

# Air-Bound Gymnastics Optional Program Policies

## The Optional Program

The Junior Olympic Optional program through USA Gymnastics is a prestigious program and requires a level of commitment. The program is meant to prepare girls for elite gymnastics or to compete in collegiate programs. That being said, training and competing at this level are not for the faint of heart. We have written this document to inform you of our policies and expectations with this program. Although, some gymnasts may be doing gymnastics “just for fun” and don’t want to compete later, the Junior Olympic program at Air-Bound Gymnastics will still expect the same higher level of commitment while they are participating.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

## Attendance

Attendance during competition season is very important and gymnasts will be required to attend all practices during the week of a meet. If they miss during the week of a meet, without a valid excuse (sickness, injury, etc.), they may be required to do a private lesson to make up the time. We also recognize that the girls do have lives outside of the gym. So, we will allow 2 weeks’ worth of absences during the school year. If they miss more than that, they will be required to work it out with the coaches to make up that practice.

During the summer months, gymnasts will be allowed 4 weeks of time off. 2 of these weeks will be after competition season and everyone will have a break to start the off-season. The other 2 weeks are during any other time during the summer, (8 days if gymnasts attend 4x/week, 10 days if gymnasts attend 5x/week) for vacation, church activities, family reunions, etc. You will be required to sign up on the team calendar ahead of time for practices you will miss. Again, if a gymnast misses more than the 8 or 10 days, they will be required to work out with coaches to make up that time. If a gymnast misses without signing up on the calendar, they will be required to make up that time. In the case of sickness, please allow coaches as much notice as possible for their absence. These absences will count toward their total number of absences.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### **Late to Practice/ Early Departure from Practice**

The beginning of practice and end of practice are some of the most important hours of our practice. It is when we do much of our flexibility, cardio, and strength work. The skills that gymnasts are required to do at these upper levels of gymnastics require such skills to properly perform without leading to injury. If you need to leave early or plan on arriving late to practice, please let a coach know in advance so that they can prep a conditioning and stretch plan for the gymnast.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

### **Make Up Days**

If a gymnast misses more than the allotted missed days, or if they consistently come late or leave early, they will be required to make up the practice. The optional coaches will offer discounted private lessons to make up these practices. The rates will be the same for every coach and every gymnast. There are two options for private lesson make ups. We will have a 1 hour lesson for a single gymnast at a rate of \$35. The other option is to have a 2 hour lesson with 3 or more girls at a rate of \$40 per gymnast. Level 6s are also able to make up with the 5<sup>th</sup> day of practice, instead of doing a private lesson.

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### **Work Ethic/ Attitude**

The optional team has the obligation to set the example in the gym. The rec program girls and compulsory team look up to them. Therefore, the gymnasts on the optional team must have a good work ethic. They need to take charge of their own gymnastics. If a gymnast is unsure of what they are supposed to be doing, they must communicate with coaches. Sitting will not be tolerated during practice. We allow a 15-minute break in the middle of practice. However, if there is sitting happening during practice time, break time will be shortened.

We understand that some days are tiring or just mentally hard. However, if a gymnast is not trying and just throwing their body around, they will be asked to call home. This type of behavior leads to injury and will not be tolerated in the gym. 110% is not always required but trying our best each day is. So, we expect all gymnasts to keep a good work ethic and communicate if their assignments need to change.

Coaches are always trying their best to fill the needs of the gymnast to succeed in the sport. Talking back to the coaches or having a bad attitude is not acceptable. Again, if they are having a hard time, gymnasts should civilly communicate with coaches about how to change an assignment to fit their needs better.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

## **Floor Routines and Music**

As an optional gymnast, coaches and gymnast put together personalized routines together to fit the individual needs of the gymnasts. Gymnasts are allowed to choose their own floor routine music. Coaches are allowed to veto music choices. Parents must hire a choreographer (at their rate) to put together these routines. Some optional coaches do choreography for the gymnasts at their own rate, but it is not required that the coaches create these routines. Coaches may change or adjust routines to fit the skills necessary for the gymnast's routine.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

## **Sportsmanship**

Sportsmanship is part of every sport and being at a competitive level of gymnastics is a good way to learn good sportsmanship and competition ethic. Not all teammates will be friends. However, everyone on the team should treat each other with mutual respect. If a gymnast is heard talking bad about one of their teammates behind their back or bullying in any sort of way, it will be addressed by a coach. A meeting with coaches and parents will be set up if needed.

Sportsmanship is also expected for other teams during competitions. Gymnasts should cheer on and support gymnasts of opposing teams. There will be absolutely no degrading or putting down of others during competition.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

## **Competition Season**

Gymnasts will have up to six meets leading up to the state meet during a season. One of these will be a travel (out of state) meet, which will be required to attend. Travel meets are a really good opportunity to compete against different teams outside of Utah, to get used to competing at the higher level, and prepare for regionals. There are two different regional competitions for levels 6/7 and 8/9/10. To qualify for regionals, gymnasts must score an all-around of at least 34.0 at state meet. Regionals are not required but are highly encouraged. Gymnasts are expected to do the skills they will compete during practice, especially the week of a meet. If they have not been going for a specific skill, they will be required to scratch that event for their safety.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_

## **Moving Up Levels**

It is a USAG rule that gymnasts must score a 32.0 (average of 8.0 on each event) at state to move up to the next level. However, that doesn't guarantee that they will move up. At Air-

Bound, the guideline is to score a 36.0 (average of 9.0 on each event) to move up. There are some exceptions to moving up if a gymnast does not score a 36. Gymnasts must get all the skills for the next level by the end of summer (or near that time) to be able to move up. We will do testing two times during the summer to see if the gymnast has their skills to move up. The testing will take place around the middle of July and middle of August.

Skipping levels is not allowed, but they may score out of a level at the first or second meet to move up another level by the next meet. We will also encourage gymnasts to try their best to move up to the next level if they've scored well at state meet.

Parent Initial \_\_\_\_\_ Gymnast Initial \_\_\_\_\_