



GIRLS TEAM HANDBOOK

2015-2016

www.asigymnastics.com

Introduction

Welcome to the ASI Gymnastics Girls Team Program! ASI is proud to have a well-rounded, successful team program and we are excited to bring the competitive experience to your athlete. ASI team gymnasts are taught dedication, discipline and self-confidence that they will continue to use throughout their athletic and academic careers. Our goal is for each of our athletes to reach their highest potential in a safe and positive environment. We look forward to the upcoming season and are thrilled to have the opportunity to work with you and your child.

Sincerely,

Isis Pochciol

ASI Team Director

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Athlete Expectations

All team gymnasts are expected to arrive on time to practice, in the proper apparel:

- All gymnasts must wear the current Team ASI Workout Leotard to their team practices. Gymnasts that are Level 3 and above may earn “free days” where they are allowed to wear a leotard of their choice.
- Their hair should be pulled up and secured tightly, so that it stays that way for the duration of the workout.
- Shorts are allowed, but must be form fitting. Velvet or spandex shorts are acceptable. Any loose fitting shorts such as Soffee or running shorts are unsafe and will not be allowed.
- The only jewelry that is permitted is one pair of small stud earrings.

ASI restricts coaches and staff from having social relationships with the athletes outside of the gym. Examples include: family dinners, birthday parties, contact via social media, e-mail, and texting. Athletes should never contact their coach outside of the gym. We ask that all outside communication to the gym and the coach is handled by the parent.

It is our mission to not only teach your child quality gymnastics, but also to instill values such as teamwork, sportsmanship, leadership and respect. Any issues in workout will be communicated by the coach to the parent and we request parental support. Further issues in workout may result in dismissal from practice. All team gymnasts are role models in the gym and are expected to set a good example by having a positive attitude and showing respect to all coaches and fellow gymnasts.

Parent Expectations

The most important thing you can do for your child is to be a supportive parent. Parents should support the athlete, the coach, and the team, allowing the athlete and the coach to perform their roles. Parents need to remember that all training decisions are the responsibility of the coach and ASI Gymnastics.

Parents are always welcome to watch practice. However, we ask that you refrain from talking or motioning to your gymnast or their coach during this time. We need all of the athletes focused and attentive during practice and any distractions will affect the quality of their training and can even lead to injury.

ASI will send important information to team parents via the e-mail address you have provided to us. This information will come directly from Sales, and you can contact a sales representative at your gym if you need further information. ASI will also provide information through social media and our website.

Parents are always responsible for transporting their children. ASI coaches and staff are never permitted to provide transportation to any ASI students.

ASI restricts coaches and staff from having social relationships with the athlete and family outside of the gym. Examples include: family dinners, birthday parties, contact via social media, e-mail, and texting. If you need to contact your child's coach, we ask that you call the gym. Only in extreme circumstances should you need to contact your coach directly. Examples include: running late to a competition and last minute withdrawal from a competition.

Gossiping and/or negative behavior from the parent or the child will not be tolerated. Any questions or issues should be directed to your child's coach or a sales representative. They have your child's best interest in mind and will be happy to help you. They may also have insights about how to support your child over difficult skill development, inter-group relations or other training concerns.

Parents should never approach a coach during workout or a competition. Any concerns should be addressed before or after workout or competition. You can always speak with a sales representative. If they are unable to address your concern, they will immediately direct it to the appropriate person.

Attendance Policy

The ASI Gymnastics Team Program is a year round commitment. Regular attendance is essential for your child's success and advancement in the sport of gymnastics. It is imperative to arrive on time and stay for the duration of every workout. You should call the gym and inform a sales representative if your child will be arriving late, leaving early, or is unable to attend a practice session. This information is necessary for the coaches in planning daily requirements, goals and objectives.

Over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays, or other team functions. We will do our best to keep these at a minimum. Likewise, there will be occasions when additional team practices may be conducted. There are no team makeup classes offered if your child misses a regularly scheduled team practice. However, you may schedule a makeup in a power tumbling class, subject to availability. Each student receives three free make-ups per calendar year.

If your child is absent from practice the week of a meet, she may not be able to participate in that particular meet. Safety is our number one priority and it will be up to the coach if they feel it will be safe or not for your child to compete that weekend without practicing.

