

Precision Gymnastics Team

Handbook

2024 - 2025



Gymnasts Name: _____

Please remember, team is a privilege and not a right.

When Debbie and I first started team, we vowed we would never put up with undue drama from our team program. The guidelines below help to keep the team program less stressful for you, the coaches, and the gymnasts. Gymnastics is a demanding sport, and the day-to-day workouts can be, at times, stressful enough.

****Required****

Please read, sign the back page, and return it to the front desk.
before August 15th, 2024

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Attendance/Vacations

1. Gymnasts should be at all scheduled practices.
2. If your gymnast will be absent, late, or leaving early, call the front desk and leave a message for her coach. (972) 907-2248
3. Excessive tardiness may be a reason for your gymnast to be removed from team.
4. Gymnasts may not miss any scheduled workouts seven days prior to a meet unless ill.
5. There are no make-ups for missed workouts or cancelled workouts.
6. Level 1, 2, 3, 4 & 5 gymnasts are advised to take vacations during the early part of the summer as we start competing in Sept. Your tuition remains the same during the time your gymnast is away.
7. Gymnasts arriving late should hustle to join practice.

Workout

1. Gymnasts may not communicate with parents during workout. This includes cell phone contact in the break room. If your gymnast needs to contact you, please have them go to the front desk.
2. Gymnasts must stay in the gym area unless purchasing a snack during snack break.
3. Please stress with your gymnast that during workout, they should look at their coaches and acknowledge them when they are being corrected. Gymnasts may not walk away from the coach while they are being corrected. They may be sent home should this occur.
4. Some common words from gymnasts that would be nice to hear during workout are:
 - a. Excuse me
 - b. Please
 - c. Thank you
 - d. You're welcome
5. Your gymnast must communicate with her coach directly during workout if there is a problem. Communication from a parent or another gymnast to the coach about a problem your gymnast is having is neither sufficient nor appropriate.
6. Gymnasts may not hang out at the front viewing area, talking to parents before workout. This blocks the viewing of our class parents and is a distraction.

Workout Schedule

1. The schedule may change at any time.
2. During the holidays and summer, scheduled workouts may be changed.

Snack Break

1. Snack break is a privilege and may be taken away if necessary.
2. Please pack a healthy snack for your gymnast.
3. Gymnasts must clean up after they are finished with snack.
4. Snack time is a good time to use the rest room.
5. Gymnasts must have snack in an assigned area. They may not eat snacks in the lobby with their parents.
6. Waters bottles will be kept in their lockers during workout.

Restrooms

The back two restrooms are for the team gymnasts. They may not use the front restrooms.

Locker Room

1. If your gymnast's locker is continually unsanitary, after being warned, they could lose their locker and must use the cubbies in the lobby.
2. Parents are not permitted in the locker room at any time for any reason.
3. Gymnasts are not allowed to change in the locker room as it isn't secure.

Workout Attire

1. Gymnasts must wear a leotard.
2. Hair must be up and secured before practice begins so coaches are not continuously putting the gymnasts' hair up during workout.
3. Gymnasts may wear warm-ups during the beginning of practice if it is cold.

Grips/Rips

1. Your child's bar coach will help you determine when your child will need grips.
2. Higher level Gymnasts should have two pairs of grips broken in so they have a spare in case one pair rips or breaks.
3. Gymnasts should ask their coach about rip care. We sell items in the pro-shop for rip care.

Cell Phones

1. Cell phones are not permitted to be used during workout.
2. If your gymnast has a cell phone, she must shut it off during workout.
3. If your gymnast needs to call you during workout, she must first ask her coach and then use the phone at the front desk.

Competition-General

1. A gymnast is never guaranteed to compete.
2. If the gymnast is not proficient in all four events as they near competition season, they may not compete or they may be required to compete at a lower level.
3. If a gymnast misses practice seven days prior to a competition, she will not compete in the meet unless authorized by her coach for illness or a family emergency.

Competitions-Gymnasts

1. All gymnasts are expected to compete in all meets; participation is not optional.
2. Gymnasts must be at the meet site 10-15 minutes prior to open stretch.
3. Your gymnast may not leave the competition area during the meet as this is also a USAG rule.
4. Gymnasts may not have a cell phone during competition.
5. Gymnasts may pack a healthy snack for competition and should bring a water bottle (clear or light-colored fluids only).
6. Gymnasts may not have nail or toe polish on during competitions. Jewelry is not permitted. (Small stud earrings are allowed.)
7. Gymnasts must have their hair done according to their coaches' recommendations and done prior to arriving at the competition.
8. Gymnasts will need to have:
 - a. Competition leotard
 - b. Warm-ups
 - c. Scrunchie
 - d. Competition bag
 - e. Grips
 - f. Tape, if needed
 - g. Hair spray, gel and bobby pins or clips if needed.
9. Gymnasts should not change their eating or sleeping habits before the competition.
10. If a gymnast cries during a competition, she may be scratched from the rest of the meet, unless due to injury.
11. Gymnasts are required to stay for the entire awards ceremony.
12. If a gymnast acts unprofessional while receiving awards, she will be suspended.

