

USA Gymnastics

Junior Olympic (JO)



Team Handbook

2018-2019

**CONGRATULATIONS & WELCOME TO TEAM!** (Gymnastics is now your life)

Our JO team is an amazing group of dedicated athletes and coaches who share a love for gymnastics, a willingness to work hard and excel, as well as the desire and determination to be the best they can be. For these gymnasts, gymnastics is life! They are the gymnasts who never want to leave the gym…ever…and that’s a good thing, because they spend A LOT of time in the gym! 8-20 hours per week, year-round, to be exact. Often for years and years. The friendships made will last a lifetime as will the positive effects of competitive gymnastics. Studies have proven that competitive gymnasts have increased self-confidence, discipline, and higher grades (not to mention strength, flexibility, balance, and agility…google it!).

**Mission Statement**

Our mission is to transform lives through gymnastics and create happy, healthy, responsible citizens.

**Competitive Team Philosophy**

Our goal for JO athletes is to help them go as far in gymnastics as their ability and desire will take them. Our team coaches will push our athletes to not only become better gymnasts, but to be team players as well. Being part of a team helps athletes learn a great deal of respect and responsibility. We believe that respect and responsibility learned through our program will take these athletes far in life.

**BACKGROUND ABOUT THE USA GYMNASTICS JO PROGRAM**

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

1. The Developmental Levels 1 through 3 may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may offer State Championships for these levels.
   1. In-gym or inter-club testing.
   2. Equipment should accommodate the size of the gymnasts.
   3. Gymnasts must enter at Level 1 (Beginner at TA), but may progress through the events and skills at different levels.
2. The second part consists of Compulsory Levels 3, 4, and 5. These levels are progressive in nature, building upon the skills acquired at the previous level.
   1. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.
   2. Gymnasts may enter the competitive program at either Level 3 or 4.
   3. Athletes must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition.
3. The third segment is the Optional Levels 6-10. Levels 6, 7, 8, and 9 have difficulty restrictions, while Level 10 has no restrictions in the skill choice. Composition is evaluated at Levels 8, 9, and 10. Refer to the Jr. Olympic Code of Points for a complete explanation of Level 6-10 rules.
   1. Level 6-8 have competitive opportunities up to and including State & Regional Championships.
   2. Additional competitive opportunities are provided for Levels 9-10, with the Level 10 competitive season culminating at the Jr. Olympic National Championships, Level 9 at Western Championships.
   3. Athletes must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition.

**COMPETITIONS** *changes 2018*

Junior Olympic competitions, or meets, are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees. Each state has the jurisdiction to determine its state calendar, according to the needs of its members. A Jr. Olympic COMPETITIVE YEAR is defined as the period from August 1 through July 31. A COMPETITIVE SEASON is defined as that period from the first designated qualifying competition through the culminating Championships at each level.

* Competitive Season for Compulsory gymnasts, Levels 3-5, in Iowa begins in mid-September with Judges Cup and ends with the State Championships the second weekend in December. TA Compulsory gymnasts will compete in 4-5 meets in our state during Compulsory Season, as well as 2-3 post-season meets. It is possible that gymnasts will move up after state and compete the next level up during the post-season.
* Competitive Season for Optional gymnasts, Levels 6-10, in Iowa begins mid-November. State meet is around the second weekend in March. Region 4 Championships (Level 6-7 and Level 8-9-10) are in April. Westerns and Nationals in May. TA gymnasts will attend around 7 meets throughout Iowa and our neighboring states (NE, MO, MN, IL, WI) each season.
* JO Team gymnasts are required to attend all scheduled meets, assuming they qualify when qualification is required (State, Regionals, Nationals).
* Mobility scores for TA are listed below. It is important to note that scoring a qualifying score does not guarantee mobility. A gymnast will only move up to the next level when her coaches deem she is ready. A large variety of things affect a gymnast’s readiness to move up to (and compete at) the next level.
  + A minimum mobility score of 34.00 AA (All-Around) is required to advance from Level 4—5, Level 5—7, Level 7—8, Level 8—9, Level 9—10.
  + A minimum mobility score of 32.00 AA is required to advance from Level 5—6.
  + There are no minimum score requirements for Level 3—4 or Level 6—7.
  + The level each gymnast will compete for her Competitive Season will be finalized by her coaches on July 15 for Compulsory and October 15 for Optionals.

