

REVOLUTION GYMNASTICS TEAM HANDBOOK (2019-2020)

WELCOME

Welcome to our Team. Congratulations your child possesses extra ordinary physical abilities and work ethic. Revolution is a place where your child can further enhance these abilities by setting goals and reaching their dreams. Together we can help your child make their short term and long term dreams a reality. Our mission is to provide a positive path for these children in the gym that will last long beyond their gymnastics days. We believe that gymnastics is the fundamental root of all sports because of the type of physical training it requires. Mental toughness, time management and an extra ordinary work ethic are attributes that will enhance your children's success outside the gym as well.

Our Coaching Philosophy

The staff at Revolution Gymnastics will address each gymnast's goals individually. Some gymnasts may set a goal to reach the optional level, and some athletes may aspire to go on to college gymnastics. Whatever their goal may be, we are here to help your children reach their dreams. That being said, we will enforce proper attitudes and behaviors at all times. If the concept of enforcing proper behavior conflicts with your parenting style, Revolution is most likely not the place for you. We also strive to treat each gymnast with respect.

USA Gymnastics and Region 7

Revolution is a Club member of USA Gymnastics (USAG). USAG is the governing body for gymnastics in the United States. We follow their guidelines and rules for sanctioned events and competitions. WV is also part of our regional governing body - Region 7 Gymnastics. The States who are currently in our region are WV, VA, MD, DE, NJ and PA. Revolution athletes are not required to compete in this region. They are permitted to compete anywhere in the U.S. However, as your child moves through the levels, they would be required to compete in a Region 7 championship meet to qualify to a national meet.

Team Levels

Xcel

Our Xcel Team offers a competitive program with less stringent training hours. Nine years old is the minimum age to begin this program with Revolution. Xcel is an optional level. Optional meaning their routines have different skills and dance moves individualized for each athlete. There are 5 levels in the Xcel program- Bronze, Silver, Gold, Platinum, Diamond. (Diamond being the highest level) Xcel will usually compete 4 to 5 meets total a year including the WV State Meet. Meet season is from November to March. This level allows for more outside non-gymnastics activities. The scoring for the Xcel level is also less strict.

Junior Olympic (JO) Levels 1 - 5 -

Little Stars (Developmental- Non Competitive)

Little Stars meet once a week for conditioning and shaping and once a week for general gymnastics. Much of their training is basic fundamentals, strength and flexibility. The staff will be preparing them for competition TEAM.

Level 2 (Bronze)- Junior Olympic - (Pre-Team or Developmental- Competitive)

Level 2s are our introductory or developmental athletes. These gymnasts (ages 4-7) are chosen from our recreational classes based on their physical abilities, attitude and work ethic. We usually compete these children after the New Year and plan for only 2 or 3 meets. Much of their training is basic fundamentals, strength and flexibility. It is our goal to prepare their minds and bodies for the more difficult gymnastics maneuvers later on.

Level 3 (Silver) - Junior Olympic (Competitive)

With level mobility, additional hours of training are needed to accommodate the more advanced skills. These gymnasts compete 7 or 8 meets during the competitive season. Monthly tuition and travel expenses also increase with upward mobility. USA Gymnastics created these levels to help gymnasts gain the best fundamentals and basics to hopefully ease in the transition to the upper levels.

Level 4 Junior Olympic (Compulsory) Competitive

Level 4 is the first level gymnasts will have to compete and earn a score to move to the next level. At level 4 gymnasts compete the identical routines all over the country. We believe that level 4 is the first real challenging level due to kip requirements on bars, and this is also the 1st year athletes have to vault over the table, which can be tough for little ones. If gymnasts are not quite ready for level 4, we have the option to run them Xcel Gold until they gain all their skill requirements. This allows gymnasts work on readiness for the tough jump to level 4.

Level 6-10 Junior Olympic (Beginning through Advanced Optionals)

These are optional level competitors. Optional meaning each gymnast has individualized routines. Level 6 is the beginning optional level and level 10 is the most advanced level. Colleges recruit mostly from the Level 10 division. These gymnasts can compete 8-10 meets during the competitive season. Monthly tuition and travel expenses also increase with upward mobility.

Elite Training

Revolution does offer Elite training. There are few elites in the entire world. This level will always involve home schooling as we train during the day. Strong TOPS physical abilities including presses, leg lifts, levers, cast handstands, rope climb and handstand hold are mandatory for this level of training. In addition, the fitness level and internal drive of these gymnasts should be extremely high.