Competitions-Parents

1. Absolutely no negative talk in the stands during competition.
2. Do not stress out your gymnast before a competition. If there are skills that your gymnast is struggling with, it is the coaches' job to instruct them, not yours. Parental suggestions often lead to undue stress.
3. No matter how your gymnast performs, parents should try to stay positive and focus on the good.
4. Parents may never approach a judge at a competition for any reason. This would be cause for immediate dismissal from the program and USAG.
5. Never rely on information from other parents or trust the host's websites posting of your gymnast's competition days and times. Frequently we get last minute updates via email that are not changed on the host's website. Always refer to the Precision Team Website.
6. We are unable to obtain a refund for your gymnast's meet fees after they are sent unless they don't qualify for the next meet. This also applies if your gymnast is injured before competition and cannot compete.
7. Paying a meet fee does not guarantee your gymnast will compete. Injuries, discipline problems, missed workouts and poor performance during workouts can be some reasons to pull your gymnast from a competition.

Your Gymnast's Progress

1. NEVER compare your gymnast to another gymnast; all gymnasts grow in the sport at different times.
2. Sometimes gymnasts who perform well at the lower levels, where things may come easy, have a harder time progressing at the higher levels. Gymnasts who need to work harder to achieve skills at a lower level sometimes do better later because of the work ethic they have developed. Many gymnasts who never qualified for their State meet in the compulsory program have ended up being awesome optional gymnasts later.
3. The progress and longevity of your gymnast will be negatively affected by overbearing parents. Parents who put too much stress and expectations on their gymnast usually end up with a gymnast that struggles or may even choose to discontinue the sport all together.
4. Attendance, hard work, nutrition, parental support and trusting your coaches' decisions are all key ingredients to your gymnast's progress.
5. Moving to the next level is to be determined by your gymnast's coaches. Please know that we base our decisions on what is best for the gymnast in the long run.

Private Lessons

1. Private lessons must be scheduled with the coach that coaches your child on that event.
2. Cancelations need to be 24 hours in advance, or you are still responsible for the private fee.
3. Payment is due at the time of private unless you have spoken to the coach in advance.

Nutrition

1. Quite simple: if your gymnast eats poorly, she will work-out and compete poorly.
2. Your gymnasts' body runs like a sports car; you need to fuel her with good food, or she will not perform well.
3. Remember that, directly and indirectly, poor nutrition is the number one reason for most gymnasts to eventually quit team.
4. All birthday treats brought to the gym to celebrate your child's birthday should be healthy.

Injuries

1. Your gymnast must continue to come to practice even if they are injured unless a Dr. says otherwise.
2. Your tuition remains the same during the time your gymnast is injured.
3. Gymnasts who are injured should try to attend meets to support their teammates.

Girls will be Girls

It is a fact that girls will argue, fight, and be mean to each other from time to time. This is a learning experience for life. Please talk to your gymnast about this. Your coaches handle problems between gymnasts every day. If you have a concern about another gymnast's behavior towards your gymnast, never approach the gymnast directly or talk to others about her. Let your coach know your concerns; usually they can rectify the problem. If your gymnast has behavior problems towards others on a continual basis, she may be asked to leave the team.

Concerns or questions regarding your gymnast

1. Any concerns with your gymnast's coach should be addressed to that coach directly. Do not express your concerns about a coach to another coach, other parents, or the front desk personnel.
2. Do not address the gym owners with your concerns until you have first spoken to your gymnast's coach unless it involves abuse of any kind.

Lobby Etiquette

1. There is *zero tolerance* for negative gossip in the lobby. Violation of this is a cause for dismissal from Precision.
2. Never speak negatively about Precision to other Team parents. Address any concerns you have to your gymnast's coach. Violation of this is a cause for dismissal from Precision.
3. Never speak negatively about your gymnast's coach or any of the coaches to other parents in the lobby. This is a cause for dismissal from Precision.
4. Never speak negatively about other gymnasts to parents. This is a cause for dismissal from Precision.
5. Do not express your concerns about your gymnast to other parents. Instead, talk to your child's coach.
6. Do not communicate with your child during workouts for any reason. Continuous warnings will result in the loss of your privilege to watch practice.
7. Do not signal, yell, or try to get your gymnast's attention from the lobby during workout. If you need your child to leave early due to an emergency or previously informed early release request, go to the front desk and let them know; they will inform your child's coach.
8. Parents are not allowed in the gym area for any reason.
9. Parents are not allowed in the coaches' break room. Please do not attempt to approach your gymnast's coach in the break room for a quick meeting. This is their only refuge.
10. Selling school fundraising items in the lobby is not permitted.

