



Team Handbook 2017-2018

Welcome to the Team!

Inversion Gym would like to welcome your family to our Competition Team Program. Through this team handbook, we hope to give you more insight into how our Competitive Team program operates and answer many of your questions.

First, and most important, providing a fantastic gymnastics experience is what this club is about. We are here for the young athletes, many who have hopes and dreams of being the best they can be in life and in the sport of gymnastics. We are here to support them in that dream!

To make that dream come alive, the gymnast, parents and coaches must function as a TEAM.

After reading this manual, if you have any questions about the program, please ASK!

Inversion Gym Team Philosophy

Inversion Gym Team is meant to give every gymnast an opportunity to excel not only in gymnastics, but also in life. When properly taught, gymnastics teaches self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for danger, respect for others, and 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 we can be 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 and 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. The trophies on the wall do not measure the gymnasts' success, but by the gifts they receive on their path to personal fulfillment.

Safety

Gymnastics is inherently a very dangerous sport. This fact combined with the high difficulty level many gymnasts at Inversion Gym will achieve, only adds to the potential for injury. All parents must be fully aware of the risk involved in the sport of gymnastics. Speed, motion, height, flipping and the difficulty of the skill put our athletes in potentially life-threatening situations on a daily basis. We at Inversion Gym are very aware of the potential danger and will make every effort to achieve and maintain a safe environment for our athletes. We believe in strength, flexibility and progressions to keep our athletes as safe as possible.

Training Content

In order to understand and appreciate what goes into the development of a competitive gymnast, one must understand exactly what it is we are trying to achieve during training. There are four fundamental areas of development, which need to be addressed during the training: (1) Strength, (2) Flexibility, (3) Skills, (4) Discipline.

(1) Strength Development – As with all sports one objective of the training is to make the difficult look easy. This is much easier to accomplish if the athlete has the strength required to master the skills. In most cases, the stronger, the better. This is certainly true of gymnastics. It is also true that strength training can also play a role in the reduction of injuries. Strength development at the beginning or compulsory levels, focuses on building a base on which to build as the gymnast advances. Sit-ups, push-ups, pull-ups, running and so on are used to achieve this goal. While it may appear that the gymnasts simply repeat these basic exercises over and over again through the course of the year, in fact there are subtle and at times not so subtle variations in the performance of these exercises. Technique may be changed or improved, the number of repetitions change, resistance is altered, the range of motion is increased, and the athlete is continually challenged to complete his/her assignment.

(2) Flexibility Development – Flexibility development is also critical to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.

(3) Skill Development – Skill development falls into two distinct, but related categories: Basics and New Skills. Basics are like the ABC's of gymnastics. The gymnast uses these ABC's to compose their gymnastics sequences and routines. If any of these basic building blocks is missing or defective, the entire performance is weakened. These basic skills, the building blocks of the sport, must be continually refined in order to permit the gymnast and his/her coaches to continually improve their performances. That is why we continually review and drill the basics.

(4) Discipline – Just like strength, flexibility and skill development, discipline plays an integral role when training. Training requires discipline from both the coaches and athletes. The coaches must be constantly keeping all athletes focused and training hard in order to allow them to continually improve their performance. Gymnasts must also keep themselves disciplined by forcing themselves to train harder when they get discouraged and keep focused when they get excited. Without discipline, the strength, flexibility and skills do not come.

Junior Olympic Program Overview

The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses.

In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member (Levels 3+) or Introductory Athlete Member (Levels 1 & 2).

The Women's Junior Olympic Program is divided into three major segments: developmental, compulsory, and optional.

- A. Levels 1 through 3 - The Developmental Levels
- B. Levels 4 and 5 – Compulsory Levels
- C. Levels 6 through 10 – Optional Levels

Level 1 is the first level of Team offered at Inversion Gym. This is the beginning level for our Competitive Team. Gymnasts who have all of the required skills, strength, and flexibility for their level will have the opportunity to compete in several competitions in Northern California and/or Nevada each school year.

Level Descriptions

Levels 1, 2 & 3 – These are the beginning levels of competition at Inversion Gym. Routines are competed on all four events. The gymnasts compete their vault onto a stack of mats, and stay only on one bar for the bar routine. They have short beam and floor routines.

