



Cobb Challengers

Gymnastics Club Handbook

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INTRODUCTION

All general rules contained within the Cobb Challengers Gymnastics Rules & Policies can be found on our website www.cobbchallengers.com

Cobb Gymnastic Center Parents Club USAG Junior Olympic (JO) Program Intro

CGCPC USAG Junior Olympic Program is a highly/ultra-competitive program, and the athletes selected for this program are required to strive to perform to that level at all times. Gymnastics is one of the greatest overall body conditioning activities your gymnast's could experience. Some physical attributes you will find developing in your young gymnast will be strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, agility, balance, and grace. Some of the mental attributes we hope to help them develop are self-motivation, tenacity, patience, goal setting, courage, and teamwork.

HANDBOOK AGREEMENT

Dear Parents and Gymnasts,

Welcome to the Cobb Challengers Team and the Cobb Gymnastic Center Parents Club. We encourage each of you to take an active part in the club. Our main goal is to provide the best opportunities for all our gymnasts. Volunteering your time and talents will help the Cobb Challengers continue to improve and grow.

The purpose of this handbook is to explain to members what the Cobb Challengers Gymnastics Club is all about and to outline various policies that affect the gymnasts and families. Please read the entire handbook so you can become familiar with the functions and requirements of your team and club. If you have questions about the information contained in this handbook, please contact the program director, Christophe Voisin.

Please sign and return, within five days of receipt, the form below, which will be placed in the gymnast's folder.

Thank you,
CGCPC Board of Directors

I have read, understand, and agree to follow the rules and policies of the Handbook of the Cobb Challengers and Cobb Gymnastic Center Parents Club.

Gymnast Name

Parent/Guardian Printed Name

Parent/Guardian Signature

Date

TEAM OVERVIEW

The CGCPC program is a year-round gymnastics training program. Consistent training is needed to progress through the levels. Our program gradually increases the degree of commitment for each gymnast. The emphasis on the noncompetitive and lower levels is on fun and skill development. We believe that learning in a fun atmosphere is important for the young gymnast to develop a love for the sport. As a gymnast progresses, the technique is continually stressed and more emphasis on training skills is added. At the optional levels, emphasis is on serious training and preparation for higher levels of competition. At this level, more demanding challenges must be introduced to the gymnast, while maintaining an enjoyable atmosphere.

Coach/Gymnast Ratio

The ratio maintained for team practice is 1 coach for every 9 gymnasts. The ratio for a competitive meet is 1 coach for every 7 gymnasts.

Parents Club Overview

The Cobb Gymnastic Center Parents Club is a nonprofit corporation formed to run the gymnastics program and support the gymnasts financially, physically, and emotionally. The club is run by the Board of Directors, which is made up of officers and board members elected by the parents. The team program is supervised by the program director.

The club is recognized by the Internal Revenue Service and Secretary of State as a 501(c) (3) amateur athletic organization. Because of our nonprofit status, we are required by state and federal law to be open with our records. Club records must be made available to members as required by Georgia law, and our annual information return must be available for public inspection.

The club's fiscal year runs from July 1 - June 30. The Board of Directors presents a detailed annual budget to the membership for approval around the beginning of the fiscal year. Member input is extremely important as this budget serves as our guideline for the year.

HISTORY

Cobb County gymnastics began in April 1971 largely due to Peg Adams, a former coach with Cobb County Parks and Recreation Department. The original instruction was at the Cobb Fairgrounds barn area with the gymnasts at home with nature in the form of all different types of farm animals stabled at the fairgrounds. This unorthodox "gym" was started with nine tufted mats, one set of small parallel bars, and a vaulting buck. From such humble beginnings that might be physically compared with the Nativity story, in one year the gym was able to enter a nine-girl team, ages 8-10, in Junior Olympic competition.

In the fall of 1973, Osborne Junior High School acquired gymnastic equipment which the county used. Coupled with better equipment, and the interest generated by the 1972 Olympics, enrollment in the county program leaped to 130 beginners and 40 intermediates. Also, in 1973, Griffin Middle School became a site for Cobb County Parks and Recreation Department gymnastics. In 1974 Floyd Middle School became another site for Cobb County gymnastics.

In the summer of 1975, money became available for two full-time employees, one of whom was to oversee competitive teams. From there, the program grew from 300 gymnasts and three competitive teams to 1,500 gymnasts and ten competitive teams in 1978.

In July 1977 the Cobb Gymnastic Center was built at 542 Fairground Street in Marietta. This facility is a Butler building containing an open area of 8,000 square feet with a tile floor, 40'x40' carpeted spring floor, concession stand, viewing area, offices, and restrooms. Gymnastic equipment now includes uneven parallel bars, balance beams, vaulting horses, high bar, rings, safety and landing mats, and trampoline. In 1985 we added a 3,600-square-foot room for instructional programs handled by the Cobb County Parks and Recreation Department, as well as facilities to train our gymnasts on the harder and riskier tricks necessary to further their levels of competition.

The Cobb Challengers have been the competitive branch of the Cobb County Parks and Recreation Department. Effective October 1, 1985 the Cobb Gymnastic Center Parents Club assumed the responsibility for the competitive programs in cooperation with Cobb County Parks and Recreation, which handles the instructional levels. Team competition is offered at Cobb Gymnastic Center at all competitive levels from beginners on the training team to the advanced levels.

The Cobb Gymnastic Center is managed by Dianna Nulty, supervisor for the instructional gymnastics program offered by Cobb County Parks, Recreation, and Cultural Affairs. The Club, which is the competitive program, is run by the Board of Directors. The teams and coaching staff are supervised by the Program Director, Christophe Voisin. The head coach for the women's gymnastics program is Lorenzo Fortune.

CGCPC USAG JO PROGRAM STRUCTURE OVERVIEW

Developmental Levels

D-Team is meant to close that gap, and provide the gymnast with the necessary fundamental training needed for competitive gymnastics and to better prepare the family for the road ahead.

This training team is “by invitation only” for those athletes who have shown the potential to be a team level athlete, and wish to develop the strength and skill necessary to try-out for a CGCPC USAG competitive team.

Gym-Stars

The gym star is a developmental program to mobilize gymnast from recreational gymnastics into an entry-level team.

Xcel Program

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Junior Olympic Program to attract and retain a diverse group of athletes.

Junior Olympic Program

The Challengers offer training for gymnasts to compete throughout the levels in the USAG Junior Olympic (JO) program. These athletes train year-round, and our JO team members train approximately 10 to 30+ hours per week depending on their level. CGCPC gymnasts have competed statewide, regionally, and nationally with continual success occurring at every level.

USAG Compulsory

Levels 4 and 5 are the "Compulsory" levels of competitive USAG gymnastics. Gymnasts assigned to these levels all have the same routines and requirements as every other gymnast at that level. The gymnast must be proficient in the skills necessary to perform the routines which are designed by USA Gymnastics. The USAG score required by level 4 to move on is a 34AA (all around). Level 5 needs a 34AA so that the athlete is placed in the correct level.

