

The Flip Shop

Competitive Team Rules and Policies

Girls Artistic Gymnastics
Trampoline and Tumbling
Competitive Cheer



2008/2009 Competitive Season
Updated 10/02/08

Respect for Yourself and Others

Respect your physical self. All 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 to stop either because of illness or injury, heal 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 and Trampoline & Tumbling are the most demanding and difficult of all sports. You will suffer 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 defeat them.

Respect your teammates. They have their own goals and dreams, but they are also here to support you. Cheer for them when they attempt new skills, make new skills that are difficult for them, or when they are competing. Accept compliments with a simple "Thank You". Respect for your coaches is expected. Treat them with courtesy and respect and they will return the favor.

Respect for The Flip Shop

You show your respect by the way in which you act. The following actions show respect and are expected of members of the FS Competitive Teams.

1. Attend all practices, competitions, and special events.
2. Call the gym to alert the coaches if you will be absent for ANY reason.
3. Arrive on time and stay until practice is over.
4. You are expected to work hard and try your best. This is all we will ever ask of you, and this is what you should always demand of yourself.
5. Arrive at the gym ready to participate with the proper attire. Hair pulled back, jewelry off, gum in the trashcan, well rested, and ready to go.
6. Treat other athletes with respect, be kind to those athletes younger than you, and do not think to hold yourself out as better than other athletes. Everyone has different strengths and weaknesses.
7. Always ask permission to leave the gym area. This applies to leaving practice early, going to the restroom, or calling home. Your coaches need to know where you are when you are in the gym.
8. Always act in a way that shows your respect for yourself and to the gym. We want the gym to be a fun, motivating and uplifting place to be. There is no place in our gym for rude or belittling comments or ANY inappropriate behaviors (tantrums, talking back, not doing your personal best, etc).
9. Be honest. Cheating is the ugliest form of disrespect to your coaches, to your parents and most importantly, to yourself.
10. Provide your body with food and drink that will help you to do your best.
11. Show respect for your safety and to the wishes of your coaches by staying off the equipment without the specific permission and supervision of a coach. **THIS RULE APPLIES SPECIFICALLY TO THE PIT AND THE TRAMPOLINES.**
12. Always wait inside the gym for your ride after practice.

Respect for Your Sport

The way you act in the gym is a private reflection of your respect to yourself, to you teammates, and to The Flip Shop. The way you act at competitions, while at team functions, and while traveling to and from the competitions is a public statement about the way you feel about yourself, TFS, and your sport itself. Only the highest standard of behavior will be acceptable.

Participate in all scheduled competitions.

We are a competitive team. We measure our work and progress by going out on the competition floor to do our best in front of our families, judges, our coaches, our friends, and our teammates. While winning is not so important, TRYING to win represents everything we strive for. Trying to win means you come to practice when scheduled, you work hard everyday, you overcome fear, and that you get up every time you fall down. We do not try to win the abstract. We try to win in the real world where rules apply, comparisons are made, judgment calls are the norm, grace under pressure is expected, and where falling and failing is a part of everyday life.

Practice Leading Up to Competitions

Attend every practice leading up to competitions. Every competition is important in some way, but some are more important than others (State, Regional and Nationals). Invitationals, where we test ourselves against athletes from other parts of the state are also important.

DEMONSTRATE THE HIGHEST REGARD FOR YOUR SPORT: Demonstrate the highest regard for your sport and your hard work by arriving to all competitions on time, by conducting yourself with grace and courage during the meet **by accepting all scores in a positive manner** since we know that we learn as much from our mistakes as we do from our best efforts.

DURING COMPETITION: Athletes are to wear their competition leotard and their team warm ups. All T&T athletes must wear bare ankle socks or trampoline shoes for Dbl Mini Tramp and Trampoline.

DURING AWARDS: Athletes are to wear their competition leotard and/or their team warm ups. Warm Up Jacket should be zipped up and your look should be professional and self confident. All athletes must remain for awards.

FOR PARENTS ONLY!

RESPECT YOUR ATHLETE AND THEIR GYM

Parents play a huge role in the development of a successful athlete. Your role is every bit as important as the coaches. We want your input and your support; we want your child to succeed. Here is what you can do to help your athlete achieve their dreams.

On the physical side, it is your job to insure that your young athlete gets enough sleep, gets enough of the proper kinds of food and drink, gets to and from the gym on time and has proper clothing and equipment needed for workouts. By performing the following tasks in the categories below, you can show your respect for your athlete and the effort they are putting into their sport. Any more or less does a disservice to your child and will limit their opportunity for success.

CLASS FEES & MEET FEES: It is imperative that class fees are kept up so that we are able to pay our employees and our monthly bills, etc. If class fees are not paid in full by the end of the month your athlete will not be allowed to practice the next month or to compete at any competitions until your account is brought current. It is mandatory that meet fees be paid by the due date otherwise your athlete will not be sent in on the roster.

