



Parents' Informational Handbook

Noma's School of Gymnastics

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Welcome to the Team!

Noma's School of Gymnastics staff and parents' club would like to welcome your family to our club. If you are reading this team manual then your daughter has already impressed us with her gymnastics talent and potential. Through this team manual we hope to give you more insight into how our program operates and answer many of your questions.

First, and the most important, providing a fantastic gymnastics experience is what this club is all about. We are here for the young children, many who have hopes and dreams of being the best they can be in life and in this sport. We are here to support them in that dream.

To make that dream come alive the gymnast, parents, and coaches must function as a TEAM. Team for our purposes means:

Together
Everyone
Achieves

Please sign below and return this page to the front desk!

Gymnasts Name

I have read the parent's manual and accept and understand that I am fully responsible to uphold the policies and procedures as listed for Noma's School of Gymnastics and the Saltos Parents Club. By signing below, I agree to show my full support of the competitive program.

Parent Signature

Date

NOTES

You might have noticed there is no “I” in TEAM. That does not mean that your daughter as an individual or you as a parent are not important, not at all! It simply means that the whole is stronger than the sum of its parts. If we all work together toward common goals we have a much greater chance of achieving something really significant with our program.

The purpose of this team manual is to give you a better idea of what our goals are and how we operate as a TEAM called NSG Saltos.

After reading this manual, if you have any questions about any aspect of the program, please ASK! Any officer of the Parents’ Club, Diane or Noma will be happy to answer any question or provide you with options to help you solve your problems.

Once again, welcome to NSG Saltos. We are glad to have you as part of our TEAM.

*Saltos is as a term meaning any kind of somersaulting action.

NOMA'S SCHOOL OF GYMNASTICS

The NSG Saltos

MISSION STATEMENT

Our goal at Noma's School of Gymnastics is to develop each individual's gymnastics potential in a safe, yet enjoyable atmosphere.

Using specific gymnastics progressions, many which you will not understand and aren't supposed to, each gymnast will learn the correct fundamentals and basic skills which will equip her with the knowledge and ability to progress to whatever level she desires. As a staff, we expect a positive attitude, respect for all coaches and team mates, and honesty from all gymnasts and parents.

As instructors, we will use the sport of gymnastics to help each child gain a greater self-confidence and a more positive self-image.

Gymnast Accounts

Each gymnast will have an account within the Parents Club. A running record will be kept for every competitive fee paid for during the year. We encourage every parent to start putting money into their gymnast's account during the year so that when August arrives, and fees are due, it will be easier financially. You can easily expect to need \$500 in the month of August alone. The following is a break down of fees to expect:

Parents Dues	\$200
Warm Up	\$100 or more
Leotard	\$100 or more
USAG #	\$20-\$65
Meet Fees	\$80-\$125 per meet X 6 or more meets per season

The majority of these fees will be due around the first week of August. Other expenses to budget for are grips, tape, pre-wrap, and spectator entry fees at meets. Those fees do not need to put into your gymnasts account.

All fees are non-refundable

Competitive Season Information

USAG Registration – Number and Fee

The NSG Saltos Team competes in the USAG Competitive system.

This means that the meets our team competes in is sanctioned by USA Gymnastics and because of this all of the gymnasts must be registered with USA Gymnastics.

ATHLETE REGISTRATION FORM: To be registered for competition each gymnast must complete and sign a USAG Athlete Registration Form. These forms must be turned in along with the USAG fee by the end of July of the Competitive year. This registration provides your gymnast with a USAG Membership Number that is supplied to each Host Gym for each meet your gymnast participates in. Your gymnast also is entitled to various benefits specific to USAG with their membership.

USAG REGISTRATION FEE: USAG Membership Registration fees are currently \$55.00 to \$65.00 per year (August 1 – July 31). These fees are subject to change without prior notice. USAG fees must be paid by July of the year in which your gymnast plans to compete.

***USAG Level 1-3 Introductory price is currently \$20.00.*

TEAM PHILOSOPHY

Our goal is to provide the mental and physical discipline needed for competition within a framework of positive reinforcement and encouragement. Learning to be comfortable in a competitive situation is a positive experience and adds to a child's development.



