

Thrive's Recreational Team Program Handbook

SELECTION CRITERIA

Gymnasts are evaluated upon joining Thrive Gym for our recreational team programs. We have standards of progression. We look to select those who have demonstrated strong listening skills, the ability to work independently, are able to make corrections, show respect for others and have a passion for the sport of gymnastics.

TRAINING COMPONENT

There are 5 major components that we are trying to achieve when training your children-----***Strength, Flexibility, Skills, Mental Agility and Health & Wellness.***

1. **Strength:** This is very critical in gymnastics. Not only does gymnastics take a huge amount of strength to gain basic and upgraded skills but it plays a big part in making sure gymnasts don't get hurt doing skills.
2. **Flexibility:** This is another critical component in the success of a gymnast. Flexibility leads to better performances, makes learning new skills easier, and reduces injuries. Most of the stretching will be done at the end of practice to improve flexibility.
3. **Physical Skills:** Gymnasts will always do basic and upgraded skills. The basic skills must be repeated no matter what level your child is. Basic skills are the foundation from which we build. The better the basic skills the easier it will be to learn upgrades.
4. **Mental Agility:** Throughout practices your child will learn how to be mentally prepared, overcome challenges and meet goals. This will help them be successful not only in gymnastics but in everyday life.

COMPETITIONS & PERFORMANCES

Thrive Gym's Recreational teams will participate in two to three in-house competitions at our Annapolis location (January, March and May) and one to two performances at other locations throughout the year. The in-house competitions consist of gymnasts performing routines on all 4 events and being scored using USAG scoring system. Gymnasts will receive awards and placements on each event as well as all-around placement. Team scores will also be awarded using the top 3 scores from each gym on each event.

Performances will take place at one to two community events within the school year.

COMMITMENT

Our recreational team program is designed to build comradery, progressive skills and an understanding of the layered aspects of competitive gymnastics. Because of this, team gymnasts and parents are expected to commit to the team for the entire year. If a parent decides to withdraw their child from the team at any point during the year, the gymnast will have to then wait to be invited to join the team again the following season. In order to withdraw, the gymnast and parent must provide written notification (30 days in advance) to the Team Director. A refund will not be issued for any time being missed.

Attendance:

Gymnasts are expected to maintain an 80% attendance average.

Failure to do so can result in a child not being able to attend a competition or removal from the team.

Timeliness:

It is necessary for all gymnasts to be on time to practice. If a child is going to be 30 minutes late or has to leave 30 minutes early they will not be allowed to attend practice. This is for the safety of the gymnasts and minimal interruptions for their teammates.

TUITION & FEES

Tuition will be charged automatically on the first of the month. **If tuition for the month has not been paid by the 8th of the month, gymnasts will not be allowed to practice.** The decision to join the Thrive's Recreational Team reflects a commitment to the team for an entire year.

Team members do not move on and off the team based on illness, injury, conflicts, or the like. There are no discounts for missed workouts. **PLEASE NOTE: Parents must complete a written/email Request for any changes in monthly instructional fees.**

Discounts:

For Siblings interested in our other programs: We would love to have your family members who are siblings of gymnasts enjoy Thrive programs. Below are the Sibling Discounts:

- 10% off the 2nd Child's Tuition
- Thrive-At-Home Siblings of team gymnasts will receive 10% off of our Thrive-at-Home program.
- Thrive-2-Go is also being offered to team siblings for a discounted rate of \$20 monthly.
- **Military:** 10% of the total of monthly tuition.

Fees: Meet fees will be charged on **December 1st** unless other payment arrangements are made with the team director prior to the 1st.

Team Registration Fee: Team registration fees will be charged **July 1st** unless other arrangements are made with the team director prior to the 1st.

Uniform Fees: Uniform fees cover the apparel needs of our gymnastics. Gymnasts will wear their team leos to practice each week. Each leotard will have a designated practice day. They will also receive a team sweatshirt, t-shirt and backpack.

Team Names	Team Registration Fee Due September 15th	Apparel Fees Due October 1st (Includes 2 team leos, team sweatshirt, team t-shirt, backpack)	Competition Fees: Covers Fee for 3 Meets - Due Dec 1	Monthly Tuition :
Yellow	\$100	\$200	\$120	\$165 / month
Red	\$100	\$200	\$120	\$195 / month
Black	\$100	\$200	\$120	\$230 / month

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TEAM LEVELS AND REQUIREMENTS

Thrive's Recreational Team Program has 3 levels: Yellow, Red and Black. Minimum Skill Requirements for each level are as follows:

Yellow:

Bars	Beam	Vault	Floor
10 sec chin hold	$\frac{3}{4}$ handstand	Fast/Powerful Run	Backward roll

