

Welcome to

Georgia Gymnastics Academy

2017 – 2018

**Welcome**

**2017-2018**

**TEAM HANDBOOK**

**GEORGIA GYMNASTICS ACADEMY**

**145 Old Peachtree Road N.W.**

**Suwanee, GA 30024**

**(770) 945-3424**

**Enclosed you will find the GGA Suwanee Team Handbook. Please read this with your child. If you have any questions, you may contact us at (770) 945-3424**

**Kristen Farmer**

**Team Director**

**GIRLS TEAM PROGRAM**

**Gymnastics Philosophy:**

The GGA curriculum is designed to provide a safe, positive, and supportive learning environment that will promote the attainment of gymnastics skills through personal challenges and accomplishments.

**GGA’s Mission:**

To develop happy, healthy, responsible children in a safe environment by focusing on:

1. Helping children to develop self-esteem.
2. Helping children to focus on building a healthy body and mind.
3. Helping children to love, learn, master and refine skills.

**Team Concept:**

The “team” at GGA is a family unit. Each member is a valued contributor to the whole. Therefore, the longer a gymnast is a member of the family and the more she contributes, the more rewarding the entire unit is for each individual. Being a member of the “team” is a privilege, not a right.

**T**ogether

**E**veryone

**A**chieves

**M**ore

**GIRLS TEAM PROGRAM**

**Goals and Objectives:**

* To build a quality girls team program that is competitive with the best teams in Georgia at all levels.
* To provide an atmosphere that is motivating and fun, with an emphasis on safety.
* To build a staff of experienced coaches that are committed to providing the best possible training for all team members.
* To instill self-confidence and the importance of teamwork and a strong work ethic in each and every gymnast.
* To let every gymnast know that we as coaches, care for them as people first and gymnast second and that school, church and family are priorities that come before gymnastics.
* To recognize that every gymnast will learn at a different pace and do what is best for each gymnast as an individual.
* To build a high level, quality optional program that helps each girl accomplish her goals/dreams in the sport of gymnastics.

**TEAM/LEVEL**

**Competitive Program General Description**

**Compulsory – AAU/USAG Level 2 – 5:**

The compulsory gymnasts compete in identical routines designed to develop skills and technique. They focus on skill mastery, basic dance, body awareness and correct form.

The sanctioning body, AAU Gymnastics, has divided the state competition levels to allow for better parity within a level. The two skill levels are Novice and Experienced.

It is a requirement that if the gymnast scores over 35 points All Around twice within a competitive season, then they will be entered into the experienced division. If the gymnast does not score 35 points All Around twice during the season; it will be the head coach who decides the skill level for state competition.

For USA Gymnastics, the required score is 32 points All Around in two separate competitions in order to qualify for the state competition.

**Optional – USAG Xcel/Level 6-10:**

Optional competition allows coaches and gymnasts to choose specific skills to compete on each event and to select their own floor music with the coach’s approval. Each level has certain skill and combination requirements. While these gymnasts continue to work on basics, they are ultimately working toward new skill acquisition.

All optional must qualify for their state meet. Level 6 and above also can qualify for their regional meet. Travel meets are an optional incentive. Travel meets consists of an overnight stay. This does not include state competition.

**TEAM/LEVEL**

**Fall-Winter Training hours based on Gymnast Level**

These are the gymnasts’ estimated hours of practice per week corresponding to level:

*Compulsory*

Level 2 6 hours

Level 3 9 hours

Level 4 10.5 hours

Level 5 12 hours

Xcel 9 hours

*Optional*

Level 6 and up 16+ hours

**Make Up Classes**

There will be times when the team will be offered a make-up session resulting from a meet that may interfere with a standard practice time.

If a gymnastics practice is cancelled resulting from the coaches’ responsibility to attend a meet, then a make-up session will be scheduled for the team.

The safety of the gymnasts as evaluated by the coach may require a make-up session.

**GYMNASTS OBLIGATIONS**

**Respect and support your coaches:**

Disrespect will not be tolerated. As coaches, we ask to be treated with respect in the same way that your parents ask for your respect. Remember the golden rule – “Do unto others as you have them do unto you”. If a coach experiences any form of disrespect in a meet situation, our coaches have the option of withdrawing the gymnast from the competition. We expect the parents to support our decision. Sometimes a life lesson is more important than a gymnastics ribbon. Our staff will treat your child with respect and we expect the same in return.

**Work ethic**

All gymnasts are expected to work hard and try their best from the beginning to the end of practice, not just on their favorite event. It takes 100% to achieve personal goals and attain personal best. You get out of this sport exactly what you put into it. You make it happen!