Levels 4 & 5 - These are the compulsory levels. The gymnasts will now compete their vault over the Vault Table. They will also use both the low and high bars for the bar routine. The gymnast's routines on beam and floor will be longer. Once the gymnast has competed a year at Level 5 and has mastered all of the skills in this level she will move up to Optional Levels.

Optional Levels - Optional gymnasts will have custom routines designed by both the athlete and coaches. The level of difficulty is much higher as are the demands of training hours with increased conditioning & flexibility. Athletes are required to be members and compete under the rules of USAG.

Please check out USAG's website to learn more information - www.usagym.org.

Fees and Descriptions Of Fees

Annual Registration & Insurance Fee - \$25

Monthly Tuition

Pre-Team - 2 x's per week, 1.5 hours per day - \$156/month (Wed/Fri 4 – 5:30)

Level 2 Junior Team – 2 x's per week, 2 hours per day - \$163/month (Tue/Thu 4 – 6)

Level 2 Senior Team - 2 x's per week, 3 hours per day - \$208/month (Tue/Thu 5 – 8)

Level 3 Team - 3 x's per week, 3 hours per day - \$281/month (Mon/Wed 5 – 8, Fri 4 – 7)

Level 4+ Team – 4 x's per week, 3 hours per day- \$300/month (Mon/Wed 5 – 8, Fri 4 – 7, Sat 9 – 12)

What Your Monthly Team Tuition Covers

Tuition will be collected monthly. The Monthly Team tuition will include gym time, coaching, Team administration and supplies. Inversion Gym may cancel team workouts for competitions, clinics, in-house competitions, special events, holidays or team outings.

USAG Athlete Membership Fees

USAG Athlete Membership Fee - This fee must be paid in order for your gymnast to register with USAG and participate in USAG competitions.

Who

Competitive gymnastics participants at all levels and all programs - Women's, Men's, Rhythmic, Trampoline & Tumbling, Gymnastics for All, and Acrobatic Gymnastics. Only Member Clubs may apply for membership with USA Gymnastics on behalf of an athlete. Any athlete wishing to participate in USA Gymnastics sanctioned events MUST be affiliated with a USA Gymnastics Member Club. Additional benefits are listed below:

- Secondary insurance coverage at USA Gymnastics sanctioned events
- [USA Gymnastics magazine](#) - enjoy a subscription to the official magazine of USA Gymnastics, featuring personality profiles of U.S. gymnasts, training tips, coverage of major competitions, information on gymnastics camps, the latest in merchandise, and more! (NOTE: You only receive those issues that are published during your membership period.)
- Seasonal discounts on apparel and merchandise sold through USA Gymnastics
- USA Gymnastics Membership card
- Discounts on congresses and educational courses for athletes 15 years and older

Cost

For the 2017-18 competitive season (August 1, 2017 - July 31, 2018) Cost - \$57 for Levels 3 & Up, and \$25 for levels 1 & 2 (cash or check made payable to Inversion Gym is preferred - there will be a 3% charge for all credit card payments).

NorCal Athlete Membership Fee

Any gymnast who will be participating in our Fall competition season in Northern California will need to pay the NorCal athlete membership fee of \$12 per gymnast.

Please fill out the application at the end of the handbook and turn it in, along with payment made to Inversion Gym by October 1st.

Membership Terms

- Membership is valid for one competitive season
- Current competitive season: August 1, 2017 through July 31, 2018
- Online registrations will be available upon payment transaction. Please allow 3-4 weeks processing for faxed/mailed forms.
- **All fees and memberships are both non-refundable and non-transferable!**

Additional Information

- A copy of the original completed athlete application form must be kept on file at the club, as well as a copy provided to the parent/legal guardian.
- Athlete membership may NOT be registered by telephone.
- Online registrations will be available upon payment transaction. Please allow 7-10 business days processing for faxed/mailed forms.
- Membership cards will be received within 6-8 weeks.
- There is a \$25 Rush fee option (per person) when processing is required in less than our normal time.
- As long as a membership number can be verified by our online search, a member is permitted to be on the floor at any USA Gymnastics sanctioned event.
- It is best that you register your athletes at the beginning of the athlete season so that they receive the full season's worth of benefits such as the subscription to USA Gymnastics magazine.
- ONLINE ATHLETE REGISTRATION IS NOT AVAILABLE FOR PARENTS / ATHLETES. ONLINE REGISTRATION MUST BE DONE THROUGH THE CLUB ADMINISTRATOR (S).

