



COMPETITIVE PROGRAM
2019-2020

JUNIOR OLYMPIC
HANDBOOK, POLICIES AND CONTRACT

All policies in this handbook become effective on the date received

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INTRODUCTION

This manual is designed to answer questions and explain the rules and policies of the competitive gymnastics program at the JCC of Mid-Westchester.

Please understand that this is an annual commitment beginning in September and ending in July.

TEAM PHILOSOPHY

- Our goal is to provide the mental and physical discipline needed for competition within a framework of positive reinforcement and encouragement.

MISSION STATEMENT

- Our goal at the JCC is to develop each individual's gymnastics potential in a safe, yet enjoyable atmosphere. Using specific gymnastics progressions and a highly trained gymnastics staff, each gymnast will learn the correct fundamental skills that will equip them with the knowledge and ability to progress through levels. As instructors we will use the sport of gymnastics to help every child gain greater self-confidence and a more positive self-image.

GUIDING PRINCIPLES

- Gymnastics should be fun!! Lifetime skills are learned, friendships are made, and gymnastics is being taught and learned in a fun and inviting environment.
- Learning to be comfortable in a competitive situation is a positive experience and adds to a child's personal gymnastics development.
- Nutrition plays an important part in physical wellbeing and sports - good eating means good progress!
- Respect your teammates, coaches, parents/caregivers, and others within the JCC. All gymnasts' experiences at the JCC are enhanced when all of our gymnasts remember to be polite, take turns, share equipment, and respect the coaches by listening to their directions. The areas around the gym are shared spaces - respecting the locker room space and the people in it, cleaning up after yourselves, and not being too noisy in the hallways helps to improve everyone's time at the JCC.
- Teamwork is very important. While each of you progress and strive to constantly achieve a goal and to better your skills, cooperating with your teammates, waiting in line, and encouraging each other are key aspects of the time you spend together.
- Independence is important too. We encourage you all to approach the coaches if you have a question or concern. Our coaches are trained to answer your questions in the most appropriate way possible to make communication easy and effective.

SAFETY AND HANDLING INJURIES

- Safety is an important element to success in gymnastics. We encourage the gymnasts to push themselves to new levels and to work hard and encourage self-improvement. However, safety is our primary concern and we ask that you follow the directions of the coaches because rules are for your safety and security. We will always monitor to make sure that you are progressing properly. If we don't allow your gymnast to perform a skill that is more advanced than her level, it is for the best.
- Gymnastics, as with most sports, has the potential for injury. Being aware of this, we make every effort to maintain a safe environment for our athletes.
- Special attention is paid to proper equipment management, inspection and training devices.
- Daily conditioning and consistent attendance at practice provides the greatest barrier to injury.
- If your child is complaining of any pain, etc., please notify the gymnastics department and allow them to recommend the first course of action. If a doctor's visit is warranted, please inform coaches of the appointment, diagnosis, and treatment. Usually minor injuries can be handled by modifying your training routine. This should always be your first approach toward a successful recovery. Attendance at practice is still required during this recovery, although times may be modified.
- For all serious injuries, a doctor's note is required to return to normal practice.
- All injuries that occur outside of the gym, must be reported immediately.

WHAT IS COMPETITIVE GYMNASTICS?

Gymnastics

Gymnastics not only increases strength, grace and flexibility, but also encourages hard work, discipline and determination. Gymnastics is a sport that requires balance, strength, flexibility, agility, coordination, endurance and commitment. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle groups. Alertness, precision, courage, self-confidence and self-discipline are mental traits that can also be developed through gymnastics. The skills and discipline learned in early gymnastics training will allow your child to be successful not only in gymnastics, but also in many other aspects of life.

About USAG

USA Gymnastics is the national governing body for the sport in the United States. This designation is from the U.S. Olympic Committee and the International Gymnastics Federation. USA Gymnastics, headquartered in Indianapolis, Ind., sets the rules and policies that govern the sport of gymnastics. USA Gymnastics has many responsibilities, including selecting and training the U.S. Gymnastics Teams for the Olympics and World Championships; promoting and developing gymnastics on the grassroots through the national levels; and serving as a resource center for members, clubs, fans and gymnasts throughout the United States.

Description of competitive gymnastics

Women's gymnastics is comprised of four different events. Vault (V), Uneven Bars (UB), Balance Beam (BB) and Floor Exercise (FX). The sum of all the event scores makes the All-Around (AA) competition. Gymnastics is a developmental sport meaning that a beginner will learn basic positions, shapes, and skills and progressively learn more difficult and complex skills. Competitive levels follow the Junior Olympic Program set by USA Gymnastics (USAG). USAG is the governing body that oversees all gymnastics competitions in the United States. Competitors must register and become members with USAG before being allowed to compete in a USAG sanctioned meet.

SAFE SPORT

The Safe Sport Policy, formerly known as the Participant Welfare Policy, is part of USA Gymnastics' safe sport initiatives and incorporates the authority and jurisdiction of the U.S. Center for Safe Sport. USA Gymnastics policies and procedures related to misconduct are presently under review, and updates to this policy may be necessary in the near future.

USA Gymnastics is committed to fostering a safe, fun, and healthy environment for all members. Since 1990 – prior to almost all other National Governing Bodies – USA Gymnastics has provided awareness, prevention and reporting information regarding sexual misconduct to professional members, member clubs, athlete members and their families.