**Team Member Expected Behavior**

1. Gymnasts must follow directions, demonstrate a positive attitude, good work ethic and be respectful of their peers and authoritative figures when in the gym and away at meets or any team related functions.
2. Arrive at the gym ready to work out.
3. Set the right example. Always act in a way that shows respect for you and the gym. We want the gym to be a happy, uplifting and motivating environment. There is no place in our gym for rude or belittling comments; displays of anger; talking back to coaches or, gymnasts crying because they have given into frustration and fear. You may be asked to leave.

**PARENTAL OBLIGATION**

1. Parental support is important. This support should include positive comments about progress in attitude, work habits and achieving goals. A parent should not attempt to coach or push their child. Parents should never reprimand a child for a lesser performance. Remember that each child is trying their best. The parent must also support and respect coaching decisions.
2. Arrive to practice on time.
3. Call the gym when the gymnast will be missing practice – for any reason.
4. The gymnast should keep coaches informed of “how you are doing”. If they feel sick, had a rough day, are on any medications or have experienced personal trauma, they should speak to their coach. Parents will be responsible to communicate if the gymnast does not.
5. School must come first. Gymnasts must maintain passing grades in all classes in order to compete at meets.
6. Gymnasts are not allowed to work out or participate in other gymnastics programs. This includes going to an “Open Workout” at another facility. We do encourage our gymnasts to participate in camps and training clinics. Please ask your coach for advice.
7. All team members and parents must be active in Booster Club in order for the gymnast to be on team. The Booster Club is there for your benefit. All tuition obligations must be kept current. In addition, Booster Club dues must be kept current or gymnasts will be ineligible to compete.
8. All Booster Club members are required to work home meets. Please refer to the Booster Club section in this handbook.
9. The lobby is not a place for conversations of a sensitive nature regarding the gymnasts. These issues should be discussed during a scheduled meeting with parents, coaches and gymnast if necessary. If you need to speak with a coach, please contact them before or

**PARENTAL OBLIGATION**

after their coaching day is done. Please do not keep the coaches from doing their job of instructing the athletes.

1. Parents are not allowed on the gym floor unless approved by the coach. All parents must remain in the lobby.
2. We have file folders located in the lobby of the gymnastics center for each child on team. Important information is placed in these folders.
3. If a gymnast has an injury that has caused them to be restricted/limited from gymnastics, according to their physician, they must still attend workouts. A modified workout that is appropriated for their limitations will be given to keep up their strength and skill level. They must bring back a physician's excuse to return to practice after being released by the physician.

**Georgia Gymnastics Academy Injury Policy**

If a gymnast has an injury that has caused them to be restricted/limited from gymnastics, according to their physician, they must still attend their scheduled workouts unless the physician has indicated that the gymnast is unable to condition during the recuperation period. A modified workout that is appropriate for their limitations will be given. Gymnasts who are injured and have a modified workout schedule are expected to pay the full monthly fee. After the first month, gymnasts who are not able to condition or are conditioning only due to a physician’s order may pay ½ of the monthly tuition to hold their place on the team until they are able to return to regular practices or a modified workout schedule. In this situation, the gymnast must present a physician’s order and may not return to full practice until GGA has received a release notification from the physician clearly outlining any specific limitations or instructions for resuming gymnastics activities.

**OFFICE POLICIES**

**Team is a Significant Long Term Financial Obligation**

There is no doubt that joining a gymnastics team requires financial sacrifice by most families. Is it worth it? We are biased, but we believe that gymnastics can be the best real life education a child can have. There is no other sport like it for training a person for success in life.

**Tuition Pays for the Benefits of a Program**

It is important that each family understands that tuition pays for a program and its benefits and not a specified number of classes or days. It is most important to us that your family adapts to this thinking, because a “per hour”, “per week” or any “per unit” mentality will ultimately cause a misunderstanding. Our hourly tuition rates decrease with the increase in number of hours of practices. A gymnast who spends ten hours per week in the gym is only paying $5.03 per hour, compared to a class student who pays $17.50 for that hour.

Although we do not engage in contracts to this effect, tuition is computed as a yearly charge divided into twelve monthly installments. Each family is responsible for twelve monthly installments regardless of attendance at gymnastics practice. This includes absences caused by meets, camps, vacations, injuries, etc. Tuition must be paid on time or gymnast will not be allowed to compete.

