



# Team Handbook

Updated May 2009

# Legacy Gymnastics Academy

## Mission Statement

The Legacy Gymnastics Academy was founded by Miranda Repsher in August 2006. The program strives to provide a truly well rounded, highly competitive gymnastics program, whereby students will learn not only the proper development of gymnastics skills, but will build the proper character and goals for young athletes. The Academy encourages leadership and excellence in each of our students by promoting perseverance, discipline, pride in individual accomplishment, and self-confidence, values that encourage our students to accept challenges and responsibilities that few young people come to know.

# Legacy gymnastics academy, Inc.

## Team programs

### **Developmental Team**

The Developmental Team program is designed for very young athletes (4-6 years) that show above average potential in their mastery of fundamental gymnastics skills as well as leadership qualities, a positive attitude, desire, strength, endurance, flexibility, creativity, attention/behavior control, and body awareness.

### **Junior Team**

The Junior Team program is designed to further develop athletes who wish to pursue competitive gymnastics. Gymnasts are invited to join the team program based on their mastery of fundamental gymnastics skills in the developmental program as well as demonstration of other physical, mental, and emotional abilities, including leadership, positive mental attitude, desire, strength, endurance, flexibility, creativity, and body awareness.

### **Level 4-6 Compulsory Team**

The USA Gymnastics compulsory program is designed to provide progressive training based on physical development and performance in the competitive environment. In the compulsory program, gymnasts compete on all four women's Olympic events in local as well as statewide meets. Competition season generally runs from August to December, although meets may also be scheduled in the spring.

### **Level 7-10 Optional Team**

These athletes compete in the USA Gymnastics program in local, state, regional, and national competitions. This level of competition requires a higher level of physically and mentally challenging gymnastics training. Competition season generally runs from December to April.

# Registration

There is an annual registration fee of \$42 per athlete, with a 25% discount for the second child enrolled in the team program. Annual renewal of the USA Gymnastics membership is also required, which costs approximately \$55, and is usually renewed in June.

## TUITION SCHEDULE

Developmental Team: \$110/mo (\$70/mo if one day/week)  
 Junior Team: \$120/mo.  
 Level 4 Team: \$150/mo.  
 Level 5-6 Team: \$200/mo.  
 Level 7 and up: \$250/mo.

Tuition is due by the 1<sup>st</sup> of each month. Payments not received by the 10<sup>th</sup> of the month will be subject to an additional \$10 late fee.

*Team is a year-round commitment regardless of your attendance.* Team members do not move on and off the team nor is tuition prorated because of illness, injury, vacations, camps, schedule conflicts, or the like. Tuition is based on 48 weeks of training, and additional training may be required during general program holidays.

## Team vacation dates:

The Legacy Gymnastics Academy closes the weeks of July Fourth, Thanksgiving, and two weeks at Christmas break. The team athletes will be given the Fourth of July break. For other holidays, training will still be held, but the schedule will be modified.

## 2008 Team Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Girls Dev. Team 4:00 – 5:30 pm		Girls Dev. Team 4:00 – 5:30 pm		
	Girls Level 4 Team 5:00 – 8:00 pm Girls Junior Team 5:30 – 7:30 pm		Girls Level 4 Team 5:00 – 8:00 pm Girls Junior Team 5:30 – 7:30 pm		
Girls Level 5-Optional Team 4:30 – 8:30 pm	Girls Optional Team (as needed)	Girls Level 5-Optional Team 4:30 – 8:30 pm		Girls Level 4- Optional Team 4:30 – 8:30 pm	Girls Level 5 - Optional Team 9:00 am – 1:00 pm

## Appearance

1. Gymnasts are required to wear a one-piece leotard for training. Athletes must wear the team tank leotard on Mondays (“Monday leotard”). Loose fitting clothing (i.e. t-shirts, baggy shorts) will not be allowed during training sessions for obvious safety reasons. Lycra/Spandex shorts (“bike shorts”) are acceptable occasionally. Failure to wear the Monday leo will result in student wearing the pink ballet “I forgot my Monday leo” leo OR student running 15 minutes (their choice!)
2. Warm-ups/sweats and socks are required during cold weather.
3. Gymnasts are required to wear weather- appropriate clothing and shoes to and from the gymnasium. Please do not enter or leave the gymnasium dressed only in a leotard or barefooted!
4. The gymnast’s hair must be long enough to be pulled back neatly, completely secured and out of the face so that the gymnast does not need to repeatedly fix it throughout her training session. Bangs must also be pulled back.
5. No type of jewelry is allowed on the gymnastics floor with the exception of small stud earrings. Loose jewelry is a safety risk. Legacy Gymnastics is not responsible for lost or stolen items of this nature.
6. No excessive make-up is allowed to be worn by the athletes.
7. Gymnasts must bring their gym bag daily and are responsible for bringing all other necessary training items. These items are necessary for training and students may not be able to complete certain training assignments without them. Failure to bring training items will result in a running assignment. Items gymnasts must keep in their gym bag include but are not limited to:
  - a. Ankle weights (1-2 lbs max.)
  - b. Wrist bands
  - c. Grips (if applicable)
  - d. Athletic tape and pre-wrap
  - e. A spare leotard
  - f. Hair ties
  - g. Deodorant (a must, regardless of age!)
  - h. Feminine products (if necessary)