In June 2017, USA Gymnastics leadership approved and adopted a new Safe Sport Policy, which significantly strengthened the organization's approach to athlete safety. The Safe Sport Policy, which is mandatory for all members to comply with:

- increases the number of individuals who fall under USA Gymnastics jurisdiction; essentially increasing the number of people in our sport who are accountable for their behavior;
- increases the categories of misconduct from two (sexual and physical misconduct) to six (verbal/emotional misconduct, bullying, hazing and harassment were added);
- addresses and prohibits boundary violations and grooming behaviors;
- requires covered individuals to report a suspicion of abuse to law enforcement, even if they are not a mandated reporter according to their state law;
- requires covered individuals to notify USA Gymnastics or the U.S. Center for SafeSport for any misconduct; and
- requires covered individuals to take a designated safe sport course every two years.

PRACTICE**What to bring (*Use your cubby)**

- Water bottle & Healthy snack
- Hair care and personal hygiene items
- Any vital medical bracelets, supports, or bandages that have been approved
- Wrist bands, gymnastics tape, pre-wrap
- *Uneven bar grips (at coach's discretion)

Practice expectations and rules

- Gymnasts are expected to treat each other, coaching staff, recreational classes, officials, and the gym with courtesy and respect.
- Attend all practices, competitions, and special events outlined in your schedules and calendars.
- E-mail the gymnastics department to notify a coach if you cannot attend or will be late to a practice.
- Arrive on time and stay until practice is over. It is important to be punctual to participate in a full warm-up. A proper warm up is necessary to prevent strained muscles and serious injuries.
- Athletes are not allowed in the coach's office unless they have permission.
- Parents may not enter the gym during any part of practice.
- Athletes may not enter the gym practice area before scheduled practice time unless you have your coach's permission.
- Athletes must ask permission to leave their event or the facility. This applies to leaving practice early, going to the restroom, getting your bag, getting water, etc. This is so that coaches and staff know where you are at all times.
- Objects must not be thrown around the gym. Throwing objects could be harmful to yourself and other gymnasts.
- Always wait inside for your ride. Be sure that you and your parents, caregiver or your carpool knows what time your practice will conclude and can pick you up in a timely manner.
- Gymnasts are required to attend all meets for which they are selected for their respective levels, once selected by the coaches, including State, Regional, and National competitions for which they qualify.
- Any use of social media must be appropriate and respectful of others.
- Absolutely NO food, drink, candy, or cell phones are permitted in the gymnasium with the exception of water and a healthy snack, when permitted.
- All gymnasts are expected to maintain the best physical condition possible.
- All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition.
- Workouts are not for socializing; they are for skill development. Idle chatter and horseplay is not acceptable during workout.
- As a member of this competitive program, all gymnasts are required to attend and be actively involved in all gymnastics activities related to this facility. (Fundraising projects, exhibitions, meets, etc.)

Keep in mind

- Gymnastics is a specialized sport that demands hours of hard work and dedication.
- Please understand that if your daughter says she wants to be on a gymnastics team, or go for the gold at the Olympics, that's great, but it will take a lot of hard work and dedication to make it there. This progression will not happen overnight.
- Goals may need to be assessed in short time frames such as six months to a year.
- As your gymnast progresses up the competitive ladder, the hours and days will continue to build
- All final decisions regarding the team and the gym will be made by the coaches. This will be most evident in determining workout structure and training styles, but also includes routine construction, choreography, choice of music, choice of leotards and warm ups, what meets we attend, work out times, etc.
- Make sure gymnasts attend all regularly scheduled workouts, meets, and special functions. Communicate with the coaches regarding any problems.

COMPETITION**What to bring**

- Wear: Team competition leotard, Team warm ups and scrunchie
- Water bottle and healthy snacks
- Hair products (brush, hair ties, hairspray)
- Gymnastics tape, and pre-wrap
- Any vital medical braces, supports, or bandages
- **Grips, wrist bands, a working copy of optional floor music
- Emergency phone numbers

Presentation

- Proper uniform is required to enter the competition floor. If your hair is not fully done in high bun with hairspray and scrunchie, and your leotard and warm-ups are not on, your gymnast may be considered ineligible for competition.
- Appearance (hair, warm-up attire, demeanor, punctuality, etc.) is part of the competition. Hair that is shorter than shoulder length is to be pulled neatly away from the face. Hair that is longer than shoulder length is to be up in a bun so it does not interfere with the gymnast during her routine. Hair must be neat with no fly-aways (use gel or hairspray to keep fly-aways back).
 - ❖ See video for reference
- Competitive scrunchie is required.
- No glitter or hair paint.
- Nail polish is not acceptable as stated in USAG rules.
- One pair of post earrings only. No other jewelry is allowed, including watches.

Meet expectations and rules

- Arrive at the competition 15 minutes prior to the scheduled stretch time.
- Please arrive to meets with adequate time to prepare for the competition, both mentally and physically.
- Upon arrival, gymnasts must report to the coaches immediately. Gymnasts will not be allowed to leave the team group until the competition has completely ended.
- Gymnasts are expected to support their teammates and be courteous to gymnasts from other teams.
- Gymnasts are expected to always show respect for the judges and other coaches at the competition.
- Gymnasts will stay at the event until the last athlete has finished the competition and the coach has given permission to move about. The other gymnasts have waited patiently to receive their awards and have applauded your efforts. You owe them the same consideration. Gymnasts will not be allowed to leave the competition floor until all awards have concluded. Please inform the gymnastics department of any prior commitments on meet days.
- Competition leotards and warm ups are required for the competition and awards ceremony. Gymnasts may not wear jeans or any other casual attire on the awards stands.
- When the opportunity presents itself, introduce yourself to the other gymnasts and coaches in your competitive rotation. 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.
- Athletes should stay focused on the competition. Talking with parents, relatives, or friends is inappropriate during the meet and should not occur.
- Even with the best of intentions, relatives and friends may give advice that conflicts with what your coach says. What will you do when you receive advice from Mom that differs from what Dad told you, then the coach says something different? The answer is you will become more nervous and uptight because you do not know where to place your focus. During workouts and competition, pay attention to the coach.
- Parents are not allowed on the competition floor.
- Judges and meet officials watch every move we make, so we want to be on our best behavior every time.