SAG Optional

Levels 6 through 10 are the “Optional” USAG gymnastics levels. Each event is individually choreographed for the gymnast. Level 6 does not require a score out. Level 9 has the opportunity to qualify for Eastern National Championships; and Level 10 at the National Championships.

International Elite Program

While we would all like to believe that our gymnast's is the next up and coming future Olympian, it is very important to understand that becoming an elite level gymnast is not for everyone. The Elite gymnast is a very unique type of athlete, and is one that is not only very self-driven to be the best at whatever task they take on, but has the mental and physical ability to push beyond normal athlete limits.

Before CGCPC will accept an athlete into the elite training group, a process is followed to discuss the goals, the full scope of the responsibilities, the time & financial requirements, and the sacrifices by both the athlete and the family that will ultimately be made. We are very selective in this process as progress in this type of training can only be achieved by those who are totally committed and dedicated to this task.

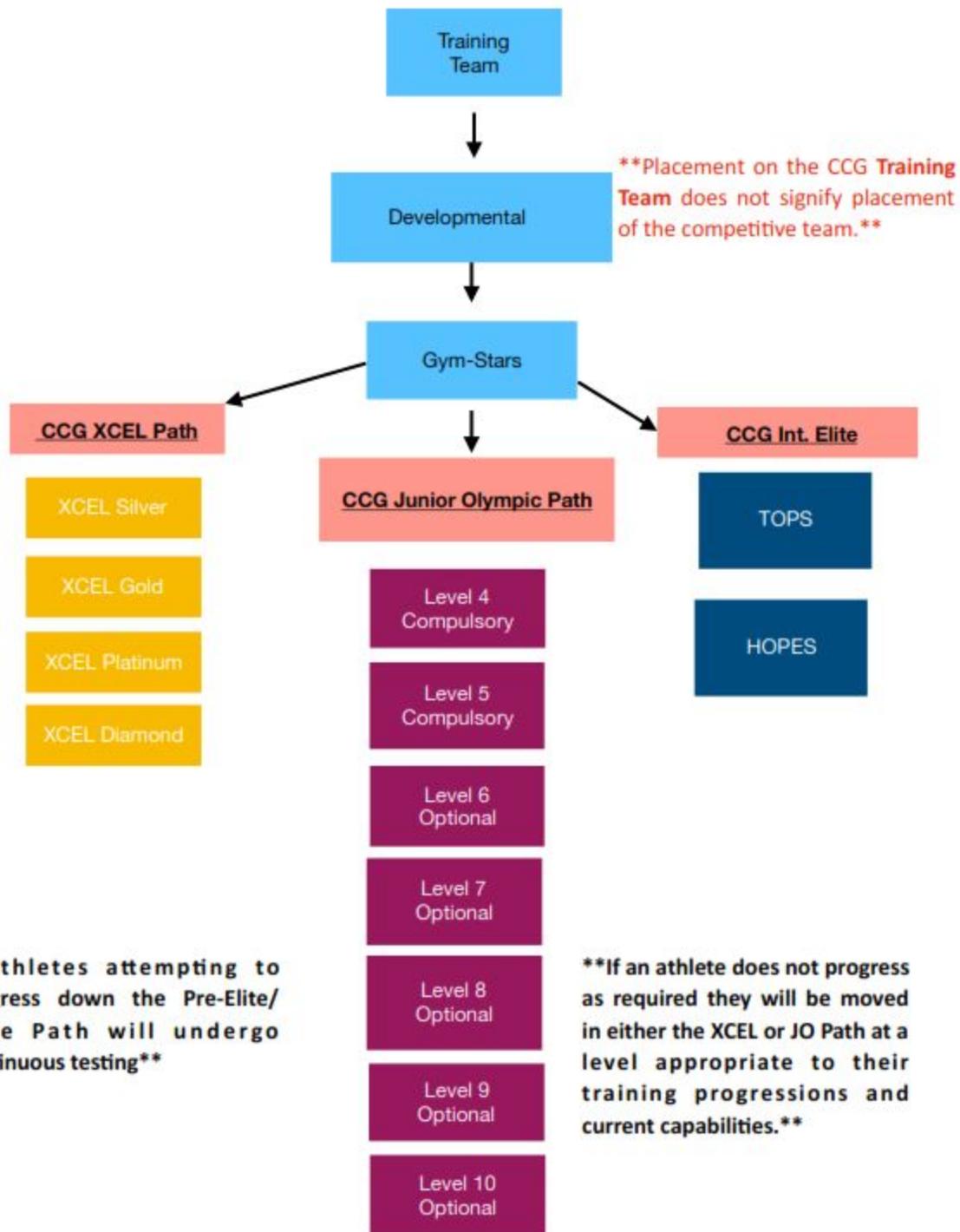
Hopes Division

CGCPC Hopes training teams are an upper-level basics development program that focuses on athletes who have shown all of the physical & mental capabilities required to train at an accelerated and rigorous pace towards upper level/Elite gymnastics. In gyms across the country, gymnasts that are involved in similar programs benefit from specialized training, close monitoring of individual development, and a stronger base of development for future success. Generally, only about 0-2% of CGCPC athletes working towards the competitive path will be selected for this program.

The Hopes division is meant to provide a competitive experience for the potential elite bound athlete in an Elite style competitive environment. These levels also begin to separate the true Elite potential athlete and are used as a talent opportunity and identification program by most gyms training athletes in the Elite bound program. IMPORTANT NOTE: HOPES athletes are NOT classified as Elite gymnasts, and in order to achieve that title they must qualify as either a Jr. Elite or Sr. Elite level gymnast.

These athletes will compete at various meets based on their progress towards fast track development requirements at the USAG Head Coach discretion, and will be required to “test out” of certain Junior Olympic levels to display proficiency and training determination.

In addition, these athletes will undergo quarterly testing in order to remain on this track.



PAYMENT POLICIES

Registration Fee

A registration fee is charged when a gymnast joins the program and at the beginning of each fiscal year. This amount covers individual insurance for the gymnast which is obtained through USAG. A gymnast who joins the program after January 1 will not be charged the registration fee again until the following fiscal year.

Tuition

Monthly tuition is due by the 1st of each month. If payment is not received by the 5th, a 10% late fee must be included with payment. Your gymnast's will not be allowed to practice or compete until payment is made. Invoices are **not** sent out. It is the family's responsibility to make payments. A statement is emailed to each family by the 15th of each month. You may also ask Christophe to print a statement or check your account at any time during the month. A \$20 service fee will be charged for any checks returned for insufficient funds.

