

# 2020-21 BIGC Team Handbook



# BAINBRIDGE ISLAND GYMNASTICS CLUB

## TABLE OF CONTENTS

<b>Introduction</b>	<b>2</b>
<b>History</b>	<b>2</b>
<b>Team Philosophy</b>	<b>3</b>
<b>The Bainbridge Gymnast</b>	<b>3-4</b>
<b>Goal setting</b>	<b>4</b>
<b>Sportsmanship</b>	<b>4</b>
<b>Dedication</b>	<b>4</b>
<b>COVID-19</b>	<b>5</b>
<b>Practice Times</b>	<b>6</b>
<b>Attendance</b>	<b>7</b>
<b>Leave of Absence</b>	<b>7</b>
<b>Responsibilities of the Gymnast</b>	<b>7-13</b>
<b>Injuries</b>	<b>8</b>
<b>Competition behavior</b>	<b>9</b>
<b>Attire</b>	<b>10</b>
<b>Optional Routines</b>	<b>11</b>
<b>Snacks and Nutrition</b>	<b>12</b>
<b>Drugs and Alcohol</b>	<b>13</b>
<b>Meet the Coaches</b>	<b>14-15</b>
<b>Responsibilities of Coaches</b>	<b>15-16</b>
<b>Responsibilities of Parents</b>	<b>17-20</b>
<b>Gymnastics Vocabulary</b>	<b>21</b>
<b>Girls' Junior Olympic Program</b>	<b>22-25</b>
<b>Boys' Junior Olympic Program</b>	<b>26-28</b>
<b>BIGC By Laws</b>	<b>Append. A</b>

### INTRODUCTION



This handbook is designed to give gymnasts and parents a background and basic knowledge of the workings of the Bainbridge Island Metropolitan Park District's Gymnastics Team. Included also is information on rules and regulations for competition as well as the Gymnastic Booster Club's By-Laws. **Each gymnast and parent is expected to review this handbook and become familiar with its contents.** If you have any questions, contact the Head Coach.

Three ingredients are necessary for a strong gymnastics program: 1) good coaching; 2) an enthusiastic, motivated group of gymnasts; and 3) an organized, supportive parent group. Parents can contribute by providing positive encouragement to their

gymnasts and by becoming familiar with the parent organization and committing time and energy to team activities. Gymnasts can help themselves and the team by always doing their best at practice and in competition, by supporting their teammates, and by encouraging their parents to participate in the parent group activities. Coaches must be well-trained in the technical aspects of the sport, place safety first at all times, and be enthusiastic in their coaching.

As a member of the Bainbridge Island Metropolitan Park District Gymnastics Team, each gymnast and parent is expected to represent the team in a manner that would support and promote our program's philosophy and bring honor to all. Sportsmanship shall be displayed during all team activities.

It is hoped that this handbook will help gymnasts be successful in achieving their goals as a member of the Gymnastics Team.

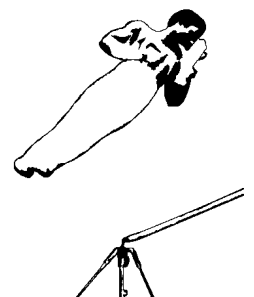
## **HISTORY**

The team began in the summer of 1981 under the direction of the Bainbridge Island Park District with coaches Teri Waag of Poulsbo and Jean Welch of Bainbridge Island. Prior to this time, Teri Waag had established a competitive club in Poulsbo called Gymnastics North. In the spring of 1981 the North Kitsap Park District decided to drop its gymnastics program. Because many of the girls were from Bainbridge Island, the program was made a part of the Bainbridge Island Park and Recreation District.

During 1981-82, three team members qualified for the state finals and by 1982-83 season the team had grown to 22 gymnasts. Team gymnasts qualified to the Class III State Compulsory meet and as a team ranked third. Two new dimensions were added to the team at the conclusion of the 1982-83 season, a Class III Compulsory-Optional and a Class II Intermediate level team.

In 1991, under the direction of Bryan Garoutte there was a boy's team program established. Within 3 years, the team won the state title and several event champions.

With the development of the BIGC as a competitive team at the state level, individual performances have continued to improve. Many BIGC gymnasts have won top individual placing at Sectionals, State and Regional meets. BIGC is now known throughout the state as a successful, competitive unit.



## **TEAM PHILOSOPHY**

The Bainbridge Island Gymnastics Team provides a competitive women's and men's gymnastics program for the youth of Bainbridge Island and other local towns. The program is intended to serve gymnasts from ages 6-19 years at all competitive levels.

The team's philosophy may be summarized as follows:

- To have fun
- To develop physically and emotionally
- To learn and practice the skills of goal-setting and self-evaluation
- To learn and practice good sportsmanship and respect for others
- To experience the support and responsibility of a team relationship
- To develop the habit of physical exercise and experience the sense of being in good physical condition
- To learn and experience the competitive nature of the sport
- To learn mental discipline and to develop self-confidence
- To develop independent learning

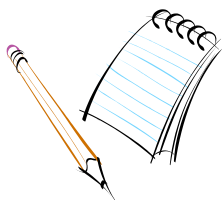


## THE BAINBRIDGE GYMNAST

DESIRE is the most important element of a successful gymnast. Gymnasts can only expect to be as good as the effort they put into learning and practicing. Teammates, coaches and parents may help instill motivation, but it is the gymnast who must perform the hard work of conditioning and training. Desire is the most important aspect of developing motivation and in setting goals.

The purpose of GOAL-SETTING is to help focus energy and to encourage hard work. Long-term goals or dreams, such as being a State or National Champion, are great as long as they are realistic. Ultimately, working on short-term goals helps reach long-term goals.

It's better to set goals a little bit low and exceed them than to set them too high and become discouraged. Set each goal high enough to be a challenge, but not unrealistic. Coaches and gymnasts profit greatly through communicating with one another about what is expected in the near future. Confer with the coach to set goals and review them continuously.



A goal notebook is recommended. The notebook can be kept in the gym so it can be accessible during practice. This notebook will help focus and motivate the gymnasts while at practice. The coaching staff will be responsible for setting up an external reward system for both boys and girls teams. After reaching a special goal or after a workout in which the highest levels were achieved, a reward is in order. Some goals of

the Bainbridge Island Metro Park District gymnastics program are to help gymnast develop physically, emotionally and to gain self-discipline and self-esteem as well as the ability to work with others. Although the Park District gymnastics team has continually produced many successful gymnasts, **"WINNING"** is not our primary goal.

SPORTSMANSHIP is very important. It must be remembered that for every winner there is a loser. A successful winner is one who is humble and continues to try. Sportsmanship is also respecting other people despite success or failure.

DEDICATION: Today's athletes are more self-directed and dedicated to excellence, which is an indication of their desire and need for a fine sports program. We all know that to become good at something, it requires practice and effort. The following are examples of how much a gymnast must be willing to do in order to be successful.

1. Practice year-round.
2. Work all events with equal amount of concentration and effort.
3. Adjust social activities to get proper rest and to fulfill team responsibilities.
4. Develop safety awareness and successful learning tools.
5. Develop healthy eating habits in order to be successful at workouts and competitions. Avoid foods high in sugar and fats. Eat fruits, vegetables and food containing complex carbohydrates and protein.
6. Condition through strength and flexibility.
7. Discipline themselves mentally and physically.

# COVID-19

COVID-19 is a highly-contagious disease that could potentially have dramatic long-term health consequences for people of all ages. There currently is no vaccine available against COVID-19, so we must remain vigilant and make constant accommodations and adjustments to our normal practice routines to limit its spread.

Safety is the first and foremost priority for the gym (staff, participants and the families of everyone). It is our goal to follow every guideline and restriction set forth by the governing agencies (Governor's Office, State and Local Health Departments, CDC, USAG, etc.) in order to operate in the most efficient manner possible to ensure proper safety protocols are in place to keep the gym functioning. We are all expected to be flexible as guidelines and restrictions constantly change during the course of a pandemic and we have to stay up to date with these changes. Changes may include any or all of the following...