Competition commitment

- When a meet is scheduled for your level, you are expected to be in the competition. In the rare event in which you may have a previous commitment that interferes with a scheduled competition, we need advance notice that you are unable to attend. Your competition dues are NOT adjusted when you cannot attend a competition.
 - Missing a meet for the following reasons may result in a meet credit:
 - Injury
 - Religious commitment
 - Missing a meet for the following reasons will NOT result in a meet credit:
 - Deciding your gymnast cannot/will not attend a meet AFTER your Meet Registration Invoice has been sent
 - Not showing up to a meet
- A gymnast may be scratched from an event or the entire meet if the coaches feel that the gymnast cannot compete the skills safely. A poor attitude and behavior may also be a reason that a coach may scratch a gymnast at a meet.
- Any gymnast who misses the required practices prior to a meet will not compete.

Gymnast selection criteria for meets

- Your gymnast may not be selected to attend every meet. Meets are a positive experience and therefore gymnast selection is made very carefully. The number of meets that your child attends each year is determined by the coaching staff. It is important to note that a gymnast is expected to attend every meet scheduled per level.
- Our coaches will make the decision of who competes based on the following criteria:
 - **Attendance:** Gymnasts missing an excessive number of practices will not be selected for competition. This also goes for gymnasts that consistently arrive late or leave early from workouts and practices. Arriving late or leaving early may seem insignificant at first glance, however, gymnasts arriving late miss strength training and/or flexibility, or even a whole rotation. As a result, deficits in strength development may occur, flexibility requirements are not met and routines will suffer. Gymnasts must have perfect attendance the week prior to a meet or they could be removed from competition. Please see coaches well in advance regarding extenuating circumstances
 - **Attitude:** a positive attitude and showing respect to coaches and teammates is important. Gymnasts must be emotionally ready for the competitive atmosphere. An excessive show of emotion will result in dismissal from the competition and/or awards ceremony.
 - **Performance Level:** mastery of skills is based on performance in workouts. A gymnast will not be sent to a meet unless she can perform ALL required skills as per compulsory and/or optional guidelines published by USA gymnastics.
 - **Eligibility:** The gymnast must have all necessary fees paid and be considered an active eligible gymnast.

Competitive season information

- Meet Scheduling
 - At the beginning of each session, a preliminary schedule of meet locations and dates will be handed out to the gymnasts. Meets may be added, changed, or cancelled.
- In-House Meet
 - For all new competitors, each competitive season will begin with our In-House Meet in January. Each team member and her parents are required to participate in this event.
- Meet Information
 - 1-2 weeks before a competition, participating gymnasts will receive a meet information e-mail that includes tentative dates, times, gymnasts and coaches attending, host hotel (if needed), phone numbers, a map, and a web address when available. The actual days per level may not be available until up to the week of a meet.
 - Pay careful attention to the information, in particular, arrival time. Arriving late to a meet could cause your child to be disqualified from

participating in that meet. This is a safety issue as insufficient warm up time could cause injury and no one wants to assume that liability. It is not uncommon for host clubs to send out meet information late or make last minute changes.

- It is a good idea to clear the whole weekend for a meet on the chance that there will be last minute changes that could conflict with your previous plans.
- Different levels will mostly compete at different times and days. It is likely that there will be a few meets where more than one level will compete at the same time but will not compete against each other. (i.e. XCEL Silver competes at 8am on Saturday, and Level 2 competes at 3pm on Sunday)
- Meet entry fees
 - Fees for each gymnast are due in advance of the scheduled competition date and are non-refundable. Knowing which meets you will not attend ahead of time will eliminate the confusion and the loss of nonrefundable meet fees. (See meet fees)
 - Spectators are also required to pay an entrance fee at the door for most meets. This can range from about \$5 to \$25 per person. This fee is for the host gym and is not required ahead of time.

What is the format of a meet?

- Traditional Timed Warm Up
 - Every gymnast warms up on each of the apparatus. This procedure can take anywhere from an hour to an hour and a half, depending on the number gymnasts competing.
- OR-
- Capital or Modified Capital Cup
 - This is also known as “warm up/compete” format. This combines the above format where the athlete warms up on a specific event and readily competes at that event before moving on to the next event and so on. We will see this format most often.
 - ❖ Refer to our warm-up and stretch
- Open Warm Up
 - This warm up is usually a half hour long. This time is for general stretching and getting equipment settings specific to the gymnast.
- March In
 - All the gymnasts line up and march into the gym to be presented to the audience and judges. Usually, at this time, the gyms are announced, and the National Anthem is played. This takes about fifteen to twenty minutes.
- Competition
 - This is the time where the gymnasts actually compete and receive scores from the judges at each event. This may take anywhere from one hour to three hours to complete.
- Awards
 - This ceremony comes at the conclusion of a competition. Awards will be handed out to recognize highlighted scores of the meet. Your gymnast may not be highlighted at this time. However, attendance is still required as the team will be dismissed altogether.

Meet fees and travel expenses

Each Gymnast/ Gymnast’s family is responsible for paying their own meet fees. Fees will vary depending on the type of competition (i.e. local qualifying meet, invitational, or state meet). Each meet’s dues are generally between \$50 - \$150 per gymnast. Each gymnast is responsible for her own transportation to the competition, hotel (if needed), and all meals. Carpools may be arranged. Please notify the gymnastics department of your final arrangements.