A tuition discount is given to families who have more than one gymnast enrolled in the Challengers program. A 12% family discount will be applied for each gymnast who qualifies for this discount. Refunds are not given for classes missed due to absences, vacation, holiday periods, etc. Makeup classes for individuals cannot be scheduled due to the nature of gymnastics instruction. Because the skills taught are based on a team's level, it is unfair to the coaches and gymnasts to have a gymnast on a different level making up class during the team's practice period. When a coach cancels practice for an entire team, generally a makeup class is scheduled. The exception is for Saturday classes when a meet takes the place of the class. Summer tuition policy: If you are going to be gone 2 or more consecutive weeks during the summer you will only pay 1/2 tuition. You **will not** receive a discount if you are gone one week in June and one week in July etc... If you decide to withdraw completely from the club during the summer and want to come back in the fall in order to hold your spot on the team, you are required to pay 1/2 tuition. If you do not want to hold your spot there will be a three-month waiting period before you can come back to the club without penalty. If there are spots available and you want to come back before the 3 months you will be required to pay 1/2 tuition.

MEMBER REQUIREMENTS

Home Meet Requirements- Volunteering

The responsibility for hosting home meets is shared by parents from all team levels. These meets require a significant number of workers. The Cobb Challengers have a reputation of hosting quality gymnastic meets. This is due to the support of our parents and gymnasts.

The opportunity to host meets is beneficial to the Challengers program for the following reasons:

- Home meets provide substantial revenue for our program and benefit all gymnasts, no matter what level they are.
- Many athletes perform better in their own facility.
- Parents and gymnasts do not incur the expense of traveling out of town or across town to attend meets.
- Helping at meets gives parents an opportunity to learn more about gymnastics and to meet and become acquainted with other members of our club.

Because our home meets are so important to our program, very specific requirements have been established to ensure smooth-running, successful meets.

Competitive Gymnasts

- Each family must work the required number of work sessions set for each home meet (To be determined on a meet by meet basis; based on total number of sessions being held)
- 1 gym workday session
- 1 meeting

Non-competitive Gymnasts

- Each family must work the required number of work sessions set for each home meet (To be determined on a meet by meet basis; based on total number of sessions being held)
- 1 gym workday session
- 1 meeting

*Note – New training team families will have half of all member requirements for the first year.

We generally host 4 to 6 meets during a competitive season. The home meet schedule is provided to you as soon as possible. Because of the work requirements, it is suggested that you block off on your calendar the home meet weekends.

All meet workers are responsible for signing in and out. This is absolutely necessary so that you will be credited for working. The sign in/out sheets are located at the admissions table downstairs.

Gym Work Days

The gym needs to be cleaned, equipment repaired, etc. on a regular basis. There is an agreement between the County and the Parents Club that we will hold 4 workdays a year. Workdays are usually last about 3hrs starting at 1:00 pm on Saturday after practices are over.

Business meetings

This is a parents club. Your input is important. These meetings are generally held twice a year. Your participation is welcome at all meetings. You are required to attend your minimum number of business meetings.

Charges for not meeting the requirements

Charges for not meeting club requirements are as follows:

- \$100 /per requirement for failure to volunteer required number of work sessions for a home meet
- \$150/ per requirement for failure to show up for the required number of work sessions for a home meet
- \$50 for not working a gym work-day session
- \$15 per missed meeting for failing to attend the required number of business meetings
- \$100 fee to have someone else work the volunteer day.

ATTENDANCE & PARTICIPATION POLICY

CGCPC “official stance” on these topics is relatively simple; if the gymnasts’ goals are to be successful in the sport, they need to be at every practice. However, we strongly believe that every case has its own nuances and we request that you speak with your gymnast's coach or a coordinator, if you find yourselves trying to make decisions about this topic.

Attendance Policy

While the expectation is 100% attendance the minimum requirement is 80%.

Should your athlete be in a position to not meet these expectations for whatever reason, please discuss this with your team’s coach or coordinator. Each situation will be evaluated on a case-by-case basis and as long as it doesn’t conflict with any other parts of the attendance policy.

Missing practice due to illness

While attendance is emphasized by the coaches, if a gymnast is too ill, they should not be sent to practice. In addition, if the gymnast has a contagious illness they should not attend practice until they are symptom-free (fever-free) for at least a 24-hour time period. A doctor’s note may be required for a more serious illness (i.e. pink eye, measles, mono mononucleosis).

Missing Practice Due To Injury

Despite our best efforts, injuries can happen anytime we involve motion, speed and power. Simply put, everything in gymnastics.

If your gymnast's is injured:

If your gymnast becomes injured, we need you to provide us with enough information to make decisions regarding your gymnast's continued training in the form of a medical release form provided by your physician.

During Rehab:

Unless the athlete is injured to a point where the physician completely removes them from all physical activity, the athlete is required to discuss a modified practice schedule with their coach to continue performing whatever limited actions are approved by their physician. Each situation will be evaluated on a case-by-case basis and if it doesn't conflict with any other parts of the attendance policy.

Missing practice due to Academics

School/Grades must be a priority for the CGCPC athlete; however, so must be attendance and progression at practice. Therefore, if the athlete is to progress down the path of being a college-level gymnast-athlete, they must learn to manage their time effectively.

We understand and support that there may be times when pressing school assignments or tests might mean a shortened practice for your gymnast's. If your gymnast needs to miss practice, or a portion of practice to ensure their homework is completed, please let us know as early as possible. If it is a partial practice miss, please coordinate that absence with your gymnast's coach to determine which part of the practice is the best for them to miss (i.e. come in early/leave early or come in late/leave on time).

Please note that continuous conflicts between practice and school workload may result in the athlete being removed from the team to manage their school workload as a priority as it is more important overall.

Pre-Approved absences due to academics:

- ACT/SAT Test
- Mandatory academic requirement attendance at an event scheduled outside normal school hours (i.e. if they don't attend, they'll get a failing grade on coursework).

In the event of inclement weather, practice will be cancelled when the Cobb County schools are closed. However, if conditions improve later in the day and the coach feels practice is possible, the coach will notify the team parent. **PRACTICE IS NOT CANCELLED DUE TO NORMAL SCHOOL HOLIDAYS, TEACHER WORK DAYS, ETC.** Always call the gym for final practice determination at (770) 528-8477.

Make-ups due to absences

In general, if a family decision is made to miss scheduled practices:

- Teams do not have scheduled "make-up" days.
- Private lessons are not an acceptable alternative to regular practice.
- Coming in on a day off and joining another level's practice with your coach is generally not an acceptable alternative.
- A day missed is a day missed, and the athlete must continue to work forward at their next scheduled practice.

Importance of the Attendance Policy

CGCPC has this strong attendance policy for three specific reasons:

1. Athlete Safety
2. Athlete Commitment
3. To reach the goals these athletes are setting, it's simply a necessity.

Gymnastics is a year-round sport and one that requires the athlete to commit to a certain level of practice in order for them to SAFELY progress.

When we place an athlete onto one of our teams, we are making a commitment to them that we are going to do everything in our power to have them competition-ready at the highest competitive levels. In return, we require that the athlete do everything in their power to have themselves ready to compete at the highest levels.

