

Gymnastics



Team Manual

2019-2020

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Introduction

STATEMENT OF PURPOSE

The mission of No Limit is to encourage participation and the opportunity to learn and excel through performing and competitive gymnastics. No Limit Gymnastics grants the privilege of team membership to individuals who qualify and are committed to this mission. The privileges of membership may be revoked at any time when No Limit Gymnastics determines that a member's conduct or their parent's conduct is inconsistent with the best interest of the mission of the organization, the discipline of gymnastics, and those who participate in it.

In order to serve the best interest of the organization and its members, No Limit Gymnastics has adopted certain policies, rules, and procedures. These rules are not intended to establish specific behavior for No Limit Gymnasts; rather, these rules are meant to offer general principles to guide conduct in situations that may have ethical implications, as well as determine a level of honesty, integrity, and excellence deserving of its membership. These principles are offered to guide the will of No Limit Gymnastics members to maintain the best interest of the discipline and the organization, by acting ethically at all times.

DESCRIPTION OF COMPETITIVE TEAM PROGRAMS

The No Limit Gymnastic Teams consist of both USAG(USA Gymnastics) and AAU (Amateur Athletic Union) teams. Gymnasts must become members of either or both organizations to be eligible for sanctioned competitions. No Limit offers the following competitive levels and programs:

Compulsory- Levels 1-5

Optional - Levels 6-10

Xcel- Bronze, Silver, Gold, Platinum, Diamond

Students are placed on teams according to their general aptitude and skill level. The majority of students will start in the Xcel Programs at the Bronze level. The Xcel program allows students to work at their level while still allowing for faster mobility to a higher level. Instead of worrying so much about levels, we have adopted an 80% rule in our gym. Students demonstrating mastery of a skill 80% of the time are safe to move on to the next skill. Students are made aware of the skills needed to move to the next level and can set individual skill goals to attain the higher levels. Students are required to train a certain amount of hours per week, depending on which level team they are on. This does not mean students aren't allowed to train additional hours; in fact we recommend they do so. Students will perform and compete on vault, uneven bars, balance beam, and the floor exercise. Team members are invited onto team or may attend an open audition and evaluation. Three factors will decide when and how a student moves up levels: 1. 80% rule for safety, 2. Meeting the required All-around Score at a meet in accordance with USAG or AAU rules, and 3. At the discretion of the Team Director based on the student's work ethic and mental state. Sometimes students may be one level skill wise, but another mentally and emotionally.

USAG Required Training Xcel and Compulsory:

Xcel Bronze/Level 2- 2 .5 hour class 2 x's per week

Xcel Silver/Level 3 - 3 hour class 3 x's per week

Xcel Gold/4- 3 hour class 4x's per week

Xcel Platinum and Diamond/Level 5- 4 hour class 4x's per week.

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USAG Required Training Optional:

Level 6 & 7 (optional level) - 4 hour class 5x's

Level 8-10 (optional level)- 4 hour class 5x's

AAU Required Training Xcel:

Bronze/Silver - 2 hour class 2x's

Gold- 3 hour class 2x's

Platinum/Diamond- 4 hour class 3x's

Enrolling in one or more of our additional dance classes is highly recommended for all levels. Gymnasts that study dance have a tendency to consistently score higher and progress through the levels more rapidly. Team gymnasts may also add an additional team work out day and conditioning class in addition to the required classes.

Section 1

OFFICIAL TEAM REQUIREMENTS

This is an overview of the commitments required to be a member of one of No Limit's Gymnastic Teams. Please refer to specific pages of the Team Manual for more detailed information.

ACTIVE TEAM STATUS

1. FAMILY COMMITMENT

- TIME, COST, EFFORT, and SUPPORT
- AGREEMENT: to abide by the rules, policies and procedures set forth by No Limit
- NO LIMIT BOOSTER CLUB COMMITMENT: Mandatory and determined by gymnasts level on team.