**Do We Prorate for Illness, Injuries, Camps, Vacations and Other Absences?**

No, we do not. Understandable, this question arises often. The inescapable fact is rearranging how revenue is collected does not change how much revenue is needed. Our teams budgeting goal requires that we collect a certain amount of money from each team member regardless if the athlete attends practices or not.

**OFFICE POLICIES**

If a gymnast has a conflict that prevents him/her from attending practice for an extended period of time, there is no guarantee of placement on team when he/she returns.

If a gymnast has an injury that has caused them to be restricted/limited from gymnastics according to their physician, they must still attend their scheduled workouts unless their physician has indicated that the gymnast is unable to condition during the recuperation period. A modified workout that is appropriate for their limitations will be given to keep up their strength and skill level.

Gymnasts who are injured and have a modified workout schedule are expected to pay the full monthly fee. After the first month, gymnasts who are not able to condition or are conditioning only due to a physician’s order may pay ½ of the monthly tuition to hold their place on team until they are able to return to regular practices or a modified workout schedule. In this situation, a gymnast must present a physician’s order and may not return to practice until GGA has received a release notification form the physician clearly outlining any specific limitations or instructions for resuming gymnastics activities.

**Tuition Payments**

Tuition is due, and must be received, on the 25th of each month to guarantee your child’s class for the following month. If payment is not received by the last day of the preceding month, $15 fee per class will be assessed and you authorize Georgia Gymnastics Academy, Inc. to charge your credit card.

**Practice Cancellations**

Inevitably, over the course of a year, there will be practice cancellations due to conflicts. Team practice is sometimes curtailed or reduced. We do our best to keep these at a minimum, but please expect them.

**BOOSTER CLUB**

**2017-2018 Executive Board**

Position Name Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

President Kerri Jascomb kerrijascomb@bellsouth.net

VP Operations Stephanie Thompson s\_thompson29@outlook.com

VP Fundraising Ginger Spitzer spitzer.family@att.net

Treasurer Joanne Baggs joannebaggs@gmail.com

Secretary Brenda Shorter bsshorter@yahoo.com

Special Events April Frick amfrick79@gmail.com

Kai Iaukea kiaukea@hotmail.com

Team Director Kristen Farmer thefarmerfive@live.com

**Team Representatives**

The team representative shall represent the desires and concerns of their respective team members at the executive committee and class levels. Their responsibilities include but are not limited to recruiting volunteers, calling team members (or sending emails) about information and meetings, and voting at executive committee and class meetings. They are elected by their respective team member parents.

Here is a working list of things Team Reps are responsible for:

* Attend board meetings and vote to represent your team’s interests.
* Act as a liaison between your team and your coach. The coach may ask you to send messages when practice times get changed or if there is last minute information that needs to be communicated.

**BOOSTER CLUB**

* Act as a liaison between the other board members and your team such as informing the board when a member joins or leaves your team; facilitate gathering roster information, etc.
* Manage the “Goodie Bag” process. A Goodie bag is to be given to each member of the team competing prior to the meet.
* Keep a record of scores and places for your team from each meet. Forward this information to the GGAGBC secretary for posting on the website and for yearend awards.

**GGA, Inc. versus the GGA – Suwanee Girls Booster Club**

An important distinction must be made between Georgia Gymnastics Academy, Inc. (GGA, Inc.) and the GGA-Suwanee Girls Booster Club (GGAGBC). Monthly tuition is paid to GGA, Inc. and this revenue is used to pay expenses associated with training our gymnasts.

The booster club is a non for profit (501c) organization that has voting members, who are the parents or guardians of the girls eligible for team competition at GGA-Suwanee. An Executive Board consists of a President, Vice President of Operations, Vice President of Fundraising, Treasurer, Secretary, Team Representatives for each competition level and the Team Director. They work together financially and emotionally to support all of the gymnasts. As with any sport, there are expected expenses. The booster club is responsible for all of the team and individual meet fees; national organization dues, coaches’ travel expenses and team uniforms. This is primarily done through contribution sponsorships and fundraising.

GGAGBC maintains a website at <http://ggasgirlsboosterclub.weebly.com>. The site contains useful information about the organization including dates of upcoming events. The website is updated regularly with the information your gymnasts are provided in their mailboxes at the gym. Please check the site regularly to make sure you are getting up-to-date information concerning GGAGBC and team activities. Additionally, there is a girls’ team bulletin board that is located above the folders with all events and notices.