**JO TEAM CONTRACT**

**Athlete Commitment**—*please sign & return attached form*

The decision to join the Transform Academy JO Team is a big one and reflects a commitment to the team for the entire season, June 1-May 31. Gymnasts do not move on and off the team based on illness, injury, conflicts or the like. You are either on the team, or not. The following are guidelines that all team members are expected to follow:

**1.** Each gymnast is required to attend all scheduled workouts. Be on time to all workouts. That means on the floor ready to workout when your practice 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. Athletes must wear a leotard or other approved spandex shirt and shorts at all times. Warm Ups are only allowed during stretching and conditioning. Hair must be pulled up off your shoulders and bangs have to be secured out of your face. Your cheer shoes are the only shoes allowed in the practice area. Fingernails must be trimmed and acrylic nails are unacceptable. No Jewelry of any kind is to be worn. For the courtesy of the coaches and other athletes, proper and appropriate hygiene is appreciated. Failure to comply with the guidelines above can result in the athlete not being able to participate in practice. Disciplinary actions may also be handed down at the coaches’ discretion.

**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. Each of you is 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) is permitted in the gym. All snacks must remain in designated areas. Never bring candy, pop or soda, or other sugared foods to the gym. Each gymnasts may bring a non-breakable plastic water bottle with a cap to practice and keep it with them every day. The water bottle should be labeled with the athlete’s name. Sports drinks, such as Gatorade, are allowed but not on the gym floor.

**5.** Gymnasts may not enter or leave the workout or competition floor without the expressed permission of the coaching staff. In other words, at practice, stay off the equipment and on the stage until your coach calls you out onto the floor. If you need to step out of a workout for a drink, the bathroom, or a break you must notify the coaching staff first. At competitions, stay in the stands until your coach calls you out to begin stretching with your squad and then remain with your squad on the competition floor at all times. There is no running back & forth into the stands to talk to your parents, friends, or other spectators at competitions.

**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. 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 will not be tolerated. 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. 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.

**10**. Change clothes in designated areas only. Pick up your trash (empty bottles, used tape, etc) and dispose of it properly.

**Parent Commitment**—*please sign & return attached from*

**1.** Make sure your gymnast attends all regularly scheduled workouts, competition, and special functions. If your child must miss a workout or will be late for any reason, please inform the coaching staff as soon as possible. This can be done via email, phone call, or text. Please do not wait until 5 minutes before practice starts

**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 families is important for team morale and unity. We will come to you if we hear that you have been making negative comments regarding the competition program.

**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 your coach know, as this method is often used in emergency situations for last-minute cancellations.

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

**5.** Provide unconditional love, encouragement and support to your athlete. Please do not compare your child with other athletes. Each athlete is different with differing strengths and weaknesses. It is unfair to compare your child to another athlete, instead try to focus on the progress your child is making and celebrate it!

**6.** Please do not coach your child. Your comments detract from what the coach is doing by not only giving the athlete 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 gym floor at practice or at competitions for any reason.

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

**10.** Please attend all team parent meetings. The meetings are a great opportunity for coaches to communicate detailed information with plenty of time for questions and answers.

We believe that the order of importance always needs to be family, education, and then athletics. If you choose to be a member of our team, we make the assumption that you have allowed appropriate time for family functions and that your athlete’s study habits and schoolwork is of exemplary quality. We do not advocate the use of this statement as an excuse for coming late to workouts, missing practices, etc. As with all things in life, it is your responsibility to fulfill your commitments. If you are unable to make the commitment this program requires, we can place you in another program that better fits your needs.

**Commitment to the Team**

1. Gymnasts on our JO Team are making an annual, year-round commitment to our club, June 1 through May 31. Gymnasts are not allowed to quit mid-season, doing so could result in the removal of the entire family from all programs at Transform Academy.
2. A spot will be reserved on the team and monthly tuition will be owed for every month, regardless of attendance, including all late fees, until the end of the contract.
3. We encourage our athletes to participate in other activities along with gymnastics. However, it is of the utmost importance that our gymnasts make a serious commitment to the team for the entire season. Please speak to your child’s coach if you have scheduling conflicts. We will try our best to help find a solution. Please see our attendance policy & disciplinary actions below.
4. Our JO Team parents are also making the commitment to be active members of the Transparent Group. Please see attached document—sign and return Transparent Group contract.
5. With the exception of summer gymnastics camps, our JO Team gymnasts are not allowed to take gymnastics, tumbling, or acrobats at any other gym, club, or studio.