CONCERNS: Please come to any of your athlete's coaches if you have problems or concerns. We are in business to serve you and your child. Your thoughts are important to us. Together, we will work to find solutions to your problem. Complaining to other parents CANNOT solve your problems, nor can we solve them if we do not know about them. If you respect us enough to allow us to play a large role in your athlete's life, please respect us enough to deal with communication problems appropriately. If there are times that a parent needs to contact a member of the coaching staff to ask some questions or voice some concerns, we would be happy to discuss these during a scheduled meeting time. Approaching coaches during a workout is not the time. Our attention and efforts are focused on the development of your athlete's skills and safety during workout. Leaving a message for us to contact you at the front desk is the best way of communicating with us.

Please let a coach know before practice if you think your child might have a problem due to illness, medication or injury.

ROLES: Parents perform their roles at home and outside the gym area. Within the gym the coaches of the gym play their roles. **Please DO NOT coach your child.** Your comments detract from what the coach is doing, they give the athlete other things to think about and it interferes with the development of the coach/athlete relationship, which is critical for long-term success.

The coaches do their job in the gym and on the competition floor. When a parent starts to coach their athlete, they actually interfere with the very performance they are trying to improve. The athlete can only concentrate on one part of their routine at a time. If a parent is telling them to "keep their legs straight", or to "smile", or to "run faster", they are directing the child's attention away from what the coach is telling them. The child cannot make two corrections at once so either they do both poorly or they focus on one and not the other.

No matter what choice they make, somebody is going to be upset with him or her and they will not progress in the way that they should. Coaching your child puts them in a no win situation. It is unfair to them and their coaches. In addition, you are interfering with the development of the coach/athlete bond, which is critical to any long-term success in the sport. The athlete must be able to trust his or her coach to direct their training and to receive important emotional support from their praise. Parents interfere with all that when the child is confused as to which way to turn for direction and support. If we are not working to improve appearance it is because we are working on something more important at this point in their training. Perfect execution often comes late in the mastery of key skills.

WORKOUT OBSERVATION: Please observe workouts in the area provided. The athlete's attention on the coaches, routines, and skills, etc. is very important to their safety and performance. *This is very difficult for the athletes when parents are only a few feet away in the gym area.* If you need to contact your athlete during a workout, please let the front desk know and they will notify a member of the coaching staff.

COMPETITIONS: Parents should be aware that as a member of The Flip Shop, you too represent our team. With that in mind, a few guidelines for parents during competitions seem to be in order:

1. Cheer loud and often, but do so in a courteous manner. Obnoxious yelling is for other teams, not us.
2. Promote The Flip Shop in every way you feel it is appropriate: T-Shirts, sweatshirts, banners, etc. But never speak in a negative way about another club, coach, athlete, or judge in the process.
3. The only time a parent should approach the meet director or a parent from the club hosting the meet is to thank them for a job well done and for inviting us to their meet. If you have a complaint, you need to bring it to the attention of your athlete's coach.
4. Under no circumstances is a parent or an athlete ever to approach a judge or meet official before, during or after a competition to comment on, complain about, or ask questions about scores.
5. PLEASE, do not contact your athlete once they are on the competition floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over they will come to see you.
6. It is mandatory that meet fees be paid by the due date, otherwise, your athlete will not be sent in on the roster. Class fees must be current for athletes to compete.

Guidelines for Parents Feeling Stress

Here are some danger signs to watch for. If you recognize yourself in these descriptions, you probably need to re-evaluate your actions, your role, or your attitudes.

1. Observing every single practice intently.
2. Praising or punishing your child for what you observe during these daily observations.
3. Finding your sense of worth and happiness dependent on the success of your athlete.
4. Constantly comparing your athlete and their progress to others in their group, on their team, or in competition.
5. Verbally abusing the gym, the coaches and the program while still placing your athlete under our supervision.
6. Video taping each competition and requiring your athlete to review it at home with you.

Competition Information

We expect our athletes that are on a competitive team to participate in as many meets as they can. We understand that there will be times when there are conflicts with other activities, illness, injury, etc. Meet schedules are usually out in plenty of time for you to make plans ahead of time. There are deadlines for every meet. Please make sure you are aware of this and keep track of this information. As soon as we

receive the information we give it out right away. It is the coach's decision as to whether an athlete will compete at any given meet.