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**Membership**

Team families are automatic members of GGAGBC and are required to make an annual payment to GGAGBC. Fundraisers partially defray the cost of travel for coaches, team entry fees for meets, pay for uniforms and other team related necessities. The annual payment is subject to change each year. For the 2017-2018 year, the annual commitment fee is $57.00. The annual payment is determined by the GGAGBC Executive Board and is based on the costs projected for cost of travel for coaches, team entry fees for meets, uniforms and other related expenses.

New members will be accessed a one-time fee of $100 in addition to the GGAGBC fee.

Make ALL checks payable to **GGASGBC.**

**BOOSTER CLUB – Budget/Escrow**

**Budget**: Monetary guidelines established each year for operating the non-profit booster club that is voted and approved by the current Executive Board Members at the beginning of the year. This will include a schedule of expected meets for each team individually as well as shared costs that are allocated evenly between all teams. Once approved by the board, the budget is shared to all members by team.

**Escrow Accounts**: Accounts are setup for each gymnast to establish funds to cover their share of the costs of operating the booster clubs as dictated by the budget that has been voted on by the board during the budget approval process.

All new members to the team will be setup with an escrow account upon return of the Gymnast/Parent Agreement form, Team Information Form and your commitment fee. Once the escrow account is setup, it will remain open and all funds will rollover into the new season each year until you are no longer part of the team. If you should leave the team, these funds are non-refundable under any circumstances by law.

It is the responsibility of each member to fund their escrow accounts to cover their budgeted cost for the season based upon the payment plan that is provided. Escrow accounts can be funded by the following:

1. Self-Support: Funds that each parent pays into their escrow account themselves to cover their costs.
2. Sponsorship: Funds provided by outside support of their child included by not limited to family, local businesses, friends, etc. This is tax deductible by the contributor as long as they are not legally responsible for the gymnast. A letter from our President and a form that will need to be submitted with the check will be attached in this packet. Please make as many copies as you like for distribution but keep the original.
3. Fundraising/Profit Distribution: Funds earned through fundraising opportunities that will be discussed separately in this packet.

**BOOSTER CLUB – Budget/Escrow**

A statement of your escrow account should be provided to you monthly. **It is your responsibility to review the charges to your escrow account and to make the needed payments to keep your account current at all times. Your gymnast will not be allowed to compete in the next meet or attend team functions if you are not current on your payments.** You must contact the Treasurer of the booster club to discuss your options if you are unable to make your scheduled payments and do not have the needed funds in your account.

Any questions regarding the budget, escrow accounts or payment plans should be mailed to the treasurer at: joannebaggs@gmail.com

**Payment Plan**: Established at the beginning of the year, this plan will help distribute the total cost of each team for the season evenly by a certain number of months. This is determined by the executive board when approving the budget. This payment plan is designed to ensure that funds are available to the booster club in advance in order to register and pay for meets by their deadlines. Please NOTE - this could change each year based upon the board’s decision of how soon the funds are needed for scheduled meets. The meet schedules determined by the coaches of each team close to the beginning of the season but can also change mid-season if meets are full and registration is not possible. In such cases, the coach will usually find a meet to replace the one not available.

**BOOSTER CLUB**

**Nutritional Information for Gymnasts**

The following are some general guidelines for good nutrition for the healthy gymnast.

Daily Nutrition

* Milk Group = 3 Cups
  + Milk (1 cup); cheese (1.5 oz.); yogurt (1 cup)
* Meat Group = 5 oz.
  + Ideas: chicken breast (1/2); peanut butter ( 1 tbsp.); beans (1/4 cup); egg (1); fish
  + Lean chicken, turkey or beef; peanut butter; legumes (beans); nuts
  + Broil it, bake it, or grill it!
* Vegetable Group = 2 cups
  + Choose dark green or dark orange
* Fruit Group = 1.5 cups (or 2 pieces of fresh fruit)
  + Choose fresh, dried or canned - Stay away from fruit juices
* Bread & Cereal Group = 4 oz.
  + 1 oz. = 1 slice of bread or cereal/pasta (1/2 cup)
  + At least 2 oz. should be whole grain, NOT white
* Fat Group = 5 tsp.
  + You get most of your fats from natural oils and nuts (With zero trans-fat).
  + Healthy fats include peanut butter, avocados and fish
  + If you need a treat, limit yourself to ONE of these: 2 Oreo cookies, pudding cup, ice cream sandwich, kid size Frosty, handful of chips (about 100 calories each).

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**Before Practice**

Eat a balanced meal of protein and carbs. Carbs will give them quick energy while protein will give them energy to last through a four hour practice.