Other Fees Associated with being on the Inversion Gym Team

Coaches' Fees - Coaches' fees cover the cost of sending the coaches to competitions. These fees vary from meet to meet. Coaches' Fees are due 1 week after the billing date (cash or check made payable to Inversion Gym is preferred - there will be a 3% charge for all credit card payments) See attached Coaches' Fees form at the end of this handbook. Inversion Gym will bill for each individual competition, divided among all participants from each meet for the following per coach:

- \$50 per session
- \$25 per Diem for meals
- Mileage –Current rate per IRS

Leotard Price – \$50 - \$100 (depending on short sleeve OR long sleeve)

Warm-up Jacket Price – \$30 - \$40

Warm-up Pants Price - \$15 - \$25

Duffle Bag - \$15-\$25

Meet Entry Fees - You will receive meet information via Inversion Gym Teams shared Google Calendar as well as hard copy. If your gymnast is ready and wishes to attend a competition, the meet entry fee (cash or check preferred, there will be a 3% charge for all credit card payments) will be due by the deadline given. Each meet has a different fee designated by the host gym. Some competitions charge a team entry fee that will be divided by the number of athletes competing at the meet Your gymnast will not be able to attend the competition if the entry fee is not paid by the deadline or is late. There will be NO refunds after the competition deadline. Please see the 2017-2018 Meet Schedule at the end of this handbook.

Other Policies and Procedures

- **Attendance** - We encourage the gymnasts to be at every practice. If a conflict arises the gymnast can do a makeup class on a different day. This MUST be scheduled through the office at least 24 hours in advance. Attendance directly affects performance. If your child is chronically missing practices, it will show and they will feel behind. If you know your child will be missing a week or more of practices due to vacation, please notify their coach so that a supplementary workout will be handed out prior to them leaving. The workout plan will need to be signed off by both the athlete and parent.
- **Emergency Procedure** - In the unlikely event of a medical emergency, this will be the procedure. Emergency First Aid will be administered, including requesting of emergency medical technicians and an ambulance if needed. If you are at the gym when an injury occurs do not come onto floor until the coach gives you the appropriate signal. If you are not at the gym, you will be contacted using the emergency contact information located in your profile. Your instructions will be followed from that point on. In the event we are unable to make contact with a parent, we will make arrangements to contact the medical staff and hospital closest to the facility.
- **Inclement Weather Procedures** - We will not be closed when the local school district closes. If we feel that the weather will prevent most of our clients from attending, we may choose to close and cancel classes. Cancellations due to the weather will be on the gym answering machine at least 1 hour before classes start. Make-Ups can be arranged for missed classes due to weather as long as the child is currently enrolled.
- **Team Information** - We email all team information and/or list it within our Team google calendar at inversiontahoe.com. Please make sure to provide us with your email address. If there is a change in your contact information/email, please let us know as soon as possible.
- **Summer** – It is required that the gymnasts attend our summer Team classes to keep up with their skills, learn new skills and stay in gymnastics shape. You are expected to pay full tuition regardless of if your athlete will be gone for vacation and or other reasons. If your athlete will be missing a large amount of practices, we ask that you enroll them in an alternative program at a gym where they will be visiting. Private lessons may be required to get your athlete caught up if they are behind.
- **Private Lessons** - Private lessons are available. If you are interested in private lessons please see your gymnast's coach.

Team Placement and Mobility between Levels

Our coaches determine the placement of athletes on our team based on their skill level. The gymnasts need to have all starred skills mastered as well as 90% of the 100 skills in their leveled skill sheet. Mastery of a skill is determined by doing the skill all by themselves on competition equipment. The mission of Inversion Gym Team is to develop healthy and confident gymnasts. One way, in which we can help meet this goal, is to place the gymnasts at the level where they can be most successful. This means that every gymnast must be able to perform the skills and routines required at a given level comfortably. The skills should not be beyond her ability level. Again, the coaches determine the placement of athletes on our team. ****Please note-** it is very difficult for the gymnasts to move to the next level if their attendance is sporadic. It is also a challenge if the gymnast does not attend during the summer. Gymnasts are required to be proficient at all the requirements for the level they will be competing in. We use in-house skill sheets to test for skill readiness, strength and flexibility. Below are the required mobility scores and minimum ages from USAG, which are the minimum requirements for an athlete to compete at a particular level. We also use this as part of our decision in determining which level our athletes are ready for.

