



# WOMEN'S TEAM HANDBOOK

Updated April 2010

## Welcome

Welcome to all of our families that have accepted the invitation to the Legacy team program. We have developed this Team Handbook to better our communication and clarify our goals and expectations of athletes and families involved in the team program. Please read over the information carefully. A successful season begins with everyone having the knowledge of our expectations and what competitive gymnastics is all about!

## Mission Statement

The Legacy Gymnastics Academy was founded by Miranda Repsher Peel 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.

## 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. This program is designed to prepare athletes for our junior team program or the USAG Level 4 competitive program.

### 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.

### Compulsory Team: USAG Level 4-6

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.

## Optional Team: USAG Level 7-10

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.

### Team and Competition Eligibility

Gymnasts accepted into the Legacy Gymnastics team program have been evaluated by our competitive team instructors and notified of eligibility to join the program. Individuals are evaluated for acceptance into the competitive program based on the athlete's technical preparation of skills as well as strength, flexibility, coordination and balance, body type, courage, determination/desire, concentration/focus, and general attitude. These factors do not directly correlate with an athlete's age or years of gymnastics training. There are as many different speeds of progression as there are athletes, and children of various ages, strengths, and weaknesses can be accepted to a specific level program. Your child may be on a team with other children several years younger or several years older than themselves.

Gymnasts must demonstrate skills, technique, and the form necessary for success in competition. As coaches, we will evaluate this on a regular basis. While we are always striving to challenge gymnasts and advance to the next competitive level, we realize that performing successfully means demonstrating solid, strong routines, not attempting to compete a harder level with skills that have not been mastered. Please note that we have certain requirements for training at a level, but expect a certain level of mastery to be achieved to compete at that level. Participation in meets will dependent upon athletes demonstrating routines on all four events with proper form and skill completion. Participation will also be based upon the gymnast demonstrating good attendance and good attitudes. We must enter and pay for competitions several weeks in advance. Your child must demonstrate at that time that they have mastery of the routines to be eligible to compete.

Please note that this may mean that an athlete will have to repeat a level, sit out a couple of competitions until ready, or even sit out a competition season. Your child may be entered in some competitions, but not others. Moving up to the next level competitively is not like moving up a grade in school – you cannot just master 70% of the skills and be promoted. Gymnastics is a progression-based sport. This means that certain lower level skills must be mastered completely before the athlete can practice at the next level. It is not uncommon for an athlete to compete at a level for two consecutive seasons before moving on. This does not mean that your child has failed in any way, but that they may need to spend more time perfecting an area of their gymnastics training before attempting more difficult skills. This does not mean that the coaching staff is “holding your child back” in any way. Your child will continue to be challenged at their individual level on every event.

Gymnastics is the most demanding and difficult of all sports. Gymnasts must overcome the sense of being uncomfortable and a great deal of fear sometimes to learn a new skill. We work up to these skills through series of progressions, but gymnasts will still suffer setbacks, frustrations, fears, and some failure. Each athlete is different with their own set of strengths and weaknesses. Please remember that, during the times that your child is struggling with something, this is a great opportunity for them to learn how to succeed through perseverance and hard work.

The team staff will discuss this with parents and athletes individually if we feel a need to modify an athlete's training and competition plan.

## Team Commitment

There is a great deal of commitment expected from team athletes and families. We are very open and honest about the investment of time and money it takes to train a competitive level athlete – from the athletes and families as well as the gym and the coaching staff.

We take great pride in our athletes, our coaching staff, and our competitive program at Legacy. Our staff spends a lot of time researching, discussing and implementing appropriate training methods and techniques to give our athletes a solid foundation of skills so that they will succeed at higher levels. We do not allow our gymnasts going to other clubs for open gyms, clinics, summer camps, or other training purposes. It is confusing for an athlete to hear different coaching methods and techniques, and there are a lot of different “methods” out there that conflict with ours. Your child has been selected to be a Legacy Team Gymnast, so train only at Legacy.

If you feel your athlete needs to make a switch to another competitive program, that is your decision to make. Once you have moved on to another club, the door here is not open to come back. If you are not satisfied enough to stay, you will not be satisfied returning, either.