Nutrition

Parents of Team members are encouraged to enforce good nutritional eating habits. Healthy food choices are a catalyst to productive training. A quick snack break may be given during workouts lasting three hours or longer. Only healthy snacks will be permitted during these break times.

Power Tumbling

If you are looking to give your athlete an edge this season, you should take advantage of ASI's recently re-engineered Power Tumbling program. Our Power Tumbling program was designed by incredibly qualified and experienced coaches, including multiple Power Tumbling National Champions. Power Tumbling is an amazing supplement to the ASI Team Program because tumbling skills are the building blocks for gymnastics. The skills your athlete will learn in her Power Tumbling class will translate to her floor routines, her beam routines, her vaults, and even her acro skills and dismounts on the uneven bars. Power Tumbling classes utilize carefully constructed drills and progressions to teach your child air awareness, balance, and correct technique and shapes in a safe and controlled environment. Power Tumbling can also eliminate bad technical habits from "self-taught" skills that could hinder your athlete's success in the higher levels of gymnastics.

Because tumbling is so crucial to success in gymnastics, and a lack of power tumbling prowess can often hold gymnasts back from advancing to the next level, it is our goal that every athlete is training tumbling skills that are at least 2 levels more advanced than the skills they are competing. This way, when the gymnasts compete in front of a judge and a crowd, they are able to perform their skills confidently and correctly, because they have years of practice under their belt. Of course, the gymnasts will spend time during their typical practice working on power tumbling skills, but we highly recommend additional Power Tumbling classes to enhance these very important skills. For this reason, ASI offers additional Power Tumbling classes at a significantly discounted rate. If you are interested in enrolling in an additional Power Tumbling class, contact the front desk at your gym!

Trampoline Safety

ASI Gymnastics has been in business for over 20 years, operating 10 facilities in Dallas and Houston, TX. We love sharing the sport of gymnastics with over 10,000 children, because we know what a positive impact it can have in a child's life. Over the past few years, "trampoline parks" have been popping up in the same communities where we've been offering true gymnastics instruction for decades. These facilities provide a very different product, and we want to make sure that the differences are clear.

ASI Gymnastics promises to use our trampolines as tools to teach safe, technically correct gymnastics and tumbling progressions to children based on their individual abilities. Our

coaches are never asked to supervise more than 6 trampolines at a time, and each child bounces independently on their own trampoline. We enforce these rules in our gymnastics classes and even in “free-play” settings like Open Gym or Parents’ Night Out. We also do not allow any adults on our trampolines, with the exception of highly trained and qualified ASI Staff members. After hundreds of millions of bounces, we are blessed to say that we have never experienced a severe spinal, neck, or head injury in one of our facilities. This doesn’t mean we’re lucky. It means we love our kids, and we’re committed to keeping them safe. Safety has always been the number one priority at ASI Gymnastics, and it always will be.

Most trampoline parks, on the other hand, only provide “free-play” scenarios with no instruction, and very little supervision. A typical ratio is one employee supervising up to 30 guests, of all different ages (adults included), bouncing in different directions and at different heights and speeds, across multiple trampolines, and collisions are essentially unavoidable. Trampolines were not designed to be used by more than one participant at a time, and injuries are too often the result of improper use.

As with any athletic activity, there is inherent risk in gymnastics, and trampolines are not a fail-safe instructional device. However, through rigorously developed and carefully implemented risk-management strategies, including low supervision ratios and common-sense rules, ASI Gymnastics and other facilities in the gymnastics industry have managed to significantly decrease these risks. We’ve spent years analyzing and improving our policies, having tough conversations and constantly striving for perfection, and we do it all to ensure that we’re doing everything in our power to keep our students safe. When it comes to keeping kids safe, healthy and happy, anything less than 100% effort is unacceptable, wildly unethical, and frankly, gross negligence.

We urge our gymnasts and their families to think twice about where you bounce on trampolines, and please do everything you can to stay safe. The stories we’re hearing from our own gymnasts and online and in the media about the frequency and severity of injuries at trampoline parks are deeply unsettling and we want to make sure that every member of the ASI Family knows the risk. We love every child in our care, and we just want to keep them safe.

Dance

As your athlete progresses through her gymnastics career, dance becomes a more integral piece of the puzzle. Artistry is more highly emphasized in gymnastics, especially at the optional (level 6-10) and elite levels. If you would like to enhance your athlete’s dance abilities, you should consider enrolling in a dance class at a local studio. Ballet classes will definitely help your athlete’s presentation and quality of movement, and lyrical and contemporary classes can help improve your athlete’s expressiveness and artistry, in addition to exposing her to advanced leaping and turning techniques that will really come in handy as she advances through the levels.

