

**BOYS & GIRLS CLUB**  
OF NACOGDOCHES

NIBCO SPORTS CENTER

**EAST TEXAS TWISTERS**  
**COMPETITIVE**  
**GYMNASTICS TEAM**  
**HANDBOOK**

April 2016

**Executive Director:** Steven Davidson  
**Gymnastics Director:**  
**Twisters Team Coaches:**

## THANK YOU!

Thank you for choosing NIBCO Sports Center, the best of East Texas! We are very proud of our program and its staff. We will do everything to see that your child is put in the best position for success and will work tirelessly until the job is done. The coaching staff at NIBCO Sports Center will maintain the highest possible standards and train your child in a safe, logical manner consistent with the latest industry standards. We are excited about having your child in our team program and look forward to seeing them grow and succeed through the sport of gymnastics.

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## **Nibco Sports Center & East Texas Twisters Girls Competitive Team Mission Statement:**

“Our mission is to provide an atmosphere of quality coaching with emphasis of USA Gymnastics technical requirements while promoting discipline and responsibility in a fun and positive environment.”

The East Texas Twisters Competitive Team is a year-round training program with the goal of developing the full potential of every individual gymnast.

We believe in using safe and effective skill progressions to ensure that every gymnast learns the correct fundamentals that will lead her to progress to whichever level she desires within the sport.

Our Team coaching staff strives to instill self-confidence, mental toughness, self-discipline and a positive self-image through the teaching of gymnastics.

## East Texas Twisters Training Philosophy

### **Self Discipline**

- ◆ *Knowing what has to be done to achieve a goal*

### **Self Motivation**

- ◆ *Working hard because you want to*

### **Time Motivation**

- ◆ *Getting more done in less time*

### **Respect for:**

- ◆ *Teammates, Judges, Coaches and Yourself*

### **Sportsmanship**

- ◆ *Playing by the rules, winning, and losing*

### **Dedication**

- ◆ *Staying focused on goals*

### **Leadership**

- ◆ *Setting a good example*

### **Teamwork & Cooperation**

- ◆ *Supporting teammates through a positive attitude*

### **Proper Nutrition & Physical Fitness**

- ◆ *Foundations of a healthy lifestyle*

## Meet the Team

*Chelsea Lorenz - Gymnastics Director/ Team Coach*



*Haley Woods - Optional & Compulsory Team Coach*



*Whitni Bowden - Optional & Compulsory Team Coach*



*Emily McClemore - Optional & Compulsory Team Coach*



*Calynn Brown - Compulsory Team Coach*

## **Gymnastics Overview**

The sport of Gymnastics builds a range of motor and coordination skills, and assists in developing a good sense of body awareness. These skills, coupled with structure and discipline, benefit a child's overall development in everyday life as well as discipline which are the building blocks for gymnastics success. Safety in gymnastics is of the utmost importance, and injuries mainly occur from a lack of awareness, focus, or preparedness.

## **Competitive Program Overview**

Our governing body, USAG (United States of American Gymnastics) sets forth all the rules and policies that govern competitive gymnastics in the United States. There are 10 competitive levels within the USAG Junior Olympic (JO) Program consisting of 5 compulsory (1-5) and 5 optional levels (6-10). This is the structure that we and all gyms throughout the country base their competitive programs around. NIBCO Sports Center and East Texas Twisters Gymnastics is proud to be a member of USA Gymnastics. We wholeheartedly support the principles of safety of this organization. Our coaches are safety certified by and are professional members of USA Gymnastics. USAG has established a set of minimum requirements and scores for competition and mobility. Your child's competitive level will be determined by their skill level.

Progression through levels is determined by the coaching staff, and is based on specific criteria: including physical preparedness, maturity and discipline within the group. If your child has the necessary skills set in order to compete at their level, then they will compete that level for the entire season. If they are lacking the skills needed for the level they are training prior to the season beginning, then they will repeat their last competitive level. Achievement and Placement divisions will be determined by performance and mastery of skills within each compulsory level beginning at Level 3.

Evaluations will be held annually at the end of May. If your child has all the skills on each event for the level they are trying for, then they will progress to the next level. If they fail to meet our requirements, then they will repeat their previous level. All considerations will be made by the team coaching staff. Please respect their decisions.

# **Competitive Program Explained**

## **Team Selection**

Placement into the Competitive Program is recommended by the coaching staff. Criteria for advancement into the Team program consists of maturity, strength, and coordination. Typically, children excelling through our Pre-School Program or Recreational Programs will be recommended to move to the Competition Team by the coaching staff.

## **Level Advancement**

Level advancement is determined by the potential success in the next level. While it is impossible to know how well a gymnast will perform, specific benchmarks must be demonstrated for advancement. Factors such as performance at the previous level, physical preparedness, focus, age, dedication, and maturity all influence the coaches' decision on level placement.

## **Groups**

During workouts the gymnasts will typically be split into groups based on their skill level however, at times alternative training groups may be formed to match gymnasts with similar abilities. These groups are split and set by the coaching staff to benefit the entire team. Team groupings are not indicative of any future level placement, and only serve to make the learning process more efficient. We ensure that your child will always be placed where they will receive the maximum benefit from each practice.

## **USAG Compulsory Program**

Compulsory level skills and routines are set by USAG, and are the same for every gymnast across the country. The competitive season for levels 1-5 runs from early September to mid December, and consists of approximately 5-6 competitions across the state of Texas.

## **Training Hours And Fees**

<b>Level</b>	<b>Description</b>	<b>Hrs/Week</b>	<b>Cost</b>
1	Introductory Compulsory Level	6	\$100
2	Introductory Compulsory Level	6	\$100
3	Novice Compulsory Level	9-12	\$150
4	Intermediate Compulsory Level	12	\$150
5	Advanced Compulsory Level	12	\$165

## **Competitive Team Seasons**

To be on the competitive team requires a commitment to regularly attend practice, on-time, and for the full duration. While the competitive season only lasts a couple of months, the preparation needed to be successful is year-round.

**Pre-Season**      July 1st - September 1st.....Compulsory Program  
November 1st - January 1st.....Optional Program

The 8 weeks prior to the start of competition season serve as the **Preparation Period**. Gymnasts should be able to perform all of the competition skills, and are starting to put the routines together. By the end of the Pre-Season, gymnasts should be able to demonstrate a full routine.

**Competitive Season**      September 1st - December 31st.....Compulsory Program  
January 1st - May 31st.....Optional Program

During the **Competition Season** gymnasts will continue to improve their skills and routines, as well as traveling to compete against other gyms across the state, region, or nation. The goal during this season is to perfect routines and skills, while performing well at competition. The East Texas Twisters Team typically competes at 5 Qualifier meets and at least 1 Championship meet. Those qualifying at District Championships have the opportunity to compete at South State and State meets as well. Optional gymnasts are eligible to qualify for Regional and National Championships.

**Off- Season**      January 1st - June 30th.....Compulsory Program  
June 1st - October 31st.....Optional Program

With no upcoming competitions to train for, the Off-Season serves as the main **Learning Period**. Gymnasts will learn new skills, which may or may not be directly taught for the next competitive level. Gymnastics is a progressive sport; meaning skills build off of one another, and learning unique skills will improve the overall gymnast. While the USAG JO Program sets the criteria on which skills the gymnasts compete, Nibco Sports Center sets the criteria on what is taught in the gym. The Off-Season is the longest, and arguably, most important season because it is where new skills are learned. Additionally, strength and flexibility training is a main focus during these 6 months.

## **Practice/Workout Overview**

Workouts consist of a flexibility and strength period, as well as individual event rotations ranging in length from 30 minutes to one hour. The rotation and training schedule is predetermined by the coaching staff.

We understand a gymnast may compete in another sport, and we support it in Levels 1 to 5, however in order to attain a high competitive level, gymnastics cannot take a “back seat” to any other activity. Consistent attendance is required to stay on team, regardless of extra activities.

We do reserve the right to cancel practices as we deem necessary.

## **Workout Etiquette and Expectations**

**1. Gymnasts need to be on time to practice.** If you know you are going to be late, please inform the coach or gymnastics director. The coaches have authority to discipline athletes who are late to practice. Ex: 2 burpies for every minute late or 15 pull-ups on the high-bar. This is in addition to their warm up, and any other conditioning or training they may have missed prior to arrival. Gymnasts are not allowed to leave practice until the entire workout has been completed. Parents please respect this policy and the coaches when it pertains to your child.

### **2. Proper attire is required for workout.**

This includes: Leotard, hair pulled back tight and out of face, no jewelry. Team members should wear their camp leo, shorts, and scrunchie to practice each Thursday to show team spirit and uniformity.

### **3. Breaks.**

We provide plenty of breaks during practice for the girls to get water. Those staying for the last hour will take an additional 5 minute break at 6:30 PM each night to grab a brief snack. Please provide a nutritious snack if your child would like one. **No** candy or soft drinks.