FOR PARENTS

You are as much a part of our team as the gymnasts and coaches. We encourage you to attend competitions and show your involvement fully in your gymnast's program. However, as parents you should also be aware that as a member of the team you are representing the JCC at all times. With that in mind, a few guidelines are appropriate:

General expectations/rules

- Ruled by USAG, please stay in the viewing areas. No parent is ever permitted on the gym floor during a practice, private lesson or a competition. Your unauthorized presence on the gym floor creates danger for both you and the gymnasts who are performing their skills.
- If you need to contact your gymnast during practice, please contact the gymnastics department via e-mail.
- Promote JCC Gymnastics in every positive way that you feel is appropriate. Refrain from speaking badly about our gym, another gym, coach, gymnast or judge in person or on social media.
- Please do not coach your child: if you have a concern or suggestion, talk with the coach outside of practice or competition times.
- You should never approach or reprimand another parent's child. Let the coaches and child's parents address any issue with another child.
- Please remember that the measure of success needs to be decided by the gymnast doing the participating.
- Be prompt in picking up your child. Parents are not required to stay on the premises during class. **Children are not permitted in the parking lot without a parent or guardian.** *See signature page
- While we do allow you to observe practice through the windows, we recommend that spectators avoid eye contact with the gymnasts so that they can fully concentrate on the task at hand. Please do not block the doors as they serve as the exit and entrance to the gym.
- If the parents are unable to attend a meet with their gymnast, they are required to notify the coaches so that other arrangements can be made to transport the gymnast to and from the meet.
- Please think about what you say to your child before and after the competition. Your love and praise for their performance, is essential regardless of the outcome.

Meet etiquette

- ***A parent may never approach a gymnast, judge, meet official, or coaches before, during, or after a competition to comment on, complain about, or inquire about a score.***
- Under USAG rules, only USAG professional members, judges, and persons assigned to assist with the competition are allowed on the competitive floor. Parents should never come on the floor unless requested to do so by invitation from one of our coaches or staff.
- Parents and individuals causing violations at competitions will be asked to leave the competition site and may be banned from future events.
- Please show proper respect to all Officials and Coaches at every competition. They are all there for one reason- to support your child's interest in gymnastics. Under no circumstance should you attempt to contact any official on the competition floor during or after the meet (*judges, score keepers, etc.*). If you have any questions regarding the meet or your child's scores you must contact your coach. Even the coach is not allowed to approach the judges regarding routines or scores during the meet, but must submit an inquiry through the Meet Director. Points may be deducted not only from your gymnast, but the team score as well for failure to follow these rules.
- ***NO FLASH PHOTOGRAPHY*** is permitted during a meet.
- Please do not contact or talk to your gymnast once they are on the competitive floor. We want them to focus their energy on the competition with as few distractions as possible.
- Results should not be shared with the gymnasts before officials and coaches have had the opportunity to appropriately compute all scores.
- In case of an injury during the competition, please wait for a coach to give an indication that you should come onto the competition floor.
- Please show proper respect to all competitors. You NEVER KNOW who is sitting near you (*I.E. parents of the gymnast you just made a remark about*). 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. In

any competition, parents, friends, and relatives of the gymnast *ARE NOT ALLOWED* onto the competitive floor. *YOU MUST* remain in the spectator's area.

Trust the process

- As coaches, we know that you mean well and have your child's best interest in mind with your comments. Please refrain from coaching as your comments may not be appropriate for the long-term training of your gymnast. If you have any questions about what happens at a meet or at practice, talk to the coach after you have had time to reflect.
- While practice may seem repetitive, at times, trust that we are working on basics while we continue to progress each skill at a level-appropriate pace.
- *DO NOT* coach your child. Coaches should coach, everyone else should encourage. The key is to recognize when your child is working up to her potential. If she completes all her skills for the first time, without a fall, that is a winning routine regardless of what score she receives. Winning isn't just about coming in first. Comments from you should be congratulatory and positive. No mention should be made at that time of what she can do better, that would lessen the effect of this "victory" for her.
- The week after a meet, your daughter's coach will go over the elements that need work and congratulate her on the elements she competed correctly.
- It is important to remember that a score for any routine is an evaluation of one single performance in your career as a gymnast, not a label you must live up to (*i.e. winning the all around this time means you must win it every time*), or hang around your neck for the rest of your life (*a 95th place ribbon for falling off the beam 20 times*). Each meet teaches you more about your abilities as a gymnast, competitor, and human being, and are necessary ingredients for success at higher levels of competition and life in general. Regardless of the outcome of a routine or overall competition, you must learn that crying and feeling sorry for yourself is not an appropriate response to this situation or to most learning situations in the gym or normal life. **"It's not what you do, but how you do it"**.

Parent meetings

- It is strongly encouraged that parents attend scheduled meetings to ensure a clear understanding of gym events, processes, and news. Notice will be provided through email. Please make sure that we have a current email on file for optimum communication.

Communication

- If you would like to address a concern, please e-mail the gymnastics department at jccgymnastics@jccmw.org ahead of time to arrange a meeting with them before or after a practice.
- E-mail is the most effective way to communicate among the coaches, management, and gymnast families. Please inform us immediately of any changes to your e-mail address.
- Please refrain from bringing questions or concerns to the coach during practice hours. It is disruptive and will detract from the quality of the workout. The coaching staff is more than willing to speak with parents during non-coaching hours.

The JCC Gymnastics program holds the right to deny participation to anyone unwilling to abide by the JCC Gymnastics team handbook and policies.

