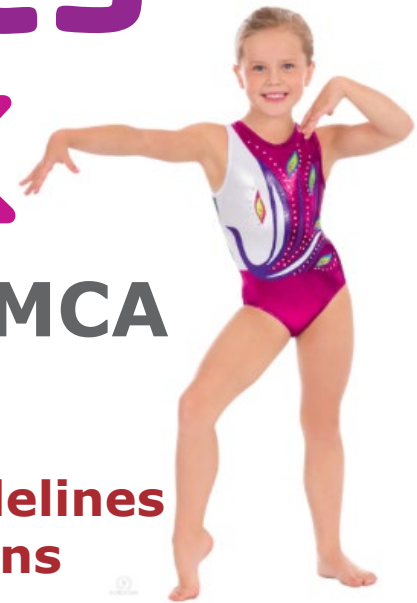




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# TEAM GYMNASTICS HANDBOOK

## FOND DU LAC FAMILY YMCA



**Code of Conduct, Expectations & Guidelines  
for Team Gymnasts, Parents/Guardians**

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## OUR MISSION

The mission of Fond du Lac Family YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Our programs and services strive to strengthen the family, guide the youth of today, and meet the ever changing needs of our community. The Fond du Lac Family YMCA believes that, in a diverse world, we are stronger when we are inclusive, when our doors are open to all and when everyone has the opportunity to learn, grow and thrive.

### Diversity Statement

Here at the Y, we believe that a healthier and stronger community emerges when everyone has the opportunity to cultivate and nurture a healthy mind, body and spirit. Our core values are **honesty, respect, responsibility and caring**--they guide everything we do. Together we ensure that everyone across age, ability, cultural background, ethnicity, faith, gender expression, gender identity, ideology, income, language, national origin, race, religion or sexual orientation has access to resources to reach their full potential.

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## TEAM PHILOSOPHY

The Fondy Flyers gymnastics team will work as a team to build strong, confident, and capable children through the sport of gymnastics. We strive to provide an atmosphere where gymnasts can learn the physical and mental skills necessary for each level of gymnastics as well as learning our core values, to grow spiritually, mentally, and physically.

We know that the key to effectively nurturing the potential of children, improving our community's health and well-being and supporting our neighbors is a passionate, experienced and diverse array of staff, volunteers and members who value what everyone brings to the table. Our coaches, or other Y staff the gymnasts will be working with or coming in contact with, will instill and reinforce sportsmanship, team bonding, and the importance of making healthy and safe choices both in and outside the gym. Each child's unique learning style and needs will be respected.



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## TEAM COMMUNICATION

**Website** – [https://www.fdlymca.org/gymnastics\\_team.html](https://www.fdlymca.org/gymnastics_team.html)

Our Team website page is our main communication tool and includes information such as the **Google Calendar** (that lists practice times & meet dates), meet information and rotation schedules, and the Team Gymnastics Handbook.

### Program Leadership Contact

All team communication and questions should be directed to:

**Amanda Bodden**, Gymnastics and Sports Director, [abodden@fdlymca.org](mailto:abodden@fdlymca.org)

### Facebook Group – FDL YMCA TEAM Gymnastics Group

A private Facebook group is set up for Y Gymnastics TEAM families. This group is utilized for staff to share information and photos of what takes place in Gymnastics TEAM, communicate events and activities, and create community conversation among Y Gymnastics TEAM families. Team gymnasts and parents/guardians must request to be a member of this group.

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## TEAM TUITION/Y MEMBERSHIP

All members of the team must maintain a **current Y membership**, as per state rules. If membership is terminated or on hold, the gymnast will not be able to participate in practice or a meet until the membership is active.

Monthly team tuition payments cover all practices, coaching, and registration fees for all meets except State and Nationals. State and National registration fees will be collected at a later date.

A signed **Gymnastics Team Registration Form** must be completed annually at registration time. Tuition can be paid in full or can be bank drafted monthly. Bank drafts may be placed on hold due to injury or illnesses with proper documentation. Payments will not be adjusted because of vacations or other personal activities.

**All bank drafts take place on the 1st of every month. (September-May)**



## Volunteer Deposit for Home Meet

A refundable deposit of **one month's tuition** will be included in either the annual tuition payment or the December bank draft payment. This deposit will be refunded if all required meet volunteer hours are met, following the home meet.

**Annual Tuition Payment:** Volunteer deposit will be refunded via a check, mailed to the address on file.

**Monthly Bank Draft Payment:** To reimburse the volunteer deposit, the January bank draft **will be held** (will not occur), if all required home meet volunteer hours are met. Monthly bank drafts will resume in February.

## Team Membership Refunds

If a gymnast leaves the team program in the middle of the season, due to injury or any personal reason, the following refund process will take place:

**Annual Tuition Payment** – A reimbursement check will be issued for the remaining full months that will be missed, following written notification of a team member leaving the program. Partial month payments will not be reimbursed. The **volunteer deposit** will be included in this check, if notification is given prior to the home meet occurring.

**Monthly Bank Draft Payment** – The monthly bank draft payment will be cancelled for the remaining full months that will be missed, following written notification of a team member leaving the program. Partial month payments will not be reimbursed. A reimbursement check will be issued for the **volunteer deposit**, if notification is given prior to the home meet occurring.

