

Team Parent Handbook



2019-2020

- WHERE THE REAL ACTION IS -

Welcome to Clarksville Elite's Competitive Gymnastics Program!

Clarksville Elite has been a dream of Larry's for a long time now, and he is very pleased to have the opportunity to provide you and your child with the finest quality of competitive gymnastics instruction possible.

We are continually working hard to assemble one of the most professional, and experienced coaching staff to be found anywhere in the State of Tennessee. Each one of our coaches is a USAG Safety and Safe Sport Certified Professional Member with a wide range of experience in coaching competitive gymnastics at the highest levels of the USAG Junior Olympic Program.

Welcome to the place where a lifetime of dreaming has become a reality. Our dream has always been to operate a program that stands for quality--a program that has earned the respect of the community and the state. YOU are a vital part of that process and an important part of our DREAM.

Welcome to the place where children can live their dreams, and with the support of very special people (YOU and the CEGC Staff), those dreams can be accomplished. Here is a place where, as a team: the athlete, the coaches and the parent, are encouraged to work together to make accomplishing those dreams fun, challenging and efficient.

Welcome to a place where perfection is the goal, but by no means does that mean YOU have to be perfect.

Welcome to a place where it is sincerely believed that the sum of the parts IS greater than any one individual. Our dream has become reality because of the efforts of good people working together to do good things for kids, each other and the company. Working together as a team makes the task at hand more productive and certainly more enjoyable.

Visions and Values

Our Mission Statement:

Our mission at CEGC is to play a constructive role in the development of healthy, confident, disciplined and responsible children. We accomplish this by:

- ✓ Setting goals and a positive path to accomplishment*
- ✓ Helping children appreciate their innate self-worth and abilities*
- ✓ Helping children to enthusiastically master the art of learning.*
- ✓ Helping children develop and refine the life-long skills of self-esteem and pride that come from being part of one of the top gyms in the state of Tennessee.*

Our History:

Understanding whom you are dealing with and what they believe in is important, especially if you are entrusting the welfare of your child to a program.

Larry Corrigan and his wife Traci have been owners of CEGC since May of 2000. Larry & Traci are both from a small town in Illinois but have called Clarksville home since 1989 when Larry moved with the 5th SFG from Ft Bragg, NC. Larry began coaching gymnastics in 1992 and has continuously coached USAG competitive levels, power tumbling, and recreational gymnastics since. Larry is a retired CW3, USAG Professional Member, certified National Level Coach, USAG Safety certified, and currently serves as the TN State Gymnastics Administrative Committee Chair as well as represents TN on the Region 8 Regional Administrative Committee. Larry has attended/worked at numerous gymnastics camps and clinics throughout the United States. Larry has found Clarksville to be a vibrant, thriving city, and is determined to make Clarksville Elite Gymnastics Center a facility the community of Clarksville can be proud of.

Shenette Gavi has been working for and with Larry Corrigan for over 18 years. She is originally from New Mexico but has called Clarksville home since 1995. Shenette began coaching gymnastics when she was 16 when she was still a gymnast herself. She was a competitive level 9 gymnast and cheered for Austin Peay State University. She also has a master's degree in elementary education and can lend her knowledge and understanding of children to her coaching style. Shenette also serves as a State Administrative Committee member for TN Gymnastics.

Larry Corrigan has worked very hard to not only make the dreams of his gymnasts a reality but also his own dreams for CEGC. What started out as a 6-member team, training in a dance studio has now turned into one of the largest and most respected gym in the Region

Our Philosophy:

The lessons learned here through our competitive gymnastics program are meant to last a lifetime. Hard work, perseverance, dealing with disappointment, conquering fear and learning how to be a member of a team are all things we need to be successful in life as well as gymnastics. Learning these lessons will help our girls become the best versions of themselves that they can be.

- To provide the highest quality of gymnastics in the Clarksville and surrounding areas.*
- To Provide a facility where parents and athletes alike are treated with the dignity and respect they deserve.*
- To Create an environment that allows each and every individual involved in the sport to retain a positive feeling about gymnastics for the rest of their lives.*

What is Competitive Team?

Team is work! Not every gymnast has the desire, or continues to maintain the level of commitment that Clarksville Elite will require of you, the competitive gymnast. Competitive team membership is for the child who wants more of the sport than can be achieved by participation in our recreational program. It is not your talent or ability alone that earns you a spot on the Elite Team. TEAM does have gymnastics standards that must be **“MET and KEPT”** to be a competitor. Each new level has standards that must be **“MET and KEPT”** to move up within the levels of competition. These standards will be made CLEARLY known to you as your training progresses. In addition, a high **standard of attitude** will always be kept here at CEGC. We do not have time or room for poor attitudes. Success as a competitor will only come to you through hard work. You must be willing to set individual goals, and strive to achieve those requirements set forth by the coaches.

Team Levels:

At levels 2, 3, 4, and 5 athletes compete in what is called “Compulsory Levels”. A core of nationally respected coaches and judges have designed the compulsory program. Routines are designed to establish sound fundamentals. Each athlete performs the same routine to a prescribed criterion. She who performs closest to the criterion scores the highest.

Level 6 is a transitional level from Compulsories (Level 2, 3, 4, and 5) to Optional (Level 7, 8, 9, and 10). Gymnasts may have their own routines; however, they must include certain basic elements. The gymnast who performs the required elements with the greatest amplitude, form and style will score the best.

Level 7, 8, 9, and 10 are considered the beginner, intermediate, and advanced intermediate, and advanced Optional levels. Gymnasts are required to use their own gymnast’s strengths and away from their weaknesses.

A competitive gymnast competes in one season each year. Generally beginning in October and runs to the end of March. Competitive team athletes participate in Invitational competitions in order to qualify for the State Championships for their respective levels. For Levels 6, 7, 8, 9, and 10 the state Championships serve as qualifiers for Regionals. For levels 9 and 10 Regionals are served as qualifiers for Nationals.