Junior Olympic (JO) Competition Season Information

Although it can depend on both your child's development and level, our competition season usually begins in late November or early December. The WV State Championships are always held in late March. Level 8 and up will continue through April or May based on qualification to Regionals and/or Nationals. May through October is our off season. Level 2 and 3 will usually compete in-state with a couple of meets out of state. We try to keep everything within a 4 hour drive. Level 9 and 10 National meets may require air travel. Competitions are mandatory unless it conflicts with a family emergency or mandatory school academic function.

Costs

Besides your monthly tuition, athletes are required to pay an annual TEAM registration fee (currently \$185 for levels 3-10/ \$ 85 for levels 2 and Xcel) This fee is due May 1st and is nonrefundable. Also USA Gymnastics requires the gymnasts to renew their athlete number every year. This number allows them to compete in Sanctioned USAG events. (currently those USAG fees are \$27 for Level 2 & Excel / \$ 59 for Levels 3-10) Revolution Gymnasts are required to purchase a competitive leotard, warm up and bag. Currently, individual meet costs vary from \$ 90 to \$ 140 per meet as well as any travel expenses and family member admission to competitions.

Note: included in these meet fees will be our coaches expenses. Some programs require you to pay an upfront fee at the beginning of the season. At Revolution, we split the fee up per meet. In addition, if your child needs an optional routine choreographed, this may be an additional fee. We ask you to pay your Team fees by the 2nd week of the month. Team tuition is monthly year-round. We very rarely pro-rate tuition for TEAMS even with injuries. (read under the injury

section). We do not offer make-up classes for TEAM, but they are permitted to come in and work out on their own at any time.

What to expect before and during competitions

You will receive a full meet schedule in August or September. You will also receive a hand-out and invoice for each individual meet. On the handout, it will tell you the cost and location of the meet. You will pay the gym directly for the each meet and we will submit all USAG athlete numbers, birthdates etc. **We do not receive competition times until 2 to 4 weeks before the meet.** The competition times will be posted on our bulletin on our website and Facebook. Most meets have gym websites with the information as well. Keep in mind, your child will normally compete in the age reach by the WV State meet for all levels except 8-10. For example, for our 1st meet in November, if your child turns 9 December 1st, they will compete as a 9 year old in the November competition.

Meet etiquette - Gymnasts

- arrive in your leotard and warm up
- please check in at "athlete check in"
- hair should be neatly pulled back- USA gymnastics prohibits long ponytails past the shoulders
- make up on younger gymnasts is strongly discouraged
- make sure your child has used the restroom
- in your gym bag be prepared with water, snack, tissue, bandaids, hair ties etc.
- slip on shoes or flip flops are best
- meets usually last 2.5 to 3.5 hours
- glitter is permitted in hair but not on the face
- nude panties or matching leotard panties are best
- no bracelets or jewelry are permitted/ one stud earring in each ear is allowed
- no tattoos or body art
- crying or pouting due to low scores or poor performance will not be tolerated
- **gymnasts are required to stay for the entirety of the awards ceremony**

Meet Etiquette- Parents

- please check your child's birthdate at "athlete check in"
- please refrain from coaching your child
- encourage them to go out and do their best
- you are prohibited from going out on the competition area- this is a USAG rule
- during the competition you will quickly figure out what parents you would like to sit beside at the next meet
- negative comments about our gym, our gymnasts, other gyms or gymnasts are not permitted. You never know who is sitting beside you.
- do not converse with judges or express out loud your frustrations at their scoring
- the ride home with your child from the meet can truly set the tone for your child's confidence and performance at the next competition.
- meet fees are nonrefundable after a certain date which is set by meet director.

State, Regional and National Qualification (Level 4 through 10 only)

Level 4-10 gymnasts will qualify to the state meet based on an All-Around score made at any regular season meet. This All-Around score is set by the WV State Gymnastics Board and can change each season. Level 8 - 10 can qualify to their Regional meet based on a single score and/or placings at the WV State Championships. Conversely level 9 & 10 can qualify to Nationals only at The Region 7 Championships. There are also injury petitions. Petitions will be at the coaches, state chair and regional chair's discretion.