- Practice Schedules
  - Number of people allowed in the facilities
  - Availability of coaching staff and/or facilities
  - Days & times of practices
  - Number of hours per week
- Cost
  - Price changes
    - Need to ensure we are covering costs
    - Increase due to COVID-19 needs
      - Proper PPE
      - Cleaning materials
      - Increased facility cleaning
      - Additional staff time
  - Increase or decrease in practice hours based on guidelines and restrictions
  - Monthly charges will be suspended for athletes who have a parent/guardian decide to have them not participate in in-person practices and competition due to health concerns. Their spot on team will be kept to up to 6 months unless monthly fees are collected to save their spot.
  - Depending on staff availability, we may offer virtual practices to those who choose not to participate in in-person practice due to COVID. A fee will be charged.
  - Change in guidelines and restrictions limiting student to instructor ratios (i.e prior guidelines had a 5:1 ratio and in some cases there were 6 team members, which required 2 staff)
  - We can only hold spots for gymnast who choose to not participate due to COVID-19 until we have new team members able to participate in in-person practices and can pay the full amount needed to maintain their spot on team. If a gymnast wishes to continue to hold their spot, but is still not ready for in-person after the 6 month period, then they will need to resume payments or be placed on the waitlist if space is unavailable.

## Current Guidelines & Restrictions as of October 6<sup>th</sup>, 2020

### Coaching staff will update everyone as the Governor's office makes changes to the guidelines and restrictions.

- **Gym Occupancy:** 1 person per 300sqft not including coaches
  - BHS Gymnastics Room 4,000sqft: Occupancy 13 plus staff
  - Transmitter Building 3,000sqft: Occupancy 10 plus staff

- **Check in process:** Temperature check and screening questions regarding symptoms of Covid-19. Anyone, staff included, with two or more of the listed symptoms is not permitted to enter the facility.
  - Fever
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell

After screening gymnasts must sanitize or wash hands before entering.

- **Distancing:** A minimum of 6 feet should be kept between everyone at all times. Gymnasts from the same household do not have to distance.
- **Cleaning:** Gymnasts and coaches spray and wipe down every station with cleaning solutions immediately after each person's use. Gymnasts stay at stations for a set amount of time, then have to wipe down before they can move on to the next station. Cleaning supplies are located by the apparatus throughout the gym (i.e. beam, bars, tumbl trak, vault, floor) to eliminate traffic flow throughout the gym.
- **Masks:** Masks are required at all times, with 2 exceptions. 1: when performing strenuous exercise that increases the heart rate (i.e. running for vault). 2: when performing skills where the mask could move and create a hazard (i.e. tumbling). In both cases the masks stays on until the moment of performance, then gets placed back on immediately after. We also allow the kids to step outside for a moment to remove their mask if needed.
- **Spotting:** Coaches try not to do any spotting to keep the contact level low. However, there are times when an emergency spot may be needed, or when a gymnast needs just a little help to get a skill. If a spot is asked for, and deemed necessary, the coaches put on gloves to spot. Immediately after spotting, the gloves are taken off and the coach sanitizes their hands. In the case of an emergency spot, coaches may not be wearing gloves and will have to sanitize immediately while also asking the gymnast to wash off or sanitize the area where the coach spotted.
- **Entrance/Exit:** There are separate entrance and exit doors for both facilities to limit contact between people entering and exiting the facility.
  - BHS Gymnastics Room: The main doors are for both entrance and exit, one side for each. The pathways are separated by tents outside the gym and a screen inside the gym.
  - Transmitter Building: the entrance is to the left of the main doorway, leading to the basement then taking stair up to the gym. The exit is out the main door and down the stairway.

### **Competition Season**

- A competition season during a pandemic like COVID-19 may have alternative competition types and a shortened season depending on the guidelines and restrictions set forth by the Governor's office and State Health Department.
  - Currently competitions are available in 3 formats.
    - **In-House:** Judges may be brought into our gym to judge routines on each of the apparatus for BIGC Team members only. No other teams will participate. Depending upon the phasing status of the county, there will be a limit to the number of gymnasts in the gym and spectators may or may not be permitted. If spectators are not permitted, coaches may set up a virtual format (Zoom) for spectators to still watch the competition.
    - **Virtual:** BIGC Team members will come to our gym and we will log on to a virtual format with judges. Other teams may also be involved with the competition from their own respective gyms. Judges will either signal for a gymnast to begin their routine then have a coach film it and upload it to the judges for judgement, or their will be a live feed for the gymnasts to perform in real time for the judges.

- **In-Person:** Depending on the phasing of the county in which a competition will be hosted, meets can take place in person with limited numbers of gymnasts (depending upon the size of the facility and distancing regulations), possibly little to no spectators, and other adjustments to how a normal competition may take place. These adjustments may include...separate entrance and exit points to limit contact, distancing rules between teams, cleaning of equipment after each gymnast uses it, sanitizing stations at each apparatus, no awards ceremonies, etc.
- Budgets will be decided upon prior to the start of the season as usual, but there will be the availability to make necessary amendments if things happen to change with the status of the pandemic. There will be budgets available with options for the different types of meets, with the ability to make amendments as needed based on the status of the pandemic.

## PRACTICE TIMES

### WHERE

The Bainbridge Island Metro Park District Gymnastics Team works out at the Bainbridge High School Gymnastics Room, and/or the Transmitter Building, year-round.

### WHEN

Due to the limitation of time and space at the High School, team practices are varied. The practice schedule for the year is broken into four seasons. **Times and days are subject to change!** The level and the workout capacity of the gymnast determine days or times that an individual gymnast works out. There are monthly calendars that are sent out to notify you of the schedule that may include any time or day changes.



### FALL & SPRING

Fall runs from approximately September to end of October and Spring runs March through mid-June. Example below:

#### **GIRLS' TEAM:**

Day	Times: Group 1	Times: Group 2a	Times: Group 2b	Times: Group 3	Times: Group 4a	Times: Group 4b
Mon			4:00-7:00	4:00-7:00	4:00-8:00	4:00-8:00
Tues	4:00-6:00	4:00-7:00	4:00-7:00	4:00-7:00	4:00-7:00	4:00-8:00
Wed						
Thurs	4:00-6:00	4:00-7:00	4:00-7:00	4:00-7:00	4:00-8:00	4:00-8:00
Fri	4:00-6:00	4:00-7:00	4:00-7:00	4:00-7:00	4:00-7:00	4:00-8:00

#### **BOYS' TEAM:**

Day	Times: Group 1	Times: Group 2	Times: Group 3
Monday	4:00 – 7:30	4:00 – 7:00	4:00 – 6:00
Tuesday	4:00 – 7:30	4:00 – 7:00	
Wednesday	4:00 – 7:30	4:00 – 7:00	4:00 – 6:00
Thursday			
Friday	4:00 – 7:30	4:00 – 7:00	4:00 – 6:00



## **WINTER**

Runs from approximately beginning of November to end of February.

***Due to the High School Girls' team workout schedule during this time of year, all levels may start and finish ½ to 1 ½ hour later. This will depend on the facility availability! They may also start practice in another facility and end practice in the main gymnastics room.***

## **SUMMER**


Runs from approximately mid-June to the end of August. The schedule changes from week to week due to our BIMPRD gymnastics camp schedule. Some groups will work out in the morning during some weeks and then afternoon or evening other weeks of the summer. An example schedule for boys or girls is below:

<b>Day</b>	<b>Times: Group 1</b>	<b>Times: Group 2</b>	<b>Times: Group 3</b>
Monday	1:00 – 5:00	1:00 – 4:00	1:00 – 3:00
Tuesday	1:00 – 5:00	1:00 – 4:00	1:00 – 3:00
Wednesday	1:00 – 5:00	1:00 – 4:00	1:00 – 3:00
Thursday	1:00 – 5:00	1:00 – 4:00	1:00 – 3:00

<b>Day</b>	<b>Times: Group 1</b>	<b>Times: Group 2</b>	<b>Times: Group 3</b>
Monday	9:00 – 1:00	9:00 - 12:00	9:00 - 11:00
Tuesday	9:00 - 1:00	9:00 - 12:00	9:00 - 11:00
Wednesday	9:00 – 1:00	9:00 - 12:00	9:00 - 11:00
Thursday	9:00 - 1:00	9:00 - 12:00	9:00 - 11:00

## **ATTENDANCE**

- Attendance at all practices and meets is mandatory unless one of the reasons stated below in #2 applies.
- Gymnasts will be excused from practice for the following reasons:
  - Illness or injury;
  - Family vacations. **We request that vacations longer than 5 days not be taken during competitive season.**
  - School required activities or functions;
  - Medical appointments;
  - Major family emergencies: death, major accident, or illness.
- In order for absences to be excused, the coaches must be contacted for the time being missed. Any gymnast missing excessive hours of practice that are unexcused will be asked to take a leave of absence and their space may be taken by another gymnast.
- Attendance will be taken at all practices. Attendance may determine whether a gymnast may keep their spot on the team or relinquish it to another gymnast.

