 

**OHS & OEHS**

 **Co-op Gymnastics Team**

 **2015-2016**

 **Competitive Season**

 **Rules/Requirements and Responsibilities**

**------------------------------------------------------**

Sarah Dugan

**Head Coach**

Bailey Mast & Melanie Kahn

**Assistant Coaches**

**Table of Contents**

Coaches Philosophy……………………………………………Page 3

Team Rules………..…………………………………………………4

Team Captains.………………………………………………………6

Workout Schedule…………………………………………………..7

Starting Line-ups……………………………………………………8

Competition…………………………………………...……………9

**Coach’s Philosophy**

The athlete will participate to the best of her ability. She will accomplish this by setting goals that are realistic and obtainable, yet challenging. These goals will benefit both the team and the individual. They will also provide a sense of accomplishment. The athlete shall strive for team enhancement and self-improvement. Goals create strength, give direction, and purpose to life!

The team comes first with the individual’s needs coming second. All gymnasts will be given a fair chance to make the team and starting line-ups by meeting team requirements, coming to all practices regularly – on time, being a positive team member, and putting in the effort to be the best she can be.

Each athlete is expected to be loyal, self-disciplined and compete fairly with a competitive spirit. Motivation and repetitive practice are keys to success for the team and individual in the sport of gymnastics. A strong, positive work ethic is a must. Good sportsmanship is expected at all times. Athletes will display school pride, as well as team spirit for all. Be proud to be an Oswego Gymnast!

Sarah Dugan – Bailey Mast – Melanie Kahn

**IHSA Sportsmanship: Do What’s Right!**

* Show respect for members of the coaching staff and team
* Show respect for opposing players and coaches
* Respect integrity and judgment of the rules committee and accept their decisions graciously
* Display modesty in victory and graciousness in defeat
* Encourage others to Do What’s Right!

**Team Rules**

General Rules:

1. Disrespect to coaches and/or teammates will not be tolerated. Gymnasts are expected to conduct themselves as ladies at all times; as you are representing your school. Maintain a positive attitude and encourage each other to reach their fullest potential. Gymnasts will work towards team & self-improvement by means of a strong work ethic. An athlete with poor work ethic and/or uncontrollable emotional state will be dismissed from practice and risk dismissal from the team.
2. Athletes will come prepared to work out safely; wearing leotards, fitted shorts, and their hair tied back out of the face (hair should be the last thing to worry about in a practice or meet). No jewelry or loose fitting garments allowed. Gymnasts must bring running shoes, bar grips, and team binders every day.
3. Candy or gum is not allowed at any time. Food and drinks are not allowed in the workout area. Water is provided by the athletic trainers each day. If you bring a snack it must be healthy (fruit, granola/protein bar) and must be finished before you enter the gym at the start of practice. Your workouts will be a direct reflection of the foods you put into your body. Choose wisely. Gatorade products can be purchased from the athletic trainers.
4. Take care of equipment and use it properly. Always check to see if the equipment is secure and report any damage or unusual equipment use to the head coach (this includes your grips). Absolutely NO horseplay is tolerated for safety reasons.
5. All team members are expected to be present and work out the entire practice. This supports team unity. Athletes will remain in the gym during practice and meets. Be on time for practice, set-ups and take-downs of equipment.
6. Gymnasts will follow the workout as instructed by coaches. Do not drop out or change rotations unless it is approved by *all* coaches.
7. Equipment is for practicing skills and routines. Gymnasts must use all equipment on a rotational basis. If it is your turn, use it wisely! Also: Do not “hog” the equipment. Everyone deserves an equal amount of time to prepare for meets. You may stay after regular practice time if a coach is available.
8. Injuries: If a gymnast has an injury that results in being unable to practice and compete, she is expected to attend practice daily unless there are extenuating circumstances. She is expected to check in with trainers daily to complete therapy (conditioning), and receive treatments. There will not be time given to complete homework in the gym. The gymnast will attend practice to encourage teammates. The gymnast may leave early if there are no team meetings/other important commitments, and approved by all coaches present.

**General Rule Infractions:**

1st Offense: Warning 2nd Offense: Suspended from team 2 days and loss of starting position

3rd Offense: Suspended from team 1 week and loss of starting position

4th Offense: Dismissal from the team

**Team Rules**

Attendance Policy: Attendance will be taken daily.

1. Team members are expected to participate in all scheduled practices and meets unless discussed **in advance**. This includes having the proper attire and equipment for the day.
2. A gymnast may not compete if absent from practice the day before a meet for safety reasons.
3. Please let us know as soon as possible if you plan to be gone over a holiday break, as it does affect competition line ups and team placement. Gymnasts will not compete until the practices are caught up and routines are safe.