**Gymnasts are responsible for cleaning up their mess.** Failure to do so may result in parent contact and/or appropriate repercussions such as conditioning, loss of free time, or loss of break/snack time privileges.

### **4. Gymnasts are expected to give 100% during each workout.**

Refusal in participation, unwillingness to follow directions, or unnecessary emotional, verbal, and disrespectful actions/outbursts/behavior are not acceptable. If your child is ill, please make the coach aware and use good judgment about sending them to workout.

### **5. Cellphones.**

Your child MAY NOT use their cell phone during training unless given permission from the coaching staff first. They may have them and keep them in their locker as long as they are turned off or silent. If they need to contact you for any reason, encourage them to go to the coaching staff first. If it is an emergency, then we can contact the parents much faster through the front desk. If they're not feeling well, please have them inform a member of the coaching staff first before using their cell phone to arrange pick-up.

## **COMMUNICATION**

### **1. Coaches are expected to have an open communication with the parents.**

If you ever need to speak with your coach, you may contact them before or after practice hours, by emailing [chelsea@bgcdet.org](mailto:chelsea@bgcdet.org) or speak to Paula in the front office to set up a meeting. Coaches' personal information, i.e. home or cell phone numbers will be given out to parents if necessary. Please respect their privacy and appropriate hours of contact.

### **2. Informational notices** will also be distributed to each gymnast to take home.

Please be sure to check your child's locker EVERY day for notes.

### **3. Team Facebook Page.**

"East Texas Twisters Team" is the name of our official Facebook Page for our team members and their parents. Information will be updated frequently so please check the page often. You are welcome to post questions, pictures, thoughts, or compliments. We encourage you to also support our main gym page, NIBCO Sports Center and the Boys & Girls Club of Deep East Texas page by clicking on the "Like" option in order to stay up to date on schedules, gym policies, holiday/bad weather closings, open gym, clinics and other special events. You are encouraged to share any NIBCO/Twisters related pictures you may have to these pages, we are proud of all our gym members and love seeing their hard work recognized by others.

### **4. Parent Meetings.**

We have an open communications policy on our team with the gymnasts, parents and coaches. If any concerns or questions should arise, feel free to email the coaching staff or schedule an appointment. East Texas Twisters holds one formal conference with each gymnast within the competitive program and her parents each year. Other meetings can be arranged upon request. If your child has a coaching issue, the child must talk to the coach that is directly involved. The parent may be present, but the child should discuss the issue with the coach. If you have already talked to the coach and feel you still need to talk to the gymnastics director, you may set up a meeting. The

gymnastics director will not discuss issues with parents unless they have already spoken to the coach directly involved in the situation.

## **Gymnast Responsibilities**

1. Come to practice ready and willing to work hard, participate and give 100% effort.
2. Arrive on time.
3. Check personnel equipment, grips, theraband, tape, music, etc.....These items are your responsibility not the coaches or your parents.
4. Listen to your coaches and respond in a respectful manner.
5. Stay on task; keep your mind on what you are doing. Don't let socializing interfere with your progress.
6. Do conditioning to the best of your ability. Being thorough in this area is often the difference in healing quicker from an injury, success with skills and progressing to a higher level.
7. Pay close attention when walking in the gym, so as not to interfere with another athlete or recreational classes. Do Not Run!
8. Do not attempt new skills without a coach's consent and presence.
9. Eat properly! Make sure you are eating the correct foods. Poor nutrition may interfere with progress, injury prevention, and recovery.
10. NO gum chewing OR eating while working out.
11. Communicate with your coaches. They are not mind readers. If there is an injury or there is a possible problem, resolve things before they become bigger problems.
12. Insurance coverage must be provided by the gymnast's parents.

## **Attitude**

1. Gymnasts are expected to show respect to their coaches and team members at all times.
  1. A negative attitude is detrimental to the entire team and will not be tolerated.
    1. This expectation grows larger as the gymnasts mature.
    2. Older gymnasts are expected to set good example for younger gymnasts
2. Gymnasts are expected to want to improve. This includes an understanding that not every aspect of gymnastics training is meant to be fun.
  1. While we try to make practice as interesting as possible, some aspects of the sport are very strenuous and sometimes painful (e.g. Conditioning and Flexibility)
3. Gymnasts are required to show a level of discipline while training.
  1. Gymnasts are expected to focus on performing to the best of their ability at all times. Socializing during training is not acceptable as it breaks focus and makes for an unsafe training environment.

**Always Remember:**

- Set realistic, progressive short and long term goals.
- Be willing to work hard and find reward in that.
- Take instruction without resenting constructive criticism. Listen and trust your coaches.
- Stay positive and refuse to be frustrated, work through it.
- Rebound back from setbacks and defeat, to apply yourself.
- Be polite and well mannered in training, demonstrations, and competitions.
- You need mental courage. You may be apprehensive about a skill, but stay calm to work through the fear with the coach's reassurance. You may be afraid to try a new skill. Your coach is there to help you. Work to overcome your fear.
- Sometimes practices will be very frustrating. It may be that you are not able to do what you tried very hard to do. Be patient with yourself. Work on a smaller part of the skill you are trying to attain. It takes many failures and many, many hours to learn to be a fine gymnast.
- There are exercises to build your strength and flexibility. These exercises must be done over and over. They are essential for developing your body to perform well.
- You are a member of a team. All of you are putting forth your best effort to become better. Encourage the other members of your team! If someone learns a new skill after trying for a long time, tell your teammate, "That's great!". Your time WILL come!
- You will maintain a positive attitude toward your training and be supportive and encouraging to your teammates at all times. Cooperation with the coach staff and respect for facility, equipment and other recreational classes is expected. Be enthusiastic for the sport of gymnastics in and out of practice!

### **Training Attire**

1. The only acceptable attire during practice is a leotard.
  - a. Skin tight shorts may be worn.
2. No jewelry, except for small, stud earrings.
3. Hair must be put up and secure.
  - a. Extra hair bands are recommended as they often break during training.

### **Training Attendance**

1. Gymnasts are expected to attend a minimum of 85% of training sessions. Consistent attendance is key to success. Gymnasts consistently attending less than 70% may be removed from the team.
2. Gymnasts are expected to arrive on time and stay for the entire duration of the practice.
  1. Gymnasts should arrive to the gym 10-15 minutes earlier than the scheduled start time of practice. By the start time, all gymnasts should be ready to train.

2. Gymnasts are not allowed to play on any equipment before practice and should remain in the Parent's Room until their coach instructs them to line up.
3. Practice ends when the coach dismisses the group, not at a determined time.
4. Gymnasts must train at their assigned times unless prior permission is given.
5. Gymnasts will not be allowed to train with another group without notice.
3. If a gymnast is ill and/ or contagious, she should stay home and recover.
  1. A gymnast will not be allowed to train if she appears ill. Illness and "feeling bad" are different things and training through a bad day is essential to learning to deal with mental adversity.
4. Accurate records will be kept of your child's attendance.
 

They will also include how many times she was late or left early from workout and how many times she participated in a partial workout due to lateness or an injury.
5. During the season, gymnasts must attend all scheduled workouts one week prior to competition or they will not be allowed to compete. This does not include travel days. **If your child is absent during the week of a meet, she will not be allowed to compete.** Extenuating circumstances such as severe illness or a death in the family will be **considered**. All meet fees and coaches fees are NON-REFUNDABLE!
6. All gymnasts are to be on time and prepared for workout. This includes having all the necessary equipment and attire. Your child will not be allowed to train if they are unprepared for the day (example: no leotard or grips).
7. If your child is going to miss a workout for whatever reason, then it is the parents' responsibility to call ahead or text the director.
8. If your child needs to leave workout early, please let the coaching staff know ahead of your planned departure.
9. The gymnasts are expected to attend all practices and Twisters related functions however, the coaching staff understands that there can be conflicts with practice times (school events, schoolwork, conferences, special events, family vacations and sickness). The occasional sickness is understandable, but in the case that many absences occur, the gymnast should try to make up those practices by scheduling private lessons with a team coach. This policy provides the gymnast an option to maintain their skills, focus, strength and flexibility.
10. When a gymnast misses too many practices they fall behind and lose track of their competitive goals. It is also detrimental to the rest of the team, as it slows the progress of the gymnast's group.
11. Make-ups are not allowed unless a workout is canceled. Make-up workout times are at the coaches discretion.

## **Tardiness**

Tardiness is not acceptable. Arriving late to training disrupts the workout. Consistent absences and tardiness result in your child's lack of preparation for competition. Our time spent in the gym is a crucial factor for success at competitions.