5. In order for a gymnast to reach the required skills set for their level, workout hours are set by the coaching staff to ensure that an individual is strong and flexible enough to train and compete at the desired level deemed by the head coach. If your child cannot make these full hours consistently, then they may be asked to compete at a lower level.
6. During the competitive season, a gymnast must be present at the two practices prior to the meet or the gymnast will not be eligible to compete and will forfeit paid meet fees. Prior arrangements may be made with the head coach under special circumstances. This is assuming that the prior absence(s) are excused and team attendance is good.
7. Gymnast must be on the floor on time with their hair tied back, jewelry off, and in appropriate attire.  
**If a gymnast is late and not prepared, they will receive a verbal warning for the first two offenses and a written warning via email to their guardians on the third.** After the third offense, they may be asked to miss their next scheduled practice or have some other consequence established by coaching staff. 
8. **Any gymnast coming to practice more than 15 minutes late will be counted absent and will not be able to participate unless we have a written notice via email or text from a parent or teacher, or have a parent explain the circumstances in person.** Consequences for being five minutes late, or more, may be determined at the coach's discretion, depending on the amount of time, the number of offenses, and the excuse given. Fifteen minutes late includes coming into gym at the scheduled time but taking over fifteen minutes to get ready. (See #3)
9. Cancellations - Occasionally a practice may be canceled due to a BHS high school function or any other unforeseen circumstances. Written or verbal notification to all concerned will be given no later than one week prior to the cancellation date or as soon as information becomes available.
10. **LEAVE OF ABSENCE:** Any gymnast taking a leave of absence may take the following actions:
  - 1) Leave BIGC for personal obligations or reasons **without** paying monthly dues; the gymnast forfeits their spot on the team.
  - 2) Leave BIGC for personal obligations or reasons **with** paying monthly dues. The gymnast will keep their spot on the team for a period of up to six months.
  - 3) Leave BIGC due to injury or illness, **without** paying monthly dues. A gymnast will keep their spot on the team for a period of up to six months. The gymnast must have a written notice from the doctor stating the estimated period of time the gymnast will not be able to participate on the team.
  - 4) **Reducing hours due to other activities**



## RESPONSIBILITIES OF THE GYMNAST



1. Equipment must be constantly checked for safety. This includes checking the mats for proper fitting and placement. Each BIGC gymnast will be required to double check the equipment that they are working on during a meet or a practice session for proper settings and matting. To reduce the risk of injury, each gymnast should always be on the alert for any safety hazards and report them immediately to a coach. They should also check their personal equipment which may be their grips, wristbands, shoes etc. anything that is needed for workout.
2. It is unsafe for a gymnast who is not feeling well or who is injured to be working out or competing. Please talk to the coach concerning possible illness or injury. In the event of an injury, it is possible to limit workouts or competition to ensure safety. Please communicate with your coach about any injuries, even minor ones, in order for them to plan a modified workout that best fits your situation. It is expected of you to continue on a workout plan unless directed by a doctor.
3. Inform your coach if a practice will be missed due to illness, injury, school functions, doctor appointment, vacations or other circumstances.

**Injuries: The gymnast and parent must report all injuries to their coach. If a gymnast goes to the doctor for an injury, they must have a written clearance from the doctor in order to return to practice. The written notice must include the intensity allowed for their workouts.**

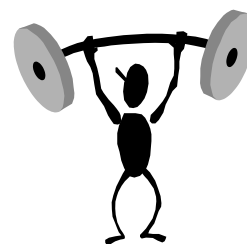
4. Each gymnast is expected to help promote a good working atmosphere in the gym by having a respectful and positive attitude toward all coaches, teammates and parents. Any gymnast who does not maintain a respectful or positive attitude will be asked to evaluate what is causing them to not meet their responsibilities. When there are problems relating to maintaining a positive attitude, the coach will schedule a meeting with the parent(s) and gymnast to develop an improvement program and timeline. Information coming home from the gymnast is not always fully accurate; therefore, the coach may request that a parent come to practice and observe. Coaches, gymnasts and parents must communicate effectively, honestly, and respectfully in an effort to help the gymnast have a happy and positive experience in the gym. If there is no improvement in the gymnast's attitude in a reasonable period of time, the gymnast may then be asked to leave the team, at the coaches' discretion.



5. Gymnasts should maintain a positive attitude during good days and, in particular, on bad days. If a gymnast has behavior problems during practice, they will first be given a verbal warning; second, be given a 5-10 minute sit out time; third, be asked to go home for the day or for an extended period of time up to a week.
6. Gymnasts should always treat their teammates with respect. The older and/or more-experienced gymnasts should remember that they are role models to the younger or less-experienced teammates. Therefore, their actions and behavior towards everyone are held to

a higher standard. There should be no negative talking or behavior towards any gymnast. If there is a problem between gymnasts, it is the responsibility of the gymnasts to talk with each other to try to resolve the conflict. If the conflict can't be resolved between gymnasts, they will then need to address their concerns with a team coach. The coach will then help the gymnasts handle their differences or discrepancies.

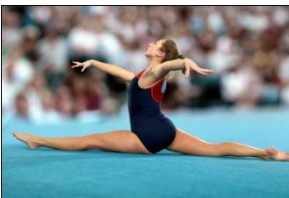
7. It is expected that each gymnast will attempt any skill, new or old, that the coach feels the gymnast has prepared properly for and has gone through logical progressions.
8. There will be times that gymnasts may have to come to practice early or stay late for reasons of an incomplete workout or troubleshooting a skill. We may also require you to have a private lesson, paid by your parent or guardian, if it is deemed necessary by the head coach to further your gymnastics in one or two particular areas. The coach will notify you either way.
9. The gymnast must develop enough confidence in one's self and their coach so that the word "can't" isn't heard.
10. It is critical to fully complete every skill being attempted, in order to prevent possible injury.
11. No tears - well, almost none – learning to keep emotions under control is crucial for gymnasts to find success and be productive even on days where it feels like nothing's going right.
12. Accepting the premise that open and constructive criticism is the only way a gymnast and the team can improve.
13. We request honest, forthright and sincere communication for all; coach, gymnast and parent.
14. Understanding that gymnastics is both an individual and team sport; for the team to do well, each individual must take on the responsibility of being the best they can be.
15. The knowledge that proper conditioning and stretching are the first steps toward good mental discipline: "sound mind in sound body." A gymnast is expected to do all conditioning and stretching exercises properly and completely.
16. Each gymnast should be capable of fulfilling their potential by showing enthusiasm, sincerity, honesty, perseverance, and, yes, guts.
17. A gymnast must compete all-around in order to keep their spot on team with the exceptions of first year competitors, injuries or any other reasons that the head coach determines appropriate and fair. The coaching staff will determine what level you compete.
18. Behavior at Meets. A meet consists of three parts: warm-ups, competition and awards. During competition, all gymnasts must remain with the team from the beginning of timed warm-ups until the last team member has finished their last routine and awards presented or until



excused by a coach. All team members must sit together during awards from the beginning to the end to show support to their teammates . No gymnast may leave the competition area **at any time** without the coaches' permission. **Parents are not allowed in the competition area unless requested by a BIGC coach or meet director. Parents must stay in designated spectator areas.**

Negative outbursts and responses will not be tolerated and will be dealt with appropriately. If, at any time, during the course of a meet, a gymnast displays poor sportsmanship or negative behavior, they will be removed from that meet. If removed during competition, the gymnast will be suspended from the next meet and paid fees will be forfeited. Depending on the severity of the infraction, a gymnast may be suspended from further meets for that season or from the team permanently.

## 19. Attire



- a. At practice: All **female gymnasts** will wear a leotard to practice or they will not be able to participate for that day. They may also wear tight (biker) shorts during workout as directed by the coaches. **Sweat shirts or pants, t-shirts may be worn during warm-ups but must be removed when warm-ups are completed or when the coach directs them to do so.** Tights and wrist guards are all

acceptable attire during practice sessions. Hair must be secured in a safe manner (i.e. hair out of the face) and no jewelry, watches, or bands may be worn. We suggest that gymnasts have a small bag available in their lockers with hair ties, bobby pins, deodorant, and/or feminine products. Have tennis shoes available daily for possible conditioning outside, especially during the spring, summer, and fall months.

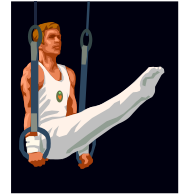
All **male gymnasts** must have shorts, sweat pants, and tight fitting t-shirts available during practice. T-shirts must be tucked in at all times. Watches, jewelry and bands may not be worn. Have tennis shoes available daily for possible conditioning outside, especially during the spring, summer, and fall months. We also suggest having deodorant available in their locker for use during practices.