Age/Entry Requirements and Mobility Scores Overview Chart

Level	Minimum Age Requirement	Pre-requisite Scores	Previous Experience	Mobility Score to Advance to the Next Level
1-2	L. 1 - Reached 4th birthday L. 2 - Reached 5th birthday	None		None
3	Reached 6th birthday	None		None
4	Reached 7th birthday	75% proficiency at Level 1-3 on Vault, Bars, Beam, Floor	Level 4 or 5*	31.00 AA at Level 4
5	Reached 7th birthday	31.00 AA at Level 4	Level 5 or 6*	31.00 AA at Level 5 or old level 4. Mobility back and forth between Levels 5 & 6 is allowed
6	Reached 7th birthday	31.00 AA at Level 5	Level 6 or 7*	31.00 AA at Level 6 or old level 5. Level 6 may be skipped if a 31.00 AA was achieved at Level 5 or old level 6.
7	Reached 7th birthday	31.00 AA at Level 5 or 6	Level 7 or 8*	31.00 AA at Level 7 Ind. Event Specialist: 8.5 per event
8	Reached 8th birthday	31.00 AA at Level 7	Level 8 or 9*	34.00 AA at Level 8 Ind. Event Specialist: 8.5 per event
9	Reached 8th birthday	34.00 AA at Level 8	Level 9 or 10*	34.00 AA at Level 9 to move to Level 10 Ind. Event Specialist: 8.5 per event
10	Reached 9th birthday	34.00 AA at Level 9	Level 10 or Elite*	None

Disciplinary Actions

The rules and policies, which govern the gymnasts and their parents, have been outlined here and in other sections of the Handbook. In the event that there is an ongoing pattern of disruption or there are major rule infractions, it may become necessary to impose some disciplinary action in an attempt to improve the situation. The list and the procedures noted below are not intended to be all-inclusive. They are presented as an expression of our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our gymnasts and gym parents as individuals and will seek to impose the most effective disciplinary actions based on each unique set of circumstances.

Examples of Disciplinary Actions

1. The gymnast may not be permitted to rotate with her group at the designated time. She will have to stay and finish her work or repeat the entire assignment on a particular piece of equipment.
2. The gymnast may be asked to sit and watch.
3. The gymnast may be given appropriate conditioning to perform which will help focus her attention and build strength to accomplish the task at hand.
4. The gymnast may be asked to leave the gym and go home early.
5. The coach may request a meeting with the parent.
6. The gymnast may be suspended from the team for one or more days or may be scratched from a competition. Please note that if the gymnast is suspended from a competition due to poor attendance, a poor work ethic or negative attitude (or for any other reason) the entry fee is nonrefundable.
7. The gymnast may be asked to leave the program if we cannot get her to conform her behavior to the expectations of the team, coach, or the gym.

Notes: The first four items on the above list are fairly common and we will not generally communicate these disciplinary actions to the parent of the gymnast. The development of the coach/gymnast relationship is paramount. We cannot and will not run to the parents every time we have a problem. We will attempt to build our own relationships with our athletes. Those relationships are built on time-shared, ups and downs that are part of all important ventures. The downs include discipline problems and we will attempt to solve them within the framework of building a relationship. The fifth item on the list, requesting a conference, signifies a need to work outside the coach and athlete relationship. In this instance we need your help to overcome a challenge that is too much for us to accomplish on our own. It does not necessarily mean that we are confronted with a serious problem. It only means that we need your help. The final two items on the list are reserved for the most serious violations of our rules and policies. They are seldom used. They are reserved primarily for times when there is an ongoing problem with disruption and disrespect within the gym that has proven resistant to improvement. We will not let the bad attitude of one gymnast bring down the spirit and work ethic of an entire group.

Actions or Inaction of Parents

It is also possible that a gymnast will have to leave our program because of the actions or inaction of her parents. While we never want to punish a child for the actions of her parent(s), we will not tolerate parents, who by their words and actions do not support the policies and values of our team program.

Gymnast Health

Treatment of Rips - 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. Hand lotion, vitamin E or aloe vera can also help heal a rip.
3. Trimming calluses is also recommended. (Younger gymnasts must have help with this)

Dowel Grips - It is the coach's discretion when the gymnasts will start wearing dowel grips. Grips should be purchased with the assistance of a coach to ensure the right fit. The gymnast will also need to have wristbands to go under their grips. It is the gymnast's and parent's job to check and make sure the grips have no rips, tears or the leather is too thin. Grips usually have to be replaced every 6-12 months. Gymnasts should also be re-sized periodically. Please make sure your gymnast is checking their grips periodically, they can be dangerous if they are worn out. Gymnasts should not wear a used pair of grips or borrow another gymnast's grips. This can be dangerous!