*See more information found in Team Packet “CEGC Mobility and Requirements”

Advancement Through the Levels:

Although our advancement policy is not “etched in stone”, due to the variety of circumstances involved, we do have a fair and consistent method intact. This method is new to our gym but has had much success in other gyms around the country. From time to time, we

can all suffer from the “little league” parent syndrome, where we are blindsided by our ambitions for our kids. Although we are grateful for the parent’s views regarding advancement, the bottom line is that we must maintain the integrity of the program, its policies and procedures. As the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete’s development. That said, the next section describes the general rules or guidelines we follow when making decisions regarding advancement.

To Level	Criteria
Level 3	Minimum score of at least two 35.0 in the season
Level 4	Average of 36.0 or two 37.0
Level 5	Average of 35.0 or two 36.0
Level 6	Average of 34.0 or two 35.0
Level 7	<p>Be able to safely execute all USAG required elements for level 7 Be able to safely execute CEGC required elements for Level 7</p> <ul style="list-style-type: none"> • 9.0 better handspring vault • A cast handstand, clear hip, and giant on bars • A “B” Acro Series on Beam • A front tumbling series, and layout on floor <p>Because the CEGC required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 7’s who have competed two years of level 6 one “weak event”.</p>
Level 8	<p>Be able to safely execute all USAG required elements for level 8 Be able to safely execute CEGC required elements for Level 8</p> <ul style="list-style-type: none"> • A vault with 9.4 or higher start value • All level 7 bar requirements plus a pirouette on bars • 2 B tumbling passes and a 2 salto pass on floor • A “B” Acro Series on Beam <p>Because the CEGC required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 8’s who have competed two years of level 7 one “weak event”.</p>
Level 9	<p>Be able to safely execute all USAG required elements for level 8 Be able to safely execute CEGC required elements for Level 8</p> <ul style="list-style-type: none"> • A vault with a 9.5 or higher start value • A bar routine with a C release, C dismount and potential for bonus • B flight series, B dismount, bonus • Being granted a pass from coaching staff at their professional discretion

	<p>Because the CEGC required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 9's who have competed two years of level 8 one "weak event".</p>
Level 10	<p>Be able to safely execute all USAG required elements for level 8 Be able to safely execute CEGC required elements for Level 8</p> <ul style="list-style-type: none"> • A vault with a 9.7 or higher start value • A bar routine with a D release, C dismount and bonus • C flight series, B dismount, bonus, C or D Salto • Being granted a pass from coaching staff at their professional discretion <p>Because the CEGC required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 10's who have competed two years of level 9 one "weak event".</p>

MOBILITY STANDARDS

Gymnastic standards Compulsory & up (see level standards located in the team packet). All mobility requirements (standards) are also posted in the gym.

In order for you as CEGC Team member to move to the next level, you must fulfill the posted mobility requirements. Each Gymnast will be required to perform **all skills** listed in the mobility standards for each level to a high degree of proficiency as well as **pledge** to the next level of "willingness to give my all" in order to be promoted to the next higher level of competition.

These CEGC requirements will regulate mobility within levels, along with achievement of USAG mobility scoring requirements at sanctioned meets.

Please refer back to this handbook often.

If you have questions, talk with your coaches, they want to make your time in gymnastics the very best possible!

*See more detailed information for Levels 2-6 in Team packet on a purple sheet.

Competitive Team Requirements:

CEGC USA Gymnastics Club would like all team families to know how very much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future.

With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered. We pride ourselves on our user-friendly style; while at the same time maintaining sound business practices.

<p>Monthly Tuition and Fees</p>	<ul style="list-style-type: none"> • Cash due the 29th of the previous month • Auto Draft available the 1st, 8th, or 15th
<p>Auto Draft</p>	<p>Mandatory for all team programs. We offer an automatic draft from your checking account on the 1st of each month, paying for that month. Or we offer an automatic draft on the 15th paying for the following month. We also offer an automatic draft for credit card paying for the current month.</p>
<p>Family Discount</p>	<p>Families with children participating currently in our <u>recreation</u> program will receive a discount off the cost of each child's tuition. Families with two children in level 2-10 competing at least two consecutive years will be offered a discount for each child.</p>
<p>Outstanding Tuition Penalty</p>	<p>Athletes may not train if the outstanding tuition has more than a balance of \$500. This also could result in not attending competitions.</p>
<p>Refund Policy</p>	<p>CEGC does not offer refunds for any reason nor do we pro-rate for missed training sessions. Monthly tuition and fees are determined by considering the cost of the total program for the year and not a per-hour charge. The total cost is divided into 12 equal monthly payments regardless of the number of training hours during that month.</p>
<p>Other Training</p>	<p>CEGC team members may attend other camps throughout the off season. These trainings will be an additional charge.</p>
<p>Year-Around Commitment</p>	<p>Although we encourage families to vacation together, it is our policy that competitive team members consider training at CEGC to be a year-around commitment. Your commitment to a 12-month training cycle insures consistency in coaching and greater progress towards achieving goals. <i>If you choose to drop from the program prior to the 12-month commitment period, you must pay all outstanding fees.</i></p>
<p>Make-Ups</p>	<p>CEGC does not offer make-ups for missed practices for any reason.</p>
<p>Facility Maintenance</p>	<p>Keeping our facility looking its best is a never-ending process. CEGC has secured adequate cleaning services, but given the scope of the task, it becomes necessary to require daily assistance from staff and team members. Each child is assigned a locker and is to be used for all personal items while at practice. We request that each and every gymnast make a conscientious effort to be responsible for his or her own clean up. Team coaches will organize this power clean at the end of each practice. This entails picking up trash, drinking cups, straightening mats, stacking spotting blocks, pickup up weights, etc. Chalk misuse and drink spills seem to be the most common problems in keeping our facility clean. We ask that staff monitor the use of chalk and that all drinks be kept in spill-proof containers.</p>

YEARLY COMPETITIVE TEAM FEES

Once paid, fees are non-refundable as fees are set based on the number of Gymnasts at the beginning of each competitive year.