- b. At Meets: **Female gymnasts** will wear their competition team leotard. There may be times during warm-ups that they will be required to wear their team warm-up leotard\*; this will depend on the format of the meet. Gymnastics shoes may also be worn if the gymnasts and coach feel it is necessary. When a gymnast is not actually competing, she can wear her team warm-up suit over her leotard. All jewelry, watches, and medical bracelets may not be worn. Each gymnast will need to have a water bottle or sports drink, and a healthy snack, i.e. power bar, fruit, etc. All clothing, snacks, tape, and grips should be placed in a BIGC gym bag and carried throughout the meet.

Gymnasts must show up at the meets in proper attire and with hair done nicely.

\*Underpants are **not** to be worn in place of competition briefs.

All **male gymnasts** must have their competition shirt, shorts, pants, socks, and warm-up jacket and pants. Level 4s will only be required to wear the competition shirt, pants, shorts, and socks, but will have the option of buying and using all other parts of the uniform. Socks (color matching competition pants) or gymnastics shoes must be worn during competition, except on vault and floor. All jewelry, watches, and medical bracelets may not be worn. Each gymnast will also need to have a water bottle or sports drink, and a healthy snack, i.e. power bar, fruit, etc. All clothing, snacks, tape, and grips should be placed in a BIGC gym bag and carried throughout the meet.



20. The meet schedule is set by the coaching staff every year. Most meets are local or stay within the state lines, with the exception of one or two meets in our region. The coaching staff may also choose one meet outside our region in any given year. For example, in past years we have traveled to San Diego, California; Las Vegas, Nevada; and Phoenix, Arizona. These 'away meets' are not required, but are recommended for levels 5 through 10. The Bainbridge Island Gymnastics Club usually does several fundraisers a year to help offset some of the competition expenses, but your family will still need to plan for this financially. There are scholarships offered through BIGC or Helpline. A gymnast also has the option of finding a sponsor but will need to notify the program manager if this is the case.
21. Participation at all championship meets is required. These include sectionals, state, regionals, and nationals. If you have the potential to qualify to any one of these levels of competition, then you will need to plan for this financially. The Bainbridge Island Gymnastics Club & Helpline offer scholarships. You also have the option of finding a sponsor.
22. When a female gymnast has progressed to an optional level (6-10), optional music must be obtained. The coaching staff must approve all optional music. The gymnast, with the help of a coach or choreographer, will provide three sample tracks of music that best display qualities needed for the judging of the routine and which incorporate the gymnasts' individuality. The coaching staff will then review the music and decide which of the three would best fit the gymnast. Once decided upon, the music will need to be ordered or be cut. Music needs to be put into mp3 format. One copy will be kept in the gym; the second will remain with a coach, and the third should be kept at home and be taken to meets during competition season. An optional floor exercise routine will be choreographed for each new optional gymnast. A gymnast will most likely have to come in the gym on a Saturday or Sunday to create the routine with a paid choreographer or coach. A gymnast should keep the routine for at least two years. If, at any point, a coach/gymnast chooses to change the music, there may be a fee for the choreography of a new routine. The gymnast and/or her parents will cover any fees incurred; fees may range from \$250-\$500, depending on the experience of the choreographer. Someone on our coaching staff will create optional beam routines unless we do not have the time or do not have someone on staff with choreography experience. In that case, you will need to hire a beam choreographer, with the recommendation of the coaching staff, to create the routine. Fees range from \$125-\$300 per optional beam routine. The time to have these routines composed and completed is July through September for all optional levels.

23. Personal belongings should be kept in lockers in the back room. Neatness is required of each gymnast. Coaches may require cleaning during scheduled practice times if deemed necessary.
24. The coaching staff communicates mostly through email, including information on practice schedules, competition schedules, and general team business. Please be sure to check your household email at least once a day for club or team correspondence. There are "Mail Pockets" in the gym for all BIGC general officers, both boys' and girls' teams. You may use them to communicate to the officers at any time. BIGC payment of any kind may be dropped off in the payment box; or, payment can be left in either treasurer's pocket.
25. Social Media: No BIGC member may create websites, blogs, Facebook accounts, or any other social media representing the Bainbridge Island Metro Parks and Rec Gymnastics Program. The use of any BIMPRD Gymnastics Program pictures, documents, or letters may not be used for your personal websites or postings unless permission has been granted by the program manager. This includes pictures of athletes, staff, parents, or BIGC family members other than your own. To keep an atmosphere positive and supportive for all involved with BIGC (athletes, staff, family members or volunteers), we encourage the following when using your own personal social media outlets:
- No profane, obscene, or violent content and/or language;
  - No content that promotes, fosters, or perpetuates discrimination on the basis of race, creed, color, age, religion, gender, sexual orientation, mental health, or national origin;
  - No defamatory or personal attacks;
  - No threats to any person or organization;
  - No encouragement of illegal activity;
  - Information that may compromise the safety of any athlete, staff, or family members.
26. Snacks: Please bring a healthy snack with water, 100% juice, or sports drink to practice every day. This does not include sugary snacks or soda. Complex carbs are an excellent source of energy that the body uses during workouts.



Gymnastics is a very physically-demanding sport which requires a balanced diet. This means that a gymnast's diet shouldn't be filled with junk food like potato chips and sodas. Taking in a high amount of calories is very important; a gymnast needs to get these calories from the carbohydrates, proteins, and fats that they eat every day. These three nutrients have different functions in the body, and it is important that they are consumed in proper portions at every meal.

Protein is vital to repair muscles that have been broken down during training. Protein is very important to a gymnast's diet, especially after a workout or competition. In fact, it's also needed the day after because this is the period when the muscle is repairing and strengthening itself. In order to provide the protein needed to repair muscles, a gymnast should include beef, chicken, lean pork and fish in their diet. Reddish fish can be a good addition to a diet. This is because reddish fish has a



high content of Omega-3 oils. For vegetarian gymnasts, having a lot of tofu can be a great idea. Beans and protein are considered to be a partial source of protein too.

Carbohydrates are needed as an immediate and short-term energy source for a gymnast's training or exercise. In fact, simple carbohydrates, like sugars, can cause an increase of blood sugar levels when it enters the bloodstream. The only disadvantage of this is the fact that the high energy can suddenly collapse when blood sugar level suddenly decreases. In order to effectively control the release of sugar in the bloodstream, gymnasts need to have a lot of complex carbs like whole wheat bread, whole wheat pasta, and certain vegetables in order to be provided with the energy that they need without too many highs and lows. Although gymnasts need both kinds of carbohydrates to give them the energy that they need, their consumption of simple sugars should be lessened to prevent sugar crashes. The energy released from carbohydrates takes the form of glycogen which is stored in the muscles. A gymnast's supply of glycogen becomes very low after exercise and needs to be replenished during workouts with a snack.

Having a small amount of fat can be good for activities that require endurance because it is used up as fuel after the glycogen from the carbs has run out. Another reason why fat is important is the fact that it can protect a gymnast's internal organs when they are tumbling. Subcutaneous fat, which is found underneath the skin, can also serve as insulation from the cold.



Fats also regulate a gymnast's metabolism and are very much needed in a gymnast's growth. It takes a long time for this fuel to burn. You should take note, however, that the serving of fat that one must take is dependent on the type of fat. A gymnast shouldn't have an excess of saturated fats in their diet. These are usually found in bacon, fatty beef, and fatty pork. There should be more mono-unsaturated fats in their diet. These are usually found in olive oil, nuts, and fatty fish.



26. **DRUGS AND ALCOHOL:** consider the following: a.) Alcohol slows reaction time, diminishes energy and enthusiasm, affects judgment and the ability to think clearly and alters performances because of physical deterioration and emotional stress. b.) Marijuana affects perception of speed, time, space and a person's motivation. c.) Stimulants, such as cocaine, make one feel overconfident so one acts like a daredevil. d.) Hallucinogens, like LSD, affect vision and hearing. e.) Some look-a-likes make concentration difficult, increase sleepiness, alter vision and slow down reflexes.



Gymnastics and Drugs do not mix! You will endanger yourself and others around you. **The use of drugs, alcohol, and/or tobacco is prohibited.** If you are found to be in the possession of, the sale of, the use of, and/or under the influence of alcohol, tobacco, or other drugs, the following action(s) may occur, depending on the severity of the offense:

1. You will be suspended from participating in any Bainbridge Island Metro Park District club sport for 4 weeks.
2. You will be asked to do community service.
3. You will be permanently suspended from any Bainbridge Island Metro Park District club sport.