**During Practice Snack**

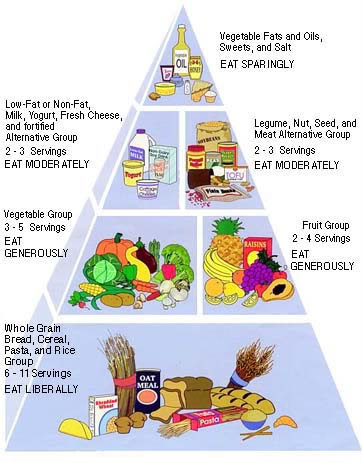
Each practice, the girls get a 5 minute break for a light snack. Healthy ideas that mix carbs and protein: Crackers and cheese; string cheese and goldfish; peanut butter granola bar; fresh celery dipped in peanut butter and cottage cheese and fruit.

**After Practice**

You won’t need a huge meal just before bedtime. Enjoy a light meal with protein (to rebuild muscles), carbs (to get through your homework), veggies and chocolate milk!

**Before a Meet**

Nothing too heavy, but include proteins and carbs. Bring a healthy snack in your gym bag for when hunger strikes. No need to “carb load” before a meet. The girls only do about 45 minutes of activity at a meet, but their nerves eat up those calories so don’t skip this meal.



**BOOSTER CLUB**

**Fundraising**

Many fundraising opportunities are available to the booster club members. Profits earned from fundraising events are credited directly to the gymnast’s escrow account. These credits may be applied against future competition dues. They may not be used to pay monthly tuition. Below are some of our past fundraisers:

* **JS Sanders Sheets** – We sell 1200-1800 count sheet sets in a variety of colors. We sell them for $35 each and with the sale of each set, you earn $14 for your gymnast’s escrow account.
* **Turkey Breasts/Pork Butts**
* **Consigned Leotard Sales**
* **GGA hosted meet** – Each October our gym hosts a “Monkey Business” meet. Each family is required to work at least one session. The profits are then divided by the hours worked and credited to individual escrow accounts. Those parents who are to assist with the operations of the meet are required to pay a non-refundable $50 fee to the booster club.
* **Laundry Detergent**
* **Gwinnett Braves**
* **GGA Girls’ Cookout**

**BOOSTER CLUB**

**Competitive Fees**

Competitive entry fees vary from meet to meet. The compulsory level meets range from $50 - $100, while the optional levels range from $100 to $125 per meet. Registration deadlines are given for these meets. All meet fees must be paid prior to the Gymnast being registered for a meet.

Information of upcoming meets will be given out with as much advanced notice as we can provide. Meet fees are non-refundable, so the gymnast must be willing to compete or forfeit the fee. Parents are responsible for all travel costs for competitions outside of the state.

**Team Uniforms**

Team members wear the GGA team uniforms at competitive meets. The uniform includes a warm-up suit, competitive leotard, briefs and gym bag. Uniforms are purchased every two years. Estimated cost: $350.00. Gymnast must wear their uniform from the moment they enter the meet facility through the completion of awards.

**Advancement**

Advancement to the next level is determined by the coaching staff using the following criteria: Skill level, mental attitude, success at gymnast’s current level, possible success at the next level, gymnast’s desire and gymnast’s work ethics. There is not a specific “time of the year” that the gymnast will advance, as it will vary from every gymnast and every situation.

**Meet Information**

**Meet Scoring**

Rules that govern gymnastics scoring are determined by the sport’s governing body, USAG Gymnastics. At major competitions, four to eight judges sit at each piece of apparatus. Two judges determine the start value based on difficulties, special requirements and bonus met. The remaining judges deduct for execution and composition only. Each of the judges arrives at a score independently. The high and low scores are discarded, while the remaining scores are averaged. Scoring is not an exact science. It is subjective and the interpretation of the code of points varies. There are differences between judges, so the same routine can receive a different score depending on who is judging. Good judges pretty consistently rank gymnasts accurately. Parent and gymnasts are better off looking for overall improvement over the course of the season rather than focusing on meet scores. More information and qualifying scores can be found at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) .

**Travel Meets (Away Meets)**

Gymnasts are responsible for their transportation and accommodations when attending a meet away from GGA. Most away sites for the compulsory levels are within driving distance from GGA. An overnight stay may be desirable depending on the distance to the site and the day and time of your gymnast’s session. It is beneficial to plan your hotel stays with other families. Often a hotel will offer a group rate and it’s just more fun for both the parents and the gymnasts. The optional levels travel more extensively. Typically, information about away meets are given in advance.