EXPECTATIONS

Problems occur when a parent expects too much from an athlete who is new to the competitive arena. (*New is defined as having only competed two or three years.*) It takes a number of years of quality competition for a gymnast to develop the poise and grace to continuously take top honors in a gymnastics competition.

Some parents seem to have developed their own system of evaluating the scores their children earn during a gymnastics competition. When their child earns a 9.00 or better in the meet, the parents tend to walk around with the look and attitude, "YES, my kid is hot!" If their child receives an 8.00, the parents are still happy and feel their child is a good competitor.

However, if a child gets a mark around a 7.00, the parents start to wonder what needs to be fixed in the routine, or why the coach doesn't pay more attention to their child. As the scores get lower than 7.00, the gymnast's parents hide in the bleachers and hope that no one they know will see them.

Obviously this is an over simplification of what happens, and not all parents react in this manner. The key is to recognize when your child is working up to her potential. If she completes all her skills for the first time, without a fall, that is a winning routine regardless of what score she receives. Comments from you should be congratulatory and positive. No mention should be made at that time of what she can do better, that would lessen the effect of this "victory" for her. The week after the meet your daughter's coach will go over those elements that need work and congratulate her on the elements she competed correctly.

Any score she receives during a competition is no reflection on you as a parent. There is no reason for you to feel embarrassed if your child is having a bad meet. Everyone has good days and bad days, and it is how she learns to react to them that shows her development as a competitor.

Remember always that a score given to your child in a gymnastics competition is an evaluation of one single performance, not an evaluation of the child.

Thank you for taking the time to read this booklet. I hope that it has answered some of your initial questions. You will have many more as you child progresses. Remember, don't be afraid to ask! You, like your child, will learn something new everyday. Be patient.

Thank you for choosing the NSG Saltos.

Noma Meeker

Owner and Director

Parent Commitment

1. Make sure gymnast attends all regularly scheduled workouts, meets, and special functions. Communicate with the coaches regarding any problems or concerns.
2. Check bulletin board regularly to stay current with team activities and information including upcoming meet deadlines, fees, and other events.
3. Membership in the Parent's Club. Attend the scheduled Parent's Club meetings. Notices will be posted on the bulletin board.

The Parents' Club

The primary function of the Parents' Club is to support the team financially. This includes, but is not limited to: coaches' travel and lodging expenses for out-of-town meets, equipment specific to the team, hosting social activities for the gymnasts and their families, and awards at the end of the season. The Parents' Club through its efforts has created the potential for this club to have a successful gymnastics team by offsetting those costs. Whether your child is entry level or an accomplished gymnast, the Parents' Club already has and will continue to create the conditions for every gymnast to have the best possible instruction and training equipment.

We ask that you join with your fellow parents and support the efforts to continue this successful program by lending the Parent's Club your thoughts, ideas, and abilities in regards to fundraising activities, meets, and social events.

Parent Club Fees

Competitive Team \$200.00 annually

Due every August 30th

PARENTS DUES ARE NON REFUNDABLE

Moving from Level to Level

Moving up from one level to the next is decided by the coaches based upon scores from the meet season, attendance at workouts, skill level, maturity, and the attitude of the gymnast. The coaches will discuss the move with the parent(s) before a final decision is made. This decision will be made in the best interest of the child. As a gymnast moves up, her responsibility to workout and to participate in scheduled meets increases.

Although, one criterion used to advance gymnasts are meet scores, gymnasts whose scores qualify them to move to the next higher level are not necessarily required to do so.

MEET SCHEDULING

At the beginning of each season (Compulsory or XCEL/Optionals), a preliminary schedule of meet locations, dates and fees will be given to parents. Meets may be added, changed, or canceled.

Meet Information

1 – 2 weeks before a competition, participating gymnasts competition times will be posted on the bulletin board or the glass door in the lobby. Please make sure to double check your gymnasts information, times she competes and the address of the competition venue.

It is not uncommon for host clubs to send out information late or make last minute changes. Information in many instances is not received until the night before a competition. It is a good idea to clear the whole weekend

USAG, Alabama, and NSG Saltos General Gymnastics Information

Gymnastics is a competitive sport that has two competitive seasons; because of this, athletes must maintain a regular year round training and practice schedule.