Tuition Policies

ASI is unique that our monthly team tuition includes all of the following:

- Athlete affiliation registrations
- Meet entry fees (regional and national championships not included)
- Coaches session fees
- Coaches travel expenses
- Coaches training / education
- Open Gym (Level 3-Elite)

The following items are not covered in your monthly team tuition:

- Workout and competition apparel
- Choreography
- Judging assessment
- Any costs associated with additional meets your team chooses to attend.

Fundraising & Booster Club Policies

ASI offers various opportunities to help team families offset the costs of their tuition. We will contact team parents with opportunities such as working at ASI hosted meets, clinic demonstrations, and performance exhibitions, all of which can earn account credit.

All booster club operations are completely separate from ASI Gymnastics. Each team program may choose to operate a booster club at their own risk and responsibility. A booster club should be set in place to aid in the financial support of all team families located at that facility. Booster clubs are encouraged to use their profits to help team families with expenses such as tuition, competition apparel costs, gymnastics camps, etc. Any booster club activity that requires ASI support or property usage must be approved by ASI Gymnastics in advance.

Injuries

Injured athletes, if able, are encouraged to participate in their normal practice sessions. In most cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength and specific skills not related to the injury. There is no reduction in tuition unless the injury prohibits the gymnast from attending workout for longer than one month.

In the event that the injury requires any type of support (such as tape or a brace), a doctor's note must be given to the child's coach detailing specific injury restrictions.

Meets

Governing Bodies

ASI gymnasts will compete in three different leagues in order to provide the best venue for them at each stage in their gymnastics development. Each of these governing bodies has specific state meet qualifications. A gymnast will not qualify to state, regional or national competitions without meeting all of the following requirements.

Texas Gold Gymnastics Association (TGGA): Levels 1-2

- *State Meet Qualifications:* All athletes are eligible to compete in the TGGA State Championships regardless of the amount of TGGA meets attended during the meet season.

Texas Amateur Athletic Federation (TAAF): Levels 3-5

- *State Meet Qualifications:* A gymnast must participate in at least three (3) TAAF Sanctioned Qualifying meets where routines on all four events are performed and an all-around score is earned. (A “touch” on an apparatus does not qualify for an all-around score). Gymnasts must achieve one all-around score before the season midpoint and one all-around score after the season midpoint. The third all-around score can be earned at any other TAAF Qualifying meet during any part of the season.
- For more information you can visit the TAAF website: www.taaf.com

USA Gymnastics (USAG): Levels 4-10/Elite

- *State Meet Qualifications:* Levels 6-10 are eligible to qualify to the State Championships based on score eligibility. Depending on the level of a gymnast determines the score requirement to qualify to the State Championships.
- *Regional Championships:* Regional Championships take place for Levels 7-10. A certain percentage of athletes from each state will qualify to the regional championships based on State Championships results. The percentage will be determined by the USA Gymnastics Regional Committee.
- *Western Championships:* Western Championships take place for Level 9. A certain percentage of athletes from each region will qualify to the western championships based on regional championships results. The percentage will be determined by the USA Gymnastics Regional Committee.
- *National Championships:* National Championships take place for Level 10. A certain percentage of athletes from the regional championships will qualify to the National Championships based on regional championship results. The percentage will be determined by the USA Gymnastics National Committee.
- For more information you can visit the USA Gymnastics website: www.usagym.org

ASI-Hosted Meets

All meet functions will be set and determined by the Meet Director and the Marketing Staff of ASI Gymnastics. We do not require our team parents to provide their gym with any assistance when hosting a meet. However, team parents and gymnasts that are at least 9 years of age are given the opportunity to help with meet setup, scoring, music, hospitality, and gym breakdown, which all earn tuition credit. Parents and gymnasts can work at any ASI hosted meet regardless of their home gym.

Meet Schedules

Since most entry forms are not due to the host gym until a few weeks before the meet, meet schedules will usually not be posted any earlier than 10 days prior to the event. Therefore, do not attempt to contact any meet director to inquire about their upcoming meet schedule. ASI will post meet information for home and outside meets on our website as soon as it becomes available. Athletes will not be allowed to switch sessions due to other conflicts. Only athletes that are unable to compete on specific days for religious reasons will be permitted to change sessions. The coach must notify the meet director of these circumstances at the start of the season.

