



## **Pre-Team Handbook**

Through this Pre-team handbook we hope to give you more insight into how our Pre-team program operates and answer many of your questions. Our Pre-team is the first step towards our competition team. Gymnasts must complete pre-team before they can join our USAG competitive team. After reading this manual, if you have any questions about our Pre-team program, please ASK!

**Olympia Gymnastics Team Philosophy** Olympia Gymnastics Team is meant to give every gymnast an opportunity to excel not only in gymnastics but in life. When properly taught, gymnastics teaches self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, teamwork, team spirit, leadership, sportsmanship, respect for danger, respect for others, poise and grace.

**Competition** - It is part of our daily lives. We strive to be the best we can be in whatever we do. This competitive spirit, however, must be learned, nurtured and developed. We are committed to fostering the spirit of competition among our young gymnasts. Gymnasts must always remember to be respectful of teammates as well as coaches and portray sportsmanship in competition by playing fair, learning how to deal with failure, and winning graciously. **IMPORTANT REMINDER** - Gymnastics excellence means becoming the best you can be individually. Their success is not measured by the medals won, but by the gifts they receive on their path to personal fulfillment.

**What will they be working on?** Pre-team is the first step for the gymnast to become a competitive gymnast. Competitive gymnastics requires the gymnasts to be strong, flexible, have higher level skills and discipline. A competitive gymnast is also always working on trying to perfect their skills, not just be able to complete them. The gymnasts in Pre-team will be working on:

- Conditioning/Strength Work – This is required to not only complete the skills but also to have the body control to try and perform them perfect
- Flexibility – This is needed to help the gymnast with their skill development and dance elements in their routines
- Learning Routine Parts – Gymnasts will start to learn parts of the routines required for the competition team
- Discipline – The gymnasts will be learning the behaviors expected of a competition team gymnast Pre-team will not be a place they will be working on a lot of new skills, but rather perfecting what they know and getting prepared to compete both physically & mentally.

**Schedule** Level 1 trains Tues/Fri 4:30-6:30 with tuition at \$220. Level 2 trains Tues/Fri 4:30-7:30 tuition is \$270. Strategic curriculum is created to provide fundamental progressions so we encourage parents to make it a priority to have the athlete at practice. If you miss a practice due to illness, injury, or vacation there are no makeups or refunds.

**Financial Obligation** Monthly tuition for Pre-Team is \$220-\$270 and due on the 1st of each month. A valid credit card on your parent portal is required to be a part of the team. A late fee of \$25 will be applied on the 5th of the month. If a situation arises in which an athlete must withdraw from the program, we require written notice emailed to [ogcspeed@gmail.com](mailto:ogcspeed@gmail.com) 1 week prior to the next billing cycle. This will ensure stoppage of the auto payments. Any tuition collected up to the point of notice will be forfeited, unless in the case of injury, in which case we will require a physician's note.

**What's After Pre-Team?** Once a gymnast has been a part of our pre-team group they are eligible to move up to our USAG Competitive team. Either in Developmental Program or Excel Program. Learn more about the difference at this website: [https://chalkbucket.com/articles/xcel-or-development-program-which-is-the-right-path-for-your-gymnast.1/-](https://chalkbucket.com/articles/xcel-or-development-program-which-is-the-right-path-for-your-gymnast.1/)

We recommend all parents read our Competitive Team Handbook before starting Pre-Team, so you are aware of what the next step for your gymnast will be. Also you will get an understanding of the time and financial commitment that will come along with being on our USAG Competitive Team.

**Pre-team Is Not For Every Gymnast...and that is OK!!!** Pre-team and Team are not for every gymnast. The training and workouts are very different from the class that your gymnast was previously in. Those classes were focused on fun, fitness and skill development. Not all gymnasts are interested in the structured Pre-team/Team practices that focus on skill perfection and conditioning/strength training. If your child is not happy in Pre-team that is OK!

### **Athletes' Expectations -**

- Good attendance is essential to the success of the athlete. Attend all scheduled practices, competitions, and team events.
- Arrive to each practice ready to participate with proper attire, hair tied back tightly, and no jewelry.
- Our only expectation is that each athlete work hard and try their best.
- In order to maximize our efficiency in our training, it is essential that the gymnast arrives to the gym floor on time. This includes at the beginning of workouts as well as rotating to events.
- Athletes are allowed to go to their locker & get a quick healthy snack to sustain their energy level. Snacks should be healthy & able to be eaten a quick manner. Examples include energy bars, trail mix, fruit, nuts, etc.
- Lockers are assigned to each athlete and expected to be kept cleaned. Locker inspection will be done randomly. Athletes can have locker privilege taken away after a warning.
- The gymnast should come prepared each day to workout with a positive and competitive attitude. We understand that all days will not be perfect and the gymnast will become frustrated. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated. In order to develop a successful working environment, the gymnast must be committed to excellence each and every day.
- The gymnast is responsible for all assignments provided by the coaches. This includes skill based or conditioning based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and most importantly yourself and will not be tolerated.
- Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly.
- Attend each practice with intent. The gymnast must have goals and be mentally and physically ready each practice to work towards achieving these.
- Gymnastics was built on the idea of being perfect. Judges are in place to break down everything the gymnast is doing wrong. They take away points and never add them back. Essentially it is the coaches' job to do the same. Although coaches mix in encouragement and fun, the gymnast must learn to take criticism from the coaches and apply it.

### **Parents' Expectations -**

- Be your child's biggest supporter mentally. Show your child unconditional love and encouragement. Physically, make sure your child is well nourished, hydrated, and well rested for each practice.
- Please contact your child's coach with any concerns. We are here to serve your child and your questions and concerns are important to us. We will try to find a solution to anything that may be bothering you. Complaining to other parents cannot solve your problem, and we cannot either if we are unaware of them.
- Please do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. Please set up such meetings via email. If a matter needs immediate attention, please talk with the front desk so they can relay the message.
- The athlete is a student first. There will be times that the athlete must miss practice to a large school workload or school event. Please communicate with us if any such conflict arises via email.
- The parent can have the most difficult role in the gymnast's career. While everyone involved (Parent, Gymnast, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents part. Due to this, parents have been known to lose sight of the important role that they have to play which is to provide support to their child in all situations.
- Please do not coach your child while at the gym or at home. All gymnasts will progress at their own rate and it is our job as coaches to monitor and further help this progression in the gym. If we feel there is anything additional the gymnast should be doing outside of the gym, we will communicate that with you. If you are interested in how to help your athlete at home, ask your coaches and we will give you non-skills related tasks for outside of the gym- conditioning, flexibility, etc.
- If you feel your child is not progressing, please do not hesitate to set up a meeting with your child's coach. Hopefully we can help you better understand our position and intentions for your child.

**Disciplinary Actions**

- The gymnast may be asked to sit out of a certain event or time frame and watch.
- The gymnast may be asked to contact their parents and leave practice early.
- The coach may request a meeting with the parent.
- The gymnast may be suspended from a practice.

Note: The development of the coach/gymnast relationship is vital to the success of the athlete. The coach will always fully express their expectations of the gymnast as well as the consequences of actions. We cannot and will not run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes based on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you.