



**CeL, Boys,
& Homeschool
Gymnastics
Team Handbook
2017-2018**

Safety & Warning of Risk

Gymnastics is an inherently dangerous sport. 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 can put our athletes in potentially life-threatening situations on a daily basis.

We at Transform Academy 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 spotting whenever there is a doubt as to the consistency of a skill. We believe in padding, matting, and using any training devices designed to make learning as safe as possible.

Mission Statement

Our mission is to transform lives and create happy, healthy, responsible citizens. We aim to provide our students with a positive learning environment. A place where they will gain the skills needed for success in athletics as well as life: confidence, physical fitness, determination, and self-respect.

Team Commitment

By joining our Xcel, Boys, or Homeschool team, gymnasts are committing themselves to the team for a period of seven months, October 1 through April 30. Due to the nature of the sport, it is recommended that gymnasts practice year-round. However, we do encourage our gymnasts, especially in this league, to participate in other activities. For that reason, Xcel, Boys, and Homeschool team gymnasts are allowed to take time off from gym May-September. Gymnasts can return to team the next fall without having to "try-out" again. However, it is important to remember that skills, strength, and flexibility can be lost over long periods of time away from the sport. Because of this, gymnasts may be "moved down" to a lower level upon their return until the time comes that they regain their abilities and can safely move back up to the previous or next highest level. Please keep in mind that this is for the safety of the gymnasts only and is not a punishment of any type.

Competition Requirements

Xcel, Boys, and Homeschool team members are required to compete in a minimum of TWO MEETS each season; this includes any home meets hosted by our club. Pre-Team Gymnasts will compete Xcel Bronze. Beyond that, gymnasts are allowed to "pick & choose" which competitions they would like to attend. We highly recommend that gymnasts compete at the Iowa State Championship Meet if they qualify.

2017-2018 Team Coaches

Head Coach: Meghan Slay 641-295-1434 transform.gymnastics@gmail.com
Girls Asst. Coaches: Keturah Doak, Jensen DeJong Jr. Coaches: Summer Loetz, Attie Doak
Boys Asst. Coach: Lane Doak

Missed Practices

Monthly tuition for team is always the same no matter how many or few practices other team functions take place each month. There are no discounts or prorated accounts due to absence of any nature (see Injury Policy). The competitive program is already greatly discounted in comparison to other gymnastics programs and is in fact effectively subsidized by the class programs. Speak with the coaches in the case of long-term conflicts (ex. another sport).

Injury Policy

If a gymnast has an injury that will prevent her from participating in 50% or more of any month's activities, a 50% discount will be given for each effected month. A doctor's excuse is required for both the discount and to return to practice. Injured gymnasts should still come to all scheduled practices whenever possible.

Inclement Weather Policy

We will follow the Oskaloosa Community District for cancelations, early outs, etc. Emails will be sent to parents, and announcements can be heard on KBOE and KNIA radio stations.

- Early Out: Gymnastics Canceled
- School Canceled: Announcement will be made by noon (morning classes canceled)
- Late Start: Announcement will be made by noon (morning classes canceled)

Tuition, Meet Fees, and Other Expenses

Team expenses are payable to two different entities: Transform Academy and the Transparent Group

Monthly Tuition: Payable to Transform Academy. Credit/debit, check, or cash. We can arrange automatic credit/debit card payments! If paying cash, please note we cannot give out change, but will apply the credit to your account. \$115 Xcel. \$80 Homeschool & Boys. \$25 for optional/extra practice.

Membership Fee to USA Gymnastics: Payable to Transform Academy (form attached) \$25

Competition-Related Expenses: Payable to the Transparent Group via check or cash. Place payments in the wooden payment box marked "Transparent Gymnastics" can be found on the stage.

- Team Apparel—estimates, costs vary. Payable to the Transparent Group.
 - Team Leotard or shirt & stirrup pants/shorts for boys: \$75-100. We will keep our current leotard design until 2019. Your gymnast will only need a new leo if she outgrows hers or if the color has faded and the leo no longer matches the rest of the team. Please follow the washing instructions very carefully and do not use any fabric softener.
 - Team Warm Ups: \$50-\$200 (optional, not required)
- Meet Fees—estimate includes gymnast entry fee and coaching expenses. Gymnasts will have the opportunity to attend several meets each season. Payable to the Transparent Group.
 - Invitationals: \$75
 - State Competition: \$100-\$175
 - **PLEASE NOTE: MOST MEETS ARE SATURDAY AND/OR SUNDAY. YOUR GYMNAST WILL COMPETE IN ONE SESSION ONLY AT EVERY MEET. WE WILL NOT KNOW THE SCHEDULE UNTIL AFTER ENTRY FEES ARE PAID. ENTRY FEES ARE NON-REFUNDABLE. THE HOST CLUB IS RESPONSIBLE FOR MAKING THE SCHEDULE. LARGE MEETS, SUCH AS CHOWS, WILL BEGIN THURSDAY OR FRIDAY WHICH MEANS YOUR GYMNAST COULD COMPETE ON A WEEKDAY AT THAT MEET.**

Gymnast Expectations, Team Rules & Policies

1. Each gymnast is expected to attend all regularly scheduled workouts. Be on time to all workouts. That means on the floor ready to workout when your workout begins, not talking in the bathroom or hanging around in the locker room.