At all ASI hosted meets athletes and spectators should arrive at the meet location 15 minutes prior to the "Open Stretch" time listed on the meet schedule. No one will be allowed to enter until the previous session has exited the building. Doors will open on time as long as the session prior is running on schedule. If the session prior is running late, we will update the ASI Gymnastics website with any delays.

Outside meet venues will have different requirements regarding admissions and are subject to change. We suggest you check the host gym's website for admission information, but as a general rule you should arrive 15 minutes prior to "Open Stretch."

Gate Fees

All ASI and outside meet venues will charge a gate fee for parents and children who are attending the meet. All gymnasts competing during the attended session will not be charged a gate fee. All meets are subject to different pricing depending on the meet location, governing body and number of sessions. Most non-ASI gyms will only take cash for these fees.

Meet Attire

Team gymnasts are required to purchase all pieces of the current competition attire. These items are purchased in the summer/fall, so that they will arrive before the first official meet of the season in January. Every gymnast is required to purchase a competition leotard, warm-up set and bag for their specific level. An athlete will not be allowed to compete without the appropriate attire. The current competition attire was introduced in the 2014-2015 season. We will keep these same styles through the 2015-2016 season.

Competition attire/presentation should consist of the following:

- Competition Leotard: Make sure all undergarments are hidden, as this can result in a deduction.
- Competition Warm-ups (Jacket and Pants)
- Competition Bag: Your bag should include: hair spray, bobby pins, hair ties, water bottle, healthy snack, bag for trash, meet journal for note taking, grips (if applicable). No electronic devices are allowed with the child out on the floor.
- Hair should be pulled up and secured tightly. Your child's coach may require them to wear their hair in a specific way.
- No nail polish is allowed
- Make-up is not encouraged, but should be kept to a minimum if it is worn.
- The only jewelry that is permitted is one pair of small stud earrings.

Meet Etiquette for Athletes and Family

All athletes and parents are subject to the same rules and policies that are expected in the gym during a competition weekend. Here are some important things to remember when attending a meet.

- It is very important that you arrive on time. Arriving late can result in your gymnast missing out on an event or even cause them to become ineligible to compete in the meet at all. In addition, a late arrival causes the gymnasts to miss out on their warm-up which is an essential step in having a safe competition. If you are going to arrive late to a meet, the sooner you can inform your coach, the better chance they have of being able to help the situation.
- Depending on the meet venue, they may not allow you to bring in any outside food or drinks.
- Athletes must stay with their coach on the floor at all times. We ask that you refrain from talking or motioning to your gymnast or their coach during this time. We need all of the athletes focused and attentive during competition and any distractions will affect the quality of their performance and can even lead to injury. In addition, do not allow your child to go out on to the floor before their coach has called for them, and wait for your child's coach to release them to you at the conclusion of the meet.
- All parents, siblings, family and friends must remain in the spectator area and will not be permitted on the floor at any time before, during or after the competition.
- No flash photography is allowed during the competition for the safety of the gymnasts.
- Unsportsmanlike behavior from an athlete or parent will not be tolerated.

- If a coach feels that there is a discrepancy in a child's score they will file a formal inquiry with the meet director. At no time should a parent approach a judge or a meet director regarding a score. This is up to the discretion of the coach to file an inquiry, if the coach feels it is necessary.
- If there are any issues regarding the meet sessions including questions about scores or performance, please set a time to speak with your child's coach after the meet weekend has concluded. Negative talk or gossiping during a meet will not be tolerated. Please be respectful of other athletes and sessions after your child has competed.

Awards

Awards will take place at the end of every session at a meet. In most cases, Level 1 and 2 gymnasts receive achievement awards and gymnasts Level 3 and above receive placement awards. Teams with at least three participants entered will also have the opportunity to receive team awards, which are typically done for both small and large teams. Team awards are not presented until all gymnasts at that level have competed, so you may attend a session and not learn your team results until later.

Gymnasts will accept awards in their team attire. No food or gum is allowed during this time. As an athlete, a demonstration of courtesy and gratitude is appropriate. Under no circumstances should you show disappointment in the awards that you are given.

