

Frequently Asked Questions

(What have I gotten myself into?)

Congratulations! Your daughter is now a member of the Let it Shine Gymnastics Competitive Team! First and foremost, THE COACHING STAFF IS THE ULTIMATE AUTHORITY ON ALL ASPECTS OF COMPETITIVE GYMNASTICS AT LET IT SHINE. The information presented here is merely an attempt to answer some of the most commonly asked questions parents may have when their daughter becomes part of the LIS Competitive Team.

LET IS SHINE PARENTS CLUB

1. What is the Let is Shine Parents Club?

The Let it Shine Parents Club is a non-profit family organization that supports our competitive team activities. The LISPC helps underwrite the costs of competitive gymnastics. Once a child advances to the team level at Let it Shine their respective family will be required to join the LISPC. Annual dues are \$25 and are paid in June.

Like our coaches and gymnasts, the LISPC prides itself on producing the best possible effort. All LISPC members are expected to participate in fundraising activities, including volunteering to help host the *Music City Invitational Gymnastics Meet* (scheduled for November 21-23, 2014).

2. What is the Music City Invitational?

The Music City Invitational is a premier gymnastics meet hosted by the LISPC each November. It is our largest fundraiser of the year and every family is expected to volunteer. Parents can volunteer to serve on a variety of committees including meet set-up and tear-down, working the admissions table, coach and judge dining services and awards. These are just a few of the standing committees and volunteering in one area provides a great way to be involved without being overwhelmed. Parents are usually in the same boat when it comes to available free time and no one likes to be the one doing it all. A major goal of our committee structure is to spread the work load to create a team oriented atmosphere.

COACHES

3. Understanding the Role of Our Team Coaches

Our Let it Shine coaches provide the leadership for our gymnastics team and the LISPC works to support that leadership. Coaches are responsible for setting practice schedules, assigning practice groups, assessing skill level, determining level advancement, creating the meet schedule and selecting the competition leotard and warm-up. All communication regarding your daughter's progress and development will be communicated directly through the coaches and all questions about progress or advancement should be directed toward the coaches.

COMMUNICATION

4. How will information from LISPC be communicated?

Communicating effectively with everyone on our team is a challenge. We work hard to get information to you in a timely manner by sending information via email. Because all communication from the LISPC is handled through email, it is vital that you provide the LISPC with a working email address that you check on a regular basis. We also post some information on our Facebook page, but all notices of forms to be filled out and fees to be paid will be sent via email, usually by your Level Representative.

5. Who or what is a Level Representative?

Level Representatives are appointed every summer by mutual consent of the coaching staff and the LISPC Board. Level Representatives are appointed to serve a one year term and their responsibilities include emailing their level parents regarding upcoming team events, providing meet schedules, collecting payments, and notifying parents about specific competition dates and times. You will be contacted by your Level Rep in early June.

EXPENSES AND BILLING

6. What will my daughter need to purchase to compete?

Levels 2, 3, 4 and 5 (approximately \$450**)

Coaching Fees (see #9)	\$ 0
Long sleeve competition leotard	\$135
LIS Warm-up	\$145
LIS gym bag	\$ 30
Black Tennis Shoes	\$ 40
Black Flip-Flops	\$ 5
LISPC Membership Dues	\$ 25
USAG Competition Number	\$ 54
TN USAG Membership Fee	\$ 15

***costs listed above are estimates*

7. When do we have to pay for leotards, gym bags and USAG Fees?

Gymnasts new to the team will be fitted for leotard and warm-up in June. Because our leotards and warm-ups are custom made payment for these items is due when the order is placed. USAG Fees and the LISPC dues are also collected in June. Information about the type of tennis shoes and flip-flops to purchase will be provided as soon as it is available from the coaches.

8. Meet fees and other expenses.

The Let it Shine Compulsory Teams compete from August through December each year. During the Fall 2013 season, our Level 2 team competed in 5 local meets and the State Compulsory Meet (held in December). Our Level 3, 4, and 5 teams competed in 3 local and 3 travel meets plus the State Meet. Our Optional teams compete from January through March during their regular season, with State Meet held in March. Levels 7 through 10 also have the opportunity, if their scores qualify, to compete in Regionals and Levels 9 -10 additionally may have the opportunity to compete at the National meets.

The registration fee for each meet averages from \$80-\$100 and will be due four to six weeks in advance of the meet. You will receive emailed invoices from the LISPC Treasurer and meet fees can either be paid electronically (with a \$0.50 cent transaction fee added). Detailed instructions for electronic payment will be provided to you at a later time. If you prefer, you may choose to pay by check or cash. All payments, whether made electronically or submitted to your Level Rep, must be submitted to the LISPC by the stated deadline. *Failure to pay by the deadline could result in your daughter being unable to participate in a meet, so it is imperative that you submit payments timely.*

9. What about those fundraisers? What expenses do they cover?

Proceeds from fundraisers are used for expenses incurred by each gymnast and include (but are not limited to):

- All coaches' expenses at invitational, sectional, state, regional and national meets (including mileage, airline travel, food, hotel and coaching session fees).
- Coaches USAG numbers, training and certifications.
- The last two seasons, funds have been used to pay the meet fee for the Tennessee State Compulsory and Optional Meet (approximately \$80 per gymnast).

In past seasons when fundraising efforts were not as successful, each family was assessed an additional \$350 - \$450 fee to cover coaching expenses. Families will not be assessed this fee for the 2014 Season because of the efforts of the LISPC to raise funds to help defray the cost of competitive gymnastics at Let it Shine.

COMPETITION

10. Who sets the meet schedule?

All meets that our teams attend are determined by the Girls Team Director. The Parents Club has no control over how many meets or which meets we will attend. A meet schedule will be provided as soon as the competition season is set, but may not be available until late July or early August.

Historically, 5 or 6 meets are scheduled for each level with teams competing every two to three weeks. There are compulsory seasons where teams may have a longer gap between meets or where meet weekends are scheduled back-to-back, depending on the dates available meets are scheduled by their host gyms. Your Level Rep will provide you with the meet schedule once it is available. Meet Schedules are usually not available until late summer.

11. How far will we have to travel to get to a meet?

The travel distance to meets varies depending on the meets the coaches feel our compulsory teams will benefit from attending. Most compulsory meets are located within easy driving distance. Each season there may be two or three that require an overnight stay.

12. How long will a meet last?

Honestly, it depends. Some meets may finish in as little as 3 ½ hours, while others may stretch to five or more hours. The length of the meet often depends on the number of gymnast's competing in your compulsory level and how organized the gym hosting the meet may be. Most competitions (from arrival to awards) finish within the 4 to 5 hour mark, however.

13. Is Attendance at Meets Required?

Gymnast attendance at all meets is mandatory. 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. Competition fees are usually non-refundable, even in the event of illness.

14. Is LIS Team Apparel Available for Purchase?

The LISPC designs a new team t-shirt and sweatshirt for adults and children each year and offer them for sale to you and any of your family or friends that would like to purchase one. These items are usually sold late- July to mid-August.

ADDITIONAL INFORMATION

Please visit the Let it Shine Parents Club website at www.lispc.org and also request to join our closed Facebook group. Search for LISPC and ask to join. An administrator from the group will add you to the list.