This is not to say that your child should not take vacations or trips; however, it is recommended that no athlete take extend time off from training if they plan to maintain or excel in their performance.

The Fall Competitive season is known as Compulsory Gymnastics. Compulsory gymnastics is divided into levels. Each level has a progression in skill from the next lower level. USAG Compulsory Levels range from Level 1 to Level 5. In compulsory gymnastics, each child, in any given level, performs the same routines and skills. The gymnasts are judged on technical correctness and presentation of each skill and routine.

NSG Saltos trains compulsory gymnasts from Level 1 to Level 5.

XCEL/OPTIONAL SEASON

The Spring Competitive season is known as XCEL/Optional Gymnastics. Optional gymnastics is Levels 6 -10. XCEL Gymnastics is based on skills learned in the Compulsory season and allows for some skills from the next higher Compulsory Level. XCEL Levels are Level Bronze through Level Platinum, and allows for the gymnasts to show more of their own personality in varying routines and skills.

All Compulsory, XCEL, and Optional skills and/or routines are regulated and set forth by the governing body of USA Gymnastics. These skill and routines are re-evaluated and changed after each Olympic year. However, changes can be made during the interim by USA Gymnastics.

NSG Saltos gymnasts must meet the State Exit Score, possess skills and abilities required for next level, **and** have the recommendation of current coach before being moved to the next competitive level. Not all gymnasts are ready at the same time to progress to the next level. Your child's coach will inform you when your child is ready to advance.

Participation in Scheduled Meets

All team gymnasts should compete in ALL meets to which they are invited unless they are sick or injured. On occasion, a meet will be scheduled at the last minute. In this case, gymnasts will not be expected to compete. **We recommend you keep an extra \$60.00 in your child's account to cover unexpected meet fees.*

MEET FOCUS

Meets have different meanings and the training for each will differ accordingly. Some meets, the focus may only be on obtaining a **qualifying score** for the state championships; therefore a coach may tone down the power and focus on higher quality execution.

Another meet might be used to **develop confidence** and the coach may allow the gymnast to attempt new skills while removing the worry of scoring high from the gymnast's mindset.

Mobility meets are set up for a gymnast to obtain a specific score so she can move to the next competitive level. The coach may not be focusing on awards in such a meet.

Finally, there is the meet that everyone hopes the coach and gymnast will pull out all the stops – state **championships**, where everyone hopes their efforts from the past year will make them a winner.

Missing Meets

Gymnasts who are unable to attend a scheduled meet should contact the coach as soon as possible. Gymnasts canceling or becoming ineligible may be subject to loss of moneys already spent on entry fees and travel arrangements.

Meet Fees & Travel Expenses

Each gymnast is responsible for paying her own meet fees. These fees will vary depending on the type of meet (*i.e. – local qualifying meet, invitational, or state meet*). Meet fees are generally between \$85.00 - \$100.00, depending on the Level. Each gymnast is responsible for her own transportation to the competition, hotel (*if needed*), and restaurants.

Admission is charged to spectators to meets.

COMPETITIVE PROGRAM – FINANCIAL POLICIES

Team is a year-round commitment.

1. The competitive program tuition is determined on a yearly basis; however, payments are made on a monthly schedule. Payment should be received at the front desk by the tenth of each month.
2. Competitive program accounts must be current and paid in full to enable your gymnast to participate in the competitive season. Payments for meets must be made in advance. Otherwise, your child will not be entered into the meet.
3. Once your child is entered in a competition, you may be entitled to a refund of your entry fee in the case that for some reason she cannot attend the competition. This reason must be approved by Noma Meeker. You must let us know 14 days prior to the meet. *After this time frame your money is non-refundable.*
4. There are no make-ups, discounts, or prorated accounts due to absence of any nature. The competitive program is already greatly discounted in comparison to other club programs and is in fact effectively subsidized by the class programs.
5. Open workouts, dance classes, clinics, private lessons, summer programs, etc., are separate from your yearly/monthly competitive program tuition and must be paid for accordingly.
6. Each gymnast must maintain up-to-date USAG athlete registration and club registration. **Registration fees are your responsibility.** USAG registration cost is approximately \$55-\$65.
7. Gymnasts are required to obtain team leotards, warm-ups, exhibition suits, etc., necessary to being a member of this program. In addition, each gymnast is required to carry to each workout a gym bag with particular items necessary for each practice.*
8. Parents' Club Dues are mandatory for each gymnast's parents. ***Parents' Club Dues are due on or before August 30th. Parents' Club Dues are \$200.00 a year. THESE FEES ARE NON REFUNDABLE !!***
9. As a member of this competitive program all gymnasts are required to attend and be actively involved in all gymnastics activities related to this facility. (i.e.: fundraising projects, exhibitions, meets, etc.)