## Attendance/absences

*We appreciate your cooperation in helping your student maintain their commitment to the competitive program. Our rules and policies are in place to teach your athlete about personal responsibility, leadership, and dedication, standards that are the foundation of this program and traits in your student that will last long after they have retired from this sport!*

1. All scheduled practices and competitions are mandatory. Regular attendance is absolutely necessary for the athlete, not only to maintain physical strength, flexibility, and skills, but also for safety, progression and improvement.
2. **In case of illness**, the athlete (NOT the parent) is required to call either the front office or the team instructor and leave a message with the office manager or on the answering machine. If the parent calls in for the student, the student will still be required to complete a running assignment when returning to practice.  
Front Office: 281-482-9300  
Coach Miranda: 281-455-1709
3. **In case of a planned absence (vacation/family activities/school function, etc)**: please send the athlete with a note to the team coach explaining the reason for absence and the dates of absence.
4. It is strongly encouraged that all athletes arrive to practice 15-30 minutes ahead of time in order to mentally prepare for their training session as well as to work on assigned strength and flexibility exercises.
5. **In case of tardiness**: The first 30 minutes of the training session are designed to improve flexibility and endurance as well as to practice important basic gymnastics elements. These elements are the fundamentals of all other gymnastics activities and must be practiced every workout. It is extremely important that the athlete participates in these warm-up activities. *Athletes that are tardy may be asked to stay after practice and make up this time.* Repeated tardiness and absence will not be tolerated as they cause safety risks to the athlete, who must remain in the training routine to remain physically and mentally prepared. Part of the commitment of the team athlete is the commitment to being at practice and to being on time.
6. We ask that students maintain a 90% or above attendance record each month. (This is at least 14 of 16 practices). Athletes may be required to “make-up” additional missed practices by scheduling additional hours on off-days or Saturdays. Please be aware that there is no way to truly make-up a practice, and that students “making up” on Tues/Thurs will be given an assignment to be completed on their own rather than receiving direct instruction from the staff.
7. Extended absences (i.e. long vacations): Regular attendance is absolutely imperative to an athlete’s physical development and focus. However, we know that some families have a tradition of taking long vacations in the summer. Unfortunately, this is a serious conflict with preparing our compulsory athletes

for competition season, which begins when school starts. While we will not ask you to forfeit your vacation, we do ask that you understand that missing several weeks in a row of practice will set your child's progress back substantially and that it can and likely will affect whether or not your child is prepared to attend the first competition of the season.

8. **In case of injury:** are expected to participate in practice and related activities to the extent possible. It is usually possible to work around an injury and turn a weakness into a strength by increased work on flexibility, conditioning, or specific skills.
9. **Parents, you MAY NOT MAKE EXCUSES FOR YOUR CHILDREN.** Examples of excuses are the following: "It's my fault, I forgot to: make her call in/wash her Monday leotard/put her grip bag in the car/etc." Athletes will have to face the consequences of their actions, regardless whether or not the parent wants to take the blame. If the parent feels so guilty that it is their fault the student is in trouble, he or she is welcome to sign a release form and run the 15 minutes for the student.

Consequences of absence/tardiness:

1. Running assignments
2. Staying after practice 15 minutes to work on flexibility and basics
3. Additional workouts on off days
4. Additional strength and conditioning activities
5. Parent/student meeting to discuss habitual absences/consistent team policy violations.

## Conduct

1. Team athletes are representatives of the Legacy Gymnastics Academy, and are required to conduct themselves at all times as respectful and responsible young ladies.
2. The training environment will be encouraging and motivating – there is no place for rude comments, displays of anger, talking back to coaches or other adults, or crying because of frustrations or fears.
3. Treat other gymnasts with respect: this includes your own teammates as well as other athletes you might encounter.
4. Tell your coach when your body is telling you to stop or slow down. If you are sick or on medication or injured, we need to know.

### For Competitions:

1. Arrive at the competition 30 minutes prior to the scheduled stretch time.
2. Arrive already prepared – this means hair pulled back and secured *neatly* and dressed in uniform.
3. PLEASE, no glitter or excessive make-up (no make-up on athletes 12 and under, please!)
4. No finger polish or jewelry is allowed on the competition floor.
5. Sports bras may not show.
6. Athletes that display inappropriate behavior, including poor sportsmanship or crying, will be removed from the competition at the discretion of the instructor.
7. Athletes will stay until the awards session has finished and the session is officially over.
8. Under no circumstance should a parent enter the competition area unless directed to by a coach, judge, or meet official.