By accepting a position on a CGCPC team, the athlete is making a commitment to their teammates that they are going to do everything in their power to help the TEAM be successful. In order to follow through on that commitment, the athlete needs to be at practice.

CGCPC limits the number of athletes they accept onto any given team, and often your gymnast's is being awarded a position on the team over another athlete. As such, they are making a commitment to the club that they will fulfill the responsibilities of the team position which was awarded.

Workouts are planned for a period of a full year in preparation for competition; similarly, competitions are scheduled for the season in a manner that allows qualification to succeeding levels or meets. Missing any consecutive workouts or meets will put a gymnast out of phase with the rest of their team and could have an adverse effect on their advancement in progress, level, or competition.

Attendance Policy Infractions

CGCPC is extremely strict regarding attendance for the team athlete and if an athlete does not meet the attendance requirements, that athlete may be:

Removed from their assigned level and coaching staff may suggest the gymnast be removed from their assigned level.

Additionally, the gymnast may be removed from their next scheduled competition with no refund to the parent for meet entry fees already paid by CGCPC.

Habitual attendance infractions may result in removal from the team.

NOTE: Removal from the team for attendance issues does NOT absolve the family of their financial commitment. Please see the financial obligations section contained in this handbook for further details.

Exclusivity in training

Gymnastics training for the CGCPC athlete is exclusive to this club. Gymnasts may not train at any other gym, camp, clinic, or open-gym while training/competing and/or representing this facility without prior approval from the coaches.

SCHEDULES

Schedule Policy

Please remember that CGCPC Team schedules are always subject to change and we simply cannot guarantee that this schedule will remain constant throughout the entire time frame noted. Schedules can change based on numerous criteria such as equipment/rotation space availability as well as coach availability. When feasible, we will attempt to afford every team family affected by a schedule change an appropriate amount of time to plan for a non-scheduled change, but some circumstances beyond our control may cause an immediate change. Makeup practice will be made available if possible.

Known schedule changes

Twice per year, practice schedules will be evaluated and potentially changed:

June - Summer hours shift (See note below regarding summer hours.)

August - Back to school shift.

Fall schedule is typically released in July.

Summer Practice (June/July)

Teams can count on having some practice times moved to the daytime hours during the summer schedule months with all attendance policies still being in effect. If you know your personal schedule will not necessarily allow you to get them to/from the gym during the day in the summer months' practices, please start your planning for other arrangements as soon as possible (i.e. potential carpools, etc.). The summer schedule is typically released in May.

Transportation and Pick Up

Transportation to and from the gym is the responsibility of the parents. Gymnasts must be picked up promptly at the end of practice. Parents should come into the gym to pick up the gymnast. We cannot allow the gymnasts to wait outside to watch for their ride. This is to ensure the safety of the gymnast. They may stand inside the door and watch for you. If a coach must stay with a gymnast 15 minutes or longer after practice has ended for the evening, a \$20.00 fee will be charged to the parents.

Private Lessons

In general, it is our opinion that our athletes all have sufficient practice hours for skill enhancement and achievement; however, situations do arise where a private lesson is warranted.

While you may always inquire with your gymnast's coach about private lessons, our staff has been instructed to only do private lessons for CGCPC athletes in the following circumstances:

- Short term concentration/corrections on a certain required skill that has eluded the athlete during normal practice.

- Long term scheduled privates for the advanced athlete to work future requirement progressions which they are unable to perform in normal class due to time/curriculum limitations.

Private Lesson Policy

- Private lessons are not an acceptable form of substitution for regularly scheduled practice.
- Your gymnast's must be currently enrolled in a class at CGCPC
- Your payment account at CGCPC must be current
- The athlete must be displaying an acceptable work ethic during regularly scheduled practices.

All private lessons must be coordinated and approved through your gymnast's team coach; regardless of which coach you wish to perform the private lesson with (i.e. assistant coach, or coach on another team). We want to ensure that any training plans the coach has in place with the athlete are not accidentally disrupted by a private lesson with another coach. It is also just a simple matter of courtesy to your gymnast's primary coach. The private lesson must be held at a time that does not interfere with normally scheduled practices.

If your private is scheduled at a non-business hour time where there will be nobody in the gym but the coach and the athlete, parents are required to stay in the gym for the duration of the private lesson.

Primary coaches, at their sole discretion, may rescind their approval for a different coach to do privates with the athlete if they feel the private is impacting proper progressions or athlete approach/attitude in normal practice. Private lessons, and payment for the lessons are coordinated directly between the coach and the athlete's parent/guardian. CGCPC cannot be held liable for any injuries sustained during a private lesson. At the coach's discretion, a waiver may be required.

Private Lesson Payments

Please see your coach to find out how much they charge and payment method preferred Cash, Cash-app, etc.

TEAM PUBLICITY POLICY

Cobb Challengers Gymnastics and/or its representatives may submit articles, advertisements and/or photographs to newspapers, other publications, the internet, and other news media concerning teams or individual gymnasts from time to time. The prime purpose for these submissions is in recognition of team and individual achievements; although, the use of these photographs remains unlimited. Individual and family permission for these submittals is inherently granted when an athlete joins our team and the waiver of rights regarding this policy is included in your registration paperwork.

Maintaining Amateur Status & NCAA Eligibility:

In order to maintain USAG eligibility and potential NCAA eligibility, the athlete is at no time allowed to accept financial compensation for participation in the Cobb Challengers Gymnastics Team or as a result of their participation in Gymnastics. If your gymnast's is ever in such a position, please bring that to the attention immediately, and prior to entering into any agreement. For more information please refer to NCAA rules and regulations.

MEET & COMPETITION SPECIFIC ITEMS

“Making lineup” & Scratching Events

All CGCPC competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition. In addition, the gymnast must be in good health and have completed all assignments and attendance requirements to “make the lineup” for a competition.

During the competition season, coaches may scratch a gymnast from specific events for a few reasons such as:

Preparation Related Scratches

- Missed practices prior to the meet
- Incomplete assignments prior to the meet
- Safety related scratches
- The athlete may not be ready to compete that event
- The athlete has a minor injury that could risk their safety on that event
- The athlete is showing significant challenges with an event at a meet during warm-ups that are not typical of their performance.
- The athlete starts having a history of balking on skills during a meet or practice

Disciplinary action scratches

- Serious or recurring violations of gym rules.

The preparation and safety-related items are relatively self-explanatory or have been explained elsewhere within this team handbook; however, please note that scratching after warm-ups is a “meet time decision” for a coach and is not done lightly. If your athlete is scratched at a meet, we will usually be unable to talk to you right away during the meet, but we will follow up with you as soon as possible to make sure you have all of the pertinent information. Scratching an athlete from an event is at the sole discretion of the athlete’s coach.