Below is an example of the price commitment that you will have once your child has been placed on team:

Included in the fee schedule are the Competition Entry Fees, Coaches Fees, End of year banquet fee, and yearly registration fee. This is a 12 Payment schedule and is broken up into monthly payments along with tuition to help even out the \$ amount paid throughout the season, and due dates making it much easier on parent and staff alike.

Brief explanation of terminology:

Competition Entry Fees	The cost of actually entering your child into a competition. (Vary each year)
Coaches Fees	Encompasses the cost incurred in travel for the competition coaching staff. (Vary each year)
End of Year Banquet Fee	Recognition banquet at the end of each competition season held offsite. (\$20 for gymnast). This covers awards, banquet hall, and plate for your child. Any extra person attending will have to pay the price of catering.
Yearly Registration Fee	This covers insurance for the gymnast and gym.

Important Change -

****USAG Competitor Number** Required across the country for all gymnasts to compete in USA Gymnastics Sanctioned events. This fee is no longer in our yearly competition fees. Each year you will have to pay USAG the fee (now \$59 could change) to USAG.

Typically, the entry level competitive gymnasts' levels 2-5 will have 8 invitational competitions, 1 clinic, and 1 state meet beginning in late October and ending in early March.

2018 - 2019 TEAM TUITION RATES

PT \$105.00 - Mon / Wed 4:00pm – 6:00pm
(4hr / wk.)

Level 2 \$270.00 - Tue / Thurs 4:00pm - 7:30pm
(7hr / wk.)

Level 3 \$335.00 - Tue / Thurs 4:00pm - 7:30pm, Friday 4:00pm - 7:30pm
(10.5hr / wk.)

Level 4 \$350.00 – Mon 4:00-8:00, Tue/Thurs 4:00pm - 7:30pm,
(10.5hr / wk.)

Level 5 \$420.00 - Mon / Wed 4:00pm - 8:30pm, Friday 4:00pm - 7:30pm,
(16.5hr / wk.) Sat 9:00am-1:30pm

Xcel Silver \$360.00 – Mon/Wed/Thurs 4:00pm - 7:30pm
(10.5hr/ wk.)

Xcel Gold \$360.00 – Mon/Wed/Fri 4:00pm – 7:30pm
(10.5hr/wk.)

Xcel Platinum \$360.00 – Mon/Wed 4:00pm – 8:30pm, Friday 4:00pm-7:30pm
(12.5hr/wk.)

Level 6 - 9 \$455.00 - Mon / Wed 4:00pm - 8:30pm, Friday 4:00pm - 7:30pm,
(16.5hr / wk.) Sat 9:00am-1:30pm

Level 10 - Mon / Wed 4:00pm - 8:30pm, Tue 4:00-6:00
Fri 4:00pm - 7:30pm, Sat 9:00am-1:30pm
(18.5hr / wk.)

Being Late on Tuition

****All team members must be on auto draft****

If your auto draft does not come out that particular month you will be expected to come in and pay that month and fill out a new auto draft form. If your account gets more than one month behind your child will not be allowed to come to practice until you are caught up.

COMPETITION UNIFORMS

If your gymnast is a new compulsory or an optional gymnast then they will be sized for uniforms at the end of July or beginning of August. All new uniforms must be paid in full before any items are ordered. Uniform costs will vary between \$300 and \$500 depending upon level of gymnast and what new uniform pieces are needed. The uniform includes leotard, bag, warm-up, and bow. We change leotards every two years, warm-ups and bags every 3-5 years, and the bow changes with the leotard. Each year you will be responsible for replacing anything your child has lost or grown out of. How often something changes also depends upon if the company is still carrying our items.

***We do not fit leotards to have growing room!** Competition leotards are not meant to fit loosely like some workout leotards are worn. We fit them to “fit” and look presentable. When sizing we will go up a size if we feel they will grow out of that one during competition season but will not go up a size if it is loose and baggy. This may result in you having to buy a leotard multiple years in a row. Leotards must be purchased new we do not resale used leotards.

*See more detailed prices and cost information in team packet.

Rules and Guidelines for Successful Team

TEAM PRACTICES

Parents are not allowed on the practice floor during workout unless asked by a coach. If you need to speak with your child please have her paged from the front desk.

The front desk is for payments only. Please refrain from hanging out around the desk area. If you have a specific question about your child’s gymnastics please e-mail the coaches not ask the front desk.

Team training sessions are designed with the end goal of competition in mind. Missing practices may result in a lapse in a gymnast’s individual training schedule. Strive to get your child to the gym for practice on time. Lost practice time *even in fifteen minute increments* can add up. **If your child will be out of a practice, please let us know**, the ability to make a slight alteration to the training schedule will make everyone’s practice more efficient.

Team members should always report as close to on time as possible while school is in session and on time during summer and other vacations and not leave early. Warm-up is an important part of the training process. The flexibility gained from your warm-up is how the body gets ready for activity. A good warm up limits potential injury. Being on time for warm-up also shows respect and sets a disciplined tone for training sessions and goals and objectives are discussed. **Being on time is VERY important.**

Practice is broken down into sections, with stretching and conditioning very important to the overall performance of the Team, missing these portions of the session will be a serious detriment to all those involved. We realize that at times it may be necessary to leave practice early. At the end of each practice important information is put out to the girls regarding performance, progression and training schedule changes. If you decide to pull your child from practice early please remember it is your responsibility to ensure you have not missed any important announcements. Please do not make leaving practice early just for the sake of it a habit.