- If for some reason you will be late or absent you are required to notify the coaches so that they may adjust the workout accordingly.

2. Proper workout attire is a must. **A properly fitting gymnastics leotard is the only acceptable workout attire.** Tight fitting workout shorts will be allowed, no shirts for girls, tight shirts for boys

- Warm up clothing can be worn during warm ups and stretching only.
- Hair must be appropriately tied back so as not to interfere in any way during the workout.
- No jewelry, other than stud earrings, may be worn during the workout.
- No fake fingernails. Fingernails must be neatly filed or trimmed and cannot be longer than the tip of the gymnasts fingers.
- For the courtesy of the coaches and other athletes, proper and appropriate hygiene is appreciated. **All gymnasts in or entering 3rd grade and up must wear deodorant and girls must wear a sports bra.**
- Grips—only gymnasts in the Platinum & Diamond Divisions are allowed to wear dowel grips. Palm grips can be worn by any gymnast.

3. Work hard and try your best. This is all that we will ever ask of you and this is always what you should demand of yourself. **Do not compare yourself with other gymnasts.** You are all different and will advance at different rates. Only concern yourself with things that YOU can control which are YOUR ATTITUDE, YOUR EFFORT...YOUR GYMNASTICS!

4. No food, drink (except water bottles), or candy is permitted on the workout floor. All snacks must remain in the locker room or stage area. Never bring candy, pop or soda, or other sugared foods to the gym...except on birthdays! Feel free to bring treats to share with the team!

5. **Gymnasts may not enter or leave the workout or competition floor without the expressed permission of the coaching staff.** Ask you coach before going to the bathroom or getting a drink. At meets, stay in the stands until your coach calls you out to begin stretching with your team and then remain with your team on the competition floor at all times. There is no running back & forth into the stands to talk to your parents at meets.

6. Alert your coach when your body is telling you to slow down or stop. If you are sick, on medication, or are injured we need to know, and you need to listen to your body. Pain is the body's way of telling you to stop. In addition, alert your coach if you have engaged in any strenuous activity prior to the start of practice.

7. Treat your coaches and teammates with respect. Be kind to those gymnasts younger than you are; do not hold yourself out as better than other gymnasts. **THERE IS NO PLACE IN THE GYM FOR RUDE OR BELITTLING COMMENTS, DISPLAYS OF ANGER OR DISGUST, OR TALKING BACK TO COACHES, VOLUNTEERS, OR OTHER ADULTS.**

8. Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and, most importantly, to yourself. If you cannot or will not complete an assignment be honest about it.

9. Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All athletes suffer setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them, and overcome them. Set high goals and achieve them step by step.

Parent Commitment

1. Make sure your gymnast attends all regularly scheduled workouts, meets, and special functions. **If your child must miss a workout or will be late for any reason, please call, email, or send a text so that the coaching staff can adjust their plans accordingly.**

2. Communicate with the coaches regarding any problems. Your thoughts are important to us. **COMPLAINING TO OTHER PARENTS CANNOT SOLVE YOUR PROBLEM, NOR CAN WE SOLVE THEM IF WE DO NOT KNOW ABOUT THEM.** We believe in an open door policy at Transform Academy and we greatly appreciate your feedback. We feel that the support of our team parents is important for team morale and unity. Please come to us first if you have concerns using the following chain of command:

First—address the problem directly with the team coach or coaches.

Second—if the problem persists, talk to the owner, Meghan Slay

3. Check your e-mail and text messages regularly to stay current with team activities. Please give us as many e-mail addresses as you like! If you do not text, please let us know, as this method is often used in emergency situations for last-minute cancellations.

4. A representative from each competitive team member's family is required to be an active member of the Transparent Group and participate in all fundraising activities. **ALL TEAM FAMILIES ARE REQUIRED TO HELP AT ALL HOME MEETS HOSTED BY OUR CLUB.**

5. Ensure that your child gets enough sleep, proper nutrition, and gets to and from the gym on time with proper attire and equipment.

6. Please do not coach your child. Your comments detract from what the coach is doing by not only giving the gymnast another thing to think about, but it interferes with the development of the coach/athlete relationship which is critical for long-term success. If "coaching" from the stands becomes a problem, you will be asked to leave the gym during workouts.

7. Please stay on the stage while waiting for your child. Parents are not allowed onto the gymnastics floor at practice or at competitions for any reason.

