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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEAM GYMNASTICS HANDBOOK

## FOND DU LAC FAMILY YMCA



**2022-2023**

**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 can 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

### Email

All important updates are communicated via email.  
Please make sure we have a valid email address on file.

**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)  
**Michaela Buechler**, Gymnastics Head Coach, [mbuechler@fdlymca.org](mailto:mbuechler@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 and coaching. There will be additional meet fees.



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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)**

### **Team Membership Refunds**

If a gymnast leaves the team program in the middle of the season due to injury, 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.

**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.

## **GYMNAST EXPECTATIONS AND CODE OF CONDUCT**

### **Respect**

Gymnasts are expected to show respect for coaches, teammates, parents, and equipment, as well as opposing teams' gymnasts, coaches, and facilities.

Gymnasts are expected to have and receive open communication with coaches.

### 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.

### Safety

- All cuts and wounds must be bandaged and covered
- Gymnasts must get coach approval before trying new skills
- Gymnasts must attend all practice times the week prior to competition. It is a coach's discretion, based on previous attendance, safety concerns, and level of preparedness, whether a gymnast will compete.
- All gymnasts should have proper practice attire. Leotards are required for practice.
- Hair must be tied back.

### Attendance

- Gymnasts are expected to be at scheduled practices.
- Please arrive on time to practices. In any circumstance the gymnast is late, please contact the gym.
- Gymnasts are expected to stay in the gym for the duration of practice, unless it was discussed with a coach in advance.
- Gymnasts must attend only their specific level practice time. Practices cannot be made up with a different level.

### Participation

- Strength training is an important part of gymnastics. Not only is it needed to obtain and perform the required skills themselves, but strength training also plays a role in the reduction of injuries.
- Strength training activities will be incorporated into practice time. All gymnasts are expected to participate.



- Gymnasts are expected to give 100% at every practice. This attitude should be maintained throughout the entire practice. If sickness or injury occurs during practice, the gymnast should inform her coach immediately and call home to be picked up early, as needed.
- If a gymnast cannot follow rules or is being a distraction to others, the coaching staff reserves the right to ask the gymnast to leave practice. Parents will be notified. If problems continue, a meeting will be arranged with coaches, gymnast, and parents/guardians. **The Fond du Lac Family YMCA has the right to remove any gymnast who is not following the code of conduct.**
- Gymnasts are expected to prepare themselves physically and mentally for competitions.
- Gymnasts should follow the practice plan/structure as given by the coach.

### Private Lessons

Private lessons are available based on coach and gym availability. Please contact the specific coach directly to schedule private lessons.

**Contact Amanda or Michaela for pricing information.**

### Gymnast Personal Items

It is important for each gymnast to have essential items with them at practices and meets. Some items may include water bottle, chalk bag, 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 and should not be shared with other gymnasts.
- Personal items should be kept in the lockers.
- If a gymnast needs to use athletic tape on a regular basis, it must be purchased on their own.

### 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) to obtain pertinent team information.
2. Have gymnasts at practice on time; have gymnasts picked up from practice on time.
3. Have appropriate attire for gymnast for practices, including all personal items needed.
4. Attend parent meetings.
5. Have a current email address and phone number on file.
6. Have an established Fond du Lac Family YMCA membership, either for their gymnast or family.
7. Meet volunteer expectations.
8. Remain in the spectator areas during all practices and competitions. Parents are not allowed in the competition area or allowed to converse with judges at any time.
9. Keep comments positive to all gymnasts, coaches, and parents.
10. Notify the gymnastics program leadership staff immediately of any highly contagious health issues (ex. Lice, staph infections, COVID-19, etc.)
11. Follow the **YMCA's Code of Conduct**, found at [fdlymca.org](http://fdlymca.org).
12. Provide proper documentation from a doctor regarding any of the following:
  - Practice/participation restrictions
  - Length of restrictions
  - Return to play guidelines
13. Follow CDC concussion guidelines.



CDC Concussion Guidelines