## Practice Schedule

The practice schedule is CURRENTLY as follows:

DEV TEAM	Tuesday	4:00 – 5:30 pm			
	Thursday	4:00 – 5:30 pm			
JUNIOR TEAM	Tuesday	4:00 – 6:00 pm	LEVEL 6	Monday	4:30 – 8:30 pm
	Thursday	4:00 – 6:00 pm		Wednesday	4:30 – 8:30 pm
				Friday	4:30 – 8:30 pm
				Saturday	9:00 – 1:00 pm
LEVEL 4	Tuesday	5:00 – 8:00 pm			
	Thursday	5:00 – 8:00 pm	LEVEL 7 +	Monday	3:45 – 8:00 pm
	Friday	4:30 – 8:00 pm		Tuesday	as needed
				Wednesday	3:45 – 8:00 pm
LEVEL 5	Tuesday	4:30 – 8:00 pm		Thursday	as needed
	Thursday	4:30 – 8:00 pm		Friday	3:45 – 8:00 pm
	Friday	4:30 – 8:30 pm		Saturday	9:00 – 1:00 pm
	Saturday	9:00 – 1:00 pm			

PLEASE BE ADVISED that the training schedule will be modified in the summer. This may include additional practice hours in the morning or the evening, “two a day” practices, or having the athletes staying a little later at their regular practice. These practice hours are absolutely necessary to prepare our compulsory athletes for their competition season, which begins immediately following the beginning of the school year, and are absolutely necessary for our optional athletes working on mastering higher level skills.

## Registration

There is an annual registration fee of \$42 per athlete. Annual renewal of the USA Gymnastics membership is also required, which costs approximately \$55, and is usually renewed in June.

## Tuition

Developmental Team:	\$110/mo	Level 5-6 Team:	\$200/mo.
Junior Team:	\$120/mo.	Level 7 and up:	\$250/mo.
Level 4 Team:	\$150/mo.		

Tuition is due by the 1st of each month. Payments not received by the 10th 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.

## Other Fees

Competition Fees: Fees range from around \$60 - \$120 per competition, with athletes attending 5-8 competitions a year. All coaches' fees and travel fees are included.

Uniform Fees: Uniforms range from around \$250 - \$350 a year.

## 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.

## 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, but not encouraged. 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 in advance 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. We will take school hours into account. However, we see no reason for athletes to be tardy on holidays or weekends.

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.

## Athlete 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 that balk or refuse to perform during warm-up, for whatever reason, will be scratched from that event at competition.
8. Athletes will stay until the awards session has finished and the session is officially over.
9. 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)

A note about grips: we generally do not order grips for an athlete until she is able to perform the entire level 5 routine without them.

### 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. Athletes generally attend 5-8 competitions, and fees run from around \$60 - \$150 each. Some of these competitions will be out of town. We will attend one large competition with all levels 4 and up in the spring (Jan/Feb). This will be out of town every other year.

Parents sometimes feel that this is a lot of money to pay for a competition. Please recognize that these competitions required a lot of preparation, planning, and expenses. Gyms must pay staff and judges, meet insurance, print programs, clean, rearrange equipment, put it back, sort entries, determine age groups, order awards, organize rotations, etc – it is a lot of work! Please be pleasant and complimentary when going to host gyms. You will see many of the same faces all year at various meets. If there is any behavior displayed that reflects negatively on Legacy, that athlete and family will not be attending any future competitions. We work hard to have positive relationships with the gyms in our district and want to keep it that way.

3. Meets will generally be on weekends, usually Saturdays and occasionally Sundays. The coaching staff has no control over the competition schedule. The schedule is usually posted one to two weeks before the competition weekend. DO NOT call the host gym for competition schedule information. All inquiries must go through our coaching staff.

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.

LEGACY GYMNASTICS ACADEMY  
PARENT AGREEMENT

\_\_\_ I UNDERSTAND that I, as a parent, am as much a part of the competitive program as the athletes and the coaches. I am aware that as a member of this team that my words and actions directly reflect upon the reputation of this program. I agree to actively work to promote a positive environment through exhibiting good sportsmanship and positive and open communication and among the parents, staff, and athletes.

\_\_\_ I UNDERSTAND that my child is an individual. My child will progress at her own pace based on her own special talents and abilities. I WILL NOT compare my child to others in the gym. I know that 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 my child's progression. I will allow my child to progress at her own pace and I realize that the most important thing is that your child is happy and safe.

\_\_\_ I AGREE TO be supportive of the coaches and their decisions regarding practices, conditioning, and level of competition, and all areas of team instruction and management.