**Attendance Policy**

Athletes are required to attend all scheduled workouts and performances and are required to attend all competitions as a team. Athletes who are injured or not feeling well should attend practice and sit out, however if you are contagious we prefer you stay home. In this case a parent needs to contact the coach to inform them of the absence due to illness prior to practice beginning. Improper notification may result in disciplinary actions. Injured athletes are required to attend practice. Doctor appointments and therapy should be scheduled around practice time. (See Injury policy)

**Injury Policy**

If an athlete 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 required for both the discount and to return to practice. Injured athletes are still expected to attend all scheduled practices. Physical therapy and doctor appointments should be made around the practice schedule.

**Missed Practices**

* Monthly tuition is always the same no matter how many or few practices, competitions, or other team functions take place each month.
* There are no discounts or prorated accounts due to absence of any nature (see Injury Policy).
* Speak with the coaches in the case of long-term conflicts (ex. another sport).

**Inclement Weather Policy**

Our University Park campus will follow the Oskaloosa Community District for cancelations, early outs, etc. Our Albia gym will follow the Albia schools. Emails will be sent all to parents on our mailing list and posted on our Facebook page. Announcements can be heard on KBOE & KNIA radio stations.

* Early Out: All Activities Cancelled
* School Cancelled: Announcement will be made by noon
* Late Start: Announcement will be made by noon

Extra practices may be scheduled during the day when school is cancelled, especially during competition season. These practices should be considered “come if you can safely” and are not required.

**Disciplinary Actions**

The rules and policies that govern our athletes and their parents have been outlined here in this 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 for the safety of the athletes and to teach the importance of respecting program policies. The list and 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 our athletes and gym parents as individuals and will seek to impose the most effective disciplinary actions based on each unique set of circumstances.

Common Disciplinary Actions:

1. The athlete may be asked to sit out and watch.

2. The athlete may be given appropriate conditioning to perform which will help focus their attention and build strength to accomplish the task at hand.

3. The athlete may be asked to leave the gym and go home early.

4. The coach may request a meeting with a parent.

5. The athlete may be suspended for one or more days or may be scratched from a competition. Please note that if a gymnast is suspended from a competition due to poor attendance, a poor work ethic or a negative attitude, the entry fee is nonrefundable.

6. The athlete may be asked to leave the program if we cannot get her to change her behavior to meet the expectations of the squad, the coach, or the gym.

The first two 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/athlete 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, belief in the same dreams and values, work performed together and the emotional ups and downs that are part of all important ventures. The fourth item signifies a need to work outside the coach/athlete relationship. In this instance, we need your help to overcome a challenge that is too large for us to accomplish on our own.

The final two items on the list are reserved for the most serious violations of our rules and policies. 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.

It is also possible in rare instances that an athlete will have to leave our program because of the actions or inaction of their parents. While we never want to punish a child for the actions of their parent(s), we will not tolerate parents who, by their words and actions, do not support the policies and values of Transform Academy, or who do not actively participate the Transparent Group.

It is important for parents to understand that if an athlete is kicked off our team for disobeying our policies, the family is still obligated to pay all competition related expenses, including monthly tuition and meet fees, through the end of the contracted season (May 31st).

**MONEY, MONEY, MONEY!** What to expect financially *changes 2018*

Competitive gymnastics is an expensive sport. All team related expenses will be paid to Transform Academy directly. This includes tuition and annual membership fees, as well as all competition-related expenses, including meet fees and team apparel. All payments can be paid via credit or debit card online through the Parent Portal at [www.transformacademy.net](http://www.transformacademy.net), or by cash or check at the gym. All families are required to have an active credit or debit card on file.

**Annual Fees and Monthly Tuition**

* TA Annual Enrollment Fee—$30. Due September 1st.
* USA Gymnastics Athlete Member Fee—$59. Due August 1st. Parents must register their own child online and pay USA Gymnastics directly. When it’s time to renew, you will receive an email with a link to USA Gymnastics member service that will link the membership with Transform. If you cannot register online, please speak with Meghan directly.
* Monthly tuition fees cover practices only.
  + Level 3: 8-9 hrs, $190/mo. Level 4: 10-12 hrs, $215-245/mo Level 6-9, 14-18 hrs, $250/mo.
* All monthly payments are due by the 1st. Auto-debit can be set up to pull on either the 1st or 15th. All unpaid tuition and other past due fees will be pulled from your card on file on or around the 25th.
* Monthly tuition is always the same amount no matter how many or few practices, competitions, or other team functions take place each month.