## MEET THE COACHES



### Program Manager and Boys Head Coach – **Bryan Garoutte**

Bryan started gymnastics in his senior year of high school. He then worked in Silverdale for two years coaching classes and boys team while going to college. He earned an Associates of Arts Degree from Seattle Central Community College. He then took the head coach's position for the Bainbridge Parks and Rec. He has coached for the Bainbridge Island Metro Park and Recreation District for more than twenty years. He began coaching the girl's team for several years, and then moved to coaching the boy's team.

He was the Men's "Coach of the Year" for Washington State in 1992-93. He has trained several state & regional champions on individual events and in the all-around for the past 15 years. His favorite events to coach are the pommel horse, parallel bars and vault. Bryan enjoys coaching both boys and girls teams, however, is now coaching primarily the boys team. He was selected to coach at both the state and regional camps in past years and has directed the state camp. He was voted as the Men's Program State Treasurer from 1999 to 2012.



### Girls Head Coach – **Jason Balangue**

Jason has spent his life training in a variety of sports, most notably Martial Arts. He has trained for many years in acrobatics, gymnastics and dance as well. From 1999-2004 he worked for the Bainbridge Park District Gymnastics program teaching classes as well as coaching the girls team levels 4-7. In 2004, Jason decided to search for a new path in life and left to do some modeling and acting in the Philippines. After a short time away, he realized that he missed coaching gymnastics

and training people to be physically fit, so in 2006, he returned to Washington to become a Personal Trainer. He became certified by the National Academy of Sports Medicine (NASM) in Physical Fitness and Nutrition, and also got certified in Ortho-Kinetics. He trained many top athletes from a variety of sports (Collegiate and Professional), as well as bodybuilders. In early 2008 he was given the opportunity to come back to the BIMPRD Gymnastics Program working with the Hot Shots and Girls levels 4 and 5. Jason's favorite event to coach is Floor. Jason is best known for not allowing anyone to use the word CAN'T during practice.



### Girls Coach – **Katie Rochon**

Katie started gymnastics when she was 10 years old. She competed up to level 8 and did 4 years of high school gymnastics. She was selected for the Washington high school national team. Katie started coaching her senior year in high school and has been coaching ever since. In June of 2016, she joined the BIMPRD team.



Boys & Xcel Coach – **Bryan “Wilbur” Peterson**

Wilbur is extremely excited and proud to be back in the gym with BIGC! Wilbur began his gymnastics career as a Kindergym gymnast shortly after moving to the island in 1998. He joined the BIGC team in 2001 and competed for ten seasons before graduating from BHS. Growing up, his favorite event was (and still is) P-Bars. Wilbur began coaching classes and camps part-time once he turned 14, and returned seasonally to help with camps and team during summers while attending the University of Oregon, where he also coached boys’ team at The US Gymnastics Academy in

Eugene. Wilbur is an FIG-certified men’s judge with five years’ experience and has judged state competitions in Oregon and Nevada as well as large region-wide meets like Rose City and Charity Choice, and he is very excited to help all of our gymnasts meet and exceed their competitive goals.



Girls Coach – **Megan Kelly (Megan is not currently coaching due to cutbacks related to Covid-19. We are anxious to get her back in the gym as soon as restrictions with the pandemic change)**

Megan was in gymnastics for 12 years and has been coaching for 6 years. Her favorite event as a gymnast was Balance Beam. Her favorite event to coach is Vault. Megan did gymnastics competitively at Zero Gravity athletics for about 3 years before retiring from the sport.

## **COACHES' RESPONSIBILITIES**

Fortunately, due to the cooperation between the Bainbridge Island Metro Park District and Bainbridge Island School District, we have the availability of a gymnastics facility. Coaches are responsible for making sure that the gymnasium and equipment meet current Federation of International Gymnastics specifications. Coaches must also plan for future additions and replacement of old equipment.

Safety considerations are important to the operation of our gymnastics program. Accidents may be kept to a minimum through program preparation and avoidance of negligence. It is the coaches' responsibility to obtain and update CPR and first aid certification, as well as a United States Gymnastics Safety Certification and background check, and adhere to the safety policies that are set forth by USA Gymnastics.

Equally as important, as coaches, we are to make every effort to keep our knowledge of gymnastics as current as possible. The Head Coach and Assistant Coaches will attend a minimum of two clinics per year to learn up-to-date information on rules, regulations, safety and skill progressions and techniques.

Other responsibilities of the coach include:

1. Organizing practices by planning daily workouts and activities.
2. Preparing each gymnast as best as possible for competitions.
3. Planning and organizing home and away meets.
4. Conveying to the gymnast team rules and the consequences of breaking them.
5. Helping provide motivation to meet team and individual aspirations.
6. Sharing coaches' aspirations for the team
7. Ensuring the gymnasts' safety through safety awareness education, strength and flexibility program, proper teaching techniques, and instilling proper eating habits.

There are several other traits that are important for coaches. Although they are not responsibilities, they are areas in which coaches will strive to be competent.

1. Dealing with each team member as an individual is important. Some gymnasts need a lot of coaching and others may work more independently. The concept of fairness is something that gymnasts seem to get hung up on. There will always be some gymnasts who will get more of the coach's attention on a given day than others. However, if the team understands why the coach is giving more time to a certain gymnast, there will be a better understanding. This requires communication. As coaches, we will attempt to determine what each gymnast's needs are, and provide for them as we feel necessary. Overall, each gymnast will receive an adequate and equitable amount of attention.
2. Have a positive sense of humor.
3. Appreciate the sociology of the team. We must deal with the individuals on the team, but also be aware of how these individuals interact.
4. Coaches probably all want to be liked but there will be individuals on any team with whom the coach will have conflicts. The coach through successful communication and mutual respect must deal with these personality clashes. Respect is what a coach needs from a team more than being liked. Respect must work both ways; coach to gymnast and gymnast to coach.

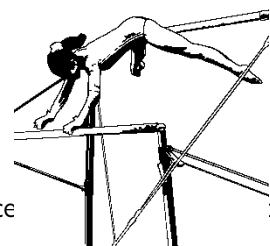


## RESPONSIBILITIES OF THE PARENTS

1. **Have your gymnast to the gym with enough time to get ready to workout at the time practice is scheduled to begin, and pick up your child at the end of each practice on time.**
  
2. Call or email the coach to inform them when a gymnast will be late or absent.
  
3. Team Tuition: Payments are due by the 5<sup>th</sup> of each month for those paying by check or cash. All payments will be processed by the 10<sup>th</sup> of each month. This includes credit cards that are set up for automatic payments. You will receive a receipt of payment. If payment was not received, or if the credit card was expired/declined, then you will receive a bill showing the amount due to the parks district. There will be a \$10 late charge and payment needs to be given within 5 business days of receipt of the bill. If payment is not received by then, you will receive a notice that your child will not be able to participate in practice until the amount is paid in full. Payment may be made by check, cash, or money order, or by automatic payment via credit card. The preferred method of payment is to have the monthly tuition automatically charged to a credit/debit card. There is a form for this method that must be fill out and signed. Please request a Credit/Debit Permission Form from the head coach. A \$10 late charge will be assessed if the payment is not received on or before the 5<sup>th</sup> of the month. If the payment is not received within 5 days after being notified of the lateness, then a final notice will be given indicating that your child will not be able to participate until your bill is paid in full. If you are late more than twice, then you will be asked to use the auto credit/debit payment system. Payments are written to **Bainbridge Island Metropolitan Park & Recreation District** (BIMPRD) and delivered to the payment box located in the gym next to the gymnast packets or may be sent to: Bainbridge Island Metro Park District - Gymnastics, 7666 NE High School Rd. Bainbridge Island, WA 98110.  
If you are gone during the due date and pay by cash, check or money order, then please make arrangements for payment.  
Monthly tuition is still required during any family vacation times.  
Other payment arrangements may be made through the Gymnastics' Program Manager. Female gymnasts may pay an additional \$15-20 per month for dance. In past years, we have hired a dance instructor to come into the gym to teach dance to the gymnasts. Dance is an important part of their training. Please check with the coach to confirm this part of their training is not a part of their regular workouts.  
Monthly tuition will be prorated only if the gymnast has an injury or a prolonged illness that keeps them from working out or performing. In both circumstances, the gymnast must have a doctor's written notice. We do not prorate for any reason other than stated above. When we calculate team monthly tuition, holidays and 3 full weeks off are included in the fees. This includes family vacation times. Full monthly payment must be made during family vacations.

