



GGC

Gwinnett Gymnastics Center

Team Handbook

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Welcome

Congratulations and welcome to the Gwinnett Gymnastics Center (GGC) team program. You and your child are about to have an exciting and challenging experience. We are very proud of our program and are dedicated to all team members.

This handbook is a reference tool for you on your journey at GGC. It explains the expectations for gymnasts and parents and covers guidelines used to create the most successful, competitive gymnastics environment.

Our Philosophy

Our philosophy is to recognize that each child has individual abilities and needs. GGC coaches strive to provide a positive, competitive experience by giving each gymnast the best training in order to maximize their individual potential. We establish a disciplined environment that will help each gymnast be their best in the competition arena and throughout life.

To promote faster progressions and mastering skills, GGC trains gymnasts on higher level skills and generally competes a lower level. In short, train higher and compete lower... We train higher level skills that, ultimately, help improve the skills required in the lower level as well as help the gymnast master their competition level.

A Spirit of Excellence is the required attitude for all GGC team members. This attitude reflects a desire to be your best through respecting coaches and teammates, attending and working hard at each practice, working through times of fear, and maintaining a positive attitude through every obstacle you face.

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Team Structure

GGC uses a “progressive” program designed to develop the child physically, mentally, and emotionally. The beginning levels of competitive gymnastics allow coaches to work with gymnasts to perfect technique and basic skills, which are the building blocks for success in this sport. Coaches’ goals and objectives are specific and directed towards meeting the needs of each gymnast at their current ability.

The long-term goal of complete excellence is always in mind. Each gymnast is different and will progress at their own pace. The coaching staff recognizes this fact by challenging each child’s individual abilities. Scheduled practices are the most important aspect of competitive gymnastics. *Consistent* training is needed for skill development.

Team Payments

GGC tuition for each level will be distributed in July/August. Fees are subject to change from year to year. Tuition must be paid in full and on time. Tuition is due the first class of every month. After the 10th of the month there will be a \$10 late fee incurred on your account. Any unpaid balance that is not paid by the end of the month will terminate your child’s participation in workouts, competitions, and team activities. If you have questions concerning your tuition, contact the GGC Office Staff.

Time Commitment

◇ ATTENDANCE POLICY

Competitive gymnastics is a year-round commitment. Attendance at all practices is crucial for the proper skill development. If your child is unable to attend practice or will be tardy, please let the coaches know before practice.

Make-up classes do not apply to team.

Team gymnasts are expected to attend all scheduled workouts. However, the coaching staff understands that conflicts will occur. The occasional absence is understandable. If a gymnast misses several workouts, they should work with the coaches to make a plan to recover from their absences.

◇ ATTENDANCE DURING MEET SEASON

In order to compete, attendance at all practices the week before a meet is required. This policy is in place for the safety of our gymnasts. If you have a conflict, please make arrangements with the coaching staff **in advance**.

◇ SUMMER PRACTICE

The summer practice schedule generally changes from the fall schedule. Vacation recommendation for time off during the summer is no more than two weeks. It is highly recommended that you do not take two weeks off in a row.

Private Lessons

The only time we recommend a private lesson is when a gymnast is having difficulty in their performance on an event. The parent should notify the coach and fill out a Private Lesson Request Form at the front desk. Once the Private Lesson has been approved, the parent and coach can chose a day and time that works with their schedules.

Hand Care

Gymnasts need to take special care of their hands. Hands should be checked daily for rough calluses, blisters or other problems. Hands should be moisturized daily to keep them smooth. Every day care can prevent many problems.

Calluses

Calluses are rough patches of skin that can build up on the hands from the friction caused by swinging on the bar. Calluses should be smoothed with a pumice stone or rough wooden emery board.

Blisters

Blood and water blisters should be punctured and drained. The skin should be removed and care for rips followed.

Rips

A rip is a blister that has partially or completely ripped off. It is very important to remove all the dead skin from the ripped area. Any edges of the skin left can catch on the bar and tear again, taking good skin along with it.