In Case of an Injury - 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.

Care of an Injury - Remember the acronym R.I.C.E.

R = Rest the injured body part

I = Apply Ice

C = Apply Compression

E = Elevate the injured extremity above heart level

Apply ice for 20 minutes at a time 3-4 times a day for 48 hours after the injury. The application of ice in this manner can cut the healing time for minor injuries in half.

Competitions

Inversion Gym Team philosophy is that the coaches, the gym, the parents, and the gymnasts are all part of the team. Please remember gymnasts and parents alike: the gym is noted by judges, coaches and other gym parents for a number of things. Appearance, behavior, manners, etc. and especially the manner in which the gymnasts conduct themselves at all times. Sportsmanship is important in this sport both from the gymnasts and parents.

Competition Schedule

A tentative meet schedule with locations and entry fee costs for the upcoming competition season will be posted on our google calendar at Inversiontahoe.com. Meets may be added, changed or canceled.

Entry Into a Competition

We will send out entry information (including place, date & meet entry fee) through our google calendar at inversiontahoe.com. If you would like to register your gymnast for a meet, the meet entry fee (cash or check made payable to Inversion Gym is preferred - there will be a 3% charge for all credit card payments) will be due by the deadline given. Each meet has a different fee designated by the host gym. Your gymnast will not be able to attend the competition if the entry fee is not paid by the deadline or is late. There will be NO refunds after the competition deadline.

Competition Information

The average meet can take as little as three and a half hours or as long as six. Approximately 1-2 weeks before the competition we will email you a "meet information sheet" with specific days/times, hotel names and meet address. The gymnastics club that is holding the competition will set the final meet schedule. Please do not call a host gym for meet information, as we will be happy to provide everything you need to know. Please note: We get the info out to you as soon as we receive it from the host gym (So please don't email us asking about the info!!)

Parents Obligation For Meets

It is the parent's responsibility to make sure the gymnast is on time to the competition. (1/2 hour earlier than time given) It is the responsibility of each individual gymnast's family to make and pay for travel, hotel (if needed) and meal arrangements for all competitions, clinics and other team events unless otherwise stated by the team staff. We do encourage all of the gymnasts and their families to go out for a meal together after the competition. This promotes team bonding, unity and FUN! Admission is charged for all spectators at meets.

The Meet Takes How Long?

The average meet can take as little as three and a half hours or as long as six hours. Most competitions run in a format similar to below

- **Warm-up** – Usually 15-30 minutes long. This time is for general stretching and getting equipment settings specific to the gymnasts
- **March In** – All the gymnasts line up and march in to the gym to be presented to the audience and judges. The National Anthem is usually played. This takes about ten to fifteen minutes.
- **Competition** – The gymnasts now actually warm-up on the events and compete. They receive scores from the judges on each event. This may take approximately 2 hours to complete.
- **Awards** – If the host club running the meet is on the ball, you may only have to wait five to ten minutes before the awards are handed out. It has been known to take significantly

longer to get the awards ready. Once they are prepared it may take approximately half an hour to hand out awards.

Insight To Judges At A Competition

Scoring at a gymnastics competition can sometimes not be the easiest thing to figure out. Here are some pointers to remember:

- All judges are different. This is a very subjective sport. Your gymnast's scores from meet to meet can vary greatly, even if the routine they perform is similar. It is very hard to compare scores from meet to meet since it can vary on how hard or easy the judge is, the level of other competitors and sometimes for no reason at all. It is better to focus on your gymnast's performance and if they improved.
- Once the gymnast starts her routines judges will then take tenths away from the gymnast score. Examples of items that the judges can deduct for:
 - Falling
 - Stopping (if it is not supposed to in the routine)
 - Bent Arms
 - Bent Legs
 - Flexed Feet
 - Spotting
 - Not performing a skill
 - Those are just to name a few!!!!
- If you have any questions on what your gymnast needs to improve on to increase her scores talk to her coach. It is best to talk to your gymnast's coach at the gym where it will not be as hectic!!