## **Time Commitment**

Competitive gymnastics is a year round commitment. Because of this, occasional, personal sacrifices will sometimes have to be made. This is not to say that gymnastics must consume your life style, or that family vacations are not allowed. Actually, they are encouraged. Our coaching staff realizes that family and academics must be priorities. Ultimately, we hope that our athletes learn to budget their time when other activities arise. If the gymnast is going to be late or absent, please call the gym or email [chelsea@bgcdet.org](mailto:chelsea@bgcdet.org) and leave a message for the coach before practice.

## **Private Lessons**

Private Lessons are designed to improve on, or learn specific skills with one on one practice time with a team coach. We do not use this time for flexibility or conditioning, and thus private lessons cannot replace regular training sessions. However, they are available if a gymnast needs the additional gym time to help catch up on, or improve specific skills. A coach will recommend a lesson if the situation arises. You may take a private lesson with your child's coach provided that they are available. Private lessons will not replace missed training. Also, private lessons are a privilege and are not to be abused. Any parent that is behind on tuition, meet expenses or uniform expenses may not take a private lesson until your account has been paid in full. Should your child need private lessons, please consult with their level & event coach first. If available, then they may schedule a lesson. If they are not available, then they will recommend another coach from the coaching staff.

## **Discipline Procedure**

Whether in the school classroom or in the gym the best environment for learning is a disciplined one. Discipline in this context means that students follow the rules. If a discipline problem occurs the procedure is as follows:

1. The coach who noticed the problem will discuss the problem with the gymnast, and the gymnast may be asked to sit out for a period of time or condition.
2. Upon a second offense the parents are called and will be made aware of the situation.
3. Finally, if discipline problem persists, a conference with the gymnast, the parent, the gymnastics director, and the coach most directly involved with the problem is held. A solution that suitable for all should be reached.
4. If there is another occurrence the gymnast will be removed from the team program.

## **Injuries**

Despite our best efforts, injuries can happen anytime we involve motion, speed and power. If your gymnast becomes injured, the coaching staff needs to be kept informed on the rehabilitation process, and it may be necessary that the gymnastics director speak with the physician regarding the injury.

They are also required to continue attending all scheduled practices. It is necessary for the gymnast to continue their strength, flexibility, rehabilitation and mental training. This will allow them to return to event training immediately after the injury is healed. There are exceptions to this policy depending on the severity of the injury. These exceptions will be determined by the coaching staff after consulting with the gymnast's physician.

*\*Monthly tuition rates will not be altered because of an injury if the gymnast plans to remain on the team after the injury.*

If your child is complaining about any type of pain or discomfort during training, please take the necessary measures to have your child seen by their doctor. We will happily discuss any concerns but in no way will the staff diagnose or treat an athlete with an injury. If they have a nagging injury not seen by their doctor for more than three days, then for our protection and your child's, they will not be permitted to return until they have been seen by their doctor and have written orders that we may keep on file. If your child has allergies or is asthmatic that requires the use of an inhaler or Epi-pen for severe allergic reactions, please notify the staff and allow your child to carry and extra item as needed.

## **Team Expenses and Policies**

- Everyone new to the team will be required to purchase a team uniform to include: warm-up suit, leotard, and gym bag.
- Team uniform expenses will be broken down into two payments to be made from the end of summer through the fall. The first 50% MUST BE PAID BY THE END OF JUNE. These funds will be used for leotard, warm-ups, and gym bag purchase. If all

payments are not made prior to the first meet, then your child will not be allowed to compete until all expenses are paid.

- Twisters Team Camp is held typically the first or second week of June and is **mandatory!** Team camp leotards will be ordered each year and should be worn to the camp as well as to each workout on Thursdays the remainder of the year. Team Camp cost is \$210 and the Team Camp Leotard approximate cost is \$80.
- USAG annual membership fee of \$55 will be due at the beginning of May each year. This is a cost that goes to USAG to register each gymnast in the country to allow them to compete at sanctioned meets each year. Please make checks payable to NIBCO Sports Center and turn in to gymnastics director along with the USAG Membership Application Form.
- All coaches fees will be paid separately. The cost for coaches fees varies from meet to meet depending upon certain criteria. This is what the staff is paid to be on the floor with your children during any meet. All families will divide equally the cost for coaches travel expenses. These will include the (hotel, rental car pr travel reimbursement and parking) You will be billed 1-2 weeks prior to each meet and all funds will be paid in cash to Gymnastics Director. Fees will be divided equally amongst all coaches that attend the according meets.
- Should your child qualify further into championship season such as to State meets, then those funds will be turned in to the coach attending the qualifying meet and made payable to Nibco Sports Center the day of qualification (usually the current meet they are attending). All coaches and travel expenses will be billed separately.
- 100% participation at all competitions is required, no exceptions.

## **Required & Recommended Gymnastics Equipment**

### **Competitive Uniform**

Estimated Cost: \$350

\*Required for all team members

Team members are required to wear the East Texas Twisters team uniforms at competitive meets. The uniform includes a warm-up suit and a competition leotard. Uniforms are purchased about every two-three years. Gymnasts must wear the proper uniform from the moment they enter the meet facility through the completion of awards.

### **Camp Leotard**

\*Required for all team members

Estimated Cost: \$80

**Practice Leotards**

\*Required for all Team Members

Estimated Cost: \$30 each

Gymnasts should have a clean leotard for each practice. Go for the Gold leo and GK leo are available for sale in the Nibco Sports Center ProShop at a discounted price.

**USAG Membership Fee**

\*Required for all Team Members

Estimated Cost: \$55

**Grips & Grip Bags**

\*Required for Team Members Level 4+

\*Recommended for Level 3

Estimated cost: \$30-50 (Grips) \$20-\$25 (Grip Bag & Contents)

East Texas Twisters requires gymnasts to buy and use grips when they start learning the first bar transfer skill; jump to high bar (Level 4). Grips are designed to increase the gymnast's grip on bars, while reducing friction between the hand and the bar. [www.American-Gymnast.com](http://www.American-Gymnast.com) explains the differences in grips and how to measure to get the correct size and type. we recommend that families do some research on which grips are best for their gymnast, so they know how to replace them if they break or your child outgrows them.

Grip bags should include 2 sets of 4" wristbands, athletic tape, grips and bar shorts (optional).

**Team Gym Bags**

\*Required for All Team Members

Estimated Cost: \$30-\$50

Team Gym Bags are used to carry necessary items at competitions and are nice to have to show team spirit. Team Bags are embroidered with the East Texas Twisters logo and the gymnasts name.

**Creating the Unbreakable Mind Handbook**

\*Recommended

Estimated Cost: \$50

[www.HeadGames.ws](http://www.HeadGames.ws)

This introductory workbook provides the gymnast with 26 weeks of mental training designed to increase confidence, consistency, help to overcome fear, and handle competition pressure.

Written by the USAG National Team Sports Psychologist, Allison Arnold (Ph. D).

## **Competition Information**

Gymnastics meets are typically held at gymnastics centers and public facilities, and are usually held on weekends. The season is usually composed of 5-6 Qualifier meets, leading up to the State Championships. For most levels, the qualifying score to be eligible to compete at the State Championship is 32.00 AA score. Levels 8-10 are eligible to qualify to Regional or National Championship competitions.

The exact day and time of competition is not released until the Monday prior to the meet. Team members are required to compete in all scheduled meets unless excused by the Gymnastics Director. Acceptable reasons are illness, injury, and family emergencies.

### **General Competition Format**

The average meet runs from 3 1/2 - 5 hours.

**Open Warm-Up** - Gymnasts stretch and get ready to start competition

**Event Warm-Up** - Gymnasts have 6-12 minutes to warm-up on each event.

After all gymnasts have completed their event, gymnasts rotate to the next event and start warm-up.

**March In** - All of the gymnasts line up and march in to the gym to be presented to the audience and judges. Usually before the start of the competition.

**Competition** - Gymnasts compete on their apparatus and rotate when every gymnast has finished their first event. This continues until everyone had competed on all four of the events.

**Awards** - The award ceremony begins as soon as the host club is ready, which is usable 10-30 minutes after the competition of the final event.

### **Competition Fees**

Competition entry fees vary from meet to meet. The compulsory level meets range from \$50 to \$100 while the optional levels range from \$100-\$125 per meet.

All meet fees must be paid by the deadline set by the Director. **Meet fees are non-refundable**, and parents are responsible for all competition travel costs

## Coaches Fees for Competitions

NIBCO Sports Center has been following the same fee structure for both gymnastics and cheerleading competitions since the gym opened twelve years ago. Below is a break down of how coaches fees are determined for each competition. Typically, a coach may spend their entire weekend while driving their own vehicle to make a mere \$150.00 in pay.

Coaches are paid for each session they coach. This is an additional expense and is paid by the parent of each athlete to the Gymnastics Director and will be divided among coaches equally.

### **Gymnastics Meet Expenses for Coaches**

\$50.00 per session fee, per coach

\$40.00 per day meals; \$20.00 per half day meals

\$80.00 gas- Houston and Dallas Area- Could be higher if traveling farther.