10 sec tuck hold	Stretch jump	Hurdle, 2 foot jump on springboard	Bridge KickOver
10 sec hot thigh hold	Tuck Jump	Stretch jump up to stacked mats	Round Off
Pull Over	Snap Turn	Kick to handstand, fall to flatback	Vertical handstand
45 degree Cast below horizontal			Front limber
			½ turn
			Split jump

Red:

Bars	Beam	Vault	Floor
Glide swing	Vertical handstand	Fast/Powerful Run	Backward pike roll
2 foot pullover	½ turn	Hurdle, 2 foot jump on springboard	Backbend kickover ot back walkover
Back hip circle	Leap	Handstand Flatback on resi	Standing back handspring
Horizontal Cast	Side handstand , turn dismount		Round off, back handspring
Squat on			Front handspring
			Leap series
			Full turn

Black:

Bars	Beam	Vault	Floor
Kip	Cartwheel/Back Walkover	Fast/Powerful Run	Round off , back handspring tuck
Pike On	Front tuck dismount	Hurdle, 2 foot jump on springboard	Front tuck
Above horizontal cast	Full turn		Full turn
Tap Swings	Split jump	Front handspring over resi	Leap series
Double back hip circle			Straddle jump
			Back extension roll to handstand

Our Recreational Team Program maintains a gymnasts/coach ratio of 10:1. Recreational Team will run from July 1st, 2022 to May 31st, 2023. Gymnasts will attend practice twice a week.

Yellow Team - 75 min - 2 days per week

Red Team - 90 min - 2 days per week

Black Team - 120 min - 2 days per week

Attire and Safety

Practice Attire:

Gymnasts will be required to wear their Thrive Practice leotard each practice day of the week. Practice leotards will be assigned specific practice days. During practice pants, jackets and loose fit clothing is not prohibited for safety concerns. Shorts over practice leotards are permitted.

Hair:

For safety of your gymnast & coaches, hair should be pulled back and away from the back and neck for optimal spotting at all times. Hair should not be able to touch the equipment when upside down.

Jewelry:

For the safety of the gymnasts , no jewelry other than small studs is permitted during practices or competitions.

Odds and Ends

Cell Phones:

All cell phones need to be silenced and put away during practice hours. Gymnasts will not be permitted to use their cell phones while practice is going on. If a gymnast needs to call a parent during practice hours they will need to discuss this with their coach and visit the front desk. Gymnasts are not allowed to use cell phones during competitions for any reason.

Injuries and Wellness

Injured Gymnasts:

Gymnastics by its nature is a dangerous sport. The probability of minor injuries is high, even in the safest of environments. The coaches are committed to preventing injuries and reducing the risk to the gymnast; however, injuries will still occur.

In the event of an injury, coaches will respond with proper first aid including rest, ice, compression, and elevation. Parents are notified either during or after practice depending on the severity of the injury. If a gymnast is injured at a competition, parents are asked to remain off the competition floor until the coach contacts them.

Injuries that occur outside the gym may also affect a gymnast's ability to perform at practice or competition. Please make certain to contact your gymnast's coach as soon as possible in the event of an outside injury. This will allow us to set up a plan to alter the gymnast's practice schedule or tasks accordingly.

Gymnasts who have sustained an injury requiring medical care including physical therapy and orthopedic visits **must provide a note from the doctor upon returning to practice to show that they are cleared for gymnastics activity or a plan for re-entry into gymnastics activity.**

Safety and health of the gymnast is our top priority and we do not want any gymnasts returning to full practice before they are ready. Thrive Gym will also require approval from a doctor to return to practice after an injury. **Coaches reserve the right to stop a child from participating in practice if they feel the health or safety of the child is at risk.**

Wellness Policy:

Please do not send a sick child to Team Practice. Sick children will NOT be allowed to stay. Children who become sick while at Team Practice will be isolated from other children and the parent/guardian will be called to pick up the child. Children should not come to practice if:

- They have a fever in excess of 101 degrees (fever must be gone for 24 hours without medication before returning to school).
- Diarrhea (if two loose bowel movements occur at Team Practice a parent or guardian will be called to pick up the child).
- Open sores
- Unexplained rash
- Vomiting
- Conjunctivitis (pink eye)
- Severe cold
- Excessive fatigue
- Any contagious illness
- Head Lice- notify the Team Coach and Director
- If your child has been exposed to any contagious disease such as measles, mumps, fifth disease, chicken pox, COVID-19 etc.
- If there is an ***allergy or asthma*** please meet with the Director to establish emergency & accommodating procedures.
- All known medical accommodations that need to be made

In case of emergency when the parent cannot be reached the director will seek medical treatment as stated on your child's medical documentation on file. Medication will be administered by approved staff. The gym is not responsible for any expenses incurred under the above.