Scratching as a disciplinary action is very uncommon and is only used for serious, or recurring, violations of gym rules. Please note that if the gymnast is suspended from a competition due to poor attendance, incomplete assignments, a poor work ethic, negative attitude, balking, or any other reason, the entry fee is not refundable if it has already been paid. Ultimately, please remember that coaching technique, skill implementation, and athlete discipline are not subject to compromise with parents or the gymnasts. The coaching staff has the final say in all competitive program matters.

Meet etiquette for athletes

- Conduct yourself with grace and courage during competition. Accept all scores in a positive manner and learn from any mistakes.
- Ensure you are in the proper attire, your hair is done appropriately with no unapproved bows/ribbons/etc., and no jewelry. Your hair cannot be a distraction and may not touch your nose or face. Talk with your coach if you do not understand how your hair needs to be done for a meet. Your coach will make the final decision on hair and makeup.
- During awards, gymnasts are to pay attention, and also wear their competition leotard and team warm-ups proudly. All gymnasts must be in their warmups for awards, which means jackets and pants on with the jacket zipped up.
- It is highly recommended that all gymnasts stay until awards are over.
- Congratulate members from the opposing teams when they do well; you will probably see many of these gymnasts again over the years, and quite possibly might develop some new friends along the way!
- Gymnast shall not leave the meet facility without your parent or guardian.
- Gymnast do not go out to the stands during your competition to socialize with friends and family. Focus your attention on the task at hand – your competition.
- Never speak in a negative way about another club, coach, gymnast, or judge; if you cannot say anything nice, don’t say anything at all. If a situation arises where they are displaying a disrespectful attitude towards you, remove yourself from the situation and inform one of your coaches so they can handle the situation accordingly.

Meet Etiquette for parents/spectators

It is the philosophy of Cobb Challengers that the coaches, the gym administration, the parents, and the gymnasts are all part of the team and each has a role to play. Having a strong cheering section does wonders for team motivation and gives pride to the team, but as parents, you should be aware that as members of the Cobb Challengers Team, you also represent the gym and your fellow team parents. Listed below are general guidelines for competition situations:

- Cheering for our team members: Cheer loud and often, but please do so in a courteous manner to the other athletes who may be competing.
- Cheering for other athletes: Feel free to cheer for fine performances turned in by gymnasts from other teams. This shows great sportsmanship and is an excellent example for us to set not only for our kids but for other parents/spectators as well.
- Show your support: Show your support by proudly wearing your spirit wear (t-shirts, sweatshirts, etc.)!
- Negative talk: Never speak in a negative way about our club or athletes, another club, coach, gymnast, or judge while in the stands at practice or a meet.
- Restricted Areas: Under USAG rules the only adults allowed in the competitive area are the judges, those helping run the competition, and USAG professional members. Competitors are not permitted in the stands until after the awards ceremony.
- Talking to the meet officials: Under no circumstances is a parent or gymnast ever to approach a judge or meet official before, during, or after competition to comment on, complain about, or even ask about a score. We cannot emphasize this enough, and failure to adhere to this policy can lead to our team being disqualified from the meet.
- Contacting your gymnast: Please do not contact or talk to your gymnast once they are on the competitive floor, doing so risks not only distracting your gymnast's, but risks having our entire team (or the entire meet) disqualified under USAG regulations. If there is an emergency, please contact one of the owners there watching the meet, or go to the front counter of the gym hosting the meet to contact your gymnast's.
- Injury Situation: While we know this is a difficult thing to do sometimes, please do not rush out onto the floor if you think your gymnast's may have been injured during warm-ups or competition; please wait for your coach to give some indication that you should come into the competition area before doing so.
 - If you will not personally be at the meet:
 - a) Know the name and phone number of the facility where the competition is being held.
 - b) Communicate clearly with your gymnast's who is taking and picking them up, where they will pick them up and return him/ her, where they will eat, and so on.
 - c) Provide them with an emergency number in case they need to call home and you are not there.
 - d) Send enough money with them to cover meals, snacks, call home, and to contribute for gas if appropriate.

Team Attire Requirements

All competitive CGCPC team members are required to purchase certain uniforms and minor personal equipment for the training & competition seasons. All athletes are required to wear the same uniforms, as designated by CGCPC coaching staff for the level assigned. Self-purchased uniforms will not be acceptable attire for competition meets, and if the assigned uniform is not purchased your gymnast's will not be allowed to compete.

As always, we will work diligently to keep these costs towards the lower estimates by shopping multiple vendors, and by attempting multiple configurations of the uniforms. However, many of these costs are well beyond our control and are subject to the vendor's pricing structure (which are all similar).

Fitting and serviceability determination are at the sole discretion of CGCPC and no guarantee is made as to the length of service of any uniform item.

At times, CGCPC will also facilitate a “gently used” item resale between parents. However, all used items must go through CGCPC for inspection prior to being accepted for resale. Should you choose to purchase an item directly from another parent, you do run the risk of CGCPC declaring the item unserviceable, or ill-fitting, and being required to purchase an appropriate item. Uniform personalization is available through approved vendors.

Please note: For personal budgeting purposes, please plan on purchasing a new leotard every year based on the athlete’s growth patterns.

Team Travel Policies and Procedures

From time to time during the year, we will be attending competitions outside the state. Please remember we are traveling to a competition where we have no control over the dates and times. The gym will distribute meet information and host hotel information as soon as we receive it. Gymnast families are responsible for making all of their own travel arrangements, but the gymnast must be at the specified location by the specified time for them to compete.

- Optional Gymnasts will have up to 2 in-season travel meets outside the state, and up to 3 post-season travel meets typically outside the state.
- Compulsories may have one in-state, overnight - travel meet or one travel meet outside the state.
- No gymnast is allowed to travel to an out of state meet unchaperoned.
- If you are not traveling to the meet, you are responsible for finding a chaperone for your gymnast. Due to insurance liability reasons, the athlete's coach can not be designated as a chaperone, so please do not ask!
- The chaperone is to be provided with a Medical release form and all pertinent information along with enough money to cover all costs (i.e. meals, the share of the hotel room, share in car rental cost and incidental items).
- The gymnast will respect the chaperone’s advice and guidance.
- It is the parent’s responsibility to notify the coach with a list of who is chaperoning whom before the team departs.
- On overnight meets, CGCPC gymnasts are not allowed to swim the day before their scheduled competition. Additionally, we do request that the athletes are in their own room at a decent time and getting a good night's sleep.
- Please do not travel into the competition city the day of your athlete’s competition, always plan on arriving the day prior at a minimum.

Unfortunately, attending travel competitions may require the gymnasts to miss some school time. We highly recommend discussing your gymnast's gymnastics endeavors with their school teachers, counselors, and principal as to provide them with a better understanding of his/her gymnastics future, as well as to maintain a proper working relationship with them for missed school time. CGCPC will

always attempt to find travel meets which will limit the amount of missed school time, but please realize that there are sometimes numerous factors involved beyond our control in the meet schedule.