\$120 Hotel cost per night.

All expenses are totaled then divided among all competitors.

Example: 3 coaches attending three sessions \$450.00

3 coaches - 1.5 days coaching- meals \$60.00 per coach \$180.00

\$80.00 gas to Houston or Dallas Area \$80.00

One night stay for 3 coaches - Hotel \$120.00

Total Expenses - \$830.00

Total expenses divided among 18 competitors = \$46.00 per competitor.

## Competition Requirements

1. Current member with U.S.A. Gymnastics.
2. Purchase of Team Uniform and Warm-Up.
3. Current member of East Texas Twisters Booster Club.
4. Complete yearly application form and registration fee.
5. Payment of yearly team fees.
6. Maintain current standing of monthly tuition fees.

7. Meet fees and coaches travel expenses are the responsibility of the parent(s), and must be paid in full by the deadline.
  8. Absolutely no flash photography.
  9. Gymnast must arrive at the competition site 15 minutes prior to general stretch time.
  10. If a gymnast is late, the coaches will decide if the gymnast will be allowed to compete.
  11. Gymnasts are not allowed to have food on the floor (USAG rule). Water only.
- \*Please remember that the meet actually begins the night before with a good night's sleep.

## **Competition Guidelines** **for the gymnast**

1. Be friendly and sportsmanlike at all times.
  - a. When the opportunity presents itself, introduce yourself to the other gymnasts and coaches in your competitive rotation.
  - b. 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.
2. Stay focused in the competition. Talking with parents, relatives, or friends is inappropriate during the meet.
  - a. Even with the best intentions, relatives and friends may give advice that conflicts with what your coach says. During workouts and competition pay attention to your coaches.
3. Before leaving the competition, notify the head coach.
  - a. Always let the coach know when you are going to leave the facility and never leave the competition facility without specific permission from the coach.
4. There is absolutely no reason for you to be on any piece of gymnastics equipment unless you are warming up or currently competing.
  - a. If you are staying to watch another teammate compete, or you have arrived early for warm ups, stay seated in the bleachers do not wander out onto the competition floor.
5. Competing gymnasts must stay un their rotation group sitting quietly until the last competitor has finished.
  - a. Gymnasts are NOT dismissed until the last athlete is done competing in the whole meet. Be respectful of the other gymnasts' efforts by watching them and applauding their efforts.
6. 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.

7. Warm ups should be worn when accepting awards. They must be zipped up with no sleeves or t-shirts hanging out. You should still be wearing your team leotard underneath.
8. Hair must be out of the face for competition.
9. 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 are expected to do the same.

## Competition Check List

1. Be 30 minutes early! Plan to be there 30 minutes before the Stretch time given on the schedule. Call Chelsea if you are running late. 936-250-0620.
2. Athlete MUST come ready to compete. Hair done. No jewelry. Dressed in leotard, warm ups, and gym bag.
3. Bring Athlete Healthy Snacks and drinks for the day.
4. Meets do not run on time, plan on staying 30 minutes to an hour later than the schedule provided states.
5. Parents and friends, always come ready to cheer on the EAST TEXAS TWISTERS! Wear black, and hot pink!

## Competition Guidelines for the parents

1. Team spirit is highly encouraged. Wear team colors, or one of our club T-shirts.
2. Remember, your gymnast is part of the East Texas Twisters Team. She competes not only for herself but also for her teammates, parents, coaches, the Booster Club, Nibco Sports Center, and the Boys & Girls Club of Deep East Texas.
3. Please show proper respect to all officials and coaches at every competition. Under no circumstances should you attempt to contact any official on the competition floor. If you have any questions regarding the meet or your child's scores please contact your coach.
4. Please show proper respect to all competitors. You never know who is sitting near you.
5. Once a gymnast has walked into the competition area for warm-up, 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.

6. In any competition, parents, friends, and relatives of the gymnast **are not allowed** onto the competitive floor.
7. In case of injury during warm-up or competition, please stay in the spectator area unless your coach flags you onto the floor.
8. **Please 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.
9. 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.

## **Performance Nutrition Guidelines for Competitive Gymnasts**

### **A few points to consider about the Performance Diet.**

1. The Performance Diet is unlike any other diet you have ever tried because it works.
2. You will need to make a genuine, self-motivated commitment to change your eating habits.
3. Healthy choices made consistently are the small steps on the ladder to success.

### **Goals for the Performance Diet**

1. Plan your meals and snacks to make positive food choices possible.
2. Eat balanced meals with a variety of wholesome foods each day.
3. Avoid extremes (no food is off limits) but moderation is essential.

## **The Players**

### **Carbohydrate**

Simplest definition: Potential Energy. Carbohydrates are the body's preferred fuel source for basic functions and intense training. There are four calories per gram of carbohydrate consumed. Carbohydrates (i.e. carbs) should supply the majority of your total calories each day. Carbohydrates can either be simple or complex and will affect your energy levels and performance differently depending on the amount eaten, and how much fiber and fat they provide. This proportion of nutrients and the effect it has on your overall blood sugar content is known as the Glycemic Index (GI) of a food. Foods with a high GI will lead to a rapid spike in your energy levels followed by a drastic decline. Foods with a lower GI will provide a more steady supply of energy which can improve your performance in practice and competition by sustaining your energy levels.

## **Protein**

Simplest Definition: Muscle. Is a combination of individual pieces (amino acids) that unite to form one functional unit or fiber, that will contribute to assembling an individual strand of muscle. Protein can supply energy if carbs or fat are not available but is the last resort fuel for your body. Protein can provide four calories per gram if necessary. Adequate protein intake in your diet is crucial to the recovery process following training, especially strength training.

## **Fat**

Simplest Definition: Stored Energy. Fat is the largest and most efficient fuel source available to your body. Fat is an essential nutrient in your diet and also helps to provide a feeling of satisfaction after a meal. The reserve supply and complement to Carbohydrates, fat provides nine calories per gram. Your body will strive to protect a specific amount of fat storage based on your individual genetics.

## **The Game Plan**

1. Schedule meal planning and nutrient timing to improve mood, increase energy and enhance performance.

Eat breakfast within one hour of waking up everyday. Break the overnight fast by fusing your body for the day. Eat small frequent meals early and often. Ideally five to six small meals each day, eaten every three to four hours. Drink water throughout the day. With every meal, before bed and when you wake up. Carry a water bottle to class. Make pre and post-workout nutrition a priority. Try not to skip meals before, eat as soon as possible after training.

2. Choose balanced meals with a variety of foods that you like to eat and others that you know you need to eat.

Choose meals and snacks composed of more carbohydrate than protein, and more protein than fat. Substitute calorie-dense carbohydrates such as white breads with nutrient-dense carbohydrates, specifically fruits and vegetables. Select a rainbow of colors for your fruit and vegetable choices and especially salads. Select wholesome foods that are not processed and packaged. Fruits and nuts as snacks instead of potato chips. Limit obvious poor choices such as fried foods, dressings, soft drinks, and sweets.

3. Avoid extremes when planning meals and making your food choices each day to reinforce healthy habits.

Restrictive dieting doesn't work! Fads don't last. You can eat almost whatever you want, just not however much of it you want, whenever you want. Eat your favorite indulgences (sweets, pizza, fast food, ethnic choices) in moderation only a few days per week.

### **The Top 25 Choices in the Performance Diet**

1. Water = the single most essential component that represents 80% of your body and 65% of your weight.
2. Beans = top ranked carbohydrates like green, black, kidney, lima and pinto provides protein, a low GI, fiber, and minerals essential to overall metabolism.
3. Poultry = top ranked proteins such as baked, roasted or grilled skinless chicken and turkey breasts contributes an excellent portion of protein with an unmatched protein to fat ratio.
4. Green Leafy Vegetable = Super Bowl champion carbohydrates like broccoli and spinach, even eagles green, red, and yellow peppers have antioxidant vitamins and minerals and also delivers a significant portion of fiber.
5. Citrus Fruits and Juices = Super Bowl Champion carbohydrates including oranges, grapefruits, and tangerines supply antioxidant vitamin C, potassium, fiber, and are easily transported as a wholesome snack.
6. Grilled or Baked Fish = Super Bowl champion protein choices like salmon, tuna, sardines, and herring deliver a significant amount of protein and the essential omega-3 fatty acids. Also includes pre-packaged selections.
7. Bananas = Super Bowl champion carbohydrate provides excellent amounts of potassium and fiber with not fat contribution and comes wrapped for easy storage and transport as a wholesome snack.
8. No-Fat Dairy Products = Super Bowl champion protein selections such skim milk and yogurt that deliver a solid protein to fat ratio and an excellent source of calcium for strong bones.
9. Berries = national champion carbohydrates such as strawberries, blueberries, blackberries and raspberries provide solid amounts of antioxidants, specifically vitamin C, and potassium with no fat content.
10. Whole Grains = National Champion carbohydrates include Total, Wheaties, Raisin Bran, Cheerios, and Shredded Wheat cereals, oatmeal, in addition to whole grain rice, bagels, and sandwich breads like wheat or rye. Provide excellent amounts of fiber, iron, folic acid and zinc.
11. Lean Beef = conference champion proteins like flank sirloin and filet steak, in addition to roast beef and lean ground beef meats that supply a good protein to fat ratio, B-complex vitamins and iron.