We follow the Centers for Disease Control "CDC" guidance under the childcare and camps programs for prevention and practices. We also comply with State and Federal guidelines as they relate to our gym.

Health:

- **Meals before practice and competitions:** Please ensure that your child eats healthy choices beforehand. Nothing too heavy, but still satisfying. Have her bring a snack to put in her bag. Trail mix, goldfish, or a power bar are good examples. No items containing peanuts or nuts.
- **Other healthy items**
 - Protein: Rebuilds muscles and tissues torn during a workout.
 - Carbs: Improves focus, brain health and quick energy.
 - Vegetables: Provides vitamins & minerals.
 - Fruit: Provides the body with healthy sugars and vitamins
 - Dairy: Bone health and long lasting energy
- **The Basics Of Good Nutrition For Athletes:**

- Your body needs fuel to thrive.
- The kind of fuel you give your body matters.
- If you can't say it, don't eat it.
- Everything in moderation
- Make sure your gymnasts are well hydrated and are prepared with their own water bottle.
- **The Benefits of Hydration For Athletes:**
 - Increases energy.
 - Improves movement and agility.
 - Increases mental clarity.
 - Increased circulation.
 - Aids in removal of waste from muscles.

Safety is our #1 Priority: We follow the Safe Sport USAG Guidelines

At all times, we have at least two coaches in the gym with gymnasts. There will not be a time where a gymnast is left alone with a coach.

- Safe Sport is a Non-Profit Organization that is committed to ending all forms of abuse in sport.
- The Mission of Safe Sport: To protect every athlete's emotional and physical safety.
- Safe Sport works with many athletic organizations including the US Olympic Organization and USA Gymnastics to provide training, resources and consultations for organizations as well as individuals.
- Thrives mission is to make Thrive a place of connection and belonging where you can achieve your definition of success. That means we must provide the best environment where all athletes feel:
 - Physically Safe
 - Emotionally Safe
 - Socially Safe
- **WHAT DO YOU DO IF YOU DON'T FEEL SAFE?**
 - Leave the situation, if possible.
 - Tell a parent, coach or another adult.
 - Keep saying it until someone listens.
 - **IF YOU SEE SOMETHING SAY SOMETHING**

MOVING UP

At the end of the school year, gymnasts will be evaluated for the next recreational team level.

Moving up standards are as follows:

- Attendance 80% of all practices
- Mental Strength
- Strength and Flexibility
- Coachability
- Work ethic
- Child's desire
- Parents Support
- Confidence
- Skills required

PARENTS ROLE

- You play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gymnast or of the coaches. It is also every bit as difficult.
- On the physical side, it is your job to ensure that your young athlete gets enough sleep, gets enough of the proper kinds of foods/drink, gets to and from the gym on time, and has proper clothing and personal equipment.
- The emotional side is just as important. It is your role to provide love, encouragement, and support for your gymnast no matter the outcome of their performance.
- Please come to any of your child's coaches if you have a problem or concern.
- Please call in advance for an appointment or approach the coach before or after practice to set up a conference time convenient to both parties.
- **This feedback is best given via email. It is never a good idea to interrupt a coach on the floor to give them feedback unless it is an absolute emergency.**
- Please do not coach your child from the sidelines. Your comments detract from what the coach is doing, they give the gymnast another thing to think about, and it interferes with the development of the coach/athlete relationship that is crucial for long term success.
- The common belief that gymnastics is not life. Coaches work directly with parents to achieve a balance for each gymnast. Parents and coaches work together to make the best decisions for each gymnast
- Speak positively about other teammates, competitors, parents and coaches.
- Encourage gymnasts to try their best and to not focus entirely on their scores.
- Encourage their gymnasts to participate fully in practice.
- Promote the gymnasts to do their strength programs at home
- **Not everything is on email. For quick information, fun incidentals, or polling for responses, Facebook is a platform that will be used.** Please understand with so many gymnasts and teams, it is best that every parent checks these two resources for updates. ***Not doing so may have you missing important information about upcoming meets, scheduling and updates with the gym.***
- If you need further assistance, email and schedule time with your coach and/or the Team Director.

The common goal of allowing the gymnast to grow through the experience . Sometimes gymnastics is frustrating or challenging. Parents and coaches work together to help the gymnast work through tough challenges, endure frustration and to grow through the experience of competitive gymnastics. The goal is to use gymnastics as a vehicle to teach life skills.