**Competition-Related Expenses \*FUNDRAISER MONEY CAN BE USED FOR THESE FEES\***

All meets and team apparel will be entered in Jackrabbit just like monthly tuition. JO team gymnasts will be registered through the system and parents will receive an emailed statement with amount due and due date for each meet or item. **ANYONE WHO WANTS TO USE FUNDRAISER MONEY MUST LET US KNOW VIA EMAIL EVERY TIME:** WE WILL NOT ASSUME THAT YOU WANT TO USE FUNDRAISER MONEY. To use fundraiser money, email [transparentgymnastics@gmail.com](mailto:transparentgymnastics@gmail.com) AND [transform.gymnastics@gmail.com](mailto:transform.gymnastics@gmail.com)

* Team Apparel—estimates, costs vary
  + Team Leotard: $175-$275. Team leotards will be ordered in July. Please follow the washing instructions very carefully and do not use any fabric softener.
  + Team Warm Ups: $50-$200. Everyone will get a new warm up every year if needed.
* Meet Fees—estimate includes gymnast entry fee and coaching expenses, gymnasts will attend around 7 meets each season.
  + Compulsory Meets: $100-$175
  + Optional Meets: $125-$225
* Additional Expenses for Optionals—estimates, costs vary
  + Music: $50-$150
  + Choreography: $150-$300

**Please Sign And Return the Attached Team Contract on or before July 19.**

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2018-2019

JO TEAM CONTRACT

Thank you for taking the time to read our JO 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 competitive 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 JO 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 JO Team for a contracted period of June 1, 2018-May 31, 2019. 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.

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Parent Signature Date

**Athlete Acknowledgment & Commitment**

I, have read the Transform Academy JO Team Handbook from cover to cover. I know that I am an important part of the team and I promise to take my commitment to the team 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, June 1, 2018-May 31, 2019.

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Athlete Signature Date

2018-2019 Gymnastics Team Meet Schedule

|  |  |  |  |
| --- | --- | --- | --- |
| When | What | Where | Who |
| September 28-30 | Judges Cup Jammie Jam \*PJ theme! | TBA- possibly Prairie Fire Grinnell | Compulsory |
| October 12-13-14 | Training Camp | MN or MO | Level 9-10 |
| October 20-21 | Triad’s Jump Jivin’ | Ankeny/Des Moines | Compulsory |
| November 3-4 | Sapphire’s Harvest Hoe Down | MVP Sports south side Des Moines | Compulsory |
| November 9-10-11 | College Showcase | Triad | Level 9-10 |
| December 1-2 | Frosty’s Cup | SUCCESS- Ames | ALL JO TEAM |
| December 14-15-16 | Compulsory State Championships CRAG | Game on Sports  Cedar Rapids | Compulsory  \*32.00AA to qualify |
| January 4-5-6  January 6 | Triad Classic  Arctic Blast | Des Moines  CVGA- Cedar Falls | Optionals and Xcel  Boys MAYBE |
| January 11-12-13 | Eyas New Year’s Bash | U of I Field House | BOYS |
| January 18-20 | Chow’s Winter Classic | State Fairgrounds  Jacobson building | Optionals and Xcel |
| January 25-26-27 | Flipz USA’s Rolling Thunder Invite | Lake of the Ozarks  Lodge of the Four Seasons | Optionals and Xcel |
| February 1-2-3 | Premier Classic | Mid-America Center  Council Bluffs | Optionals and Xcel |
| February 15-16-17 | IGN Winter Wonderland | Cedar Rapids Doubletree | ALL JO TEAM, Xcel, and BOYS! |
| March 1-2-3 | Siouxland’s Field of Dreams | Des Moines | ALL JO TEAM and Xcel |
| March 9-10 | \*I’m hoping Boys State will be this weekend! | | |
| March 15-16-17 | Optional State Championships CRAG | Game on Sports Cedar Rapids | Optionals and Xcel Platinum/Diamond |
| March 22-23-24 | Xcel State Meet  Twisters | Game on Sports  Cedar Rapids | Xcel Bronze, Silver, Gold |
| April 5-6-7 | Level 6-7 Regionals  Twisters | Game on Sports  Cedar Rapids | Level 6-7  \*34.00AA at State |
| April 12-13-14 | Level 8-10 Regionals  Mid-West Twisters | Bettendorf | Level 8-10  \*34.00AA at State |
| May 10-11-12? | Westerns | TBA | Level 9  \*34 AA at Regionals |