Once the skin has been removed, wash with soap and water. Apply Neosporin to the area. Preparation-H has also been successful for some people in aiding healing of rips. After the skin begins to heal, it should be kept soft to prevent cracking. Chapstick can be used for this.

Tape

Coaches will help gymnasts decide what type of tape they should use. Coaches Athletic Tape and Stretch/Elastic Tape are typically recommended. Gymnast can purchase tape through GGC.

Meets

GGC seeks to provide challenging and successful competitive experiences. We believe that gymnasts will become better athletes when striving for success as a team rather than competing against one another. We emphasize competition within oneself. Respect for coaches and officials, encouraging teammates, and good sportsmanship are required behaviors for all GGC gymnasts and parents.

Meets are part of your commitment. **Your child is expected to attend all scheduled meets during the season.** Please notify your coaches as soon as possible if you are having a conflict.

◇ COMPETITION SCHEDULE

GGC Gymnasts are expected to attend all scheduled meets during the season. If you are having a conflict, you should notify the coaches as soon as possible.

Meet schedules are distributed prior to the start of competition season. The original schedule shows the meet date as an entire weekend. Final schedules with exact sessions, time and day are usually available at the beginning of the week before the meet weekend.

Parents should never directly contact a state/national USAG representative or meet director. All necessary information will be provided through GGC staff. If you still have questions after meet information has been distributed, you may request more details from the coaching staff.

The final schedule and directions to the meet will be displayed on the bulletin board in the lobby.

◇ MEET ATTIRE

GGC Competitive Leotard, warm-up suit, and slip-ons. Gymnast should have hair up in bun..

No body piercings or tattoos are to be visible during competition.

◇ THE DAY BEFORE THE MEET

Pack your gym-bag with:

- * Grips and wrist bands (backup grips, too)
- * Roll of athletic tape and band aids
- * Small water bottle
- * Healthy snack (put food items in a separate snack bag)
- * Comb and deodorant
- * Extra copy of music (Optional Gymnasts Only)

Eat a balance dinner consisting of carbohydrates and protein.

Get plenty of rest!

◇ THE DAY OF THE MEET

A light, healthy breakfast is a good idea before morning sessions. Breakfast and a small snack is a good option for afternoon sessions. A balance lunch is good before evening sessions. Try to consume the meal 90 minutes before general stretch. (A healthy breakfast example is a bowl of shredded wheat or raisin bran, half of a bagel, small glass of orange juice, small serving of cut apples, strawberries, or a banana.)

Arrive at the competition site at least 30 minutes before general stretch and find your coach(es) and/or teammates.

If you are going to be late or unable to attend because of emergency, please contact the coach(es).

Only consume healthy snacks during competition. Gum chewing is not allowed during any portion of the warm-up or competition.

◇ MEET ETIQUETTE

GYMNASTS

- Remain in the designated, competition area during the entire meet. Obey all warm-up rules.
- Accept scores you receive with dignity and without negative comment or criticism.
- Do not keep track of event scores or all-around scores during the meet. Focus on each event and performing the best you can.
- Be courteous, respectful, and polite to all meet officials, host/hostesses, competitors, and coaches.
- Stay for the entire awards ceremony in your warm-up attire unless released by a coach.

PARENTS

- Team Spirit is a huge help. Wear team colors and cheer loudly but respectfully. GGC doesn't believe in obnoxious or negative yelling.
- Once you have escorted your gymnast(s) to their competitive area, wish him luck and direct him to the coach(es). From this point, please DO NOT signal or talk to your gymnast until the competition is over. Gymnasts need to focus all their energy on their competition, and we want to minimize distractions.
- NO FLASH PHOTOGRAPHY. The sudden flash of light could cause injury to the competitors.
- Parents, friends, and relatives ARE NOT ALLOWED into the competition area(s). Your child could be immediately scratched (disqualified) from the meet if you or your guests are inside the competition area.
- Please don't coach your child. Coaches should coach and everyone else should encourage. Injury may result from changing the gymnast's focus away from the coach's technique. Even the most helpful comment from you could have disastrous consequences.