12. Sweet Potatoes = national champion carbohydrate that is more of a vegetable than a starch. Sweet potatoes contribute more protein, vitamins, and minerals than a regular potato (regular potatoes are a good option too) with a lower GI.
13. Sports Drinks = Powerade and Gatorade quickly replenishes lost water, electrolyte and muscle glycogen stores.
14. Tomatoes and Tomato Sauce = National Champion carbohydrates can be included in a salad, pizza, or pasta sauce or as a juice drink that delivers solid amounts of potassium, fiber, vitamin C, carotenes and lycopene which can provide a powerful defense against several forms of cancer.
15. Nuts = National champion protein source such as peanuts, almonds, walnuts and pecans which supply a solid amount of protein with essential fatty acids and the antioxidant vitamin. They are a wholesome and mobile snack.
16. Flashy Fruits = National champion carbohydrates like apples, grapes, peaches and plums that supply a quality amount of fiber and significant contributions of water but less vitamins and minerals than other fruits.
17. Eggs = National champion protein source that delivers a solid protein to fat ratio with essential fatty acids and has the potential to reach national champion status by hard boiling and removing the yolk.
18. Starchy Vegetables = National champion carbohydrates like peas, carrots, corn, squash, cauliflower, cabbage, and Brussels sprouts and potatoes provide a quality source of fiber and essential vitamins and minerals.
19. Low- Fat Dairy Products = National champion proteins such as 2% milk, reduced fat cheeses and regular yogurt that supply a good protein to fat ratio while providing an excellent source of calcium.
20. Recovery Shakes = National champion carbohydrate sources such as EAS Advantage, Gatorade Nutrition Shakes, GO! They provide an optimal ratio of carbohydrate to protein to ensure muscle protein and glycogen resynthesis. Shakes are an affordable and transportable meal replacement.
21. Lean Pork and Ham = National champion protein choices that can provide a solid protein to fat ratio if trimmed and prepared either baked or grilled rather than fried.
22. Dried Fruits = National champion carbohydrate that is no longer lasting, more easily transported versions of berries, bananas, or fleshy fruits which has lost some vitamins and minerals in the drying process.
23. Peanut Butter = National champion protein has a solid protein to fat ratio with no cholesterol. An inexpensive and ready-to-eat protein source is an excellent complement to any all-american and conference carbohydrates.
24. Grains = National champion carbohydrates such as pasta, tortillas, pita bread, corn bread, whole grain crackers and popcorn have a moderate GI and provide good sources of fiber, iron, zinc and folic acid.

25. Olive Oil = only ranked fat source is also the healthiest. An excellent substitution to heavier more saturated salad dressings or cooking oils.

## **The Performance Diet Carbohydrate Rankings Based on Vitamin, Mineral, Fiber and Fat Content, and Glycemic Index**

### **Super Bowl Choice**

Beans: Green, Black, Kidney, Lima, Navy and Pinto

Green Leafy Vegetables: Broccoli, Spinach, Green, Red and Yellow Peppers

Fruits and Juices: Oranges, Grapefruits, Tangerines, Clementines, and Bananas

Berries: Strawberries, Blueberries, Blackberries, and Raspberries. Even Kiwis and Cantaloupes

### **National Championship Choices**

Whole Grains: Total, Wheaties, Raisin Bran, Cheerios, Shredded Wheat, Grape Nuts and other Whole Grain Cereals, Oatmeal, Whole Grain “Brown” Rice, Potatoes, Whole Wheat bagels and Whole Wheat Sandwich Breads

Tomatoes and Tomato Sauce: Fresh slices, Roma, Cherry and Marinara pasta sauces  
Sweet Potatoes

Starchy Vegetables: Peas, Carrots, Corn, Squash, Cauliflower, Cabbage, Brussel Sprouts, and Potatoes

Fleshy Fruits: Peaches, Plums, Grapes, Apples, and Pears

Dried Fruits: Processed versions of fresh original food

Grains: Pastas, Tortillas, Pita Bread, Cornbread, Popcorn and Whole Grain Crackers

### **Wild Card Choices**

Sweets: Cookies, Cakes, Candy, Donuts, Pastries and Ice Cream

Sweetened Cereals: Frosted Flakes, Fruits Pebbles, Super Golden Crisp, and other Kids Cereals

Simple Starches: French Fries, White Breads, Mashed Potatoes, Pretzels and Crackers

## **The Performance Diet Protein Rankings Based on Protein to Fat Ratio**

### **Super Bowl Choices**

Poultry: Grilled Skinless Chicken Breasts and Roasted Turkey Breast

Grilled or Baked Fish: Salmon, Sardines, Herring, Mackerel, swordfish and Bluefish

Non-Fat Dairy Products: Skim Milk, NON-Fat Yogurt

Beans: Green, Black, Kidney, Lima, Navy and Pinto

Egg Whites: Hard boiled without the yolk

### **National Championship Choices**

Lean Beef: Flank, Sirloin, Filet, Lean Roast Beef, Lean Ground Beef

Nuts: Peanuts, Almonds, Walnuts, and Pecans

Eggs: Whole eggs with the yolk ( 2 whole eggs, 4 whites)

Low-fat Dairy Products: 2% Milk, Skim Milk, Yogurt, and reduced fat Cheeses

Lean Pork and Ham: must be at least 85% lean deli cuts or baked and trimmed chops or slices

Recovery Shakes: Perfect Rx, EAS AdvantEdge, Gatorade Nutrition Shakes, GO!, etc.

Peanut Butter: Low-fat versions are the best choice

### **Wild Card Choices**

Fried Meats: Hamburgers, Bacon, Whole Eggs, Chicken, Fish, Turkey, Ham, etc.

Processed Meats: Hot Dogs, Sausages, Bratwurst, Salami, Bologna, etc.

Breaded Meats: Chicken or Fish

Fatty Beef: Ground Beef, Ground Chuck, Rib eye Steaks, etc.

Chicken with Skin: The skin is all fat

### **Healthy Eating For Gymnasts: Meal Plan Examples**

2-3 egg whites (scrambled in Pam)

1/2 whole wheat bagels

1/2 c. grapes

2-3 egg whites (scrambled in Pam)

1 whole wheat tortilla

1oz. mozzarella cheese

1 cup Go Lean Crunch Kashi Cereal

6oz. Blue Bunny Sweet Freedom Vanilla Cream Yogurt

Sandwich

6 oz. tuna (1/2 can)

2tbs. nonfat mayo

1tbs. sweet relish

(mix together)

2 pc. whole wheat bread

1/2 c. grapes

6oz. grilled chicken breast

1 whole wheat bun

nonfat mayo

1 small apple

6oz. chicken breast

1/2 c. brown rice

1 small corn on cob

6oz. chicken breast (chopped)

1 tbs. nonfat mayo

1tbs. sweet relish

(mix together)

1 whole wheat pita

1/2 c. strawberries

6oz. chicken breast (chopped)

1 tbs. nonfat mayo

1 tbs, sweet relish

7 Reduced Fat Triscuits

1 c. grapes

6 oz. ground turkey breast patty

1 whole wheat bun

nonfat mayo/lettuce/tomato

1/4 c. black beans

1 oz. part skim mozzarella cheese

1 whole wheat tortilla

More Snack Ideas:

Mozzarella Cheese Sticks, Reduced Fat Triscuits with Cottage Cheese, Graham Crackers, Nutra Grain Bars, Sugar Free Juice Drinks, Carrot Sticks with Reduced Fat Ranch Dressing, Yogurt, Cheerios, Kix, Kasha Go Lean Crunch Cereal, Gold Fish, Low Fat Granola Bars, Whole Wheat Thins, Baked Chips, Pretzels, Smart Pop (low fat popcorn).