REGISTRATION AND PAYMENTS

- Registration will occur in the gymnastics office
- You must have an active credit card on file
 - You are responsible for updating expired cards and for providing a new card, if necessary.
 - You will be able to indicate which card should be used for payments if you have more than one card on file.
 - All major credit cards are accepted.
- Competitive program accounts must be current and paid in full enabling your gymnast to participate in the competitive season.
- Accounts will not be discounted, or prorated due to absences of any nature. This includes, but not limited to, injuries, vacations, illnesses, etc.
- ***If a payment has not been fulfilled and no contact has been made within 30 days, your card will automatically be charged.***
- If your card is declined, you will be charged a \$10 processing fee for each occurrence.
- Meet fees are required for all competitive gymnasts. These fees will cover apparel and competition dues. If by the end of the season, you have a balance (owe more than the original meet fees payment), or you have a credit (used less than the original meet fees payment), the amounts will be reflected on your account. An invoice or credit statement will be e-mailed. Balances owed are expected to be paid in full within 30 days of receiving your bill. Credits may be used toward summer practices or the next annual tuition).
 - A gymnast will not be able to compete if meet fees have not been paid.
 - The suggested amount for annual meet fees is \$800.
 - Meet dues will be deducted from the full amount
 - If initial fees run out, you will receive a separate bill which is expected to be paid immediately.
 - If you have left over money after the end of meet season, a credit will be applied to your account.
- Tuition payments
 - Tuition is due **October 31st, 2019.**
 - All payment arrangements will be made with our customer service team. Please contact the department via phone at 914-472-3300 x0.
 - Final payment arrangements must be made by **February 1st, 2020.**
 - Regardless of your payment method selection, the full annual tuition is due once contracts have been signed. Quitting and/or Dismissal from the JCC Competitive Gymnastics Program do not excuse payment.
- Payments will be based on Competitive training hours offered per level, not the amount of hours your gymnast practices.

LEVELS AND EVENTS

Level 1-3: Developmental Levels

1 through 3 may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may offer State Championships for these levels.

Level 4-5: Compulsory Levels

The compulsory routines start at Level 3 and go to Level 5. All gymnasts perform the same routines. As they advance through the levels, the routines become progressively harder and more complex.

Level 6-10: Optional Levels

Levels 6 to level 10 are optional levels. Routines are composed and choreographed individually for each gymnast with the guidance of the coach. Each event has certain criteria that the gymnast must meet to maximize their potential score. Each level has progressively harder criteria.

Vault

Gymnasts perform complicated vaults in different body positions, such as tucked, piked or stretched. The best vaulters are explosive off the springboard, as well as when pushing off the table. Judges watch for proper body alignment, form, quick repulsion, the height and distance traveled, as well as the number of saltos and twists. Generally, the more flips and twists, the higher the difficulty value of the vault. In addition, gymnasts should "stick" their landings by taking no extra steps.

Uneven Bars

Often a crowd favorite, the uneven bars demand excellent upper-body strength, split-second timing and an aggressive approach. The entire routine should flow from one movement to the next without pauses, extra swings or additional supports. The most daring parts of the routine are often in the high-flying release moves and dismounts. Release moves can go from low bar to high bar, from high bar to low bar, or from releasing one bar and re-grasping the same bar. Many gymnasts also use pirouetting into release moves to earn a high difficulty value. Exact handstand positions are expected with large deductions for even minor deviations.

Balance Beam

Just four inches wide, the balance beam challenges gymnasts because they must execute routines that give the impression that they are performing on the floor. The world's best seem to "attack" the beam and are very confident while demonstrating excellent height, flexibility and power. Gymnasts must use acrobatic and dance movements to create high points or peaks in the exercise, consisting of two or more elements performed in a series. A gymnast must complete a turn of at least 360 degrees on one foot and she also must perform a leap or jump with 180 degrees forward split of the legs.

Floor Exercise

The floor exercise gives gymnasts the chance to express their personalities through their music choice and choreography. Throughout the routine, the gymnast must harmoniously blend dance elements and tumbling while making versatile use of floor space, changing both the direction and level of movement. The quality of grace may be disguised by movements of playful theatrics, but look for a dancer-like command of music, rhythm and space. The gymnastics elements should flow freely into each other while the leaps cover impressive distances and the pirouettes and turns add excitement to the routine. There are several special requirements, such as leaps and turns, and the trend is to have four tumbling passes.

MOBILITY THROUGH LEVELS

Junior Olympics

The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The Women's Junior Olympic Program is divided into three major segments; developmental, compulsory, and optional (Levels 1-10).

Level Progression

At the end of each competitive season, your gymnasts will receive an appropriate evaluation. One copy is for the gymnast and one copy will be kept in the gym office. Evaluations will list all the requirements necessary for movement to the next level. The final decision of placement results solely with the coaching staff. You trust us with your child every day when they walk in the gym- Trust that we will do what is in their best interest.

Moving up from one level to the next is decided by the coaching staff based upon scores from the meet season, attendance at workouts, skill level, and the attitude of the gymnast. If necessary, the coaches will discuss the evaluations with the parent(s) before a final decision is made. This decision will be made in the best interest of the child. As a gymnast moves up, her responsibility to practice and to participate in scheduled meets may increase.