Communication with Coaches

1. Please do not try to have a quick meeting with your coach after workout has started, during snack break or after workout has ended. See the front desk to leave a message or note for the coach to schedule a meeting.
2. If you have concerns or questions, you must set up a meeting with your gymnast's coach. Do not assume that your coach has no life and can stay around and chat after practice. Again, leave a note at the front desk, call the gym, or send an email to Precision to have your coach contact you to set up a meeting. (texasprecisiongym@yahoo.com)
3. Do not text message, email or call your coach directly during workout or meets.

Your Account

1. Meet fees must be paid by the due date or your child will not be entered in the competition. Late entries are assessed a \$50.00 late fee by Precision.
2. Your account must be brought current prior to your child's state, regional and western/national competition before your child competes or she will not be permitted to compete.
3. If your gymnast quits Precision or is asked to leave the program, you will not be refunded for any apparel and/or meet fees paid.

Email

Do not use our team emails for distribution or personal business, solicitation, jokes, information, or any other use. Team emails are for Precision and the Booster Club's use for the distribution of pertinent information only.

Front Desk

1. Do not hang out at the front desk and gossip with staff. They are on the clock, working for Precision.
2. Do not perform Booster Club business at the front desk.
3. Do not voice your concerns about your gymnast or coach to the front desk personnel.
4. Do not go behind the front desk for any reason.

Support your Coaches!

1. Do not talk negatively about your gymnast's coach in front of your child. This will lead to doubt and possibly disrespect from your gymnast toward her coach.
2. When handling concerns that you or your child may have about your coach, please try to handle them without showing your child that you are upset with the coach in question. The best way to handle concerns is to set up a meeting with your gymnast's coach and have you and your gymnast openly discussed the issues in question.
3. FYI, none of the coaches at Precision are perfect. We will make mistakes from time to time. Every day while coaching, we sit on the fence regarding decisions about the best course for your gymnast. Remember, we want the absolute best for every single gymnast in our gym.
4. Coaches usually only get feedback from parents when a problem occurs. You might want to think about a little positive feedback towards your gymnast's coach when things are going well as this goes a long way.

Education and Gymnastics

1. It is utterly amazing that approximately 95% of all competitive gymnasts are straight 'A' students and honor students. Female collegiate gymnasts have the highest-grade point average of all collegiate athletes.
2. Your gymnast will learn through this team sport: discipline, self-motivation, commitment, patience, and time management. This will build a strong foundation for their adult life ahead.

School PE Programs

Precision does participate in off campus PE programs. We will uphold the required hours that are expected by the school and reflect unexcused absences. We will give a grade that reflects the gymnast's work ethic and attendance. The original purpose for off campus PE was to allow the student to be on time for workouts.

Precision 'Name'

Never use the Precision Gymnastics name on clothing for distribution or resale. If you would like to do something for yourself, such as a dad shirt or your own gymnast's grip bag, this is not a problem. If you would like to make apparel for team parents to purchase at no monetary benefit, please see me.

Team Members Discounts

1. Friday Night Out is only \$12.00 for team members.
2. Camp for team members is discounted 50% and 25% for siblings.

Competition Apparel

1. All competitive apparel is non-refundable for any reason.
2. Precision Gymnastics is not responsible for sizing issues or defects. We will gladly refer you to the customer service department of the vendor.

Booster Club

1. You must be a member of our booster club for your child to be on the team.
2. If at any time the booster club does not have sufficient funds to support the team, coaches' travel expenses and session fees, Precision will divide all costs for competitions between all the families.
3. If you are not current with your booster club annual fee or fundraising requirements, your gymnast will not compete and may be asked to leave the program.
4. If at any time the booster club becomes a disturbance, or there is excessive drama or turmoil, it will not be allowed to function within Precision. Please note that this has never been a problem and we never expect it to be a problem.
5. If a member is not current or actively participating with fundraisers, booster club members do not have the right to communicate to that family that their gymnast may not compete. This is solely at the discretion of Precision. This helps avoid conflicts with families/parents and avoids uncomfortable situations.

Leaving Precision

1. If at any time you or your gymnast is not happy at Precision Gymnastics, please let your coach know. If this has not been resolved, then please talk to the owners.
2. Coach Bill will gladly help you find a new gym without prejudice if you decide Precision is not right for you as he has done for others.
3. If you know you are leaving and are found to be recruiting others and/or letting others know without the common decency to let your coach know first, you may be asked to leave immediately.
4. If you are leaving and we have been notified, your gymnast will be treated the same. We are professionals and know gymnasts come and go. We would surely like to have an honorable separation than a deceitful one.

*These rules and guidelines are subject to change at the owner's discretion.

Confirmation Page

I have read and understand the Precision Gymnastics Team Guidelines.

Gymnast's Name _____

Legal Guardian Name _____

Signature _____ Date _____

Sign and return to Precision Gymnastics & Tumbling before August 15th, 2024.
Thank you for being part of the Precision Family