## **Parent Commitment**

1. Make sure gymnast attends all regularly scheduled workouts, meets, and special functions. Communicate with the coaches regarding any problems.
2. Check the bulletin board, team lockers, and team Facebook page regular to stay current with team activities. Make sure we have a valid email address and that you are set up to receive emails from us.
3. Membership in the Booster Club is highly advised. Please attend the scheduled Booster Club Meetings. Notice will be posted in the gym and posted on our team Facebook page.
4. Know your role in the Gymnast/ Coach/ Parent Triangle. ETT urges all parents to order and watch **The Most Important Job In The World: Parenting Your Athlete**. In this hourlong DVD, USAG National Team Sports Psychologist, Alison Arnold (Ph. D) discusses the do's and don'ts of parenting your young athlete. This can be found at [www.HeadGames.ws](http://www.HeadGames.ws)

## **Rules for Parents**

1. Parents are not allowed on the gym floor for any reason without permission.
  1. The viewing area is to the left upon entrance into the main gym, where parents can monitor the training session.
2. Parents are strictly prohibited from coaching on the side.
  2. Skills are taught a specific way for future progressions, any 3rd party coaching is likely to jeopardize the learning process.
    1. This applies to any other coaching they may receive from Gymnastics Camps, Clinics or visiting gyms.
3. Parents are discouraged from pulling their child out of practice to speak with or discipline them (excluding emergencies).
  1. This is similar to coaching from the side, and only serves to derail the learning process.
4. ETT discourages excessive parent supervision at training sessions.
  1. While being involved in your child's gymnastics is important, being at every training session impedes on a child's individual growth. It is important for a child to get accustomed to training without the supervision of parents.
5. Parents are prohibited from trying to meet with the coaching staff during training sessions.
  1. If a parent needs to let a coach know something, please inform the front office or email them directly prior to the practice.

2. Parents are encouraged to set meetings with the coaching staff to be updated on their child's progress, or any other concern they may have. This can be done at the front office.
6. Parents are expected to attend all meetings and stay informed on Gym matters.
7. Summer viewings are off limits to parents and other guests during morning workout. This is a crucial time for these athletes and to ensure maximum use of training hours we feel it is in the best interest of the gymnast to limit distractions until the season is over. Entrance to the gym will be locked each morning to ensure your children are safe at all times. Doors will be unlocked once practice had commenced each day. If you need to collect your child prior to end of workout, please call the gym or gymnastics director directly.
8. Insurance coverage must be provided by the gymnast's parents. Feel free to watch any and all practices, unless otherwise stated by the Head Coach (Gym Director).
9. Feel free to discuss your child with coaches, before or after practice, if time permits. Contact the coach (at the gym) if further discussion is needed.
10. Please inform the coaches of any illness or psychological stress the athlete may be experiencing. (For example: A death in the family, flu or any other illness or injuries)
11. Please refrain from coaching your children in the gym or at home. Allow the coaches to do their job unhindered. "A positive parent athlete relationship is one in which the parent is a supportive observer, allowing their child to grow unhindered. Comfort and support by parents at opportune times can help carry an athlete through hard times and ultimately help re-focus them."
12. Parents need to be aware that their athletes are getting the proper nutrition. An athlete's fuel source can determine attention span as well as energy reserve. Please give your children only correct choices when it comes to nutrition. If you need information in this area, please ask. Our coaching staff will try and help or direct you to the proper resource.
13. School work is important and we appreciate its importance. Workouts can be adapted if your child has extra homework or a big assignment. Please help your child plan so these adaptations are the exception and not the rule.
14. Coaches' decisions are exactly that. Please allow coaches to make decisions and limit discussion of those decisions amongst yourselves. Often miscommunication will occur and problems arise where they need not exist. Coaches will always be willing to discuss decision, workout methodology or any other items concerning your child. Your cooperation is greatly appreciated.
14. Please refrain from airing your "dirty laundry" over social network sites such as Facebook or Twitter. Once again, if you'd like to discuss any concerns you may have, please do so in a private setting by scheduling a parent meeting.

15. Represent Nibco Sports Center in a befitting manner at all times during all team functions. It will affect your ability to participate in future functions.
16. Encourage your child to be respectful to the entire coaching staff at all times. Disrespect will not be tolerated and will result in your child's dismissal from workout.
17. Last and most important, please arrive to training on time if at all possible. Also, please pick up your child on time when their training ends. If you are going to be late for any reason to pick up your child, please call ahead.
18. For liability reasons, NO PARENT, at any time will be allowed into the gym unless directed by the coaching staff to do so. We have provided an adequate viewing area for parents, siblings, and other guests.
19. The viewing area has been provided for your enjoyment. Do not make others uncomfortable by airing your complaints. Should you have a complaint or concern, please direct all issues to the director.
20. Please refrain from giving your child hand signals or trying to coach your child from the viewing area. It is frowned upon and will not be tolerated. If this becomes a continued problem, then you will be asked to leave.
21. If you have any concerns regarding your daughter's training, please wait until the end of the practice to talk with your child's coach. If you prefer, you may also schedule a parent meeting.
22. All parents are encouraged to attend all scheduled parent meetings. If you would like your voice heard, then feel free to attend.
23. We understand that families take time throughout the year for vacations. Please let the staff know well before you take vacation.

## **Coach/Gymnast/Parent Triangle**

The parent has one of the most difficult jobs on the coach/gymnast/parent team because they have the smallest role in actually controlling performance. The combination of a high emotional stake in a child's performance with so little direct control is stressful!

Many times this stress causes them to lose sight of their role on the team and attempt to work beyond their limits. This can cause stress for the coach and the gymnast, as well as reduce the effectiveness of this three part team.

What do we mean by parent's going beyond their roles? The most common ones are of course the parent that begins to "coach" Their child. This is the parent that begins to try to make technical corrections on the way a skill is being done, or attempts to make decisions on what skills should be in a routine, or feels they know which group their child should be in, or gives corrections to their child at a competition.

If you choose Nibco Sports Center as the gym to train your child, be sure of your decision and then us do our jobs. Once your child walks through the gym doors or onto the competition floor, they are our responsibility. We will not allow interference with our coaching.

If you have a problem, please talk to the coach at the appropriate time. We will explain our side of the situation, but will not discuss coaching issues. We may make mistakes but we are professionals that have trained and continue to train to do this job. If you do not feel that we are qualified you have the ultimate control of removing your child from our program.

### **Danger Signs**

- Observing every practice - intently.
- Learning about technique and deductions and applying it to their gymnasts.
- Comparing your child and their progress to other gymnasts on the team.
- Verbally abusing the gym, its coaches, its facilities yet remaining in the program (this usually demonstrates a deeper frustration problem - identify the real problem).
- Recording every meet and requiring your child to review it at home with you.

Become the essential link in the training triangle of coach/gymnast/parents. Your trust in the coaching staff is paramount. Gymnasts need more encouragement at “plateaus” in their skill development. At times when no progress is made, or at least it seems that way, showing support is the best thing you can do for your child. While encouragement is essential, please refrain from pressuring the child to “outperform” anyone else or attempt skills which may be beyond their present physical ability and therefore dangerous. Truly believe that we have your daughter’s best interest in mind, and we ask you support the coaching staff during the rough times.

Find out about your gymnast’s progress periodically. For a full discussion of your gymnast’s progress, make an appointment with the child’s coach. If you cannot schedule an appointment please email the coach for a brief progress report. Advise coaches on adverse situations or stresses the gymnast may be undergoing outside the gym. Should problems arise, communicate with the coaching staff. We would much rather bring the problems to the surface rather than hear about your discontent through the ever present “gossip grapevine”.

## **Coach-Parent-Athlete Triad**

**The coach-parent-athlete triad** is a complicated yet important part of the development of a happy, healthy athlete. Establishing a positive partnership, rooted in trust and mutual respect, doesn't happen by accident.

- **Respect for Individual.** Each person needs to respect the other as a person and the role of the other within the relationship.
- **Respect for Others' Relationship.** There are three pairs of relationships within the triad: coach/athlete, coach/parent, and parent/ athlete. Each one of these relationships will benefit from the support of the person outside of the relationship.
- **Talk to each other** and encourage the other two parties to handle their issues with one another openly and directly.
- **Speak positively about the other person.** Don't bad mouth the third party to each other. While it might feel good to "let off steam" it ultimately weakens the bond between the other two parties.
- **Give each other the space to work out relationships with the other.** For instance, parents that try to run interference too closely between coaches and gymnasts rob the coach-gymnast relationship that can be so valuable to the development of the athlete.
- **Assumption of Good Faith.** When things go wrong, always assume that the other party did not mean to hurt or inconvenience you. Assume that there must be a reasonable explanation for the problem.
- **Gratitude.** Be grateful for what each of you bring to the relationship and for the role that you play in one another's lives.
- **Appreciation.** Demonstrate that gratitude through small acts of appreciation. Smiles and saying thank you goes a long way in lubricating the friction that can occur in relationships. Never act entitled.
- **Teamwork.** Everyone in the triad is working toward a common goal. Do not forget this. You are allies, not adversaries.
- **Apologize.** Saying you are sorry and making amends is the best way to make sure that you relationships stay strong.