GENERAL RULES & INFO FOR THE CGCPC

Coach/Gymnast/Parent Triangle

CGCPC believes that for an athlete to be successful, the “triangle” of the coach, the gymnast, and the parent, must operate in harmony. If one of these roles isn’t being fulfilled, the gymnast’s opportunity for success decreases dramatically. Each piece of this partnership triangle has its own responsibility to the success of the athlete.

Athlete

The athlete’s role is relatively simple: Attend practice, follow the coach’s instructions, don’t get distracted, always put forth your best effort, and keep up your grades.

Coach/Gym

Instruct and guide the athlete in their gymnastics career to the best of our ability. Place the athlete in the best position to be successful; not only for the short term but for the long term. Provide a proper plan for the athlete’s training which is equivalent to their learning curve and physical/ mental ability. Hold ourselves, and our athletes, to the highest training standards possible.

Parent

The parent is the athlete’s support system. Be encouraging, don’t try to be their coach. Reinforce the commitment the athlete has made towards reaching a goal. There will be days they don’t want to come to practice; don’t let them fall into the habit of giving up or avoiding taking responsibility for their actions or commitments. Make sure they are keeping up on all their responsibilities at home and school – leave the gym corrections to us.

The parent has one of the most difficult jobs on the coach/gymnast/parent team because they have the smallest role in controlling performance. The combination of a high emotional stake in a gymnast's performance with so little direct control can be extremely stressful!

The most common problems occur when a parent attempts to "coach" their gymnast's. This is the parent that begins to try to make technical corrections on the way a skill is being done or attempts to make decisions on what skills should be in a routine or feels they know which group their gymnast's should be in or gives corrections to their gymnast's at a competition or practice. This can cause stress for everyone involved and significantly reduces the effectiveness of this three-part team.

Become the essential link in the training triangle of coach/ gymnast/parents.

Your trust in the coaching staff is paramount. Gymnasts need more encouragement at "plateaus" in their skill development. At times when no progress is being made, or at least it seems that way, showing support is the best thing you can do for your gymnast's. While encouragement is essential, please refrain from pressuring the gymnast's to "outperform" anyone else or to attempt skills that may be beyond their

present physical ability and therefore dangerous. Truly believe that we have your athlete's best interest in mind, and we ask you to support the coaching staff during both the good and the rough times.

Find out about your gymnast's progress periodically. For a full discussion of your gymnast's progress, make an appointment with the gymnast's coach. If you cannot schedule an appointment, please email the coach for a brief progress report. Advise coaches on adverse situations or stresses the gymnast may be undergoing outside the gym. Should problems arise, communicate with the coaching staff. We would much rather bring the problems to the surface rather than hear about your discontent through the ever present "gossip grapevine".

“Don't be the “fanatically over-involved parent/family member.”

Although these types of families are rare, they do exist and are worth discussing in our opinion as we VERY rarely, if ever, see an athlete become successful in this sport with this type of influence.

Fanatical sports parents typically have unrealistic expectations and regularly overestimate their gymnast's abilities in the sport regardless of what they might be told from a coaching staff or from their own gymnast's. They expect their gymnast's to get everything right on the first try, win at every competition, or progress faster than any other gymnast's; and ultimately fail to listen to their gymnast's apprehensions and fears.

Part of being a parent obviously involves being interested and concerned in all aspects of a gymnast's life. We know it can be difficult sometimes and go against the grain of parental instincts, but especially in this sport, parents need to allow their gymnasts independence in order for them to thrive.

Some Danger signs of the over-involved family member:

- Intently observing practice and trying to find fault with how your gymnast's is performing.
- Learning about gymnastics technique and deductions specifically in an attempt to correct your gymnast's.
- Constantly comparing your gymnast's and their performance to other gymnasts on the team or other teams.
- Being worried more about equipment rotation schedules or coach assignments than if your gymnast's is progressing and doing what is expected of her at her assigned level.
- Recording every meet or practice and requiring your gymnast's to review it at home
- Scouring the internet for scores from other meets to compare it to your gymnast's scores
- Verbally abusing the gym, its coaches, its facilities, yet remaining in the program.

Coaching Staff Decisions

CGCPC Coaching Staff has final jurisdiction over any training or competition related decisions. Decisions will be based on the growth of the gymnast as well as consideration of any effect on other team members or the gym program.

Communications & Conflict resolution

We have an open communications policy on our team with gymnasts, parents and coaches, and CGCPC typically holds a minimum of one to two formal conferences with each gymnast and her parents per year depending on the level assigned. Situational or other meetings can be arranged upon request. For specific conflict resolution items:

Athlete to athlete conflict:

Please bring any athlete to athlete conflict to the attention of your gymnast's coach for resolution.

Athlete to coach conflict:

If your gymnast's has a coaching issue, the gymnast must talk to the coach that is directly involved. The parent may be present, but the gymnast's should discuss the issue with the coach.

If you have concerns over a coach's decision, any discussion concerning that decision should first be directed to your gymnast's coach for resolution. If the issue is not resolved, then speak with the Head Coach., and then to the appropriate level coordinator. If you feel it is still unresolved after speaking with the Head Coach, please feel free to bring your concerns to the Program Director.

Athlete Nutrition

CGCPC does not promote that a gymnast should "diet", or have a specific "body shape" to be a gymnast. We do not subscribe to the "perfect" gymnast physique philosophy; however, we do highly encourage the athletes to maintain proper nutrition in order to allow their body to perform and recover properly.

Athletes such as gymnasts require optimal nutrition to fuel physical training for athletic performance gains. No one specific nutrition plan or set of foods will be appropriate for all gymnasts, as dietary needs depend on age, height, weight, gender, physical activity levels, and existing medical conditions. However, in general, a healthy, well-balanced diet is ideal to maximize energy and recovery needs. The one steadfast rule that we do have is that CGCPC athletes should avoid fast foods, soda, and sweets in excess, as there is next to no nutritional value and those "foods" do nothing to fuel their bodies. In addition, CGCPC highly recommends each individual athlete's family consult with a physician or health professional to determine their athlete's individual health needs. If you need assistance in providing

information to the nutritionist about their physical activities in the gym, please see your gymnast's lead coach or a CGCPC owner for assistance.

Practice Viewing Etiquette

While within the CGCPC facility, parents are to refrain from gossip or talking negatively about their own gymnast's, another gymnast's, a coach, or the gym in general. If this becomes an issue, the individual parent may be restricted from viewing practice at all times. When your gymnast's is at practice, the coaches simply cannot constantly be called over for a discussion. If you need to have a discussion with your gymnast's coach that will take more than a few minutes, please make sure and schedule that time with the coach so they can provide you the appropriate amount of attention. In addition, interaction between the gymnast and the parent (visually or verbally) during workouts or at gymnastics competitions is not appropriate. A distracted gymnast is a prime candidate for injury.

CGCPC TEAM SELECTION AND MOVE-UP PROCESS

Earning a position on a CGCPC team does not guarantee a position will continue to be offered the following season; even at the same level.

Gymnastics is not a sport that gets easier over time; the requirements and commitment only continue to get more and more intense as the gymnast progresses.