Private Lessons

The coaches do offer private lessons. Private lessons for gymnastics are only permitted in Revolution's gym by Revolution Coaches. Please talk the coaches individually if you are interested. You may not leave your child alone with a single coach at any time during private lessons. There are no exceptions.

Upward Mobility

Movement through the levels will be based on scores, work ethic, attendance and skill level. Mobility will ultimately be the coaches decision.

Summer Training

Summer training is mandatory as gymnastics is not a seasonal sport. If your child is not training during the Summer months you are putting their safety at risk. We recommend missing no more than 3 weeks of Summer training.

Injuries and Health

Injuries will happen. It's a fact of all sports. The Revolution staff is very qualified with injury prevention and re-hab after injury as well. The TEAM staff hold these certifications...

- USA Gymnastics Professional Membership
- USAG Safety and Risk
- USAG Fundamental of Gymnastics
- USAG Background Checks
- First Aid
- CPR
- Concussion Training
- **Safesport**

We encourage your child to voice their aches and pains to the staff. Gymnasts are required to train in what capacity they can when injured. As a gymnast you can't simply leave for 3 months and expect your recovery and return to be easy. With an upper extremity injury we train legs,

with a lower extremity injury, we swing bars. In between we condition and rehab accordingly. Only in certain circumstances does Revolution pro-rate tuition due to injuries. Revolution has an Athletic Trainer on staff we consult with regularly. Remember a healthy diet and drinking plenty of water are crucial in your child's mental and physical development. During a 4 hour training session, gymnasts are required to bring a healthy snack.

Mid-Workout Snack Examples

1. Fresh Fruit

Here's the Gymnast Care best choices for fruit:

Bananas

Apples

Pears

Oranges

We eat fruit in the gym during our mid-workout snack because it is easily absorbed and provides instant energy for our gymnasts. This gives them the kick they need to make it through the last 2 hours of practice.

2. Frozen Fruit Bars

Here's a variation of the fresh fruit from above. It might be a way you can sneak fresh fruit into your gymnasts, especially the ones that don't like fresh fruit!

The most important thing here is to make sure you get ones that have real fruit with no high fructose corn syrup. Having sugar in the bars isn't necessarily bad for a gymnast getting ready to practice hard for another 2 hours. We just want to make sure most of the sugar is found in the fruit and not a high fructose blend. A great example would be [Edy's Fruit Bars and the Acai Berry](#). These would definitely hit the spot for a gymnast.

3. Apple Sauce

Doesn't get much easier than this, but let's make sure there's not a ton of additives or added sugar in this one. Go for a straight apple sauce or one with cinnamon as an additional flavoring.

The great thing about this is it doesn't even need a spoon...just slurp it up!

Check out this cool applesauce...just click on the picture for more information:

Liquid Snacks for During Practice

It's been proven that switching from pure water to a carbohydrate drink during intermittent work (gymnastics style where athletes work hard for a short period of time and then rest) has been proven to increase an athletes capacity for work by 33%. WOW! Can anyone tell me why we wouldn't want to take advantage of this?

So our next two snacks are liquid.

4. Juice

A juice like apple juice, at full strength, will not be enjoyed by your athletes! Once they purchase the juice, they'll want to dilute it in their own water bottles. Most gymnasts will want a 50/50 mixture.

5. Gatorade, Powerade, or a Similar Drink

These drinks have been designed at 6% carbohydrates which is the preferred amount of carbohydrates to help increase performance by your athlete. Make sure it actually has the

carbohydrates and is not a sugar free version. It'd be better to just stick with water than to have the 0 calorie drink. Both the juice and the Gatorade should be kept for practice only. When your gymnast is outside the gym, water should be the drink of choice!

Pre-Workout Snack Examples

Pre-workout snacks need to be eaten 30-60 minutes before practice and be well balanced with a higher concentration of carbohydrates. Remember, our young gymnast's bodies run on carbohydrates and we need to have these readily available for them during practice.

6. Aussie Bites

Wow. Your gymnasts will think they're eating a cookie, when really they're eating a dried fruit, raisin, Omega 3 super pastry! When I think of mana falling from the sky, I imagine it was Aussie Bites! But I don't understand who could ever complain about these.

A couple of these 30 minutes before practice will give your athlete some serious energy, and they'd be great for after practice if you have a long drive to get back home.