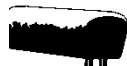
4. **Parents must participate in the Bainbridge Island Gymnastics Parents Club.** Be ready to help with fundraising, home meets and special events. The parents' club's function is to help the gymnastics team by fundraising for gymnast's expenses, scholarship fund, equipment, and coaches' meet and training expenses. Other functions are to foster team spirit, enhance the image of gymnastics in our community, and help provide a safe and better learning environment. The Parents Club has by-laws (**appendix A**) and expense policies that are reviewed every year. If you need any additional information, please contact the BIGC President.
5. BIGC Budget and Dues: There is a budget for each competitive year. This budget consists of the expenses incurred for the current competition season. This includes meet fees, USA Gymnastics fees, some uniform expenses, general club expenses, coaches' trainings, and local and away meet travel expenses. Each gymnast, whether they attend a meet or not, will be charged coaches' expenses, but will not be charged the meet fee if they notify the head coach prior to the fee being paid out. The budget year begins June 1 and ends May 31. Please be sure the head coach gives you a budget and a Bainbridge Island Gymnastics Club payment agreement. The fees will then need to be collected according to the BIGC agreement. Other payment arrangements may be made through the Head Coach. Please contact them for more information.
6. Listen to your child. If they are having problems either physically or emotionally, sick or otherwise, inform and work with the coaches to help resolve the situation. Communication is the key for success!
7. Please read important nutritional information from this handbook on pages 12-13. Also, please be sure that your child brings a healthy snack with juice or sports drink to practice every day. Do not send any sugary snacks or soda.
8. **Injuries: The gymnast and parent must report all injuries to their coach. If a gymnast goes to the doctor for an injury, they must have a written clearance from the doctor in order to return to practice. The written notice must include the intensity allowed for their workouts.**
9. Gymnastics is a constantly-evolving sport whose requirements and expectations may vary year-to-year, much less decade-to-decade. To effectively help and understand your child's involvement in the sport, become involved: attend all parent club meetings and activities; whenever possible, ask the coaches questions. Supporting your child and their coaches can be another way of increasing your knowledge. That said...
10. **Leave the coaching to the coaches!**
11. There will be times that your child may have to come to practice early or stay late for reasons of an incomplete workout or trouble shooting a skill. We may also require them to have a private lesson, paid by the parent or guardian, if it is deemed necessary by the head coach to further the gymnast in one or two particular areas. Either way, we will do our best to notify you as soon as possible.

12. Stay off the working areas in the gym while you are observing. The spectator area is on the balcony located in the back of the gym.
13. When picking up or dropping off your child, please do not hang out by the gym door any more than 5 minutes before practice begins or ends. If you arrive more than 5 minutes before or after practice, you will need to go to the balcony to watch.
14. Please do not talk with the coaches during practice times unless the coach gives you the permission to do so. It is distracting to both the coaching staff and gymnasts.
15. The meet schedule is set by the coaching staff every year sometime during the fall. Most meets are local and stay within the state lines, with the exception of one or two meets in our region. The coaching staff may also have a meet outside our region in any given year. For example, in past years we have traveled to San Diego, California, and Las Vegas, Nevada. These “away meets” are not required, but are recommended for levels 5 through 10. Please note that if there is an away meet out of our region, there may be one less competition for your child to attend. The coaching staff, at their discretion, may put another meet in the schedule depending on coaching availability and/or budgetary constraints. The Bainbridge Island Gymnastics Club usually does several fundraisers a year to help offset some of the competition expenses, but your family will still need to plan for this financially. There are scholarships offered through BIGC or Helpline. A gymnast also has the option of finding a sponsor, but will need to notify the program manager if this is the case.
16. Parents are responsible for getting their gymnast to and from competitions on time! If your child shows up late, the coach may disallow them from participating in the competition and all meet expenses will be forfeit.
17. While at competitions, USA Gymnastics does not allow anyone in the competition area unless they are a current member of USA Gymnastics. **Please stay off the competition area unless a BIGC coach or the meet director gives you permission. Also, no flash photography is allowed at gymnastics competitions for the safety of the gymnasts.** If you have any concerns during a meet, please hold off and address them at your child’s next team practice unless it is an emergency situation.
18. Participation at all championship meets is required. This includes sectionals, state, regionals and nationals. If your child has the potential to qualify to any one of these levels of competition, then you will need to plan for this financially. The Bainbridge Island Gymnastics Club & Helpline offer scholarships. A gymnast also has the option of finding a sponsor.
19. Support your gymnast positively. Don't push or compare; the coaching staff measures success individual improvement, and we encourage parents to do the same.
20. Come in and watch practices periodically. You will be showing support for your gymnast while learning how gymnastics training works and what it involves.





21. We require that parents keep a positive attitude and atmosphere for the benefit of the gymnast. This means being respectful to coaches, gymnasts and other parents. If a parent's conduct becomes detrimental to their child, team, or parents' club, the head coach may ask the parent to remove themselves from any participation in the parents' club, team practices, meets, and/or any other team functions. The head coach may dismiss the parent for any length of time, including, but not limited to, dismissal from all BIGC or BIMPRD gymnastics functions indefinitely. If the conduct of the parent does not improve, the parent and the gymnasts may then be told to terminate their membership.
22. Social Media: No BIGC member may create websites, blogs, Facebook accounts, or any other social media representing the Bainbridge Island Metro Parks & Recreation Gymnastics Program. The use of any BIMPRD Gymnastics Program pictures, documents, or letters may not be used for your personal websites or postings unless permission has been granted by the program manager. This includes picture of athletes, staff, parents, or BIGC family members other than your own. To keep an atmosphere positive and supportive for all involved with BIGC (athletes, staff, family members, or volunteers), we encourage the following when using your own personal social media outlets:
- a. No profane, obscene, violent, content and/or language;
  - b. No content that promotes, fosters or perpetuates discrimination on the basis of race, creed, color, age, religion, gender, mental health, or national origin;
  - c. No defamatory or personal attacks;
  - d. No threats to any BIGC member or organization affiliated with them;
  - e. No encouragement of illegal activity;
  - f. No information that may compromise the safety of any athlete, staff, or family members.
23. There is a BIGC roster available. Please make sure you ask the head coach for the roster if you haven't already received one. The information on these rosters may not be given or sold to any outside person or group. **All emails must be approved by the Head Coach and/or Program Manger prior to sending it out to other club members,** including emails sent by BIGC officers. There may be special circumstances under which the Program Manager may give permission for an extended period of time to email club members for club business only. This rule is necessary and will help stop any miscommunication that may go between members. It will also limit the amount of emails people receive.





## GYMNASTICS VOCABULARY

- Arch:** Body in an open position bending backwards with an open chest with arms and legs straight
- Back Handspring:** Jumping backwards off two legs, landing on your hands and then back to your feet.
- Bridge:** An arch position with both feet and hands on the floor.
- Communication:** The ability to express one's self effectively by exchanging ideas, messages or information.
- Compulsory:** Required skills in a sequence that is created by USA Gymnastics, which involve levels 3 through 5 for girls and level 4 through 7 for boys.
- Dismount:** A skill performed at the end of a routine on a landing mat.
- Finish:** Last part of the routine. Gymnast must salute the judge at the end of a routine. Concentrating to produce a clear image of something.
- Focus:** produce a clear image of something.
- Front Handspring:** Stepping forward to a handstand pushing off your hands and then landing with one or two feet.
- Giant:** A skill on the bars doing a handstand circling around the bar back through a handstand. A short- or long-term task which one will strive to achieve.
- Goal:** task which one will strive to achieve.
- Grips:** Hand guards for bars and rings.
- Handstand:** Both hands on the floor, the body straight and toes pointing towards the ceiling.
- Hollow:** Body in an open position bending slightly forward through the back with an closed chest with arms and legs straight.
- Hurdle:** A low and long skip before a tumbling skill or vault.
- Jumps:** Moving from both feet and landing on both feet.
- Layout:** The body is completely straight.
- Leap:** Moving forward on one foot, splitting in the air and landing on one foot.
- Mount:** A skill performed at the beginning of a routine.
- Optionals:** A series of skills put together in a routine from the International code of Points & Skills. Difficulty may range from easy (A), medium difficulty (B), difficult (C), very difficult (D or E). This includes level 7 through 10 for girls and level 8 through 10 for boys.
- Overgrip:** Grasping the bar with your knuckles forward.
- Pike:** The body is bent at the hips with legs straight and together.
- Pirouette:** Turning around in a single point of support.
- Present:** First part of the routine. Gymnast must salute the judge before the start of their routine. A cartwheel with a 1/4 turn landing on two feet.
- Round-off:** 1/4 turn landing on two feet.
- Routine:** A series of skills put together to show a range of ability and mastery.
- Skill:** A single part of a routine.
- Spot:** To physically guide or assist a gymnast through a skill.
- Start Value:** Score from which each routine begins based on a 10.0 for compulsory and variable for optionals.
- Stick:** When a gymnast performs a landing correctly with no movement of the feet.
- Straddle:** The legs are extended outwards, apart, and straight.
- Tuck:** The body is curled up in a ball position.
- Undergrip:** Grasping the bar with your knuckles backwards.
- USA Gymnastics:** The governing body for gymnastics in the United States.
- Work Ethic:** The ability to focus on a task and continuing to strive through hard work.