# Uniform Requirements

## **Level 4:**

- Matching hair tie
- “Monday” leotard (will be competition leo)
- Legacy sweatshirt
- Legacy team polo shirt
- Legacy gymnastics bag, containing a spare leotard, extra hair ties, clothing to be worn to and from the gym, shoes, deodorant, and any additional necessities
- Navy blue or black warm-up pants
- Navy blue or black flip-flops
- All-white tennis shoes

## **Level 5-6** (in addition to above requirements):

- Warm-up jacket
- Compulsory competition leotard
- Warm-up pants
- Grips/Wristbands (as recommended by coach)

## **Level 7 and up** (in addition to above requirements):

- Optional competition leotard

## MEET INFORMATION

1. All team athletes are required to attend all scheduled competitions unless extreme circumstances arise, to be determined by the discretion of the team coach.
2. Meet fees are due as soon as possible. These fees are paid in advance by Legacy and are non-refundable under any circumstances once the athlete has been entered into the competition.
3. Membership on the Legacy competitive team **does not** guarantee any athlete's entry into any competition. Only those athletes that demonstrate physical as well as emotional and mental preparation during training sessions will be allowed to participate in team competition. It is our policy not to allow any unprepared athlete to enter into competition for obvious safety reasons.

### *Meets Hosted by the Legacy Gymnastics Academy:*

There is not an established Legacy Gymnastics Academy Booster Club. However, in the event that the Legacy Gymnastics Academy hosts a competition, all team families will be required to be involved in the preparation and execution of the event. Our families are the key to successful events!

## P.E. Release Information

U.S.A. Gymnastics activities have been approved by the Texas Education Federation as required by the State Board of Education rule 97.113(i). This means that an athlete training in an Olympic event for fifteen plus hours per week *may* be exempt from general physical education classes in the school system.

Legacy encourages its upper-level team athletes to take advantage of this exemption, as it provides these students with additional study time and/or “down time” before evening training sessions. Please see Coach Miranda to obtain the necessary forms required by the school system. Each school district may have varying requirements regarding this exemption, and it is up to the parent to ensure that these requirements are communicated to the coach and are met.

## Rules and Policies for Parents:

The parents are as much a part of our program as the athletes and the coaches. As parents, you should be aware that as a member of our team you are representing the Legacy Gymnastics Academy also.

1. Cheer loud and often for members of our team or for any great performance. Encourage the team in any way that you feel is appropriate – T-shirts, banners, etc.
2. Avoid negative discussions about other clubs, coaches, gymnasts, or judges. We realize that this sort of negative behavior might be common in the spectator area, but please ignore it.
3. Under no circumstances should a parent approach a judge or coach before, during, or after the competition to discuss a score.
4. Parents should never enter the competitive floor unless requested to by one of our coaches.
5. Please get your child to the competition on time. Not only is tardiness upsetting to the coaches but it also creates unnecessary anxiety for your child in an already intense situation for her.
6. Please think about what you say to your child before and after the competition. Your child only wants your love and praise for her performance (no matter how it went):

Inappropriate comments:

- “You beat Sally”
- “I’ll give you \$20 if you win today”
- “That judge always scores you low”
- “Why did you fall on beam?”
- “Your legs were bent on your leap”

Appropriate comments:

- “Do your best and have fun”
- “Work hard and next time you will score better”
- “You did a great bar routine”

7. DO NOT coach your child. When a parent starts to coach their child they actually interfere with the very performance they are trying to improve. Please let the coaches do their job in the gym and on the competition floor. In addition, it causes confusion to the child as to who they should listen to. Also, it interferes with the development of the coach/athlete bond which is critical to any long term success in the sport. Finally, we notice that your child’s legs are bent! ☺ We will at the appropriate time make your child aware of their errors.

### 8. DANGER SIGNS FOR PARENTS—

Do you . . . .

- Watch every single practice intently?
- Praise or punish your child based on their performance during training?
- Constantly compare your child or her progress to others on the team?
- Verbally criticize the coaches, the gym, or the program?
- Videotape every competition and require your child to review it at home with you – going over errors in slow motion, pointing out areas that need improvement?
- Attempt to train your child at home, including working on strength, flexibility, or specific skills?

If you recognize any of these descriptions in yourself, you probably need to reevaluate your actions, your role, and your attitudes.

9. Your child is an individual. Your child will progress at her own pace based on her own special talents and abilities. Please do not compare your child to others in the gym. All of our athletes are receiving the same coaching on every event, and will progress at different paces. Fear, work ethic, attitude, as well as physical ability will all play a role in your child’s progression. Allow your child to progress at her own pace and realize that the most important thing is that your child is happy and safe.

# Team handbook

## Signature page

I have read, **discussed with my child**, and agree to abide by the team rules and policies for the Legacy Gymnastics Academy, Inc.

I understand that these rules and policies are in place to protect the safety of my child as well as to help my child grow, not only as an athlete, but as a responsible individual and as a leader in the gym and in the surrounding community.

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_