Even though we teach gymnastics in a progressive manner, success at one level may not always directly translate to success at the next for each athlete. As such, moving up year over year is not guaranteed, nor implied.

You will be informed if we have significant concerns over your gymnast's progression, wellbeing, or behavior. However, not receiving one of these discussions should not be construed as proof positive that your gymnast's will move up the following year.

The director, at their sole professional opinion, may choose to move up a limited number of athletes who do not have 100% requirements based on the athlete's overall strengths and potential compared to their weaknesses. This kind of move up will typically be conducted under a probationary contract. Failure to meet the terms of the probationary contract may result in moving the athlete back to their previous level.

CGCPC formal policy is to not allow a parent to influence our decision-making process when reviewing an athlete's level placement. Please bring us your concerns if you have them and we will gladly discuss the matter with you.

Should progress stall for an unacceptable period the athlete may be placed on a different team that better matches their progression level and ability. However, that will not occur without a process having taken place first to attempt to help the athlete through their struggles, and discussions having taken place with the parents.

Memberships on CGCPC competitive teams are by CGCPC selection only, and placement of an athlete into a specific CGCPC competitive team is at our sole discretion.

How are athletes selected and evaluated?

1. For gymnasts moving up from our recreational/developmental programs or joining us from another gym: A formal tryout process and interview is required to determine selection, and a subsequent one week probationary period applies.
2. For gymnasts currently enrolled in one of our teams: The athletes will be constantly evaluated over the entire course of the practice and competition seasons in their current level regarding possible

placement for the following season. Coaching staff, at their sole discretion, will then select and place athletes into the appropriate levels for the following season based on numerous criteria such as:

- Skill, ability & potential
- Self-discipline & personal work habits
- Self-confidence
- Peer & Senior Relationship skills §Attendance & Commitment
- Meet Performance
- Our professional opinion of what is in the athlete's best interest

This list is not all-inclusive but is a good indicator of the types of items coaching staff will always review with every team gymnast in our program. We will make every effort possible to ensure the gymnasts are provided the opportunity to succeed and continue their movement through the competitive levels; however, many criteria are completely dependent on the athletes themselves to work hard, follow direction, and continue to refine their physical and mental abilities.

Key “non-skill related” factors which can impair a gymnast’s progress beyond the “skill progression” related items which may prevent an athlete from moving up, there are also several typical factors which can impact the athlete from progressing:

Common High Impact Items

- a) Lack of attendance.
- b) Fear & Mental Blocks
- c) Strength & Flexibility Issues

Less Common High Impact Items

- a) “Know it all” approach/stubbornness from the athlete.
- b) The “fanatically over-involved” family member.

CODE OF CONDUCT

Specific Rules for the Team Gymnast to Follow

The information below is for the gymnast; however, the parents are encouraged to review this information with their gymnast's and understand it as well.

- **Respect yourself:** All your efforts should go into building up your abilities. Fuel your body with nutritious food; rest your body with plenty of sleep; protect your body by being safe in the gym; listen to your body when it tells you to stop either because of illness or injury; heal your body when it tells you not to continue; and celebrate your body by making it strong, flexible and powerful enough to do the wonderful things expected of it in this sport.
- **Respect, but conquer your fears:** Gymnastics is the most demanding and difficult of all sports. You will suffer setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them, and overcome them. Set high goals and achieve them progressively step-by-step.
- **Maintain a positive attitude** because it is your attitude that helps you defeat your fears and frustration.
- **Respect your teammates:** They have their own goals and dreams, but they are also here to help and support you. Cheer for them when they attempt new skills, accomplish skills that are difficult for them, or when they are competing. Accept compliments with a simple “thank you”.
- **Respect Others:** Treat everyone with respect – yourself, teammates, coaches, staff and parents. Be kind to those younger gymnasts who look up to you, and do not think of yourself as better than other gymnasts. Everyone has strengths and weaknesses.
- **Respect Your Gym:** Always act in a way that shows your respect for yourself and the gym. There is no place in our gym for talking back to coaches or other adults, or crying because you have given in to your frustrations and fears. Show respect for your safety and the wishes of your coaches by staying off the equipment without the specific permission and supervision of a coach.
- **Drugs and Alcohol:** NO TEAM MEMBER IS ALLOWED TO USE TOBACCO, ALCOHOL OR ILLEGAL DRUGS. Refrain from using all chemical substances such as alcohol, tobacco, and illegal drugs. We spend many hours together trying to be the best we can be. All of that work is a complete waste of time if you blow it on drugs or alcohol, and you will be suspended or dismissed from the team if you engage in these inappropriate activities.
- **Participate in all scheduled practices and competitions:** Please remember you are participating in highly competitive sport. In order for you to work towards the goals YOU have committed to trying to attain, missing a meet due to social engagements is typically unacceptable unless otherwise approved by your coach in advance. Arrive on time and stay until practice is over. Get any taping or other preparations completed before practice begins.
- **Don't Gossip:** CGCPC athletes are expected to stop any gossip they may hear, and be committed to not initiate gossip of any sort.
- **You are expected to work hard and try your best:** This is all that we will ever ask of you, and this is what you should always demand of yourself.
- **Ask permission to leave the gym:** This applies to leaving practice early, going to the restroom, or calling home. It shows respect, and ensures that your coach knows where you are at all times.

- Be honest: Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, to your parents, to your teammates, and most importantly to yourself.
- Tell your coach when your body is telling you to stop or slow down: This shows respect for your personal self and your coach. If you are sick, on medication, or are injured, we need to know and you need to listen to your body. You will have minor aches and pains in this sport, they are relatively unavoidable and are not typically cause for you to skip practice or sit out certain portions of practice. However, pain is the body's way of telling you to stop or that you have gone too far, so for any pain which seems abnormal or "just isn't right," PLEASE SPEAK UP, you are the only one that can tell us what your body is telling you!
- NO CELL PHONE USE DURING PRACTICE: This includes text messaging. If you need to contact your family for any reason, you must ask permission from your coach and use the phones located in the front office. We will not permit you to receive phone calls during practice unless it is a family emergency.
- The stereo system in the gym is off limits! Only coaches are allowed to switch the radio stations. The gym staff will select a radio station that is appropriate for all the gymnasts in the gym.
- Lockers: Lockers are a privilege and if abused the privilege will be revoked. Food and drink cannot be left in the locker otherwise you risk bringing in bugs and rodents. The only items needed for gym that may be kept in your locker are: (i.e. tape, hair clips, deodorant, brush, extra leotard etc.). These lockers are Cobb Challengers Gymnastics property and can be searched at any time without consent by Coaches, Coordinator, Head Coach and Program Director. Use of the locker consents to this search without reservation. Locker combinations have to be provided to your coach.
- Always wait inside for your ride: Gymnasts are not to wait outside for pickup following practice.