**Parents and Gymnast Guide to the Basics of the  
Junior Olympic Girls Gymnastics Program  
Competition Levels**

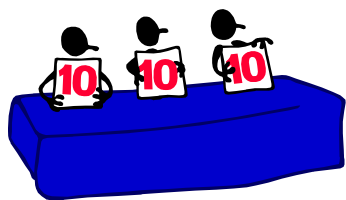
Gymnasts competing at the “**compulsory**” levels **3, 4, & 5** perform specific routines designed for the particular level by USA Gymnastics. Movements and skills allow gymnasts to demonstrate mastery, yet prepare the gymnast to advance to the next level. The skills and judging methods for each level differ slightly.

**Levels 6, 7, 8, 9, & 10 are “optional”** levels where gymnasts must demonstrate mastery of skills ranging in difficulty, from A (elementary) to E (advanced).

<u>Level</u>	<u>Program Requirements</u>	<u>Minimum Entry Requirement</u>
3 Introductory	Final stage of Developmental gymnastics or minimum of 2 events: floor, vault, uneven bars, balance beam	Skill Proficiency
4 Beginner	Entry level compulsory: floor, vault, uneven bars, balance beam	Skill Proficiency
5 Intermediate	Intermediate compulsory: floor, vault, uneven bars, balance beam	31.00 @ level 4 & Coaches' consent
6 Beginning	5 A's. 1 B on 3 events , Handspring or 360 twisting vault and meeting the state qualifying score for the state championship	31.00 @ level 5 & Coaches' consent
7 Beginning	5 A's. 2 B's on 3 events , Handspring or 360 twisting vault and meeting the state qualifying score for the state championship	31.00 @ level 5 or 6 & Coaches' consent
8 Intermediate	4 A's and 4 B's, on 3 events, a 360 twisting or a flipping vault and at state qualify for Regional championship	31.00 @ level 7 & Coaches' consent
9 Advanced	3 A's, 4 B's and 1 C on 3 events, Round off entry level vault with a twist or flip, state, regional and east/western nationals	34.00 @ level 8 & Coaches' consent
10 National level	3 A's. 3B's, 2 C's on 3 events, vault is same as level 9 with another level of difficulty. State, regional and east/west national and National championship	34.00 @ level 9 & Coaches' consent

## **COMPULSORY LEVELS**

### **Scoring**



Judges begin with a 10.0 score. Each element has a value based on difficulty. If an element is completed, minor deductions can be taken for specific errors or faults. If there are text violations, a .4 deduction will be taken for each violation. To help you understand what the judges are looking for, here is an

overview of each event and common deductions.

### **Vault**

Level 3: jump to handstand to flat back on stacked mats; Level 4 & 5: Front Handspring - jump from the board with a stretched body to an inverted position to the vaulting table. Immediately push off from the table, leaving table vertical, maintaining a stretched body position. Land in a demi-plie' and then extend.

Judges are looking for strength: height of jump off springboard, quick repulsion off table, distance in landing, and control: straight & tight legs and arms, firm landing. For example, a gymnast can lose up to 1.00 each for bent arms and staying too long on the table, and up to .50 for landing an insufficient distance from the table, but only lose .10 for taking a slight hop or step on the landing.

### **Uneven Bars**

Gymnasts perform routines with major elements worth .20, .40, .60, or .80. Each routine, depending on the level, will have 8 to 13 moves.

Amplitude: Requirements for amplitude (line from shoulders to feet) on skills such as glides, swings, & casts increase at each level. For example, at Level 5 the cast requires amplitude at horizontal, where Level 6 requires 15° above horizontal. Insufficient amplitude can result in deductions up to .60.

Control: Judges look for a correct body position with legs in the proper position for that element, and control on both upswings and downswings. Gymnasts strive to maintain a stretched body position without excessive arching or piking. Deductions for most execution errors range from .10 to .40. An

extra swing results in a deduction of .40 and for a fall .50.

### **Balance Beam & Floor**



Gymnasts perform elements each worth .20 - .80, depending on the difficulty required, and dance and acrobatic series made up of elements worth .40 - .60. If a gymnast falls after executing an element, a deduction of .50 is taken. If the element was not completed, the value of that element is also deducted. Most deductions for execution

errors are .10 or .20.

Here are some examples and samples of how big the deduction could be:

Execution: Correct head, arm and leg/feet positions and alignment. Deductions for leg separation or bent arms or legs are up to .30. An extra kick up to a handstand would result in a .30 deduction.

Amplitude: Free leg above horizontal on kicks, assembles, & similar skills. Height and distance on jumps, leaps, and dismounts. Sufficient repulsion on handsprings.

Control: Passing through the lever position and/or attaining vertical when performing a handstand, cartwheel, or back walkover. Holding positions such as a scale or handstand for the required time. Correct leg and foot positions on turns and leaps.

Rhythm: Continuity between elements in a series and generally throughout the routine. Keeping time to music in floor routine.



### Optional Levels Scoring

Level 6, 7, 8, 9 & 10 are optional levels. This means the gymnast, with the help of her coach begins to make up her own routines on vault, bars, beam, and floor. The elements in the routine are selected from groupings, with assigned values according to the international code of points. The code of points gives the gymnast hundreds of skills to choose from. Each level is scored as follows:

Lev.	Execution & Combinations	Value Parts	Connection Values	Requirements	Max Score
6	6.9	5 A's, 1 B = 0.8	0	2.0	10.0
7	6.9	5 A's, 2 B's = 1.1	0	2.0	10.0
8	6.4	4 A's, 4 B's = 1.6	0	2.0	10.0
9	5.7	3 A's, 4 B's, 1 C = 2.0	.3	2.0	10.0
10	5.3	3 A's, 3 B's, 2 C's = 2.2	.5	2.0	10.0

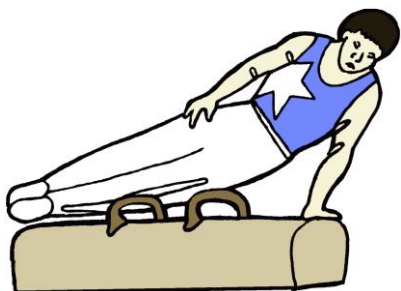
Execution of the required skills is the most important component of the score. Judges make deductions for errors and flaws similar to those described in the Compulsory Levels section. "A" elements are the easiest and worth .1 points. "B" elements are worth .3, "C" .5 and "D" .6 & "E" .7. Gymnasts can earn extra points through connections by adding skills or connecting 2 or more of B, C, D, or E value elements. Artistry, dynamics, rhythm, and originality would be scored in the composition component.