We ask that our parents and athletes cheer not just for their own team, but for all athletes receiving awards. All gymnasts must be present during the entire awards ceremony. If the awards ceremony is on the competition floor, parents must stay in the spectator area to take photos.

At the end of the TAAF/USAG season all state champions are invited to an awards banquet hosted by TAAF/Texas USA Gymnastics. ASI will cover the cost of the athletes banquet ticket and coaches travel; however all family travel expenses are the responsibility of the gymnast's family.

Level Mobility

As the meet season comes to an end, we will begin preparing for our summer training program. Those gymnasts who have mastered their Skill Requirements for the next skill level and have met the mobility score requirement will move to their new level at this time. A gymnast will have the opportunity to promote to the next level during summer training; however all final levels are determined by August 31st.

To Level...	Criteria/Requirements
1	<ul style="list-style-type: none"> Complete Girls Gold
2	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 2 Team Skill Requirements Achieved an AA Score of 35.00 at Level 1
3	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 3 Team Skill Requirements Achieved an AA Score of 35.00 at Level 2
4	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 4 Team Skill Requirements Achieved an AA Score of 35.00 at Level 3
5	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 5 Team Skill Requirements Achieved an AA Score of 35.00 at Level 4
6	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 5 Team Skill Requirements Achieved an AA Score of 35.00 at Level 5
7	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 7 Team Skill Requirements Achieved an AA Score of 35.00 at Level 6
8	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 8 Team Skill Requirements Achieved an AA Score of 35.00 at Level 7
9	<ul style="list-style-type: none"> Mastered 100% of the Girls Level 9 Team Skill Requirements Achieved an AA Score of 35.00 at Level 8
10/Elite	All required elements and advancement based on coaches professional discretion

A few examples listed below will help define the process of mobility. In each example, Susie has just completed the season as a Level 1 Team Gymnast, and she hopes to advance to Level 2.

Example #1: Susie has mastered 100% of the Girls Level 2 Team Skill Requirements prior to the end of the season and achieved an all-around score of 35.00 at Level 1. She has met both of the requirements to promote to Level 2 at this time.

Example #2: Susie has not mastered 100% of the Girls Level 2 Team Skill Requirements, but she has achieved an all-around score of 35.00 at Level 1. She will need to focus on those skills that she is missing throughout the summer with additional team classes, power tumbling classes, etc. If she has mastered 100% of the Girls Level 2 Team Skill Requirements prior to August 31st, she will promote to Level 2.

Example #3: Susie has mastered 100% of the Girls Level 2 Team Skill Requirements, but she has not achieved an all-around score of 35.00 at level 1. She will need to schedule an evaluation with the head team coach to evaluate her level of mastery on the level 2 skills.

Many times when a gymnast is not scoring well, but has mastered all of her next-level skills, it is due to a lack of competition experience and confidence at her current level. Many times it is beneficial for a gymnast to repeat the current level to gain confidence and competition experience; however a coach may request an independent judging critique at any time during the summer to obtain the 35.00AA score. If the gymnast scores an all-around score of 35.00 during the critique and has mastered 100% the Girls Level 2 Team Skill Requirements, she will promote to level 2 at that time.

Example #4: Susie has not mastered 100% of the Girls Level 2 Team Skill Requirements and she has not achieved an all-around score of 35.00. It is important to remember that each gymnast will progress differently. It is not guaranteed or expected that your child will move up a level each year. As the levels increase, so does the level of flexibility, strength and skill required to be safe and successful. It is important for the safety of the gymnast that all three of these parts are mastered prior to promoting to the next level. She will need to focus on those skills that she is missing throughout the summer with additional team classes, power tumbling classes, etc. A gymnast has until August 31st to master 100% of the Girls Level 2 Team Skill Requirements as well as request a an independent judging critique at any time during the summer to obtain the 35.00AA score. If the gymnast scores an all-around score of 35.00 during the critique and has mastered 100% the Girls Level 2 Team Skill Requirements, she will promote to level 2 at that time.

Parents and gymnasts will receive a copy of their Skill Requirements sheet periodically throughout the season to keep them updated on their progress. You may also request a copy of your child's Skill Requirements sheet from a sales representative or your child's coach at any time.

If your child drops from the team program for a month or longer, she will be reevaluated to make sure she is placed in the appropriate level based on her current skill set. This is an additional safety precaution to ensure that your child can safely perform the skills required at her level.