## **The Ten Commandments** **(For Gymnastics Parents)**

- I. **Thou Shall Not impose your ambitions on thy child.**

Remember that gymnastics is your child's activity and she will progress at her own speed. It can never be a positive thing when a parent is forcing a child to do a sport that she does not want to do. The best part about gymnastics is that it does not matter whether you finish first or last, rather the wonderful lessons each girl will learn as she strives to do her best.

## **II. Thou Shall Be supportive no matter what.**

There is only one question to ask your child. "Did you have fun?" If meets and practice are not fun, your daughter should not be forced to participate.

## **III. Thou Shall Not coach your child.**

You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your role is to support, love, and hug your daughter no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or skill selection. That is not your area. This will only serve to confuse your child and prevent that gymnast/coach bond from forming.

## **IV. Thou Shall only have positive things to say at competitions.**

If you are going to attend a gymnastics meet you should cheer and applaud, but never criticize your child or her coaches.

## **V. Thou Shall acknowledge thy child's fears.**

It is a normal human reaction for a child to be scared when attempting new skills or competing. Do not yell or belittle your child, just assure her that her coach would not have her attempt the skill or put her in the competition if she was not ready for it.

## **VI. Thou Shall not criticize the judges.**

There is much more to judging than you would think and each judge has had to test to do what he/she does. There are many routine requirements that the general spectator is completely unaware of that certainly have a factor on the final score. No one is perfect, but it is without question that they know more than you.

## **VII. Honor thy child's coach.**

The bond between coach and gymnast is a special one, and one that contributes to your child's success as well as enjoyment. Do not criticize her coach in her presence because it will only add to many distractions she must already deal with during her gymnastics training and performance.

## **VIII. Thou Shall Not jump from club to club.**

The floor exercise carpet always seems bluer at another gym. Every team has its own internal problems, even teams that build champions. Children who switch from gym to gym are more often ostracized by teammates they leave behind. Often times, gymnasts who do switch teams never do any better than they did before they sought the “bluer carpet.” However, one club will not please everyone and you need to find the club where you will fit the best.

**IX. Thou Shall have goals besides winning.**

Encourage your daughter to do her best. Giving an honest effort no matter what the outcome is much more important than winning.

**X. Thou Shall Not expect thy child to become an Olympian.**

There are over 55,000 athletes participating in competitive gymnastics. There are only seven spots available on the Olympic team every four years. Your child’s odds of becoming an Olympian are 1 in 114, 350! You can understand how difficult it is to become an Olympian because the odds are you have never been one yourself even though you, as a child, probably wanted to be one. Gymnastics is much more than the Olympics! Chances are your sib’s coach was not an Olympian, but still received enough out of gymnastics that they wanted to pass their love for the sport onto others.

Gymnastics teaches so many virtues while building self-esteem, life long friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Gymnastics builds good people and you should be happy that your child wants to participate.

## **Twister’s Booster Club 2016-2017**

### **Primary Purpose**

The primary purpose of the group shall be to provide encouragement and expanded opportunities for competitive gymnastics experiences at the direction of the membership. Objectives shall include but not be limited to:

1. Providing encouragement to the competitive gymnastics team through team gifts.
2. Provide team building activities outside of gym to help build a family and community feeling within all teams.
3. 1 fundraiser goes to help girls on individual cost of tuition.

Membership: Members shall include at least one parent or guardian of a competitive gymnast.

1. Said parent or guardian agrees to a time commitment of at least one fundraiser.
2. said parent or guardian agrees to participate in events when called upon and time permits.

Annual Meeting: The annual meeting of members shall be held in mid February of each year. At each annual meeting, officers shall be elected by the members and any type of business shall be truncated that may come before the elections. All meetings are open to the public and held in a public setting.

### **ETT BOOSTER CLUB Explained**

The sole purpose of the Booster is to provide assistance in the operation, management and development of its members. The Booster Club will operate independently from the management of Boys & Girls Club of Deep East Texas and Nibco Sports Center, but not without its approval, input, advice, and cooperation.

The Booster Club has its own board of directors and will meet regularly as prescribed by its bylaws. The Booster Club will conduct various fun-raisers, activities and events as its board sees fit. The board of directors sets its own fees and dues, with input from the management. All parents are required to be a member of the East Texas Twisters Boosters Club upon their child's entrance into the team program. In addition, all parents are highly encouraged to attend all meetings and events.

The ETT Booster Club raises funds through memberships, donations, sponsorships, fundraisers, and other events organized by the membership. When funds are available to do so, they are used for expenses associated with competitions for all team gymnasts at Nibco Sports Center, awards and recognitions for all East Texas Twisters team members, and promoting the sport of gymnastics in the Nacogdoches community and surrounding areas.

We ask that you join with your fellow parents and support the efforts to support our competitive gymnasts by lending the Booster Club your thoughts, ideas, and abilities in their fundraising activities.

### **Responsibilities of Executive Committee**

The executive committee will be made up of the president, vice president, secretary, treasurer, and social chair. The responsibilities and duties of each position are as follows.

#### **President**

The president shall be the chief executive officer and work closely with the Executive Director and Gymnastics Director of the Boys and Girls Club to ensure proper

communication and policies are met. All major actions of the Twister's Booster Club must be made known to the president. It is also the responsibility of the president to have all fundraisers approved by Gymnastics Director/ Executive Director prior to all arrangements.

### **Vice President**

The vice president's primary job is to assist the president and preside over activities in the absence of the president and to plan and organize fundraisers.

Plans meeting agenda along with president and types an outline for each parent for the meeting. An outlined agenda of each meeting should also be submitted to the gymnastics director.

### **Treasurer**

The treasurer shall have custody over funds and securities, keep accurate book of receipts, disbursements, deposits, and reconcile account with the Gymnastics Director and/or Boys and Girls Club personnel. A requisition form must be submitted to Gymnastics Director for use of funds, upon approval a check will be cut by our Administration Office and turned over to the Boosters for use.

Detail income, deposit records, and cash reports should be submitted to Gymnastics Director for deposit and records.

Prepare monthly financial report for nettings-monthly.

Maintain cash flow statement for monthly and year-end purposes.

Projection reports detailing current fiscal summary and next seasons carryover.

### **Secretary**

The secretary shall keep minutes of the meetings and place them in the Booster Binder in the main office, be responsible for providing notice of meetings, and keep an active record of all names, addresses, phone numbers, and email accounts of members.

Take notes of all meetings, distribute to members and Gym director

Club correspondence (thank-you notes, etc)

Keep all club records, minutes, bylaws, and resolutions.

### **Social Chair/Publicity**

The social chair will present a plan for activities and possible budgets for social gatherings. It is the responsibility of this position to makes arrangements necessary for the activity to be completed.

Publicist is assigned the task of documenting, sharing, and forwarding all media from events, performances, meets, birthdays, and holidays to the Gymnastics Director

([chelsea@bgcdet.org](mailto:chelsea@bgcdet.org)) and Administration Office ([bgcdet@bgcdet.org](mailto:bgcdet@bgcdet.org)). Also work with local newspaper and tv/radio stations to cover our team and program while providing pictures or information becoming of Nibco Sports Center and its athletes. Should be responsible for posting to Facebook, email notices and “press” for the paper.

## **Policies and Guidelines For Boosters**

1. Acceptable booster club fund-raisers would be bake sales, car wash, concession stands for the Boys & Girls Club Ambush swim meets, Yankee Candle Sales, candy-sales, lock-ins, raffles, pie-in-the-face, drawings, clinics, or blueberry festival booths are a few examples of ones done in the past.
2. All fundraisers, events, use of funds, and need for facility use must be approved by Gymnastics Director no less than 2 weeks prior to the request.
3. Do not go out and ask for monetary donations. Food/ beverage/supply donations are allowed. Examples include but are not limited to: Little Caesar’s, Sam’s Club, Chic-fil-a, etc.
4. Dispersed funds are determined by the executive committee and will be allocated where the greatest effects will be obtained.
5. Set up/clean up of facilities for meetings or other events. Booster members are expected to leave each provided area as it was found, including set up and take down of chairs for meetings, transportation/storage of products, decoration and advertisement of events.
6. Memos may be distributed to lockers, however email and social media options are encouraged. Our coaches are busy training your gymnast and are unable to ensure distribution of fliers to all members.
7. Every gymnast is obligated to have one parent/or guardian participate in a minimum of 1 full event with in each calendar year. Our executive committee puts in tremendous effort to significantly reduce team expenses which redistributed to each gymnast based upon the number of hours contributed throughout the year. Noncompliance or refusal to meet minimum volunteer requirements will result in your child forgoing their portion of allocated funds. Director reserves the right to examine, overrule, refuse individual gymnast funds portion and/or relocate said funds if deemed necessary due to lack of parent involvement and Booster fundraiser service.
8. Budget and Planning: After officers are elected, officers will meet and work out prospective budget and fundraising plan. Plans will be presented to directors for approval and then to the membership for adoption. At no time can any person associated with the Twister’s Booster Club solicit donations from the Nacogdoches Community.