## OPTIONAL REQUIREMENTS

	Level 6	Level 7	Level 8	Level 9	Level 10
<b>Vault</b>	Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase & no more than 540° turn in total.	Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase & no more than 540° turn in total.	Group 1, 3, 4 & 5 Vaults indicated on the Lev.8 chart (Handsprings, Tsukaharas & RO entry)	Selected vaults from all Groups Refer to Level 9 Vault Chart All other vaults are not permitted & if performed, VOID the event.	All vaults from Groups 1-5 Certain 10 SV vaults will receive +0.1 bonus if performed successfully
<b>Bars</b>	1. 1 cast – min. of horizontal 2. One bar change 3. One element from Group 3, 6, or 7 4. Dismount, min. A	1. 1 cast–min. of 45° from vert. vertical 2. & 3. Two 360° clear circling elem., Same or different - one must be a B - one from Group 3, 6, or 7 4. Salto or hecht dmt, min A	1. Min. of 1 bar change 2. & 3. Two B elem., same or diff. or different minimum of B: - One with flight (not dmt) or turn (not mnt/dmt) - One from Groups 3, 6, or 7 4. Salto or hecht dmt, min. A	1. Min. of 2 bar changes 2. One flight element, min. B (not dmt) 3. A second (different) flight element (min. C) OR OR one element with LA turn (min. C) (not mnt/dmt) 4. Salto or hecht dmt, min. B	1. Flight element, min. C (not dmt) 2. A 2nd (different) flight elements, min. B 3. Element with LA turn, min. C (not mnt/dmt) 4. Salto or hecht dmt, min. C
<b>Beam</b>	BEAM (Max. time: 1:15) 1. One acro elem. from Gr. 5, 6 or 7 (Must start & finish on beam) 2 One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Min. of A dismount, with or without hand support	BEAM (Max. time: 1:20) 1a. Acro series with a min. of two A's or B's with or without flight, AND 1b. One acro flight element - may be included in series (All Acro SRs must start & finish on the beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt, min. A	BEAM (Max. time: 1:30) 1. Acro series- min. of 2 elements, 1 with flight. (Both must start & finish on beam.) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt, min. A	BEAM (Max. time: 1:30) 1. Acro series: min. of 2 flight elements. (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in series) 4. Aerial or salto dmt, min. B	BEAM (Max. time: 1:30) 1. Acro series: Min. of 2 flight elem., one a min. of C with or without hand support. (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt, min. of C, OR a B dmt. that is directly connected to: an acro series that includes a C acro, OR a C acro or dance
<b>Floor</b>	FLOOR (Max. time: 1:15) 1. One acro series, with a min. of 3 directly connected acro flight elements, with or without hand support 2. One salto or aerial acro element (bwd, fwd, swd) or (Isolated or in a 2nd series) 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Minimum of 360° turn on one foot (May be isolated or in a series)	FLOOR (Max. time: 1:30) 1. One acro series (min. 3 flight elements) including a Back layout to 2 feet 2. A direct connection of two or more forward acro elements with flight - One must be a salto or an aerial 3. Dance Passage w/ min. of 2 different Grp 1 elements (directly or indirectly connected) -one a LEAP w/ 180° cross or side split 4. Min. of 360° turn on one foot (May be isolated or in a series)	FLOOR (Max. time: 1:30) 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of "A" salto as last Salto or in last Acro connection	FLOOR (Max. time: 1:30) 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of B salto as last salto or in last connection of saltos	FLOOR (Max. time: 1:30) 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Grp. 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of C salto as last salto or in last connection of saltos

## Parent & Gymnast Guide to the Basics of the Junior Olympic Boys Gymnastics Program

### Competition Levels



Levels 4, 5, and 6 are "compulsory" levels, which are routines that are made up of a sequence of skills set by USA Gymnastics. The skills and judging methods for each level differ slightly. The age groups for competition at compulsory levels are as follows: level 4: 6, 7-8, 9-10, 11+; level 5: 7-8, 9-10, 11+; level 6: 7-8, 9-10, 11+. Gymnasts may qualify to regionals at level 5 and above.

Level 7 is the only "modified optional" level. The routines combine compulsory and optional elements with a sequence of skills together to bring a creative style to the routines. This allows the athletes to have fun and to show some of their strengths. The age groups for this level are 9-10, 11-12, 13 & up.

Levels 8, 9 & 10 are "optional levels" requiring routines to be made of different skills from different element groups and difficulty. The choices of skills are listed in a "code of points" book. The age groups of level 8 are 11-12, 13-14, 15-18; level 9: 13-14, 15-16 and 17-18; level 10: 15-16 and 17-18. Gymnasts may qualify to nationals from regionals at level 8 ages 11-12, level 9 ages 13-14, and both age groups for level 10. USA gymnastics promotes gymnastics locally, regionally and nationally.

Level	Program Description
4	Entry-level novice compulsory on 6 events: floor, pommels, rings, vault, parallel bars, horizontal (high) bar
5	Beginning level compulsory on 6 events: floor, vault table, parallel bars, high bar, low rings, PH mushroom
6	Intermediate compulsory on 6 events: floor, vault table, parallel bars, high bar, pommel horse & mushroom, rings
7	Modified optional routines containing compulsory elements or sequences and optional skills.
8	Beginning optional level containing elements put into a sequence using the code of points.
9	Intermediate optional level containing elements put into a sequence using the code of points.
10	Advanced optional level containing elements put into a sequence using the code of points.

## Scoring the Compulsory Levels

Gymnast competing at the compulsory level, levels 4, 5 and 6, perform specific routines designed for that particular level. Movements and skills allow gymnasts to demonstrate mastery, yet prepare the gymnast to advance to the next level.

Judging rules are different from optional but are based on the same principles. Skills and sequences are assigned a specific point value and combined to equal the routine's base score. At the compulsory level there are two separate divisions. Division I is for more-experienced or advanced gymnasts to compete and earn extra points by doing additional specified bonus skills. Division II is for the less-experienced gymnast to compete compulsory level routines without bonus but still remain competitive. Both Division-I and Division-II athletes may receive extra points through specified virtuosity in a routine. Maximum and base scores for each Division and level vary, as shown in the chart below. Judges are trained to know the specific skills and routines, and to look for proper execution such as tight body position, amplitude, pointed toes, etc. Deductions are noted for errors in skill performance, form breaks, and technical execution. Deductions can range from -.1 for minor execution errors; -.3 for medium; -.5 for large and 1.0 for falls. The scores can be broken down for each level as follows:

### Division II

<u>Level</u>	<u>Event Base Score</u>	<u>Specified Virtuosity</u>	<u>Stick Bonus</u>	<u>Max Score Except Vault</u>	<u>Possible max all-around Score</u>
4	9.50	.3	.2	10	60
5	9.50	.3	.2	10	60
6	9.50	.3	.2	10	60
7	9.50	.3	.2	10	60
Vault	9.5	.3	.2	10	

### Division I

<u>Level</u>	<u>Event Base Score</u>	<u>Specified Bonus</u>	<u>Specified Virtuosity</u>	<u>Stick Bonus</u>	<u>Max Score Except Vault</u>	<u>Possible max all-around Score</u>
4	9.50	1.0	.3	.2	11	66
5	9.50	1.5	.3	.2	11.5	67.5
6	9.50	1.5	.3	.2	11.5	67.5
7	9.50	2.0	.3	.2	12	70
Vault	9.5	0	.3	.2	10	

Remember that scores are only a measuring tool. Outstanding performances are often seen with less than perfect scores. The self-image of the junior gymnast varies and is measured in other important ways: positive attitude, discipline, progress, team spirit, enthusiasm and, most importantly, the gymnast's enjoyment of the sport.



## Scoring for the Optional Levels

Scoring for optionals is done differently from compulsory. A judge does not know the sequence of skills until the gymnast performs it. The starting score for each routine may vary depending upon several criteria: the number of skills; presentation and execution; element groups; and the value of the skill performed - either A, B, C, D, E, or F. An "A" receives .1 in value; a "B" receives .2; "C" = .3; etc. A skill assigned a "A" value is the easiest and a skill that receives a "F" value is the hardest. The final score from a judge may range anywhere from a 1.0 to 17.0 or above. A routine that fulfills all the requirements and the necessary difficulty and is performed flawlessly would receive a good score. Below is a chart that explains each of the requirements:



LEVEL	Junior Development Division	Level 8	Level 9	Level 10
Number of valued elements needed for difficulty value	6	8	8	10
Presentation Value & Deductions Small error = .1 Med. error = .3 Large error = .5 Fall = 1.0	10.0	10.0	10.0	10.0
Special Requirements .5 for each of the four requirements	NONE	2.0	2.0	2.0
Dismount Value Requirement	A	B=.5 A=.5	B=.5 A=.3	C=.5 B=.3 A=0

A routine may also receive special bonus for excellent execution, for sticking the dismount, or by doing certain elements or skills in connection.

There is also the Technical Sequences for the "prime" age group of each optional level. For level 8, the "prime" age group is 11-12; level 9, 13-14; level 10, 15-16 and 17-18. These levels and age groups can qualify to the National Championship by combining both scores of the Technical Sequences and Optional Routines performed at the Regional Championship. Ask a coach for more information.

### Junior Developmental Division

The Junior Developmental Optional Division provides an opportunity for older gymnasts (12+) to compete successfully. This level can be used as a stepping stone to move from compulsory to

optional levels. It can also be for athletes who may not be able to commit the necessary time required to master more advanced skills on all six events.

–Level 8, 9, and 10 competitors perform optional routines utilizing their skills. Gymnasts may receive All-Around, Individual Event and Team awards at State and Regional Championships. This division is designed as its own separate division to be included with the Junior Olympic and Junior Elite divisions in both general local competition and State and Regional competitions. Gymnasts competing in the Junior Developmental Division do not advance to the National Championships and are not eligible for National Team selection.