Serious Violations

Serious violations of our rules and policies, either by the gymnasts or their parents, require stricter responses by Coach/Coordinator. These actions are very seldom used and are primarily for times when there is an ongoing problem with disruption, disrespect, and bullying within the gym that has proven resistant to improvement. While we strive to produce an environment conducive to teamwork and problem resolution, we will not allow a bad attitude of one person to bring down the spirit and work ethic of an entire group.

The gymnast may be suspended from the team for one or more days. The gymnast or parent(s) may be asked to leave the program. It is important to note that, while highly unlikely or uncommon, it is possible that a gymnast will be asked to leave our program because of the actions or inactions of their parents. While we never want to "punish" a gymnast's for the parent's actions, we simply cannot tolerate parents who by their words and actions continuously do not support the policies and values of our program.

SAFE SPORT STATEMENT

Safe Sport Statement

Consistent with the mission and guidelines of USA Gymnastics, the Cobb Challengers Organization is committed to ensuring the safety of all members of the Cobb Challengers program – gymnasts, staff, and coaches. The organization will continue to take any reports of misconduct seriously, and act quickly and thoughtfully to resolve the situation and restore order and productivity to our gym.

As an effort to remain proactive and compliant with the USA Gymnastics Safe Sport Guidance, we would like to ensure that everyone is aware of the anti-bullying policy. Please review the link below from USA Gymnastics that provides information on how to recognize, reduce, and respond to bullying: https://usagym.org/pages/education/safesport/articles/2017_0101.pdf

Our goal is to continue a positive, cohesive, and motivational environment for our teams. We encourage parents and coaches to discuss this policy with your gymnasts.

If anyone witnesses or experiences bullying at our gym, please adhere to the following protocol for the most immediate resolution:

1. Contact your team coach. If written communication is preferred, please expect a response between 24/48 hours.
2. If a suitable resolution is not met or further action is required, please contact Head Coach, Lorenzo Fortune.
3. If a suitable resolution is not met or further action is required, please contact Program Director, Christophe Voisin.
4. Issues needing further attention should be addressed to the board (boardcobbchallengers@gmail.com) and will be added to the upcoming monthly board meeting.

Being an CGCPC Athlete

(Please discuss with your athlete)

The successful CGCPC Athletes Training Philosophy

Priority Setting/Self Discipline/Time Management

Knowing what has to be done to achieve a goal as both a gymnast and parents .

Self-Motivation

Not depending on other people for your motivation, and working hard because you want to.

Respect

For your teammates, your coaches, your gym your parents, and yourself.

Sportsmanship

Always play by the rules, whether we are winning, or losing

Dedication

Doing what it takes to stay focused on your goals

Leadership

ALWAYS set a good example through your efforts and actions

Teamwork & Cooperation

Support teammates through a positive attitude

Proper Nutrition

Maintain foundations of a healthy lifestyle and appropriately fuel your body

Qualities of a Great CGCPC Athlete

Confidence

An athlete displays a quiet inner-confidence based on preparation, his/her own and that of his/her teammates. Confidence is a belief based on your daily work habits and your constant progress. This kind of confidence is contagious within a team, built as athletes subject themselves to tough challenges and practices and see the value in hard work. These athletes develop a “go for it” mentality, become unafraid of failure, and remain confident in “rough waters”. They prepare hard every day. When success follows, athletes tell you it’s because of the effort they put into preparation.

Teachable Spirit

Athletes want to learn and improve. They bring an enthusiasm for “continuous improvement” every day. They know that correction happens because a coach sees potential in them to get better. They have learned to take correction as a compliment and look at corrections as an opportunity to improve. The athlete responds to correction with verbal and physical cues that he/she is listening and learning.

Pride

The pride of an athlete is a shared one. It is found in the “shared joy of the inner circle“, a feeling among team members that no one on the outside can understand. Shared pride involves a desire to become as good as possible for yourself and for your group of teammates. It involves unselfishness and accountability. Team pride is developed in parts of the game that require more effort than skill, where determination is more important than talent. (Example: “optimistic recovery” by everyone when a ball is lost.

Accountability

The athlete is responsible and demonstrates it when he/she takes personal accountability for what happens to him/her. When things are not going well, he/she looks at himself/herself first to see where he/she can act to make a difference. He/She becomes a problem solver, better able to cope with stress

and more likely to persevere when facing difficulties. He/She realizes that “you are either getting better or you are getting worse,” that if you are not making steady improvement, you are losing ground to those athletes who are.

Competitive Perseverance

The athlete and great teams are not deterred by bumps in the road. Since he/she is committed to continuous improvement, he/she can recover quickly from a mistake and refuse to remain discouraged. Positive, competitive, persevering athletes are “mentally tough”, a quality that allows an individual to remain confident, enthusiastic and positive. Athletes who are mentally tough, simply cannot have their spirits broken. They can lose to an opponent ten times and look forward to the next rematch. They welcome challenges and look forward to the toughest competitions as tests of themselves.

Discipline

This is nothing more than focused attention and effort. To be successful individually or collectively, sacrifices involving discipline (“focused attention and effort”) are required. Great athletes not only accept discipline, they embrace it for the benefit of the team. They have the strength of character to overcome temptations and pressures and will do what’s right for their team at the moment of truth. Discipline is exhibited by attentiveness, enthusiasm, sportsmanship, respecting authority and personal responsibility. Because they display “athletic integrity“, disciplined athletes are better teammates. They are reliable and trustworthy, are always there for their teammates. For a team, discipline can be the characteristic that sets them apart and gives them an edge.

Team First

Teamwork is a rare gift that allows ordinary people to attain extraordinary results. The process of becoming a good teammate is a decision based on attitude, specifically the choice of interdependence over independence. The athlete intentionally puts the needs of the team ahead of themselves. They will NEVER LET THEIR TEAMMATES DOWN. They understand that everyone on a team can have different roles that together can make the team stronger. On a great team all roles have equal value, and great teams are made up of athletes who have given up the quest for individual glory, who willingly and wholeheartedly commit themselves to the team effort. Sports provide many individually satisfying memories, but for the true athlete, nothing can compare with the memories built from being part of something bigger than yourself.

COLLEGE/NCAA INFORMATION

Your athlete’s coaches are your primary points of contact regarding college recruiting. Please note that the recruiting process can be very intensive and time-consuming, although, we will assist you through the process and will be very instrumental from a marketing standpoint – THE BULK OF THE RESPONSIBILITY FOR GETTING TASKS DONE FALLS ON THE

ATHLETE AND THE PARENTS. Please use the following information as guidelines only, and ensure that you are coordinating all college recruiting efforts with the gym to make sure your gymnast's is being put in the best position for success. There are an extreme amount of NCAA rules surrounding eligibility, and the last thing any of us wants to do is ruin an athlete's potential for making a team due to the fact their eligibility was compromised. NCAA Academic eligibility requirements can be found on the NCAA website at:

<http://www.ncaa.org/wps/wcm/connect/public/NCAA/Eligibility/index.htm>