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## UNIFORMS, APPAREL AND ACCESSORIES

### Required Uniform

Team Leo: \$150  
Team warm up jacket: \$55  
Black leggings/shorts

### Optional Apparel & Accessories

Team shorts  
Team duffle bag, backpack, or cinch bag  
Other Fondy Flyers apparel

## GYMNAST EXPECTATIONS AND CODE OF CONDUCT

### Respect

Gymnasts are expected to show respect for coaches, teammates, parents, other gymnasts and coaches, judges, equipment, and other facilities.

### The following actions are disrespectful and will not be tolerated:

- **Bullying** of any nature will not be tolerated, including in person bullying or bullying done via social media.
- **Using angry or vulgar language**, including swearing, name-calling or shouting.
- **Harassment or intimidation** with words, gestures, body language or any other behavior deemed inappropriate, threatening, frightening or offensive in nature.

### Following Rules

- All USAG policies and procedures must be followed. A link to these can be found on the team website page.
- Gymnasts are expected to wear appropriate attire, including tying hair back & removing jewelry (studded earrings are allowed)

### Safety

- Gymnasts must get coach approval before trying new skills
- All cuts and wounds must be bandaged and covered
- Horseplay in any facility is not acceptable

### Attendance

Gymnasts should arrive on time and be dressed and ready when practice begins. Full participation in stretching is expected. If you are late, join stretching and be sure to complete the stretches that were missed. Gymnasts are expected to stay in the gym for the duration of practice, unless it was discussed with a coach in advance.

## Participation

- Every gymnast should be prepared to work hard with a positive attitude
- Strength is an important part of gymnastics. Strength training can also play a role in the reduction of injuries. Strength training activities will be incorporated into practice time. All gymnasts are expected to participate.
- 3 full routines are expected at each event

## Make-Up Practices

Gymnasts will only be allowed to make up practices within 30 days of when the missed practice occurred.



## Gymnast Personal Items

It is important for each gymnast to have essential items with them at practices and meets. Some items may include: grips, athletic tape, band aids, Chap Stick, lotion, hair ties, clips, personal hygiene, and ibuprofen/acetaminophen (with parent/guardian approval). All personal items should be kept in personal bags throughout practice.

## Cell Phones/Electronic Devices

Gymnasts are not allowed to access personal cell phones during practice, but may have them in the facility. Coaches may grant use permission on a case by case basis. If a gymnast chooses to bring a cell phone or other electronic device in the gym it will be at their own risk. The Y is not responsible for lost, stolen, or damaged items.



## PARENT/GUARDIAN RESPONSIBILITIES

Parents/Guardians are expected to do the following:

1. Access and utilize the **Fondy Flyers website page** at [fdlymca.org](http://fdlymca.org) in order to obtain pertinent team information such as schedules, meet information, etc.
2. Have gymnasts at practice and meets on time; have gymnasts picked up from practice on time and have established transportation to and from meets.
3. Have appropriate attire for gymnast for meets and practices.
4. Attend parent meetings.
5. Have a current email address on file.
6. Have an established Fond du Lac Family YMCA membership, either for their gymnast or family.
7. Sign up to volunteer at the annual home meet held at the Fond du Lac Family YMCA. Meet volunteer expectations.
8. Remain in the spectator areas during all meets and practices.
9. Cheer positively for gymnasts and our team.
10. Keep comments positive to all gymnasts, coaches, officials and parents.
11. Follow the **YMCA's Code of Conduct**, found at [fdlymca.org](http://fdlymca.org).

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## MEET INFORMATION

### General

Gymnasts will either compete on Saturday or Sunday. The average time for competition is 4 hours. Gymnasts are required to arrive before their listed start time and are expected to stay until the awards for their session is complete.

Gymnasts are not to leave the competition area unless they need to use the restroom. They should be prepared and ready, once they are on the floor for stretching. **Parents/guardians** - Gymnasts are expected to stay with their teammates after stretching has begun until the completion of competition, and then rejoin for awards. **Do not** ask them to leave the competition area for any reason.



## Meet Format

**Arrival/Stretching** - This is the general stretching and warm up period. At this time the girls should be in the gym and ready to begin. They will also have an opportunity to get bar settings. Warm ups will be in groups prior to going to the first event. Then will be team introductions/march in, immediately followed by a timed warm up on the first event. This is the time for the warming up skills and routines. At the end of warm up competition will start immediately. When an event is complete, gymnasts will move to the next event and repeat the warm up process.

## Awards

Awards are distributed after the entire competition group has competed. Some levels may have more than 1 competition rotation. Awards will begin 15-30 minutes after the last competitor has finished. You may leave after all age groups have received their awards.

## Judging

Gymnasts and parents may not have any discussion with judges relating to routines and scores. Please see a coach after the meet if you have any questions.

## Volunteer Hours

Each family is expected to complete a minimum of **18 hours**, in addition to helping with either **set up** or **take down**. The 18 hours are divided between the home meet (16 hours) and Walleye Weekend (2 hours). Positions include: concessions, raffles, awards, beam timer, warm-up timers, music and score flashing. Each of these positions is important in order to ensure our meet runs smoothly.

If all required volunteer hours are met, the volunteer deposit made at registration will be refunded, according to volunteer deposit information on page 4 of this handbook.

## Set Up/Take Down

Meet set up takes place on Friday evening (12/6/19) for approximately 3-4 hours. Take down begins immediately following the last session on Sunday (12/8/19).