THERE IS A \$25 LATE FEE FOR ALL PAYMENTS, INCLUDING MEET FEES!!!!

All fees are non-refundable

WIN, LOSE or WIPEOUT

It is important to remember that a score for any routine is an evaluation of one single performance in your career as a gymnast, not a label you must live up to (*i.e. winning the all around this time means you must win it every time*), or hang around your neck for the rest of your life (*a 95th place ribbon for falling off the beam 20 times*).

Each meet teaches you more about your abilities as a gymnast, competitor, and a human being, and are necessary ingredients for success at higher levels of competition.

Regardless of the outcome of a routine or overall competition, you must learn that crying and feeling sorry for yourself is not an appropriate response to this situation or to most learning situations in the gym or normal life.

MEET ETIQUETTE FOR PARENTS

Team Spirit is a big help....Wear the team colors, or better yet one of our club shirts.

Remember, your gymnast is part of the NSG Saltos team. She competes not only for herself but also her teammates, parents, coaches, the Parents' Club, and the NSG Saltos.

Please show proper respect to all Officials and Coaches at every competition. They are all there for one reason, to support your child's interest in gymnastics. Under no circumstance should you attempt to contact any official on the competition floor during or after the meet (*judges, score keepers, etc.*). If you have any questions regarding the meet or your child's scores you must contact your coach.

Even coaches are not allowed to approach the judges regarding routines or scores during the meet, but must submit an inquiry through the Meet Director. Points could be deducted not only from your gymnast but the team score as well for failure to follow these rules.

Please show proper respect to all competitors. You NEVER KNOW who is sitting near you (*i.e. parents of the gymnast you just made a remark about*).

Once a gymnast has walked into the competition area for warm ups, they ARE NOT ALLOWED to talk or have contact with their parents until the competition is over. This has less to do with control than it does with FOCUS. Any distraction could disturb the focus necessary to have a successful routine. The coach's job at the meet is to monitor the gymnast's condition and teach her to respond appropriately. If the gymnast is too excited, the coach calms her down. If the gymnast is too complacent, the coach pumps her up and motivates her to do her best.

Before leaving the competition, notify the head coach.

Always let the coach know when you are going to leave the facility. You should never leave the competition facility or go to the parking lot without specific permission from the coach. You should always be accompanied by another team member or coach when leaving the competition floor.

There is absolutely no reason for you to be on any piece of gymnastics equipment unless you are warming up or currently competing.

If you are staying to watch another teammate compete, or you have arrived early for warm ups, stay seated in the bleachers. Do not wonder out onto the competition floor.

Competing gymnasts must stay in their rotation group sitting quietly until the last competitor has finished.

Gym bags, warm up suits, grips, and any other stuff you brought with you should be placed inside your gym bag and kept near you or under your chair.

Warm ups should be worn when accepting awards.

The meet is not complete until ALL the awards have been handed out. The other gymnasts have waited patiently to receive their awards and have applauded your efforts. You owe them the same consideration.

MEET ETIQUETTE FOR GYMNASTS

The following guidelines will help each gymnast make competition a fun and successful experience.

Be friendly and use sportsman-like conduct at all times.

Everybody has a unique way of experiencing gymnastics competition. Some people look for the fun in the experience; others are simply hoping to cope with their fears, while others are focused to the point of excluding everything else around them – including you!

