

PARENT MEETING

2013-2014 SEASON

AGENDA

Introductions

- Director
- Coaches
- Parents

Forms

- MAGA Registration
- Parent/Gymnast Information
- Concussion Form
- Team Commitment Form

Uniforms

- Competition Leotard
- Warm-up Leotard
- Warm-up Suit

New Contact Information

- Team Email – teamrfgc@gmail.com
- Team Calendar
- Team Contact List – Coming Soon!

Winter Wonderland Invite (Sunday January 19th, 2014)

- Parents Responsibilities (Concessions/Admissions/Equipment/Coaches Room)
- Fundraising

Team Handbook

Open for Discussion/Questions

SCORING

Difficulty	3.0
Event Requirement	1.2
Composition	.8
Bonus	.8
Execution	4.2
	<hr/>
Total	10.0

DIFFICULTY

• 1 High Superior or Advance High Superior value part	.3
• 3 Superior value parts (.5 each)	1.5
• 4 Medium value parts (.3 each)	1.2
Total	3.0

EVENT REQUIREMENTS

Bars

- **Sup release/flight**
- **LA tw/tn min 180°**
- **2 elements each bar**
- **Kip**
- **Inverted stretched vert. element**
- **Superior dismount**

Balance Beam

- **360° turn on 1 foot**
- **1 acro flight elem (on beam)**
- **Acro series of Diff (may include mt or dsmt)**
- **Dance series of diff (on beam)**
- **Dn/acro or acro/dn series of diff (on beam)**
- **Superior Dismount**

EVENT REQUIREMENTS

Floor Ex

- **Acro**
 - Salto with min of 180°
 - 3 acro passes
 - Sup acro elem in 3rd pass or last element
- **Dance**
 - 1 sup lp/jp/tn on 1 foot
 - 1 deance series of 2 VP of diff shapes
 - Dn/acro or acro.dn series of diff

COMPOSITION

Beam/Floor Ex/Floor

- **Variety in choice of elements**
- **Spacing/direction**
- **Original choreography/ artistry**
- **Distribution**

BONUS

- (max .4) AHS – 2 Diff, no fall/spot, .2 ea
- (.2) HL BBS .2
- .2 from the following:
 - (max .2) LL BBS .1 ea, up to .2
 - 2nd HL BBS .2
 - 3rd AHS- Diff, no fall/spot .2

INJURY PREVENTION

- **Do not “play through the pain” — if you are hurt, see your doctor and tell your coach**
- **Strengthen muscles--Conditioning exercises**
- **Increase flexibility. Stretching before and after meets or practice can increase flexibility**
- **Stretching should also be incorporated into a daily fitness plan**
- **Use the proper technique.**

HOW TO TREAT AT HOME

- **Rest- reduce activity as needed**
- **Ice- apply for 20mins 4-8 times a day**
- **Compression- will help reduce swelling**
- **Elevation- will help reduce swelling**

REHAB

- **Early mobilization– gentle range-of-motion exercises then moves on to stretching and strengthening exercise**
- **gentle stretching and strengthening exercises**
- **progression is the key principle**
- **Injury specific rehab should be planned with a doctor or physical therapist**
 - Share your plan with us! We can incorporated it into practice