Age/Entry Requirements and Mobility Scores Overview Chart

Level	Minimum Age Requirement	Pre-requisite Scores	Previous Experience	Mobility Score to Advance to the Next Level
1-2	L. 1 - Reached 4th birthday L. 2 - Reached 5th birthday	None		None
3	Reached 6th birthday	None		None
4	Reached 7th birthday	75% proficiency at Level 1-3 on Vault, Bars, Beam, Floor	Level 4 or 5*	34.00 AA at Level 4
5	Reached 7th birthday	34.00 AA at Level 4	Level 5 or 6*	32.00 AA at Level 5 or old level 4. Mobility back and forth between Levels 5 & 6 is allowed
6	Reached 7th birthday	32.00 AA at Level 5	Level 6 or 7*	32.00 AA at Level 6 Level 6 may be skipped if a 32.00 AA was achieved at Level 5
7	Reached 7th birthday	32.00 AA at Level 5 or 6	Level 7 or 8*	32.00 AA at Level 7 Ind. Event Specialist: 8.5 per event
8	Reached 8th birthday	32.00 AA at Level 7	Level 8 or 9*	34.00 AA at Level 8 Ind. Event Specialist: 8.5 per event
9	Reached 8th birthday	34.00 AA at Level 8	Level 9 or 10*	34.00 AA at Level 9 to move to Level 10 Ind. Event Specialist: 8.5 per event
10	Reached 9th birthday	34.00 AA at Level 9	Level 10 or Elite*	None

PRACTICE OPTIONS**JO Level 2**

Tuesday 4:30-6:30pm

Wednesday 3:30-5:30pm

Thursday 5:30-7:30pm

DANCE- Wednesday 4:30-5:30pm

2 Days of practice required with dance

JO Level 3

Sunday 3:00-6:00pm

Monday 5:30-8:30pm

Tuesday 5:30-8:30pm

Wednesday 5:00-8:00pm

Thursday 5:30-8:30pm

DANCE- Wednesday 6:00-7:00pm

*3 Days of practice required plus dance

JO Level 4

Sunday 3:00-6:00pm

Monday 5:30-8:30pm

Tuesday 5:30-8:30pm

Wednesday 5:00-8:00pm

Thursday 5:30-8:30pm

DANCE- Wednesday 7:00-8:00pm

*4 Days of practice required plus dance

JO Level 5

Sunday 3:00-6:00pm

Monday 5:30-8:30pm

Tuesday 5:30-8:30pm

Wednesday 5:00-8:00pm

Thursday 5:30-8:30pm

DANCE- Wednesday 7:00-8:00pm

*4 Days of practice required plus dance

JO Optionals

Sunday 3:00-6:00pm

Monday 5:00-9:00pm

Tuesday 5:00-9:00pm

Wednesday 5:00-9:00pm

Thursday 5:00-9:00pm

DANCE- Monday 8:00-9:00pm

*4 Days of practice required plus dance

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day JCC closed	3 School begins	4 Competitive Team Try-outs 5:30-8:30pm	5 Competitive Team Parent Meeting 7:30pm	6	7 Competitive Team sleepover
8 JCC Family Fun Day	9 Practices begin	10	11	12	13	14
Week 1	Week 1	Week 1	Week 1	Week 1		
15	16	17	18	19	20	21
Week 2	Week 2	Week 2	Week 2	Week 2		
22	23	24	25	26	27	28
Week 3	Week 3	Week 3	Week 3	Week 3		
29 Erev Rosh Hashanah No Practice JCC Closes @3pm	30 Rosh Hashanah No Practice JCC Closed					
Week 4	Week 4					

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Rosh Hashanah No Practice JCC Closed	2	3	4	5
		Week 4	Week 4	Week 4		
6	7	8 Erev Yom Kippur No Practice JCC Closes @ 4pm	9 Yom Kippur No Practice JCC Closed	10	11	12 No Classes
Week 5	Week 5	Week 5	Week 5	Week 5		
13 No Practice	14 Sukkot Columbus Day No Practice	15 Sukkot No Practice	16 Sukkot	17 Sukkot	18 Sukkot	19 Sukkot
Week 6	Week 6	Week 6	Week 6	Week 6		
20 Sukkot JCC Closes @ 6pm	21 Shemini Atzeret No Practice	22 Simchat Torah No Practice	23	24	25	26
Week 7	Week 7	Week 7	Week 7	Week 7		
27	28	29	30	31 Halloween No Practice		
Week 8	Week 8	Week 8	Week 8	Week 8		

November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9 No Classes
Week 9	Week 9	Week 9	Week 9	Week 9		
10 No Practice	11 Veterans Day No Practice	12	13	14	15	16
Week 10	Week 10	Week 10	Week 10	Week 10		
17	18	19	20	21	22	23
Week 11	Week 11	Week 11	Week 11	Week 11		
24	25	26	27 No Practice	28 Thanksgiving No Practice JCC Closed	29 No Classes	30 No Classes
Week 12	Week 12	Week 12	Week 12	Week 12		

December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 No Practice	2	3	4	5	6	7
Week 13	Week 13	Week 13	Week 13	Week 13		
8	9	10	11	12	13	14
Week 14	Week 14	Week 14	Week 14	Week 14		
15	16	17	18	19	20 Winter Break No Classes →	21 →
Week 15	Week 15	Week 15	Week 15	Week 15		
22 Chanukah →	23 →	24 Christmas Eve →	25 Christmas Day →	26 →	27 →	28 →
29 →	30 →	31 New Year's Eve →				

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day Winter Break No Classes →	2 →	3 →	4 →
5 →	6 Week 16	7 Week 16	8 Week 16	9 Week 16	10 Week 16	11 Week 16
12 Week 17	13 Week 17	14 Week 17	15 Week 17	16 Week 17	17 Week 17	18 No Classes
19 No Practice Week 18	20 MLK Day No Practice Week 18	21 Week 18	22 Week 18	23 Week 18	24 Week 18	25 Week 18
26 Week 19	27 Week 19	28 Week 19	29 Week 19	30 Week 19	31 Week 19	