Team members must listen to, respect and adhere to the training outline established daily by the coach. Disrespect will not be tolerated and immature attitudes are discouraged. Major conduct violations include uncalled crying or pouting, cheating on assignments, lying, unproductive effort, improper tone of voice or improper body language when addressing teammates, coaches and/or other adults.

Use of the locker is restricted to team members only. It is the responsibility of those using the locker area to keep them neat. If your child brings a snack it must be in a zip lock baggy with sliding pull tab! It cannot be in a push zip lock baggy or a bag of chips. It also must be a healthy snack. Ex. Almonds, pretzels, beef jerky, etc. As long as it is already opened and placed in a baggy. They cannot purchase snacks from the front to put in their locker. These bags cannot be spilled and tend to spill. If your child keeps their cell phone with them it must be kept in their locker. They cannot be on their phones during practice! If they need to contact you during practice they will need to do so by going through a coach or the front desk.

Bathroom and drink breaks should be kept to a minimum. If your child brings a water bottle to practice please ensure that their name is on it. Also, the girls do not need to be sharing water bottles. If they don't bring one or they drink all of it before practice is over they will need to go to the water fountain.

Protective footwear should be worn when using the restroom. Please ask for permission to leave for the restroom as it informs the coach as to your location.

Parents should inform the office when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. It also shows a certain level of respect for the program. Likewise, if a child has to leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to the day's assignments.

Parents of Team members are expected to enforce good nutritional eating habits. Our motto is simply make good choices. Junk food should be seldom associated with any athlete's diet, let alone that of a female gymnast. Sound eating habits are a catalyst to productive training.

PRACTICES AND SIBLINGS

If you have a sibling here they must be sitting in a chair or sitting and playing in the back area near you. They cannot run around in the audience or the front lobby. If they are caught then you will be asked to take them home on the first offense. There will be no warnings when it happens. If your child is caught they will be asked to sit behind the front desk and a front desk worker will come and get you to take your child home.

If you and your child are sent home more than 3 times further action will be taken!

*These rules should apply for meets as well! There are some meets that have a bunch of open room and you will see children playing. Please do not be the gym who has siblings who are out of control or taking away from the meet. Be mindful of other gyms and parents trying to enjoy the meet.

PARENT SEATING/VIEWING/SELF AWARENESS

*You are more than welcome to attend any practice, clinic, meet, etc.

All team parents are asked to sit anywhere in the back row of the gym. It can be the back row the entire length of the audience.

If you are sitting by yourself then you can sit anywhere except the very front row. We try to keep these seats reserved for recreational classes.

Anytime you are in a public place you are representing CEGC. Please be aware of anything you ever say about the gym, your child, your coaches, etc.

*Rule of thumb should be to keep any other child's name out of your mouth unless it is something positive.

PRACTICE ATTIRE

All gymnasts are required to wear one piece leotards only. Other clothing presents a potential spotting problem and/or safety issue and are not deemed to be the standard of dress within our sport.

One day a week the girls will be required to wear their practice uniform on a designated day.

Hair is to be pulled away from the face, and put up if it is of a length that will get in the way of spotting.

No jewelry except stud earrings is permitted.

PARENT "COACHING"

CEGC continues to assemble a very qualified staff and every member of the coaching staff is working toward one goal - Preparing your daughter to succeed at the level they are currently competing while ensuring that they are ready to move to the next higher level when the time comes.

The coaches will not tolerate un-sportsmanlike behavior in the gym or at any event. Poor attitudes will be dealt with quickly. If for any reason you can't sit in the audience with a positive attitude don't come. The attitude of one **WILL NOT** be allowed to travel through the gym and affect other parents. If anything (gymnastics or team) is upsetting you, tell your coach and the problem will be addressed with all concerned people present.

As a parents ourselves (Larry and Shenette) we realize it's hard to resist the urge to "coach" your child, especially when they are waiting for their turn in line. Nothing is more distracting to a coach or detrimental to a workout than several parents wildly gesturing from the audience as they tell their daughter to "Get your legs straight" or some other such advanced gymnastics technique.

Parent "coaching" is not allowed at CEGC. It distracts the coaches, is detrimental to our workouts, and is disrespectful to the program. If a coach notices a parent "coaching" their daughter they will send that gymnast to the front to speak with her parent. The second time this occurs, the gymnast will be sent home from practice.

The third time the gymnast will be asked to leave the team. It is my sincere hope that this never happens, but the bottom line is that we will not tolerate parent "coaching" at CEGC.

Again, parents should not disrupt training by talking to or motioning to your gymnast. Distractions can create an undisciplined training environment or cause an injury. Parents need to remember that, although they are encouraged to discuss suggestions that may assist the coach, training decisions are the responsibility of the coach. Likewise, parents should never approach a coach during training. Any concerns should be covered before or after training.

GYMNAST RESPONSIBILITIES

1. Your child will be assigned a locker, using it will help to keep the gym looking great. If food and crumbs are found in the locker they will be told they cannot have snacks anymore.

a. All snacks must be in a sealed zip lock baggy with the sliding zipper.

2. Your child should come to practice **ready** to work!

***Remember, grips, tape, water, (water with you on the floor is recommended) Etc.**

***We do not provide tape, pre-wrap, KT-tape, etc.**

3. Your child should have their hair up and pulled back out of their face!

4. Deodorant!!! Gymnasts train hard and sweat A LOT! I realize some of our only 5, 6, and 7. But trust me as an athlete and gymnast 90% of them need it. It is mandatory for anyone 7 years or older to have a thing of deodorant in their lockers and apply it before practice. A coach may remind the whole group at times. Your child will not be singled out.