Thrive Parents Do Not:

- Coach from the sidelines at any time during practice or competition. Sideline coaching will not be tolerated and parents who do so will be asked to leave the gym during practice or competition.
- Force the gymnast to do any skill they do not feel comfortable doing.
- Create a negative environment on the team.
- Speak negatively about any teammates, competitors, parents and coaches.
- Negative discussion regarding the performance of any gymnast, the size or body type of any gymnast, or the character or behavior of our gymnasts is not permitted at Thrive Gym. Speaking negatively about coaches is also not permitted. Feedback about coaches should be addressed with the team director or owner.

Any negative discussion about teammates, competitors, meet officials, judges, parents or coaches that is overheard by a coach or reported to a coach will result in the following action:

1. 1st time in a season, a verbal warning to the parent from the coach.
2. 2nd time in a season, suspension of your child from practice for one day.
3. 3rd time in a season, suspension of your child from practice for time to be determined by the Director.
4. **On 4th time in a season , your child will no longer be permitted to be on the Competitive Team**

Team Parent:

Each team is provided a “team parent” for each level. They will help in organizing fun team events and the upkeep of Team Facebook Pages. If you have a question about any of these topics please first go to the team parent.

GYMNASTS CODE OF CONDUCT

As a gymnast, I understand that I am a role model in my gym and in my community. I understand my place on the team is a privilege that I have earned. I understand that this privilege comes with responsibility, and in order to maintain my position on the team I am

responsible for making sure my behavior follows the expectations set forth in the Gymnast's Code of Conduct.

Respect your physical self. All of your efforts should go into building up your abilities. Fuel your body with nutritious food, rest your body with plenty of sleep, protect your body by being safe in the gym, listen to your body when it tells you not to continue, and celebrate your body by making it strong, flexible and powerful enough to do the wonderful things expected of it in this sport.

Respect your non-physical self. Gymnastics is the most demanding and difficult of all sports. You will encounter setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them, and overcome them. Set high goals and achieve them step by step. Maintain a positive attitude when facing your fears and frustrations because it is your attitude which will help you to defeat them.

Respect your teammates. They have their own goals and dreams, but they are also here to help and support you. Cheer for them when they attempt new skills, make skills that are difficult for them, or when they are competing. Accept compliments with a simple "thank you."

- ☐ I will show up to practice prepared. I will be wearing an appropriate leotard, my hair will be pulled back, and my mind will be focused.
- ☐ I will show respect to my teammates. I will do this by encouraging them, using kind words when I speak about them or to them, and by helping them with their skills.
- ☐ I will show respect to my coaches. I will do this by listening when they speak, doing what they ask me to do, using positive language, and by trying my best. I understand that whining, eye rolling and bad attitudes will not be tolerated.
- ☐ I will show respect to myself. I will do this by trying my best, encouraging myself, speaking up if I am scared or uncomfortable and giving 100% every day.
- ☐ I will show respect for my gym when buying snacks, this should be done before or after practice. I will also clean up after myself in the gym.
- ☐ I will conduct myself with the highest level of sportsmanship and class during competition. This means that I treat all gymnasts, coaches and judges with respect, I will cheer for my fellow competitors, I will pay attention during awards ceremonies, and I will share equipment.
- ☐ I will understand that scores do not always reflect performance but I will always respect the judges regardless of my scores.
- ☐ I will conduct myself well within the community and at school.
- ☐ I will not use drugs, cigarettes or alcohol and I will not allow myself to be in the company of minors who do. I understand that violating this rule can lead to suspension from the competitive team.
- ☐ I will make sure that my facebook, twitter, text messages, instagram and other social media reflect my commitment to being a responsible member of the team and the community.
- ☐ Show respect for your safety and the safety of others by staying off equipment without specific permission and supervision of your coaches.
- ☐ I will demonstrate the highest regard for our sport and your hard work by arriving at all competitions on time, and by conducting yourself with presence and courage.
- ☐ I will accept all scores in a positive manner.

I understand that if I do not adhere to these standards my coaches have the right to suspend me from practices, competition or the team.

FINAL THOUGHT

Our Team program is a constantly evolving program. We will continue to make improvements to the program as we learn through the experiences of our gymnasts. Gymnastics at times will be challenging both mentally and physically. It is our hope that through the challenges and triumphs our children learn to have confidence in themselves, belief in their ability to achieve, and learn what it means to be a part of a team.

THANK YOU FOR YOUR TIME AND FOR SHARING YOUR CHILD WITH US.

Required documentation each year: Date provided by the Team Director

1. Payment Policy
2. Gymnast Code of Conduct
3. Team Membership
4. Contact & Emergency Form
5. Size Chart