Weekly routine requirements made by coaches must be fulfilled in order to compete even if missed practice time is excused.

Tardy Policy/Early Leave: A tardy or leaving early must be discussed with a coach at least 1 day in advance.

1. A tardy is when a gymnasts shows up at 3:31, as practice begins at 3:30.

**A tardy is given if the gymnast is not dressed and ready to participate with the group at 3:30.** This means: hair up, leotard UP, braces/tape or shoes on…as scheduled. Time missed from being tardy or leaving early can add up to a full absence – leading to dismissal from the team. Please discuss needs of athletic trainers with coaches prior to practice times.

1. Being late for a meet set-up or leaving before excused by a coach after practice or take-down from a meet, is considered a tardy. A gymnast not setting up or taking down equipment with the team will not compete that night or in the next meet.

**5th Absence = Suspended from team 1 week**

**6th Absence = Dismissal from Team**

**Team Captains**

The role of “Captain” is a privilege and must be earned. There may or may not be designated captains each year, as determined by the coaches. Coaches will base their decisions on gymnasts that display maturity, responsibility, communication, friendliness to all team members, and positive team leadership at all times. The following steps and rules will be used in the process of choosing captains.

1. Four-year Seniors will be taken into consideration first as team co-captains. Then all other team members will be equally considered as co-captains. One gymnast may be designated by the coaches as Head Captain. Captains will be assigned to the teams they compete on the most.
2. Captains will work together for the good of the team. Captains will equally share duties and follow team rules. If a captain is not cooperating with other captains, coaches may dismiss that individual as a team captain, and rule infractions will apply. A captain breaking team rules will automatically be dismissed as a team captain, therefore forfeiting their Captain Star at the end of the season and rule infractions will apply as necessary.
3. A captain must travel with each team as needed. Refusal of a captain to travel with a team dismisses that person as a captain.

**Captain/Manager Responsibilities:**

1. Support coach’s philosophy and assist as coach/manager as needed
2. Attend Captain’s Council Meetings; getting school and community involved
3. Provide leadership in a positive manner
4. Promote team spirit with team-building activities, locker signs, posters, cheers, and encouraging support for all team members
5. Verify routines completed in workout squad
6. Assign food trays and help clean up team area at meets
7. Assign teammates for set-up and take down of equipment
8. Assign teammates to carry equipment to and from meets
9. Keep running scores at meets or assign a non-competing gymnast to keep score
10. Captains/Managers will be the last to leave each night after practice and meets to check over all areas in the gym for safety measures and cleanliness
* Vault/Beam – Line up mats, tape measure put away, collect springs & boards
* Bars – bars are secure, line up mats, clean up chalk/wrappers
* Floor – CD’s and stereo put away, line up mats

**Workout Schedule**

**Monday – Thursday**

1. **3:30 – 4:00 – Run/Condition, Stretch**
2. **4:00 – 4:40** First Rotation
3. **4:40 - 5:20** Second Rotation
4. **5:20 – 6:00** Third Rotation
5. **6:00-6:15** – Stretching, coaches/captains meetings, announcements, hand out score sheets, goals/accomplishments, questions, and evaluation of practice.

Coaches will designate assignments for each event.

Assignments must be complete in order to compete that week.

You must rotate on schedule unless approved by coaches.

**Fridays** (before Saturday meets)

**3:30-6:15**

Group rotations through each event in preparation for competition

**Saturday** (when scheduled)

About 9:00am-12:00pm

Options:

Structured group rotations (if needed, as determined by coaches)

Watch film from previous meets

Open workout for skill improvement and/or new skills

**Tryouts/Starting Line-up**

1. First round cuts will be made within the first week of the regular season. Consistent positive attitude, work ethic, attendance records, and safely-completed skills/routines will be the deciding factors to be on the team. The first two weeks, coaches will observe and evaluate gymnasts’ skills to determine what level they will compete. A judge may be scheduled during the second week of practice to provide feedback on routines and help determine who is ready to compete in the first meet. Starting line-ups will be determined after this time through coach’s evaluation. Starting line-ups are just temporary. You must maintain the appropriate skill level, work ethic, and positive attitude in order to be considered for the line-up each week!
2. Average scores will be kept from each meet. You may request a copy of these results from the coach. The top 10 scores in each event will become the starting line-ups (1-5 for Varsity, 6-10 for JV) (dependent on workouts and attendance). If the next two alternate scores are within a tenth or two, they may rotate into the line-up.
3. Scores generally average in the mid-eights to compete on the Varsity level. Scores averaging in the nine’s will automatically make the Varsity line-up.
4. Gymnasts who have the requirements to compete at the Varsity level may only compete one or two events of their strengths as determined by their scores and coaches decisions. If a gymnast chooses to compete in the all-around, you may ask a coach to drop down a level. Gymnasts who are returning from injury may be required to drop down a level to gain back strength and confidence of their routines.
5. All gymnasts may work their way up to a higher team level based on their average scores, no matter their grade level. **All** gymnasts will be considered for the Conference Meets (JV & Varsity), and State Series Line-up (Regional, Sectionals, and State) based on their skill level, average scores, work ethic, academics, and overall leadership and attitude.