8. **Please let a coach know before practice if you think your child might have a problem due to illness, medication, or injury.**

Transform Academy 2017-2018 Gymnastics Meet Schedule

When	What	Where	Compulsory	Optional	Xcel	Boys
Sept. 23-24	Judges Cup Jammie Jam	CRAG-Hiawatha	C			
Oct. 14-15	Twist'N to the Top <small>Twisters</small>	Cedar Rapids	C			
Nov. 18-19	IGN Flip for Food	Coralville	C			
Dec. 8-10	**Compulsory State Meet	Sioux City (Siouxland)	C			
Jan. 5-7	<i>Possibly Arctic Blast</i>	CVGA Cedar Falls				B
Jan. 12-14	Chow's Winter Classic	Des Moines <small>State Fair</small>	*C	6+	X	
Jan. 19-21	<i>Possibly Arctic Blast</i>	CVGA Cedar Falls				B
Jan. 26-28	Rolling Thunder	Lake Ozark, MO		7+		
Feb. 2-4	Premier River City Classic	Council Bluffs		*6+	X	
Feb. 9-11	<i>Possibly Iowa Boys Invite</i>	Des Moines?				B
Feb. 16-18	IGN Winter Wonderland	Coralville	*C	6+	X	
Feb. 23-25	STL Classic	St. Louis		7+		
Mar. 2-4	Field of Dreams	Des Moines	*C	6+	X	
Mar. 16-18	**Optional State Meet	Des Moines (Sapphire)		6+	X	
Mar. 23-25	**Xcel State Meet	Cedar Rapids (CRAG)			X	
Apr. 13-15	**JO Regionals	St. Paul, MN		8+		
Apr. 20-23	**Xcel Regionals	Cedar Rapids (IGN)			X	
May 3-6	**JO Westerns	Salt Lake City, UT		9		

**Gymnasts must qualify for these meets. Qualifying scores are as follows:

- Compulsory State—gymnasts must score a 31.00AA at any sanctioned meet
- Optional State—gymnasts must score a 32.00AA at any sanctioned meet
- Xcel State—Bronze, Silver 34.00AA and Gold, Platinum, Diamond 32.00AA at a sanctioned meet
- JO Regionals—gymnasts must score a 34.00AA at State
- Xcel Regionals—Bronze, Silver 35.00AA and Gold, Platinum, Diamond 34.00AA at State
- JO Westerns—gymnasts must score a 34.00AA at Westerns

Girls—Please remember that TWO of the meets listed above are required. Transform Academy only attends the Regional competition if it's in our state. This year Region IV Xcel Championships are in Cedar Rapids, so we will be going! All Xcel team gymnasts who qualify can attend if they want to compete.

Boys—The dates for the boys meets are NOT finalized. The state of Iowa will be hosting men's Region 4 Championships in April. Boys Level 5 & up can qualify for Regionals, it's in our state, so we will go if any of our boys qualify and want to compete. USA Gymnastics has also announced a NEW BOYS XCEL program; I'm unsure if Iowa will participate, more info to come.



2017-2018

XCEL, BOYS, HOMESCHOOL TEAM CONTRACT

Thank you for taking the time to read our Xcel, Boys, & Homeschool team handbook. We take great pride in our team programs and look forward to giving your child a wonderfully positive athletic experience! Please sign the attached forms to acknowledge that you have received and read the team handbook, and are agreeing to enter into a contract with Transform Academy and the Transparent Group. We are happy to have you on our team!

Parent Acknowledgment and Commitment

I, _____ have read the Transform Academy Xcel, Boys, & Homeschool Team Handbook from cover to cover. I fully understand and agree to the guidelines set forth.

I am aware of and fully understand the risks of injury involved in gymnastics and my signature below indicates that I am giving my child, _____ permission to participate in competitive gymnastics, and I will not hold Transform Academy, its owner, directors, staff, or volunteers liable for any injuries said athlete acquires while participating in activities with Transform Academy. My signature below also indicates that my child is in good health and is fully capable of participation in athletics, including gymnastics.

By signing below, I am making a commitment to the Transform Academy Xcel, Boys, or Homeschool Team for a contracted period of October 1, 2017-April 30, 2018. I agree to abide by all of the rules and polices in the handbook and to make all monthly payments through the end of the contracted season.

I am also granting permission for Transform Academy to photograph and/or video tape my child for promotional or other purposes.

Parent Signature

Date

Athlete Acknowledgment & Commitment

I, _____ have read the Transform Academy Xcel, Boys, & Homeschool Team Handbook from cover to cover. I fully understand and agree to that I am an important part of the team and I promise to take my commitment seriously. I agree to abide by all of the rules and policies, and to attend all scheduled practices and competitions for the duration of the contracted season, October 1, 2017-April 30, 2018.

Athlete Signature

Date