5. The **only** jewelry that is OK is stud earrings!

6. Your child should only wear leotards and tight-fitting shorts (no capri pants)

7. It is your child's responsibility to help keep their gym clean.

a. Using the garbage cans, the floor is **NOT** the place for empty bottles, lonely socks, ETC.

b. Putting their stuff away (weights, grips, etc.)

c. Helping put mats away in their proper place

PRACTICE STRUCTURE

As a CEGC Gymnast you can expect some differences in the way your child may be used to practicing/training. It may take time to adjust to these changes, the coaches have you and your child's gymnastics in mind, and with this process the result will be the best gymnastics training possible.

The practice structure will vary based on size of groups, time of year, level, or space available to workout in.

ATTENDANCE POLICY

- ALL team practices are mandatory.
- The parent or gymnast is responsible for notifying the coach if they will be missing.
- Excessive absences will result in a meeting and solution as to why the child is missing so much.
- We know there are going to be situations that cannot be helped that is going to require a gymnast to miss. Due to these unforeseen circumstances please be mindful of missing for reasons that can be prevented.
- If a child cannot come to a practice due to an illness please contact Shenette and we will try to figure out a way to makeup at least one practice.

INJURY POLICY

- If your child gets injured during practice and they cannot continue on with their training a parent will be called immediately.
- If your child is complaining about something hurting and needs to ice they will write their name, date, event, and reason for sitting out on a chart. We will track this to try and determine what it is that is causing your child to not be able to perform the assignment given.
- If your child is injured and cannot perform to their full potential they are still expected to attend practice. We have put together an entire workout folder to be able to accommodate gymnasts who are injured.
- If your child has to go to the doctor due to an injury we will need a doctor's note stating their restrictions and when they can return to full practice. We have a medical release form you can get from Shenette.

STANDARDS

As a CEGC Gymnast your child is expected to follow rules and to stick to certain standards, the same is true of the coaches. Everything your child is asked to do will have their current skill ability in mind, the staff will introduce them to new skills when they know they are ready. Safety is always a concern of the coaches. Building trust is the coach's primary goal, with that (trust) the skills will come!!! Practice is their time, during those hours of practice they will have the coach on the floor with them, and gymnastics will be taught, with **very little** down time. You can expect the coach to be there for them, if at anytime that is not possible, a sub that your coach **fully believes** in will be asked to step in. **The team is always first; treat your teammates and coaches with respect.**

CLOSING

Periodically we will miss team practice due to meets, camps, clinics etc. We will do everything we can to minimize these times. **There will be no "Make - Up" practices for team.**

If the gym closes due to weather we will have that information on the phone recording and will send every team member an email / text message to let them know the gym is closed. **IF YOU DO NOT HEAR FROM US, THEN ASSUME WE ARE OPEN!**

PRIVATE LESSONS

Private lessons are contracted with individual coaches. The gym does not control times, rates or availability of coaches and these details should be worked out with the coach at the time a lesson is scheduled.

Gymnasts are free to contract private lessons with any team coach they choose. Private lessons should have a particular goal in mind and there should be some sort of plan on how to accomplish that goal. **We highly discourage privates simply for the sake of privates.**

GYMNASTICS OUTSIDE OF CEGC

Trampoline Parks: CEGC does not encourage trampoline parks in your spare time. However, we realize that you may be invited to a birthday party at a place like this.

Other Gymnastics/Tumbling/Cheer Gyms: We also know that occasionally you are going to attend birthday parties at other locations.

Gymnastics at Home: Every gymnast wants to practice at home and maybe even want to flip at the grocery store. We don't encourage home equipment.

*With all this being said please have discussions with your gymnasts about being safe outside the gym. We ask the girls never work on anything they are in the middle of learning at practice. Please have them refrain from trying new skills they have not mastered yet. Be mindful that other gyms have different ways of teaching things and standards. If your child is told something different than what we tell them always remind them to communicate with their coaches.

*Being a CEGC competitive gymnast you are not allowed to take any lessons, attend any gymnastics camps, or open gyms at other facilities. If there is something your gymnast wants to try please come to me and we will discuss it.

*The best way to become a better gymnast at home is to stretch and condition.

WORKOUT GROUPS

Gymnasts will generally be grouped by level. Periodically groups will be rearranged, combined, or split based on several factors including but not limited to number of gymnasts present, new skills being worked on, vault settings, tumbling ability, staffing issues and various other influences. It is important to understand that being assigned to a particular work out group does **not** in and of itself indicate that a gymnast will compete at any particular level. There are many reasons why a gymnast may be put into or taken out of a work out group and although to move to a more advanced group certainly is a step in the right direction it is not a guarantee of anything to come what so ever. By the same token, failing to be put into a particular group by no means indicates that a gymnast is not going to advance to the next level. In the end, it is the gymnast themselves that decide what level they will compete by their performance of skills and mastery of routines.

ADVANCEMENT

In order for a CEGC Team member to move to the next level, a Gymnast must fulfill **ALL** of the posted mobility requirements with emphasis on form and amplitude. We have created a very successful program here at CEGC with high standards. A gymnast must not only perform ALL skills but must be able to put them in a routine. Another mobility requirement is to meet the minimum score requirement at each level. Each Gymnast **will** then be required to perform **ALL SKILLS** listed in the mobility standards for each level to a high degree of proficiency within the prescribed routines as well as pledge to the next level of “willingness to give my all” in order to be advanced to the next higher level of competition. It is our intent to never compete a gymnast at a level at which they are not able to be “competitive.” We define being competitive as being proficient enough to have an opportunity to place in the top 3 at every competition.

These CEGC requirements, along with achievement of USAG mobility requirements will regulate mobility within levels, at sanctioned meets.

No child will be placed in a situation where they will be required to compete at a level that they are not physically or mentally prepared for. Forcing (or in some cases allowing) a child to move to the next level before they are properly prepared is detrimental to the child’s self-esteem and in the long run will greatly hinder their advancement through the levels. Decisions on advancement are always made with the gymnast’s best interest in mind and only after careful consideration. Sometimes parents will see this as “holding their child back”, the gym sees this as providing a child the opportunity to experience success at one level as well as insuring that the child is prepared to experience success at the next prior to advancing.

