistently and in a manner that is safe and progressive.

There are many reasons that we may choose to have a gymnast repeat their current level. It can be due to but not limited to the following;

- Poor attendance.
- Poor behavior.
- Lack of strength.
- Lack of flexibility.
- Lack of focus.
- Failure to perform skills needed to compete at a higher level on a consistent basis.

All of the above are important points that we take into heavy consideration when choosing to promote or keep an athlete their current level. Below is a chart that should help understand the areas that are evaluated on a daily basis.



Compulsory Season

Compulsory season varies from state to state. In Tennessee, our compulsory gymnasts compete in the fall. Meet season usually begins mid-August and ends mid-December with the USA Gymnastics

Compulsory State Competition. Beginning in 2014, Tennessee will begin a winter compulsory gymnastics season in addition to the fall compulsory season. **All competing members must be present and able to perform all skills and routines at practices the week of the competition in order to compete.**

Optional Season

Optional seasons across the country begin and end at the same time due to the State, Regional and National competitions each gymnast is trying to qualify for. The first meet of the year is usually mid-January and will end depending on the level that is being competed and the competitions each gymnast qualifies for. **All competing members must be present and able to perform all skills and routines at practices the week of the competition in order to compete.**

USA Gymnastics State Competition

Levels 1-10

During the compulsory and optional gymnastics season, each athlete is trying to achieve a certain all-around score determined by USA Gymnastics in order to qualify for the USA Gymnastics Tennessee State Championships.

For optionals, levels 7-10, gymnasts across the country are trying to achieve either a certain placement among other athletes in their state or a minimum all-around score in order to qualify for the USA Gymnastics Regional Championships. At this competition, the top athletes from their region will compete head to head in an individual all-around competition. If an athlete finishes in the top 8 among all age groups at their state championship, they will earn the honor to represent their home state at the USA Gymnastics Regional Championships.

USA Gymnastics Regional Competition

Levels 7-10

For levels 7 and 8, this is the highest level of competition in gymnastics. Once an athlete is a level 9 or 10, this meet becomes yet another qualifier. If an athlete achieves a certain placement among other athletes or achieves a certain all-around score they will earn the honor to compete in the USA Gymnastics Junior Olympic National Championships.

USA Gymnastics Junior Olympic National Championships

Levels 9 & 10

This is the highest level of competition in the country. This competition is only for the best of the best. Throughout the years, Let It Shine has produced multiple National Champions.

Injuries

Injuries are the unfortunate part of athletics. If an injury occurs at the gym, our highly trained staff will help the injured athlete and then inform the parents of the incident. We adamantly recommend that all injured athletes visit the Vanderbilt Bone and Joint Clinic as well as S.T.A.R. Physical Therapy. Shawn Allender from S.T.A.R. makes weekly visits to Let It Shine Gymnastics during practice hours to check on injured athletes and to help assess and adjust their physical therapy activities.

Once athletes have been diagnosed, they are to return to the gym for partial practice. The coaches will give the injured athlete assignments based on the physician's advice that will help keep the gymnast in shape and up to speed for when they are released to full gymnastics training.

During this time, Let It Shine Gymnastics will place the injured athlete on an injury tuition rate. In order to receive this credit, the parents of the injured athlete will have to show their doctors reports to our office manager, Debbie Williams; she can be contacted at Debbie.Williams@lisgym.com

Private Lessons

Private lessons can be a useful tool to for any gymnast. They can help the athlete focus more on technique, choreography or even overcome current mental blocks. They should never be used to take the place of actual practice. Active team members are only allowed to do private lessons with current team coaches and must be up to date with tuition in order to be allowed this opportunity. Lessons are to be set up directly with the coach that will be instructing the lesson and is to be paid at the time of the event.

Open Gym

Open gym can and should be a fun time for our gymnasts. During practice, our girls don't get to partake in all of the fun activities that Let It Shine has to offer. This time is a good opportunity for the girls to come and be kids in the gym. It can be used as tool for training as well. However, there are limits as to what we want the girls to practice. If your child wants to attend an open gym for extra practice, you must check with your child's coach to see what should be and what should not be worked on.

Disciplinary Actions

At any time of the year, members of Let It Shine Gymnastics may be placed on a temporary probation or asked to leave due to certain situations that can arise. Below are reasons that will be grounds for probation or removal from our competitive team;

Athlete

- Failure to maintain great attendance.
- Failure to show respect to teammates, coaches and self at all times.

Parents

- Failure to refrain from starting, encouraging or being associated with gossip and slander.
- Failure to follow all rules involving coaching your own child.

Disciplinary Actions Taken During Practice

Gymnastics tends to attract strong willed and energetic children. Because of this and the age of many of our athletes, there will always be minor areas where coaches will have to correct behavioral issues. If the athlete continues to break the rules that have been instructed or is being disruptive to a class, she may be asked to sit out for a few minutes and then return to practice. If it becomes a major issue that involves disrespect towards coaches, athletes or self, the coach will contact their parents at the end of practice to inform them of the issue.

How To Address Questions or Concerns Associated With Training

If an issue ever arises that needs to be addressed or you have a question that involves your athlete, there are proper ways of handling it.

- Contact the coach involved through appropriate means of communication. Please avoid using social media and be respectful of coaches' time when they are off the clock.

Parents should never ask for Coaches to come over to the wall during practice unless it is of utmost importance. If a conversation is needed to be had it should be handled in the quickest manner possible so the coach can return to practice.

If the coach that has been approached is unable to handle the situation or answer your question, you should then contact the Team Director to resolve the issue.

Common Terms Used In Gymnastics

- Women's Artistic Gymnastics; A discipline of gymnastics where gymnasts perform short routines (ranging from approximately 30 to 90 seconds) on different apparatus, with less time for vaulting.
- Women's Event/Apparatus; Vault, Bars, Beam, Floor
- Olympic Order of Events; Vault, Bars, Beam, Floor. At competitions, teams will always rotate in this order. If a team begins on vault, their next competitive event would be bars. If they begin on beam, their next competitive event would be floor.
- Mount; The skill in which a routine begins with.
- Dismount; The skill in which a routine ends.

- Stick; When a gymnast lands a tumbling pass, vault, or dismount without moving her feet, it is called a stuck landing.
- Scratch; Failure to compete an event or events. Scratching is determined by the coaching staff and can be due to multiple reasons including but not limited to failure to perform skills, behavior, current state of emotions, etc.
- Deduction; Points that each judge deducts for each incorrect execution and/or composition of a skill. At the end of the gymnast's routine, deductions are added up together and are deducted from 10.0 (or the starting value of the routine) in order to give the gymnast their score.

All of the information provided above can be found at www.usagym.com.