This may at times make it seem difficult to be friendly with some gymnasts at a meet. Just remember, everyone is doing the best they are capable of at that moment.

When the opportunity presents itself, introduce yourself to the other gymnasts and coaches in your competitive rotation. Most of the time you will have the chance to develop some new relationships, however, when another gymnast is being given directions by her coach or preparing to compete, you must allow her time to concentrate without distraction.

Stay focused on the competition. Talking with parents, relatives, or friends is inappropriate during the meet.

Even with the best of intentions, relatives and friends may give advice that conflicts with what your coach says. What will you do when you receive advice from Mom that differs from what Dad told you, then coach says something different? The answer is you will become more nervous and uptight because you do not know where to place your focus. During workouts and competition pay attention to the coach.

The emotional dynamic is fluid in a competition. An excellent vault score may cause a gymnast to be over-confident. A terrible bar routine may actually provide an educational moment. At these times the gymnast needs to focus on her coach's advice, not distractions from off the competition floor.

As coaches, we know that you mean well with your comments, but they may not be appropriate for the long-term training of your gymnast. If you have any questions about what happens at a meet, talk to the coach after you have returned to your gym and you have first had time to reflect.

In any competition, parents, friends, and relatives of the gymnast ARE NOT ALLOWED onto the competition floor. You **MUST** remain in the spectator's area. This also includes other relatives and friends. Your child could be immediately scratched from the meet if a parent is in the competitor's area.

In case of injury during warm ups or competition, **YOU MUST** stay in the spectator area until your coach flags you onto the floor.

DO NOT coach your child. Coaches should coach, everyone else should encourage. Injury may result from changing the gymnast's focus away from the coach's technique. Even the most helpful comments from you could have disastrous consequences.

NO FLASH PHOTOGRAPHY is permitted during a meet. The sudden flash of light could cause a gymnast to be injured. Check out your camera in advance. Many cameras come with an automatic flash that will go off if it detects low light levels. If you cannot manually disable this device, please do not take pictures during the competition.

On the day of competition your child should eat a well-balanced meal about three hours prior to the actual competition. This energy will carry them through the entire competition. If necessary, a gymnast may carry fruit juices or pieces of fruit in their gym bag to curb hunger pangs.

All gymnasts are expected to stay until the end of the awards ceremony whether they are receiving an award or not. They need to cheer all award recipients – especially their teammates.

The Meet takes how long?

The average meet can take as little as 3 ½ hours or as long as 6 hours. Some competitions begun back in the 80's are still not finished. All right, that is an exaggeration, but I suggest that you bring reading material or some other project with you to help pass the time while at one of your child's competitions.

Most competitions run in a format similar to the one listed below:

Open Warm Up - Usually a half-hour long. This time is for general stretching and getting equipment settings specific to the gymnast.

Timed Warm Up - Every gymnast present warms up on each of the apparatus. This procedure can take from an hour to an hour and a half, sometimes more.

March In – All gymnasts line up and march in to the gym to be presented to the audience and judges. Usually the National Anthem is played. This takes about ten to fifteen minutes.

Competition – The gymnasts now actually compete and receive scores from the judges at each event. This may take an hour and a half to two hours to complete. Longer if it is an optional meet and one touch warm ups are necessary.

Awards – If the organization running the meet is on the ball you may only have to wait five to ten minutes before the awards are handed out. It has been known to take significantly longer to get the awards ready. Once they are prepared it can take from fifteen minutes to half an hour to hand out the awards.

Are you sure you brought enough to read?

NSG Saltos Yearly Schedule

Fall Competitive Schedule: Approximately 6 to 8 meets, two a month, starting in August, ending in November, plus the State Meet in December.

Spring Schedule: Approximately 4 to 6 meets for XCEL and Optional gymnasts, plus the State Meet which is usually the last of April or first of May.

Thanksgiving Holidays: Closed Thursday and Friday.

Christmas Holidays: Normally follows county school holiday schedule, but may be altered depending on competitive schedule.

Spring Break: Sometimes the gym is closed, sometimes not. It depends on the competitive schedule.

July 4th: Usually closed.

Inclement Weather: If you wonder whether or not we are open when the weather is severe, please call the gym and check.