If you have a concern with regard to your child’s progress please schedule a conference with Shenette and/or Larry.

Advancement Continued

Scores

Your child must meet the minimum score requirement in each level during the competition season to be considered for the next level. If your child did not reach the minimum score required they will not be eligible to move up the next year.

Reaching the minimum score does not guarantee that your child will move up to the next level.

Testing

Evaluations are conducted each month beginning in April and ending in July. This is four months of training to try and get ready for the next level.

Your child will be evaluated each month whether or not they are eligible to move up. We like to keep track of their growth throughout the summer. If you would like to see these evaluations at any time just contact Shenette and she can get you a copy of them.

Scoring for evaluations is done on a 1-5 scoring system. Five being the highest and 1 being the lowest. Receiving a 3, 4, or 5 shows that the gymnast is proficient with the skill. Receiving a 1 or 2 means they can perform the skill but it is not satisfactory for competition. All leaps and jumps will be recorded and given a degree not a number.

New for Summer 2019! Instead of having just one final evaluation their entire last month of evaluations (July) will be taken into account in deciding whether or not your child is ready to advance to the next level. There will still be an evaluation day but it will not be the only deciding factor. For example, a gymnast can't do their skill for the first time on the final evaluation day and expect that it is satisfactory to be able to advance. They have to show that they have had the skill for a longer period of time. The reason for this is because there is a difference between being able to perform a skill by itself and being able to perform it in a routine.

Possibly new for 2019! We have also discussed bringing in a judge and doing a small evaluation with a judge that shows they are proficient enough in the skills to score well.

Decisions are not solely made by one coach. Multiple coaches across various levels are brought into the decision making process.

Question: Why do we have to make a decision so soon when competition does not begin until November.

Answer: There are a few reasons why moving the advancement date to August instead of September or October is necessary.

1. We have to start entering meets in August. I know it seems crazy to think that you have to enter a January meet in August but it is just the way it works.
2. In past years we have started the season a little weak in hopes that they would grow and get better throughout the season. While this seemed to have worked in the past each year we try to make our team stronger and be more prepared each year. Starting at a sooner date will only make their season stronger from the beginning. Being more prepared earlier on will also better prepare them to begin skilling up for the next year and ensure more success.
3. We would like to start teaching routines earlier so they have more time to become comfortable with performing their skills in the routines. It is important that the girls can confidently and comfortably perform a skill before getting into a stressful/nerve racking situation such as a meet.
4. Ordering uniforms is also something that has to be done much more in advance than you would think. If you are moving within compulsory levels the leotard remains the same but if you are transitioning between compulsory and optional levels or compulsory and Xcel levels the leotard changes and must be ordered by August 1 to ensure they arrive in time for the first competition.

Routines

- Level 2-5 and Xcel Silver will be expected to come to a mandatory routine clinic that will be held at the beginning or middle of August. The routine clinic cost is \$20 and is included in your monthly tuition fees.
- Level Xcel Gold-10 will be expected to pay for choreography of routines. Choreography prices vary based on level and choreographer. If someone has to cut the music that could also be an extra charge.

RESIGNATION

This is a **non**-policy here at CEGC. When you determine that it is time to move on, literally or due to gymnastics training we will regret seeing you and your child go.

Even though this is a non-policy due to the cost of supporting competitive team members and the commitment we have extended to our coaching staff, it must be understood that we are asking (not requiring) you to notify us if you are moving or your child is wanting to be done with the sport.

We understand that once a child has in their mind that they want to quit it is often hard to convince them otherwise. This often can be because of wanting to try other sports, having a different social life, or the skills getting harder and scarier. We encourage you to give us a 30 day notice once you and your child have made the decision for them to be done. During that month of notice, your child is encouraged to continue to train in the gym. We have often found that during this period of notice, the gymnast, together with our coaching staff are able to find a resolution to their concerns.

We hope we provide a facility in which all girls leave team with fond memories and great friends. If it is possible, we would appreciate knowledge of your leaving, no child should leave something that has been such a great part of who they are without fanfare. If it is not possible, leave with the knowledge that you have been greatly appreciated as a customer and that your gymnast will be fondly missed.

Due to the fact that we are a military town many of our gymnasts come and go. We know that you don't always know when you are going to be relocated but we are asking that you will let us know that your time here at CEGC may be coming to an end. Even if you don't know your exact date or location knowing this information helps us better prepare them for the move and make plans for them for the remainder of the time they are here at CEGC. One reason for letting us know is so we can help find a gym for your daughter to continue their gymnastics career if you choose to do so. If you choose for your daughter to continue their gymnastics we would like to send them away with an evaluation to take to their prospective gym. There is a form that you can fill out and give to Shenette when you get potential orders

to move. We know this can change at the last minute again it just helps us prepare them for their next venture.

No matter the reason or notice given we do require you to fill out a drop sheet that will allow the front desk to correctly remove you from the system and make sure your account is in good standing.