7. Z Bars from Cliff Bar

Z Bars are an organic bar packed full of nuts and fruit. As with all packaged food, they are packaged and processed, but as a quick option, this is a great one. Find them here at a good price: [Z Bars in Box](#)

8. Sargento String Cheese and Fruit

String cheese gives a great source of protein and fats, and the fruit helps to give our gymnasts the needed carbohydrates to make it through practice

Post-Workout Snacks

Many of our athletes can't make it home within the optimal "hour after practice" to eat dinner, so they need something to feed their muscles while they wait to get home. They don't need a meal, but they do need something with a good source of protein, and carbohydrates.

9. Yogurt and Granola

If we're talking about yogurt that can really boost that recovery, we recommend going with greek yogurt. [Greek Gods Honey Flavored Yogurt](#) gives an awesome 250 calories with a great mixture of fat, carbs, and proteins. Going with a light or non-fat yogurt robs your athlete of not only the extra calories they need to recover, but it also removes most of the fat which is needed for recover.

10. Trail Mix

Trail mix is a great way to get protein, dried fruits, and off course chocolate!

What gymnastics is really all about?

Well it's probably the toughest sport in the world. What is required by these young athletes is nothing short of miraculous. What makes gymnastics so unique is "inversion". Going upside down distinguishes gymnastics from almost every other sport. Inversion makes the element of fear just a bit more prominent as compared to say soccer or dance. As coaches, preparing our

athletes mind is equally as important as their body. During competition season, mindset actually surpasses the physical. Our athletes are always ready to throw the new skill. Why? Because we prepare our gymnasts with so much specialized training and progressions that the skill becomes muscle memory. The mind is in full control at this point.

What is your responsibility as Parent and Team Parent?

Getting excited about your child's ability is great. Show this excitement through encouraging them to work hard and try their best. Each gymnast will progress at their own speed. It is a mistake to compare your child to other athletes. In the beginning your child is in what we call the "romance" stage of gymnastics. Flipping of the walls at home and out in the yard, is all part of this stage. If your athlete wants to come every day, that's great but remember, there will be hard times too.

Do not make the mistake of watching your child everyday at gym. We encourage anyone and everyone to observe training, but you will really see the development if you aren't there everyday. Please do not coach your child. We believe that conditioning and getting stronger at home is great, but the skill of inversion, body shaping and technique should be left to the coaches. Puberty can backtrack training quickly. You must be extremely patient during this time. Encouragement during this phase of their career is crucial because it will be extremely frustrating. Keep in mind during growth spurts the rate of injury can actually increase.

Parents are never allowed out on the floor during training, unless invited by one of the coaches. Many gyms do not allow parent observation at all, but at Revolution, we have an open door policy. We realize social media is at play too so be very careful what you are posting. The great comment I receive from gyms every year is how respectful the Revolution kids, parents and coaches are. In addition, winning is not something we discuss with the gymnasts. Trying your best, working hard and having a great attitude is something that every child can control. "Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming." This is a quote from John Wooden, a famous college basketball coach and Susan's favorite teacher and coach.

Let's keep up the good work! Please use the email or phone numbers below to let us know when your child will be absent from gym. Please do your best to get your child to training on time. The warm-up period is crucial.

Internet Resources

revolutiongymnastics.net/ region7gymnastics.com/ usagym.org/ flogymnastics.com
Susan's Cell 304-545-2398/ Gym email- info@revolutiongymnastics.net
Tiffany's Cell 304-542-5804

TEAM Withdrawal

If your child has decided to stop the TEAM program, a 2 week notice is required. If you do not give notice, you will be charged monthly until we hear from you.

There will be no refunds with TEAM registration or TEAM tuition. We encourage a face to face meeting with the coaches with this decision. We like to part on a positive exit meeting.

Revolution Boosters

Revolution Gymnastics does have a Booster organization. The boosters club president is Kim Aurelio and she can be reached at 304-437-1521.

REVOLUTION GYMNASTICS TEAM AGREEMENT

I HAVE READ AND UNDERSTAND THE GUIDELINES AS WELL AS EXPLAINED THE GUIDELINES TO MY CHILD.

PARENT OR GUARDIAN

PRINT NAME: _____ SIGNATURE: _____

GYMAST

PRINT NAME: _____

DATE: _____

KEEP THIS PAGE FOR YOUR RECORDS

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PRINT NAME: _____ SIGNATURE: _____

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RETURN THIS COPY TO THE GYM OFFICE