9. Voting: The membership is entitled to vote on the election of officers. adoption of budget, adoption, or modification in by laws.
10. Quorum: When a vote is to be taken by the membership, a quorum shall consist of all members present, if appropriate notice (one week) had been given.
11. Tenure: Officers shall be elected at the annual membership meeting and will hold office until the officer's successor is elected and qualified, or until the officer resigns or is removed.
12. Board Vacancies: A vacancy on the board may be filled with a member selected by the remaining officers.
13. Booster Club Account: The account will have a \$5,000 cap. There is a minimum requirement of \$500 to remain in the account at all times.
14. Deposits: All booster club income will need to be turned into the Gymnastics Director for deposit. The Gymnastics Director will send a receipt to the booster treasurer after each deposit. Boys and Girls Club will send a monthly account activity report to the booster treasurer so they may reconcile the account information. If the booster club wishes to code each deposit item, the Boys and Girls Club can run reports to show trends in deposits over time.
15. Purchases: The booster club will have final approval on how booster account funds will be spent. The Boys & Gurls Club requires an invoice and requisition for any purchase the boosters would like to make. After any purchase is made a receipt must be turned into the Gymnastics Director or Administrative Office in a timely manner. Boys & Girls Club will not pay taxes on any purchase. Booster should keep several copies of the Tax Exemption Certificate on file for proof to vendors that we are tax exempt. Booster club should designate person/s to requisition items. i.e. President and Treasurer. A W-9 must be submitted with a requisition to pay for contracted work. There will be no petty cash, however we can reimburse an individual for a purchase made on behalf of the booster club as long as this is a rare occasion and it is approved we ahead of time.
16. Fundraising: Booster Cub cannot solicit donations from the community or its members, unless given approval by the administrative office. Fundraisers should offer a service or product in return for the donation. Booster Club will not hold a fundraiser during the week of Team Camp.

## **ESSENTIALS OF GYMNASTICS**

Broken down, Gymnastics is really just a manipulation of the body using an individual's strength, coordination and flexibility. For this reason, East Texas Twisters trains these 3 essential attributes in every practice. While conditioning and flexibility

may be the least attractive part of training, they are essential for success. The goal of physical conditioning is to make every gymnast strong and flexible enough to perform skills while minimizing the risk of injury. These attributes will continue to be an important part of the training process for the entirety of a gymnast's career here at Nibco Sports Center.

Conditioning and flexibility tests will be conducted 4 times a year to ensure gymnasts are in gymnastics shape. If a gymnast is not meeting set benchmarks, urges that strength, coordination and flexibility be worked on at home in addition to practice times. These essentials are not only important because they are directly connected to the success of any gymnast, but also because a stronger, more coordinated and flexible gymnast is a safer gymnast.

## **Strength**

Physical conditioning is composed of various exercises that are designed to target specific motions in gymnastics, and strengthen the muscles involved. Because gymnastics relies solely on body control and manipulation, strength is relative to a gymnast's weight (Strength - Weight Ratio). A larger gymnast must work harder on strength training because she has more weight to control.

Conditioning is done either as a group exercise, or as individual assignments. Because it is impossible to count every individual's conditioning set, gymnasts are expected to do the assigned amount. Cheating or lying are not tolerated and if such a problem becomes excessive, parents will be notified. Not only does cheating hinder the training system, but also sets a bad precedent within the group.

## **Flexibility**

The goal of flexibility training is to stretch commonly used muscles, so they can be used safely. Strength and flexibility are used in conjunction to attain a long, lean muscle that is ready to snap into the proper position when necessary. Stretching muscles is often times a painful process, but is necessary to become a successful gymnast.

## **Coordination**

Even the strongest, most flexible gymnast will not be successful in the sport without the ability to put movements together and form skills. Fundamental coordination skills include: handstand hold, press handstand through straddle, handstand walks, scale/ arabesque on either leg, and bends/ limber to/ from bridge.

## Gymnastics Homework

Just as in academics, weak physical abilities need extra time and attention to properly develop. If a child is struggling with a particular essential attribute, it is important that time be spent on the weakness at home to make it stronger. Strength and flexibility requirements must be maintained, and additional exercises can be done to meet these requirements. Please refer to the Physical Conditioning Benchmarks for specific information.

## East Texas Twisters Physical Ability Goals

### STRENGTH

	Level 1/2	Level 3	Level 4	Level 5 & Optionals
Pull-Ups hang (Chin over bar)		3 from hang	5 from hang	10 from hang 12 from
Pull-Overs perfect (Legs Straight) standing		5 perfect from standing	5 perfect from standing	10 perfect from standing 15 from
Jumps 75 (mat hip level) seconds		30 in 30 seconds	60 in 60 seconds	70 in 60 seconds in 60
Rope to top legs		Climb to top	Climb to top in straddle	Climb to 1/2 top w/o legs Climb w/o
Leg Lifts perfect form seconds		10 perfect form	15 perfect form	20 perfect form 20 in 30

L-Hold	20 seconds	30 seconds	45 seconds	45
seconds in L				
seconds in V				10

## Flexibility

Straight split (R, L)    Split < 130degrees    Flat to floor    flat to floor, hips squared    +3" P. mat,  
flat to floor  
(square hip angle)

middle split, heels and hips in line    Split < 130degrees    flat to floor    flat to floor    +3" p. mat, flat to floor

pike, legs locked    hands flat next to toes    stomach flat to thighs    chest touching knees    chest flat to knees

Bridge    elbows and knees locked    shoulders above wrists    shoulders above wrists    shoulder past wrists

## Coordination

handstand hold    correct shape, no hold    perfect shape, no hold    10 second hold    30 second hold

bends and limbers    back bend/ stand    back walkover/ front walkover    backlimber/front limber    limber  
h.stand to pirouette

forward roll    tuck position    h.stand to roll    dive roll, pike roll    roll into press handstand

backward roll    tuck position    extension roll to push-up    ext. roll to h.stand    ext. roll to h.s. pirouette

## **ETT Girls Competitive Team Contact Information**

### **ETT Girls Team Questions & Notifications**

Jeff Woods, CEO and Executive Director.....[woodsjd@bgcdet.org](mailto:woodsjd@bgcdet.org)

Chelsea Lorenz, Gymnastics Director.....[chelsea@bgcdet.org](mailto:chelsea@bgcdet.org)

Paula Henderson, Office Manager.....[nibco@bgcdet.org](mailto:nibco@bgcdet.org)

Hailey Woods.....[twisterchick\\_95@yahoo.com](mailto:twisterchick_95@yahoo.com)

Whitni Bowden.....[whitni0024@gmail.com](mailto:whitni0024@gmail.com)

Emily McLemore.....[emilymclemore13@yahoo.com](mailto:emilymclemore13@yahoo.com)

Jenna Robertson.....[jennaleigh253@aol.com](mailto:jennaleigh253@aol.com)

Boys & Girls Club of Deep East Texas.....(936) 560-6844

Fax.....(936) 560-9697

Nibco Sports Center Main Phone:.....(936) 559-7611

Nibco Sports Center- Staff Office Phone...(936) 559-8692

Team Emergency Contact

(Chelsea Lorenz).....(936) 250-0620

# East Texas Twister Gymnastics Team

## Athlete/Parent Contact Information

Child's Name:

Parents Name:

Home Phone:

Cell Phone:

Email Address:

Emergency Contact:

Leo Size (GK):

Short Size (GK):

T-shirt Size:

Address:

Child's Birthday:

Age:

Current Level:

USAG Member Number:

Please fill out your child's most accurate information. These sizes will be used for tea camp leo and shorts as well as any T-shirts or other gifts given throughout the season. Forms should be returned to Chelsea along with contract by due date.

**EAST TEXAS TWISTERS TEAM COMMITMENT**  
**AGREEMENT**

- ★ I have read and understand the team rules and the responsibility descriptions for coach/gymnast/parent.
- ★ I feel that this sport has many benefits to offer my family, myself and my child. In choosing East Texas Twisters I feel that my child's goals can be reached.
- ★ I make a commitment to fulfill my roles to the best of my ability and to support this program in my words and actions.
- ★ If I have a disagreement or problem with the staff or program I will contact the coach first to attempt to resolve the situation.
- ★ If at any time I feel that this is no longer the best program for my child I will notify East Texas Twisters and Nibco Sports Center and stop her training at this gym.
- ★ I also understand and agree that if at any time my actions or words become detrimental to this program, I will be asked to remove my child from this team.

Parent Signature:

Date:

Parent Signature:

Date:

- ★ I have read the team rules and responsibility descriptions for coach/gymnast relations.



I understand these rules and make a commitment to do my best to fulfill my responsibilities on this team. I also make a commitment to compete.

Gymnast Signature:

Date: