



Spring 2023

Girls Team
Handbook

PROGRAM INFORMATION:

Welcome to the Jayhawk Gymnastics Competitive Girls Team! You will be a vital part of our competitive team program. We feel it is essential to work together as a team, (the gymnast, the parents, and the coaches) to achieve the individual goals of each gymnast.

OBJECTIVE:

- 1.) To provide a fun and safe atmosphere for children to enjoy the sport of competitive gymnastics.
- 2.) To develop healthy learning and life attitudes in and out of the gym by promoting self-confidence, self-motivation, and discipline.
- 3.) To consistently have gymnasts among the best in their level.

GENERAL INFORMATION

Attendance: Gymnasts are expected to be on time and ready for practice. Regular attendance is required for proper training in gymnastics. For any reason, if you are unable to get your child to practice on time or will be absent, please notify the gym, ideally through our customer portal or app.

Injury: If a gymnast is injured, they are expected to be at practice unless the injury is completely debilitating. In most cases, injured gymnasts are able to practice and condition without use of the injured body part. *In such an event, other parts of the body can be greatly strengthened and flexibility vastly improved.*

Vacations: Jayhawk is a private club. Like most other private clubs (I.e. health clubs, tennis clubs, etc.), when you are on vacation the facility remains open, staff members are paid their regular wages, and operating costs remain unaffected. For this reason, there are no make-ups or reduction in fees due to vacations.

Team Announcements: Any announcements regarding meet information, special events, changes in practice schedules and other information pertinent to team participation will be emailed.

Parent-Coach Meetings: If you have a concern or a question that requires the attention of one of the coaches, please schedule a meeting; speaking with the coach during practice hours cuts into the time of everyone in the group. Meetings should be scheduled with the coach. Under no circumstances may a parent enter the gym to talk to a coach or gymnast. Questions may be fielded to Coach Shantel at shantel@jayhawkgymnastics.com or Scott at scott@jayhawkgymnastics.com

Parent Observation: Continuous parental observations are not recommended during team workouts. Parents are encouraged to come in 15-30 minutes early to watch the end of practice if desired. When parents are constantly watching, the coach can never fully hold the gymnasts' undivided attention. The child is always looking for Mom or Dad's approval. The problem then escalates when the parent decide that they need to coach their child via lip reading or hand signals from the viewing area. The child cannot focus on coaches and parents simultaneously and are often receiving contradictory input. **The level of safety drops dramatically** when the gymnast loses their focus.

Undisciplined Behavior: Undisciplined behavior within the gym is any behavior that undermines the coaches' authority, disrupts practice or competition, adversely affects the team or other gymnasts, or is otherwise counterproductive to training. On a daily basis gymnasts will forfeit practice participation if she has been reprimanded for undisciplined behavior (poor attitude, lack of effort, failure to pay attention, etc.) on three occasions within the same practice.

Parent Etiquette: As gymnastics professionals, it is our duty to protect what we feel is in the best long term interest of our program and the development of our athletes. Often problems stem as a result from lack of communication between coach and parent, however some problems occur from “little league parent syndrome” (*parents dealing through personal ego issues*). Please take the time to reflect upon your actions and your child’s actions both in the gym and competitions. Not only does your child represent Jayhawk but you do as well. The bottom line is we must maintain the integrity of our program, its policies and procedures. If the actions of parents or gymnasts are unacceptable, such as parents’ loudly complaining to others at competitions or at Jayhawk, the athlete and parents will be asked to leave the team. When this occasionally occurs, the majority of the time it is due to the behavior and/or attitude of the parent and not the child. We encourage parents to feel free to express their concerns through the proper channels of Coach Shantel or Scott.

PROGRAM PLACEMENT & MOBILITY

Team gymnasts advancement is based on individual merit and current level of ability– not age, length of time involved, or any other reason. Gymnasts will always be placed at the level that is most conducive to their development. The sport of gymnastics involves continuous skill-building upon techniques previously learned in order to develop an acceptable level of mastery. Therefore, there is no logical reason to move a child to a higher level when they are not proficient at their current level. Therefore, your child’s coach will make the ultimate decision in determining your child’s level.

Jayhawk Gymnastics Girls Team will compete in the Xcel program. These are beginner levels which helps introduce skills into choreographed routines. There are 5 levels within this Program: Bronze, Silver, Gold, Platinum, and Dimond. Our Xcel gymnasts will train 2 days per week for 2 hours per day. First year team members will compete either Bronze or Silver. The decision on which level your daughter will compete in will be made by the coaches at the end of the summer.

TUITION / FEES

Tuition is due by the 15th of each month for the upcoming month. ***Tuition is based on 48 weeks per year of training and is averaged into monthly payments.*** Therefore, tuition does not change due to the number of practices attended in any particular month. There are no reductions for absences of less than one month. Petitions, forwarded to Jayhawk in writing will be considered for absences of more than one month.

Competition fees are the costs incurred to attend competitions. They are broken into two categories, *Meet Entry Fees* and *Coach’s Fees*.

1. ***Meet Entry Fees*** are the actual cost to enter a gymnast into a competition. This fee is set by the gym who is hosting the competition.
2. ***Coach’s Fees*** are the costs associated with having a coach on the floor, which includes their session fees, travel, food and hotel if applicable. Your monthly tuition does not cover the coach’s time spent at competitions, only their scheduled training hours at Jayhawk.

COMPETITION FEES = MEET ENTRY FEES + COACHES FEES

Once a competitive schedule is determined, we will share it with our team parents. We hope to attend 5 – 6 competitions throughout the winter and spring in the greater KC area. We highly recommend that all competitions are attended. A competition usually lasts 3 hours (stretch, warm up, competition and awards)

Thank you for your interested in our competitive girls team!

Scott