**Competition – Meet Responsibilities**

**General**

All gymnasts must attend every meet. Even if you are not scheduled to compete, you are considered an alternate on one of the teams.

**\*\*\*Cell phones and individual music devices are not allowed at any meet! We will spend our time at meets with each other as a team; focusing on our goals and routines – not calling others or listening to music players. The only time cell phones or music players will be allowed is on the bus (as allowed by the bus driver and coaches per travel date).\*\*\***

***Parents –***

You are not allowed to approach a judge, your gymnast, or coach during a competition. If you have questions about something from a meet,

please set up a conference time to talk with us.

Cheer On, Support, and Encourage Everyone!

**Dress Code for Meets**

All team members must wear the required navy blue sleeveless leotard for meet warm-ups and the long-sleeve team leotard for competition. Gymnasts must have matching navy blue briefs for competition. Gymnasts wearing miss-matching briefs will not compete. All gymnasts whether competing or not must dress in leotard and warm-up attire for the march-in. No jeans or non-approved clothing will be allowed on the competition floor. Remember – you are always an alternate! If you do not come prepared, you will have an absence mark, sit in the stands – not with the team, and you will not be competing that day.

Sports bras or bras of any kind cannot show. Hair is to be neatly tied back out of the face with small hair ribbons/ties. It must hold throughout the entire day (ponytails, buns, or braids). You are not allowed to wear any kind of sparkles/glitter on the face or hair. No tattoos or jewelry is allowed (some exceptions can be made for religious reasons). Socks or beam shoes are acceptable if they are plain white and are ankle length. Body braces must follow regulations and be approved by the coach and must be of a neutral color. If you are unsure of anything, please ask a coach before purchasing something. Judges are looking for a well-groomed appearance and representation. **Dress and act like a winning team!**

*Gymnasts will be responsible for caring for their leotard and the warm-up jacket and pants throughout the season. Gymnasts will return their uniforms on a designated date at the end of the season. Any uniforms with major issues will need to be replaced and therefore paid by the individual gymnast/family.*

**Competition – Meet Responsibilities**

**Home Meets**

All team members are required to be in the gym on time for setting up equipment (usually 3:30pm).

All gymnasts must sit together as a team throughout the meet. No one will be allowed to leave the team area unless they have coach’s permission. One food tray per level will be assigned on a rotational basis. Acceptable foods are: protein, fruit, and vegetables. Reminder: food and drink are not allowed in the competition area. We will designate a place for our food tray. Pick up garbage when you see it and dispose of it properly. Your actions are a reflection of our team and school. Your behavior and focus must be on the competition.

**At the end of competitions, you will approach the other teams**

**and recognize their efforts with a handshake and/or positive message.**

At the end of a meet, no one will be allowed to leave the gym until all the equipment is put away properly as instructed – immediately following the last competitor (or otherwise directed by a coach or meet director). **You are not allowed to go into the stands to talk to friends or family until after the last competitor is finished AND equipment is put away.** Check with a coach before you leave for the night. Captains are the last to leave after cross checking the gym.

**Everyone wants to go home at the end of the night – Things go faster when everyone helps!**

**Away Meets**

Attendance is taken in the gymnastics room 15 minutes before bus time. BE ON TIME!

Team members will be assigned equipment on a rotational basis to carry each time we travel. Team members who are late will automatically carry equipment. You will need to be picked up or drive home from OHS.

**During the meet, please respect all competitors. You are not allowed to go into the stands to talk to friends or family until after the last competitor is finished. Stay focused on the meet!**

Gymnasts can call home from their cell phones (or coach’s phone) to give our arrival time back to OHS. Gymnasts will not be allowed to return to any of their lockers and must leave through

Door 23 only. Coaches must see that all team members leave school property, especially when it is late at night and no one else is around.

**Parents – Please pick up your gymnast immediately so coaches can go home too!**