February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
Week 20	Week 20	Week 20	Week 20	Week 20		
9	10 Tu BiShvat	11	12	13	14	15 President's Week Break No classes →
Week 21	Week 21	Week 21	Week 21	Week 21		
16 →	17 President's Day →	18 →	19 →	20 →	21 →	22 →
23 →	24	25	26	27	28	29
	Week 22	Week 22	Week 22	Week 22		

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Week 23	2 Week 23	3 Week 23	4 Week 23	5 Week 23	6	7
8 Week 24	9 Week 24	10 Purim Week 24	11 Week 24	12 Week 24	13	14
15 Week 25	16 Week 25	17 Week 25	18 Week 25	19 Week 25	20	21
22 Week 26	23 Week 26	24 Week 26	25 Week 26	26 Week 26	27	28
29 Week 27	30 Week 27	31 Week 27				

April 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Week 27	2 Week 27	3	4
5 Week 28	6 Spring Break No classes →	7 →	8 Erev Pesach JCC Closes @ 4pm →	9 Pesach JCC Closed →	10 Pesach JCC Closed →	11 →
12 Easter Sunday →	13 →	14 →	15 →	16 →	17 →	18 →
19 →	20 Week 28	21 Yom Hashoah Week 28	22 Week 28	23 Week 28	24	25
26 Week 29	27 Yom Hazikaron Week 29	28 Yom Ha'atzmaut Week 29	29 Week 29	30 Week 29		

May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Week 30	4 Week 30	5 Week 30	6 Week 30	7 Week 30	8	9
10 Mother's Day No Practice Week 31	11 Week 31	12 Lag B'Omer Week 31	13 Week 31	14 Week 31	15	16
17 Week 32	18 Week 32	19 Week 32	20 Week 32	21 Week 32	22	23 No classes
24 No Practice Week 33	25 Memorial Day No Practice Week 33	26 Week 33	27 Week 33	28 Week 33	29 Shavuot No classes	30 Shavuot No classes
31 Week 34						

June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Week 34	2 Week 34	3 Week 34	4 Week 34	5	6
7 Week 35	8 Week 35	9 Week 35	10 Week 35	11 Week 35	12	13
14 <i>JCC GYMNASTICS SHOWCASE</i>	15 <i>No Practice</i> Week 36	16 Week 36	17 Week 36	18 <i>End of year Party</i> Week 36	19	20
21	22 Week 37	23 Week 37	24 Week 37	25 Week 37	26 <i>School Ends</i>	27
28	29	30				

Commitment Signature Page

Gymnast name: _____ (please print)

Parent/Guardian name: _____ (please print)

Communication is the key to the successful operation of any organization. The JCC Gymnastics Competitive Program Handbook, Contract and Policies is our attempt to make sure that we have done our best to inform you of all the rules, policies and procedures related to being a competitive team member of the JCC Gems.

We, the parent(s)/legal guardians of _____, have read and fully understand the contents of the JCC Gymnastics Competitive Program Handbook, Contract and Policies. We accept the commitments and responsibilities outlined within.

- We understand and accept the rules, expectations and policies written in this handbook and contract.
- We agree to follow the guidelines, as outlined here, for the full year.
- We understand that if we do not abide by this contract and handbook, there is a chance our gymnast will no longer be able to participate on this Gymnastics Team.
- We understand that the JCC Competitive Program is a year- round commitment. We understand that we will not receive a refund of our annual tuition, partial or full, if we choose to leave, or are dismissed from the JCC Competitive Gymnastics Program. Medical exceptions may be considered.
- We understand that all final decisions regarding the athletes of the team, level placement, the gym, etc. will be made by the coaches.
- We understand that gymnastics is inherently a dangerous sport that involves speed, height and rotation. We acknowledge that potentially serious injuries, even paralysis and death COULD result from participation in this sport.

Parent/Guardian Signature _____ Date _____

Gymnast Signature _____ Date _____

Gymnast / Parent Agreement Signature Page

Gymnast name: _____ (please print)

Parent/ Guardian name: _____ (please print)

Gymnast:

I, _____ (gymnast name) agree to participate on the JCC Gymnastics Junior Olympic competitive team for the 2019-2020 competitive season.

I agree to respect each of my coaches, all JCC staff, my gym, my teammates and the sport of gymnastics in my time here at the JCC.

I agree to commit my practice to learning and perfecting my routines, improving my skills and having fun while understanding the importance of practice.

I understand that I am expected to be supportive of all of my teammates, regardless of their achievements.

Gymnast Signature _____ Date _____

Parent:

I understand that my gymnast has been placed on Junior Olympic Level _____.

My daughter will attend practice at least ____ times a week as stated in this handbook.

I understand the importance of committing to practice, meets, and any other events.

I understand that my child will compete and I agree to rules of competition for parents as stated in this handbook.

Parent/Guardian Signature _____ Date _____

Tuition Payment Signature Page

Gymnast name: _____ (please print)

Parent/ Guardian name: _____ (please print)

Please circle one of the following payment methods:

Payment in full (charged or paid by check/cash by October 31st, 2019)

Payment Arrangement set up with the customer service team (First payment due October 31st, 2019; Final payment arrangement set up by February 1st, 2020)

Please circle your gymnast's level and annual tuition for the 2019-2020 competitive season:

JO Level 2 - \$4,000

JO Level 5 - \$5,000

JO Level 8 - \$5,600

JO Level 3 - \$5,000

JO Level 6 - \$5,600

JO Level 9 - \$5,600

JO Level 4 - \$5,000

JO Level 7 - \$5,600

JO Level 10 - \$5,600

Please circle your card type to be kept on file:

MasterCard Visa AmEx Discover

Please provide the last four digits of credit card to be kept on file: _____

By signing this document, I fully understand that my card on file will be charged by the JCC one time annually or one time monthly according to my selections above. I understand that if my card is declined, I will be charged a \$10 processing fee for each occurrence. I understand that if my credit card is declined or my account is inactive, my card on file will automatically be charged after 60 days of not responding to a bill or invoice.