Meet Etiquette for Gymnasts

1. Arrive at the competition site ½ hour before open stretch time.
2. Find his/her coach as soon as she arrives.
3. Remain on the competition floor at all times during the competition.
4. The gymnast must have proper attire on including Inversion Gym Team competition leotard and warm-ups.
5. It is the gymnast's responsibility to make sure that they have their grips in their bag. (if grips are used).
6. Optional gymnasts must bring their own floor music.
7. All gymnast's hair should be very neat. If makeup is worn, it should be worn in moderation. No jewelry permitted except for very small stud earrings. No nail polish or toenail polish permitted.
8. Behavior of Inversion Gym Team gymnasts should always be one that they and their coaches will be proud of. Discussions regarding your teammates, other teams, coaches, etc. should all be done with respect. Gossip and negative talk are unacceptable.
9. There is no place for crying and uncontrolled emotions during a gymnastics meet.
10. Be courteous, respectful, and polite to all meet officials, hosts and hostesses, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging the meet.
11. Remain seated at all times when not performing.
12. Stay with the team the entire competition. Once the gymnast has entered the competition area there should be no contact between the gymnast and her parents.
13. Cheer for all members of the Inversion Gym Team.
14. Stay for awards dressed in your Inversion Gym warm-ups. As a participating athlete you MUST stay for all awards and to accept any presented to you with courtesy and gratitude. Remember that you are not just representing yourself. You are acting as a representative of Inversion Gym as well.
15. If the gymnast does not win an award there is no place for crying. We need our gymnasts to have good sportsmanship in winning and defeat.

16. Gymnasts are allowed to put a small healthy snack and a drink in their bag for competition. (Please be sure to store the drink in a different pocket than grips)

Meet Etiquette for Parents

1. Get your gymnast to the meet on time.
2. Pay the meet entry fee by the deadline. Your child will not be able to attend the competition if the entry fee is not paid by the deadline. No exceptions.
3. Parents are required to make arrangements for transportation to and from the competition. Parents are responsible for travel expenses to and from the meets.
4. Under competition rules the only adults allowed in the competitive area are judges, those helping run the competition, and coaches.
5. Please do not contact or talk to your gymnast or the coaches once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over they will come and see you.
6. Please do not coach your gymnast in the gym or at meets. This is the coaches' job.
7. As you watch your gymnast try to focus on improvement in skills, do not compare scores to other gymnasts.
8. Cheer for all members of the Inversion Gym Team and feel free to cheer for fine performances turned in by the gymnasts of other teams. Please show respect for all competitors: you never know whose parents are sitting near you.
9. Take responsibility for promoting Inversion Gym's reputation. Never make negative comments about other gyms, coaches, gymnasts, or judges. As an Inversion Gym Team parent you also represent us and your behavior will reflect on our whole family.
10. Under no circumstances is a parent ever to approach a judge or meet official before, during, or after a competition to comment on, complain about, or even ask about a score.
11. Be positive at all times!! It may require extra work sometimes, but your attitude will determine your child's attitude and their success both in gymnastics and in life.
12. If you have concerns or comments about the meet see your gymnast's coach after their next practice or email the gym.
13. Every gymnast must come prepared for the competition. Girls: Competition leotard, warm-up, bag, grips, hair pulled back, no nail polish, no jewelry
14. Once you say goodbye to your gymnast before warm-ups she is our responsibility. Please do not plan to meet or talk to your gymnast during the competition.
15. If a gymnast has a crisis during the meet and starts crying she will be sent to the restrooms to compose herself. We appreciate how hard it is to watch your child cry, but we think it is important for them to learn how to deal with setbacks during competition without parental help. Please help us to help them grow and let them learn to cope with both success and failure. Do not meet them in the restroom during the meet.
16. If your gymnast gets injured at a competition, please stay in the stands. The coach will signal for you if you are needed.
17. No Flash Photography is permitted during a meet. The sudden flash of light could cause a gymnast to be injured. Please check your camera in advanced.
18. Do not call a host gym for meet information. We will be happy to provide everything you need to know. Please note: We get the info out to you as soon as we receive it from the host gym. Sometimes we do not get the info until 2 weeks before the meet.
19. Do not call a host gym for a copy of the scores. Your coaches will have that information and can provide you with it after the meet.

Inversion Gym welcomes you to Team and Our Gymnastics Family!!!!