PARENT'S RESPONSIBILITIES

- ✓ Parents are responsible for paying tuition and all associated fees on time. An enormous amount of work for the staff can be eliminated by following this simple rule.
- ✓ Parents are responsible for staying informed. Gym news is put out through e-mail, team app, and posted on boards in the gym. Gymnasts are also routinely reminded of important information at the end of practice. Quiz them and call the gym with questions. Stay involved and informed.
- ✓ Parents are responsible for getting their gymnast to practice on time. We all understand that there will be occasions when girls are late and it cannot be avoided. Realize though, that every minute of practice is important. Stretching and conditioning is not something to be avoided. In the long run each gymnast suffers from the time she has missed. It's up to you to minimize it.
- ✓ Parents are responsible for supporting their gymnast. This is not an easy sport. It requires an enormous amount of effort from your girls. Placing unrealistic expectations on your child and/or creating deadlines or using threats in order to motivate kids to get skills NEVER works in the long run. Don't get caught up in this trap. Enjoy your gymnast successes and encourage them to work hard and skills will come.
- ✓ Don't compare your child's progress to other children in the gym. Every gymnast advances at their own pace. Generally speaking, first is hardly ever best, and has absolutely nothing to do with longevity. If you are concerned with your child's progress (or lack of thereof) please make an appointment to speak with Larry and/or Shenette.
- ✓ Parents are responsible for keeping negative comments about other children to themselves. Nothing can destroy a team faster. **There is no room for that at CEGC.**
- ✓ Periodically gymnasts invite their friends and teammates to parties / get together. We ask that if these get togethers involve more than two or three close friends, yet not everyone from the team is invited, that you please meet / leave from somewhere other than the gym. All teammates may not be friends, but it is sad to see all the kids except one or two invited to a party that meets at / leaves from the gym. We do not have any kind of "inclusion" rule at the gym, we only ask that parents be sensitive to everyone's feelings in this regard when planning parties etc.

Addressing Problems Within the Gym

From time to time there will be problems/misunderstandings/concerns that arise between parents and coaches. This is a normal part of the parent coach relationship and is to be expected. When this situation occurs, it must be dealt with swiftly. Situations only get worse when left unaddressed.

If for any reason you feel it necessary to question the happenings or training at CEGC, we ask that you refrain from doing so in the presence of the girls, (yours excluded if it is your request), or other team / rec parents. One episode of “venting” or “blowing off steam” may indeed make you feel better but the impression left with rec and other team parents can be very damaging to the gym. Please make an appointment to sit down with your respective level’s coach and Shenette after/before normal gym hours and discuss your concerns in private. To do otherwise is to intentionally hurt the gym and this program which is simply unacceptable. Generally, a meeting will answer any questions you may have and we encourage parents to schedule time with Shenette. However, parents will not be allowed to “meet” the coaches to the point that it becomes a distraction. It is our sincere desire to address every concern a parent may have and we ask that parents bring those concerns to the attention of the coaches. If however, it becomes apparent that we are unable to satisfactorily resolve a particular problem to a parent’s satisfaction, and that problem creates a predominantly “unhappy” parent, it may become necessary to ask those involved to leave the program. We will not allow one disgruntled parent to create or foster a negative environment at the gym.

MEETS

The meet environment is a new one to many of our team members and families. USAG sanctioned meets and many unsanctioned (fun) meets **do not allow parents to be on the competition floor**, nor is the gymnast allowed off the floor during a competition.

Whether your meet is in your own facility or in another team’s gym, it is important that you and your gymnast remember that hosting a meet takes a great deal of work. The hosting gym receives a roster of athletes from each gym wishing to participate in the competition. To give everyone an equal opportunity to take part in the meet, a deadline date is usually established. The deadline for entries can be up to six weeks to ten days prior to the event.

When the hosting gym gets all of the rosters, they may then begin to establish sessions and times. This all takes time. Please DO NOT call the hosting gym for information. The proper etiquette is to ask your own coach. It is her responsibility to furnish you with this information. Sometimes there are unforeseen problems that might cause a delay in this information being communicated, so be patient.

Each gym club has a set of rules and regulations that have been established for your comfort and safety. ALWAYS follow the hosting gym's rules. Here are a few rules that are common to ALL meets:

NO FLASH PHOTOGRAPHY

NO PARENTS OR SIBLINGS IN THE COMPETITION AREA

NO FOOD OR DRINKS IN THE GYM

NO PARENTS ALLOWED TO QUESTION A JUDGE

NO SPECTATORS ALLOWED ON ANY EQUIPMENT

NO PROFANITY

NO UNSPORTSMANLIKE BEHAVIOR

NO DESTRUCTION OF GYM PROPERTY

MEET ETTIQUETTE

1. Arrival

- • Please arrive to your meet 30 minutes prior to your check-in time.
- • If you are going to be late, please call either Shenette or your level coach immediately to let them know of your situation.

2. All Gymnasts:

- • Please leave your winter coat or anything extra that does not need to be in your gym bag with Mom and Dad prior to heading down to the competition floor.
- • Remember to remove nail polish from fingers and toes and remember only one stud earring is allowed.
- • Hair: Please make sure your gymnast's hair is pulled into a tight bun or ponytail with all other hair tightly secured out of their face.
- • Makeup is fun to wear during the meet, but please use in limited amounts. You may also wear glitter in your hair as long as it is not excessive.

3. Communication

*Gymnasts

- Once you arrive on the competition floor, you will be unable to communicate with your parents until the Awards ceremony. Please refrain from mouthing words and talking to your parents during warm-up and competition.

*Parents

- Once the girls are with the coach, they become the coach's responsibility.
- The gymnasts may not leave the competition floor nor may the parents come out to the competition floor at any time for any reason.
- If your child becomes sick, injured, or needs something from you, we will either take them to you or come and get it from you.
- If your child has to use the restroom, please refrain from going with them unless it is absolutely necessary.

4. Warm Ups

- Gymnasts may not go onto the competition floor until the coach has given permission.
- Gym bags should be put in a straight line, side by side, with the gymnast's warm up jacket, pants and shoes folded inside.
- Once we start warm-ups, please refrain from talking and pay attention to your coaches and team leaders for directions. 😊

5. At your events

- We will always walk in line (in order of competition) quietly like gymnasts.
- Once you arrive at an event, please line up in the appropriate place (as indicated by your coach).
- Please remember your warm up and refrain from talking.
- Please pay attention to directions and corrections and focus during the warm-up period.

6. March In

- Please line up shortest to tallest and walk like a gymnast in a straight line and wait for your gym to be announced.
- When you have marched in and are listening to the announcer, please stand still in one straight line.
- When the National Anthem is playing put your right hand on your heart and left hand behind your back.