MEET FEES: Girls Gymnastics Level 4 & 5- \$25 to \$85
Girls Gymnastics Level 6-10 - \$40 to \$90
Trampoline and Tumbling –All levels - \$30 to \$155
Competitive Cheer - \$25.00 to \$100.00

USAG MEMBERSHIP: \$53.00 annually. Athletes that are required to purchase this membership follows: (Fee may change without notice)

Girls Gymnastics – Level 4 Sanctined and Up
Trampoline & Tumbling – All Levels

TEAM UNIFORM: Girls – Long sleeved leotard
Sports Bra (if needed)
Briefs (if needed)
Boys – Tank leotard
Competition Shorts
Competition Trampoline Pants
Foot Wear – Trampoline and DMT only
Trampoline shoes or bare ankle socks
Cheer Team – Exhibition Outfit
Complete Uniform
Cheer Shoes
Team Jacket/Pants (embroidered)
Bag
Team Shirt

Communication Box

We have set up a system to make sure you are getting all the information you need. We have file folders with each athlete's name on it – sorted by competitive team. This folder needs to be checked every time you come in the gym.

E-MAILS

Emails are a great way to communicate in mass groups. We send out a lot of information this way. If we do not have your email address please let us know – we would like to add you to our list.

Viewing Room Grumbling

Team morale is one of the most treasured elements of a smooth operating cooperative group of parents, coaches, and athletes. In the interest of preserving team morale, we have a policy of...

Zero tolerance for Viewing Room Grumbling.

As with many gyms, parents and athletes in the viewing room or upon leaving the building feel the need to vent their frustrations to others about injustices and unfair treatment they have received, whether justified or not, or to engage in petty backstabbing at someone else's expense.

Confront your conflicts only with those who can help resolve your problem.

- All problems or disagreements between parents, coaches, and athletes will be taken care of immediately.
- The issue will remain between the parties involved without attempting to rally others to take sides.
- Each situation will be resolved to the benefit of all parties. Not with one giving in. Think “Win-Win”.

Why handle problems this way?

- Defy or ignore these standards or allow others to and our positive environment will crumble.
- Everyone’s help is needed in keeping a supportive and positive environment.
- Compassion, honesty, and trust create an environment of growth, fulfillment, and contribution for our team.

Remember our Principals of Team Unity:

- Support
- Unconditional Respect
- Trust
- Communication
- Growth
- Teamwork

Parents,

We hope everyone is excited about the upcoming competitive season. Below please find the 2008/09 Team Contract. As coaches, our primary focus with these contracts is to help reinforce the value of commitment to the athletes. As always, we strive not only to teach girls gymnastics, trampoline & tumbling and cheer but also lessons they will be able to use throughout their lives.



Please read the Team Contract with your child. We have included a parent section both as a reminder of parent obligations and to help show the athletes that being on a team is a group effort between coaches, parents, and athletes themselves. Hopefully, they will start to notice and appreciate all the time and effort parents give for their activity.

Please return the Contract by **Friday, October 25, 2008**

Sincerely,
Ted and Barbara Johnson

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2008/09 Parent/Athlete Team Contract

Purpose: To maintain The Flip Shop’s high athlete standards of sportsmanship, commitment, and excellence in sport.

ATHLETE

I commit myself to:

1. Trying to attend all schedule practices unless I am sick, there is a family emergency, or a vacation.
I will attend all practices two weeks before a meet. I will let the coaches know ahead of time if I cannot attend.
2. Giving my coaches and fellow athletes the concern and respect that I would expect for myself.
3. Training to the best of my ability and cheering on my teammates each day to created a positive environment for my teammates and myself.

4. Finishing the entire competitive season.

I have read the Competitive Team Rules and Policies and the Team Contract. I will do my best to follow it.

Athlete: _____ Date: _____

PARENT

I commit myself to:

1. Supporting my child in all way possible, including all booster obligations.
2. Accepting, and keep current with, the financial responsibilities that go along with the sport (meet fees, class fees, uniforms, USAG Membership, etc.)
3. **Speaking to my child's coach first if I have any questions or concerns about training, with the understanding that anything negative I say in front of my child may, unknowingly, affect his or her perception of, or attitude toward, his or her coach.**
4. **Understanding that "Viewing Room Grumbling" talk is unacceptable.** If a concern arises, it should always be taken directly to the coach, not other parents or athletes.

I have read the Competitive Team Rules and Policies and the Team Contract. I agree to all of the above terms for both my child and myself.

Parent: _____ Date: _____



Dear Athlete and Parents,

Welcome! You have received an invitation to be on The Flip Shop All Star competitive team. Our Trampoline & Tumbling competitive program is one of the best known and well respected in the Region and has a history of great success that other clubs model themselves after. Our goal is to move our competitive Girls Gymnastics & Cheer program in this direction and we are making changes to achieve this goal.

Be aware that these competitive programs are structured differently from our recreational program. The enclosed packet has been prepared for you as means of introducing and informing you of our team policies and procedures. It also outlines the responsibility of the coaches, athlete, parent and the triangle of support is creates for our team.

This information packet will be revised as needed. The development of a progressive program necessitates changes and the expectation of them. As your child develops within the program, his or her needs will fluctuate. We hope the informaton provided in this packet is helpful and if you have any questions or comments, please let us know.

Keep On Flippin'

Ted & Barbara Johnson, Owner