2. FINANCIAL

- **No Limit Monthly Team Tuition:** monthly tuition is due on the 22nd of each month prior to the start of the month and must be guaranteed with a credit/debit card on file. You may pay with cash anytime up to the 22nd. All fees will be processed on the 22nd. A fee of \$25 will be assessed to accounts that have cards that won't process. Additional late fees will apply if account is not brought current prior to the start of the month. Team members are required to pay fees for one complete season if taking up a spot on the team. Fees will be charged through state meet or regionals, depending on the athlete's level. After state meet or regionals, you will need to notify the office in writing if you are not going to continue on team. You will be assessed a full season of tuition and fees even if you drop mid-season for any reason other than a serious medical injury. Again, we expect a commitment.
- **EQUIPMENT FEES:** These fees vary by level. Payments may be made in full or will be pro-rated and added to your monthly tuition resulting in 50% paid up front and the remaining 50% paid by November 22nd.

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- **UNIFORM:** requirements vary by level; see Uniform Policy
- **COMPETITION FEES:** vary by level and the meet host. Fees usually range from \$75-\$125 per meet. Please refer to meet schedule for prices and due dates. A \$50 team fee will be assessed to each gymnast's account at the beginning of the season to cover team fees for the year. The fee will be removed in November if enough fundraising has been accomplished to cover these costs. If not, the fee will be charged November 22nd.
- We start the season with the intent of every team member competing, as it may affect team scores. If you did not pay your meet fee on time, you will not be entered. There is a \$25 late fee assessed by No Limit for trying to register a gymnast late for a meet, plus the amount for late entry for that specific meet as determined by the meet host. We cannot guarantee late entries.
- **COACHES FEES:** vary by level. You may pay these fees in full prior to May 22nd to receive a 10% discount. 50% of these fees are due up front and the balance will be pro-rated and added to your monthly tuition resulting in 6 payments with the last one ending on November 22nd. New team members beginning late in the season will have their fees pro-rated. Please note, gymnasts are ineligible for competition and training until fees are paid in full.
- **PERSONAL:** grips, shoes, tape, briefs, etc.
- **TRAVEL:** Minimum of 1 overnight per season, several possible; see Competition Policy.
- **CHOREOGRAPHY FEES:** applies to Optional and X-Cel gymnasts (covers choreography and music fees). After the required private lessons, additional fees apply for any extra lessons. The choreography fee is listed on the assessment breakdown sheet you receive at the beginning of the season.

3. PARTICIPATION

- PRACTICE: See Practice Policy
- COMPETITION: See Competition Policy
- OTHER EVENTS: as determined by the Director/Head Coach

4. OFFICIAL FORMS

- **OFFICIAL AGREEMENT FORM:** states that the gymnast and the parent have read the rules, policies, and procedures and agree to abide by them.
- **EMERGENCY INFORMATION AND RELEASE TO TREAT FORM:** parents must keep this form current. This allows your child to receive medical treatment in case you are not present, and notifies emergency personnel of any medical conditions or medications being taken.
- **USAG Membership:** required to be submitted every July in order to be eligible to compete at USAG sanctioned events. You will be emailed a link to sign up online.
- **AAU Membership:** required to be submitted every August to be eligible to compete. The club will register for you.
- **Other Forms-** As needed

INACTIVE TEAM STATUS (as in injury cases or as determined by the Head Coach)

1. FINANCIAL

- **No Limit Tuition:** determined by amount of activity
- **COMPETITION FEES:** will not be charged if inactive status is determined prior to registration period.
- **COACHES FEES:** non-refundable
- **EQUIPMENT FEES-** non-refundable
- **UNIFORM FEES-** non-refundable

2. FAMILY COMMITMENT

- **TIME, COST, EFFORT, AND SUPPORT**
- **MAINTAIN** agreement to abide by rules set forth by No Limit

3. PARTICIPATION

- PRACTICE: to be determined by the Director and Head Coach
- COMPETITION: gymnast is encouraged to attend competitive events and to support and continue being part of the team.
- OTHER EVENTS: as possible