\_\_\_ I UNDERSTAND that I do not have to like or be friends outside of the gym with other team parents. HOWEVER, I understand that team parents are expected to demonstrate a united front in support of these children. All parents are expected to behave like ADULTS and get along for the sake of the children on this team.

BEHAVIORS that will lead to dismissal from this program include but are not limited to:

- Making negative or inappropriate comments in the lobby about other parents, families, or children
- Making negative or inappropriate comments to others about the coaching staff
- Making these negative comments in front of your children, so that it leads to cliques or "ganging-up" on each other in the gym
- Initiating or continuing arguments between other parents or staff via face-to-face confrontation, telephone, text message, email, etc.
- Encouraging parents or children to exhibit "shunning" behaviors towards a particular family or child

\_\_\_ I UNDERSTAND that, as I may or may not be best friends with other parents in the gym, my child may or may not be best friends with other children on the team. It is important that the children get along with each other, support each other as team members, and occasionally participate in team activities that are not gym-related as we can plan them. However, as human beings (and children ARE human beings ☺) we will naturally form friendships with other people we have common interests with: similar ages, outside interests (other than gymnastics), etc.

\_\_\_ I UNDERSTAND that if I have questions, concerns, or problems with the program, staff, policies, or other team gymnasts, that I am to approach the team staff DIRECTLY. Complaining to other parents will not solve the problem. I understand that one parent that chooses not to follow the parent agreement will detract from the entire team experience for everyone. NO MATTER HOW MUCH THE COACHING STAFF LOVES MY CHILD, I understand that poor behavior on the part of parents will have consequences. These consequences may range from parents being asked to not attend practices for a specific length of

time, to families being asked to leave the program. The coaching staff will make the decision if necessary to protect our other parents, gymnasts, and the program in general.

\_\_\_ I AGREE THAT I WILL NOT coach my child at home or outside of the gym. I understand that, when a parent starts to coach their child they actually interfere with the very performance they are trying to improve. I will let the coaches do their job in the gym and on the competition floor. In addition, I understand that coaching my child causes confusion to the child as to who they should listen to and it interferes with the development of the coach/athlete bond which is critical to any long term success in the sport. Finally, I understand that the coaches notice that my child's legs are bent! And that the coaching staff will, at the appropriate time, make my child aware of her errors.

\_\_\_ I AGREE TO foster an environment that nurtures my athlete: this includes making sure my child gets enough sleep, proper nutrition, studies hard in school for good grades, and is respectful, honest, and caring towards others. While I cannot coach my child, providing this environment will help maximize my child's success as an athlete.

\_\_\_ I AGREE TO keep my cell phone nearby and turned on when my child is at practice. I understand that if my child becomes injured or ill, the coaching staff will need to be able to contact me immediately.

\_\_\_ I UNDERSTAND that, while I am welcome to stay and watch practice, that the coaching staff does not expect or even appreciate parents staying and watching every single minute of practice. It is very distracting to the gymnasts and can hinder their progress if they believe their parent is watching every single minute to scrutinize their behavior and performance. No other gymnastic club encourages active participation in parents during workouts, and other clubs even require parents to leave or hold "closed" practices. I will work to maintain a healthy balance in watching practices but also giving my gymnast the space she needs to focus on the class and the coaches' instruction.

\_\_\_ AT COMPETITIONS, I AGREE TO:

- Cheer loud and often for members of our team or for any great performance. I will encourage my child and her teammates in fun ways, T-shirts, banners, etc.
- AVOID COMPLETELY any negative discussions about other clubs, coaches, gymnasts, judges, scoring, etc. I realize that this sort of negative behavior might be common in the spectator area and among other programs, and understand that this behavior only makes myself and the Legacy program look bad.
- Under no circumstances approach a judge or coach before, during, or after the competition to discuss a score.
- Never enter the competitive floor unless requested to by one of our coaches.
- Get my child to the competition on time. I understand that not only is tardiness upsetting to the coaches but it also creates unnecessary anxiety for my child in an already intense situation for her.
- Carefully choose the words I say to my child before and after the competition. My child only wants my love and praise for her performance (no matter how it went):
- Avoid making inappropriate comments that compare my child to others, bribing my child with prizes for her performance, accusing outside factors for my child's performance, getting angry at my child for her performance or mistakes, or coaching my child and pointing out mistakes in her performance.

# 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: \_\_\_\_\_