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- Don't speak negatively about another club, coach, gymnast, or judge. If your comment isn't a compliment, then please keep it to yourself.
- A parent should NEVER approach a judge or meet official before, during, or after an open workout or competition. ALWAYS remember that a score awarded during competition is an evaluation of one single performance, not an evaluation of your child.
- Please don't approach the coaching staff during a warm-up session, competition, or after the session. The coaches are generally busy between the end and start of each session. If you have concerns about the performance of your child or what happens at the meet, please make an appointment to talk to the coaching staff after you've returned to GGC and have first had time to reflect.

In case of injury during warm-up or competition, please wait for a coach to give some indication that you should come onto the competition floor. If the injury is relatively minor, the coaches and/or trainers will take care of the injury.

◊ EXTRA INFORMATION

If you are unable to accompany your child to a meet, please make sure you've covered all the following:

- * Transportation.
- * Give your child an emergency contact number.
- * Give your child a copy of your insurance card and medical released for treatment.
- * Inform him when to check-in with you.
- * Inform the coaching staff of who your child will be traveling and/or staying with on the trip.

For out-of-town meets, each family should make their own travel arrangements unless otherwise instructed by the coaching staff. Traveling arrangements include driving (directions and time), airline tickets (if necessary), lodging, and rental vehicle. When making lodging arrangements, it's a good practice to make reservations for all potential nights and cancel accordingly when you find out the exact competition date and time.

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Parent Guidelines

◊ COACH'S & PARENT'S ROLE

We want your child to communicate with their coach when gymnastics matters arise. This relationship between coach and gymnast produces the best possible results. When parents interfere with training techniques and corrections, it causes confusion for the gymnast as to whom the gymnast should listen to. If you have a question or concern, please email dant@gwinnettgymnastiscenter.com or write the question down and turn it in to a coach.

The coach's job is to make corrections and critique your child's performance. It is important that when the child leaves the gym, corrections and constructive feedback are left in the gym. The parents' role is positive reinforcement and encouragement. Too much correction or pressure from home can lead to negative results, including burnout.

◊ PLATEAUS

Plateaus can occur at one time or another in every athlete's career. Plateaus can occur from a weakness in strength, flexibility or mental block. It is important to explain this to your child and help them learn to work hard through this momentary delay.

If plateaus cannot be overcome, an alternative route may be necessary. There are several options within the GGC program that can be explored.

Discipline

The GGC coaching staff uses a progressive program for disciplining gymnasts.

- 1st: Verbal Warning
- 2nd: Related physical activity consequence or short dismissal from workout.
- 3rd: Dismissed for remainder of workout & parent(s) notified.
- 4th: Disciplinary plan of action developed with parent(s) or legal guardian.

Nutrition

Athletes require a well-balanced diet. It is important that we teach our children healthy eating habits. Only healthy snacks will be permitted during workouts. No candy, chips, soda, etc. will be allowed during practice.

Conditioning and Flexibility

In order to become a successful gymnast, your child must obtain strength and flexibility. These are two things that can be worked on in moderation at home as well as during workouts.

Communication

The GGC caching staff welcomes and appreciates your questions and constructive feedback. In order to better handle your questions, a system for communicating with the coaches is available.

When you have a questions and/or constructive feedback, please email info@gwinnettgymnasticscenter.com or give a written note to a coach.

Team calendars and newsletters will be available in the lobby and posted online when possible.

If you need to meet with a coach, please request a meeting time with the specific coach. Since we strive to give equal instruction to all groups, please remember that we can't always take time during regular coaching hours to meet with parents.

You can request a meeting by emailing info@gwinnettgymnasticscenter.com, leaving a message with the front desk staff, or asking the coach, if available, at the end of practice. Please don't call coaches' cell phone or home numbers unless you've directly received permission from the coach.

We look forward to a great season with your gymnast!