Parent/Guardian Signature

Date

<i>Office use only:</i>			
Program:	JO Level	_____	
Annual Tuition:	\$4,000	\$5,000	\$5,600



Meet Fees Signature Page

Gymnast name: _____ (please print)

Parent/ Guardian name: _____ (please print)

We agree to pay meet fees in the amount of _____ by October 31st, 2019._____
Parent/Guardian Signature_____
Date

Please Highlight the meets that your gymnast will be attending. Your gymnast will NOT be registered for any meets this year without turning in this signature page. Confirmation will be sent via invoice for each meet.

Junior Olympic Tentative Meet Schedule 2019-2020

11/15-11/17	<i>Meet Name Host Gym Meet Location</i>	Fall Fliptacular Gym Plus 5 Brayton Court, Commack, NY	2/28-3/1	<i>Meet Name Host Gym Meet Location</i>	Long Island Classic Gym-Nest Gymnastics Hofstra University, Heamstead, NY
12/6-12/8	<i>Meet Name Host Gym Meet Location</i>	Greater NY Invitational US Gymnastics Development Center II Rockland Community College 145 College Road, Suffern, NY	3/13-3/15	<i>Meet Name Host Gym Meet Location</i>	Flippin' Into Spring Mr Todd's Gymnastics 12 Olympic Way, Poughkeepsie, NY
1/12	<i>Meet Name Host Gym Meet Location</i>	In-House meet JCC Gymnasium	3/20-3/22	<i>Meet Name Host Gym Meet Location</i>	Princess Classic Athletic Edge 10 Nassau Place, Staten Island, NY
1/18-1/20	<i>Meet Name Host Gym Meet Location</i>	Cirque de Galaxy Galaxy Gymnastics 17A South Greenbush Road, Orangeburg, NY	TBD	<i>Meet Name Host Gym Meet Location</i>	Flower Festival Dutchess County Gymnastics 986 Main Street #9, Fishkill, NY
1/24-1/26	<i>Meet Name Host Gym Meet Location</i>	Infinity Ice Invitational Infinity Gymnastics 9 Ryan Drive, Hopewell Junction, NY	5/1-5/3	<i>Meet Name Host Gym Meet Location</i>	Level 5 & 6 States CNY Gymnastics OnCenter Gymnastics, Syracuse, NY
2/7-2/9	<i>Meet Name Host Gym Meet Location</i>	Spirit of America Dynamic Gymnastics 1949 E Main Street, Mohegan Lake, NY	5/9-5/10	<i>Meet Name Host Gym Meet Location</i>	Level 4 States New Image SUSA, Hauppauge, NY
2/14-2/17	<i>Meet Name Host Gym Meet Location</i>	Snowflake Invitational Gym Plus 5 Brayton Court, Commack, NY	5/15-5/17	<i>Meet Name Host Gym Meet Location</i>	Level 2 & 3 States Gym-Nest St Joseph's College, Patchogue, NY
2/21-2/22	<i>Meet Name Host Gym Meet Location</i>	Harlem Invitational USA Sports Production 40 West 142nd Street 550 West 155 Street New York, NY	6/14	<i>Meet Name Host Gym Meet Location</i>	JCC Gymnastics Showcase JCC Gymnasium

Emergency Contact Information and Dismissal Signature Page

Gymnast name: _____ (*please print*)

Birthday: _____

Address: _____

Parent/ Guardian name: _____ (*please print*)

Relationship to gymnast: _____

Primary Phone: _____

Secondary Phone: _____

E-mail Address: _____

Parent/ Guardian name: _____ (*please print*)

Relationship to gymnast: _____

Primary Phone: _____

Secondary Phone: _____

E-mail Address: _____

Caregiver/Babysitter name: _____ (*please print*)

Primary phone: _____

E-mail Address: _____

Parent Signature

Date

➤ I agree to allow my child to be dismissed without a Parent/Guardian in the building.

Parent Signature

Date

Immunization Records and Physical signature page

Gymnast name: _____ (*please print*)

Parent/ Guardian name: _____ (*please print*)

I have provided the JCC Gymnastics department with my daughter, _____'s, most recent Immunization record and Physical.

Parent Signature

Date

2019-2020 Photo/Video Release & Social Media and Marketing Waiver

Gymnast Name: _____

I, _____, do hereby grant permission to The JCC of Mid Westchester to post my and/or my child’s photo, video, or other item, hereinafter referred to as “Materials” I submit to and for The JCC of Mid-Westchester’s website, Twitter account, Facebook account and private programming. I hereby release you, your representative, employees, managers, members, officers, parent companies, subsidiaries, and directors, from all claims and demands arising out of or in connection with any use of said “Materials”, including, without limitation, all claims for invasion of privacy, infringement of my right of publicity, defamation and any other personal and/or property rights. I acknowledge and agree that no sums whatsoever will be due to me as a result of the use and/or exploitation of the “Materials” or any rights therein.

I acknowledge that my child is under 18 years old and lacks the legal capacity to enter into binding agreements. Accordingly, I have read this Release and consent to my child’s inclusion in the Materials will not contest the rights granted in this Release, and shall assist and support you in any and all legal proceeding for affirmation of this Agreement, should you choose to have a court of law affirm this Agreement.

Parent/ Guardian Signature: _____

Date: _____