7. During Competition

- Gymnasts will sit together as a team, in a line in order or on a mat.
- Warm up appropriately for the event (walk through your routine in your head or on a line).

- We are a team! Therefore, cheering appropriately for your teammates is expected!
- Your cell phone is allowed in your bag. However, you are not allowed to be on the meet scoring app checking scores and placements. Please refrain from communicating with your parents as well.

8. End of Competition

- Award apparel will consist of warm up jacket (zipped up, collar down), pants, and tennis shoes..
- Please make sure to gather all of your belongings and not leave anything behind, then sit with your team and wait for competition to finish.

9. Awards

- Before you sit with your team you will need to give your gym bag to your parent.
- Please sit with your team.
- You **MUST** stay for the entire award ceremony unless pre-approved by your coach!
- Clap for everyone.
- No horseplay during awards.
- Do not move towards the Awards Stand until your name is actually called.
- Be a good sport—attitude is everything!
- If you receive medals, please keep them around your neck for the whole awards ceremony.
- Please do not fight over the team award when approaching the awards stand. The coaches will designate one person each meet to be in charge and take it home. If a gymnast is not assigned then the team captain will be in charge.
- **NO CELL PHONES!**

PARENTS: Please keep in mind that you are representing CEGC Gymnastics. Only give your gymnast positive sign language, thumbs up, clapping, smiles, etc. If they do not compete as well as hoped, just be supportive—an extra big smile goes a long way! Also remember that you are sitting near families from other gyms. Be careful of what you say especially if it could be taken in any way but positively.

This goes for the gymnast as well. If you do not do as well as you hoped, take a deep breath, put on a smile, and move on!

We are looking forward to a great season. If you have any questions or concerns, please feel free to contact us!

COMPETITION POLICY

- At times a gymnast might have a mental block or may begin having trouble performing a skill that they once could do easily. When this happens, it affects what they are able to perform during a competition.
- If a gymnast cannot complete every skill in a routine the practice before a meet they will scratch that event for that meet. They will be given another chance to get this skill back and compete that event at the next meet.
- All competitions are mandatory, unless otherwise noted by coaches.
- Please try your very best to be at every practice the week of a meet. A coach can scratch a gymnast from the competition if they have not practiced enough prior to the competition.

SICK POLICY

For the protection of all children in our facility, as well as the health of your own children and family, we ask that you keep your sick children at home. This goes for both gymnast and their siblings.

Reasons your child cannot come to class:

- Fever of 100 degrees or more
- Cold with thick green/yellow nasal discharge
- Constant runny nose
- Croup
- Strep throat
- Vomiting
- Ringworm
- Hand Foot Mouth
- Flu
- Pink Eye
- Head Lice

You will have to provide a doctor's note for any illness that a child has had that made miss school, take antibiotics, Tamiflu for. If your child is diagnosed with the flu and has been too sick to attend practice the week of a meet they do not need to attend the meet. People are most contagious with the flu 24 hours before symptoms start, continuing while symptoms are most active. **The risk of infecting others usually stops around day 7 of the illness.** The flu can be spread before symptoms start, it's easy to pick up a flu virus. This is true especially with children, who often touch many surfaces and then their mouth, nose, or eyes.

So, if your child has been sick in the last 7 days and they have not been able to attend practice and you do not have a doctor's note allowing them to return then they will need to stay home. I know it is disappointing for all parties involved but it is what is best for the team. Please also be careful if you have had siblings that have been sick as well. Especially since they can be contagious before symptoms starts.

SAFETY - The Most Important Issue

Gymnastics has to be considered a dangerous sport. The combination of speed, height, flipping and spinning increases the potential for catastrophic injury, even death. The CEGC staff will maintain a consistent and conscientious effort to provide the safest environment available. But in this sport, it must always be remembered that injuries will happen. Parents must be aware of the inherent dangers involved in gymnastics. Safety is a team project. Although staff and management will consistently monitor equipment and procedures, parents and team members must also share responsibility for a safe training environment. To assure the safest possible experience:

- Proper matting must be used at all times. Team members should never use any equipment or apparatus that is not properly matted.
- Headfirst directional landing in the pit or elsewhere is strictly forbidden. Skills that have the slightest potential for headfirst landing should always be spotted or avoided altogether.
- When using the pit, only feet first landings are allowed.
- Team members should familiarize themselves with the general safety rules posted at our facilities.
- **NO HORSEPLAY AT ANY TIME**

THE COACHES / GYM'S RESPONSIBILITIES

This being the final entry in the team handbook is by no means to imply that it is of less importance, in fact Clarksville Elite puts great stock in its current and future successes with its facilities' owners, coaches and staff. You can expect from CEGC the best in gymnastics training for your daughter. A safe, clean, happy, **but serious** environment that you can feel confident that you have chosen the absolute best for your child.

The coaches will be there for your daughter; the practice will always be appropriately staffed and supervised. Your gymnast's progression will always be in the forefront. The mobility standards are put forth to ensure the best season for your daughter. All questions you may have will be answered; all concerns will be addressed, if you have questions, please let Shenette know.

Professionalism will always be the norm at CEGC, with its staff and owner!

**With the bulk of things said, remember the OPEN COACH/PARENT policy!
Everyone here at Clarksville Elite appreciates your child, their talent, and you, for
choosing this facility.**

Our deepest heartfelt thanks go out to you and your family.

Thank you for choosing Elite!

Important Phone Numbers

Gym: (931) 906-1663

Larry Corrigan - Owner

Cell (931) 206-6054

E-mail CegcCoach1@cs.com

Shenette Gavi – Head Coach/Team Director

Cell (931) 801-7518

E-mail CegcCoach2@cs.com

Chelsey Huff – Gym Manager/Administrative Director

Cell (937) 533-5058

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