COMPETITION POLICIES

1. GYMNASTICS THROUGH COMPETITION: All gym team members will participate on the No Limit Gymnastics Team with the intention of learning and striving towards gymnastics competition.
2. COMPETITIVE READINESS: The Head Coach shall determine if a gymnast has shown mastery of specific disciplines in a safe, confident, and accomplished level consistent with the standards set for No Limit. All efforts will be made to determine readiness at the earliest possible date. Due to the sometimes inconsistent and unpredictable nature of learning new skills, injuries, or other possible circumstances, determination of readiness may not be made until one week prior to competition. Students may scratch a specific event or an entire meet if it is determined they are not ready physically or emotionally.
3. ELIGIBILITY: To be eligible to compete, the gymnast must have practiced all routines to a competent, confident, consistent and safe level, and quantity as determined by the Head Coach and or Director two weeks prior to the competition. The gymnast must have trained to the level of intensity and proficiency consistent with that level, based on No Limit's standards. A gymnast must attend all scheduled practices three weeks prior to each competition, and at least 85% of scheduled classes. The gymnast must also be deserving of the opportunity of competition, through proper attitude and behavior as outlined in the No Limit's Gymnastics Code of Ethics and Competition Policy. The Head Coach has the final decision on determining a gymnast's readiness to compete.
4. "EXTRA CURRICULAR SPORTS" AND ACTIVITIES: You have made a commitment to your gymnastics. While it is common for children to be involved in other activities, sports that conflict with practice and/or competitions shall not be allowed. Our team works out 1/3 of the hours most teams work out because we believe you should have time for family, school, and other activities; thus

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other activities must be scheduled around the gymnastic schedule you have committed to.

5. **REFUNDS OF COMPETITION FEES:** All gymnasts are expected to train towards and compete in all competitions on the official competition schedule, unless arranged otherwise or an unforeseeable circumstance. Almost all competitions have a no refund policy.
6. **DESIGNATED ARRIVAL TIMES:** All gymnasts should arrive at least fifteen minutes prior to the open warm up time listed for each meet. Make sure you allow time for traffic or locating the meet location. Gymnasts missing the open warm up will not be eligible to compete that day.
7. **OVERNIGHT STAYS:** For events requiring that the team stay together, travel arrangements will be made by the travel coordinator upon approval of the Director. Gymnasts' and Instructors' room and travel arrangements are made first priority. Parents may also notify the travel coordinator of an interest to travel with and/or stay close to the team. There are many aspects of training and competition preparation that are involved in traveling and staying overnight which can help a gymnast learn to compete. Our goal is for gymnasts to approach gymnastics training and competition with a level of confidence, quality, self-esteem, and responsibility. Each gymnast is required to adhere to the Competition Policy and specific travel requirements and procedures in order to compete in any competition.
8. **OUT OF STATE COMPETITIONS:** Traveling as a group is recommended to optimize the competitive experience for the gymnast and to take advantage of possible group-type discounts.
9. **TRAVEL AND LODGING:** In all cases of team travel and lodging, costs will be considered in making arrangements. Any individual change in plan must be approved by the Director, as the entire team's cost may be affected. Gymnasts and their families are financially responsible for any arrangements made for that gymnast who may adversely affect the team's travel and/or lodging costs due to an individual change of plan.
10. **APPROPRIATE CONDUCT:** Gymnasts shall be expected to follow the Rules of Conduct for all gymnastic events!

CODE OF ETHICS

Success in gymnastics requires long hours of training, repetitive practice, hard work and discipline, along with a passion for the sport. In addition to technique, we try to discover many other qualities and values through training and competition. This list of team policies has been established to help you reach your goals, as well as providing guidance on procedures.

1. DO YOUR BEST TO PREPARE FOR COMPETITION

- Attend classes and practices consistently
- Attend classes and practices on time
- Come to classes and practices physically prepared for learning
- Come to classes and practices with a positive attitude towards learning
- Be responsible for appropriate gym attire and personal equipment (grips, tape, bags, shoes, hair ties, ankle braces, etc.)

2. PRACTICE GOOD SPORTSMANSHIP

- Act graciously, whether you succeed or fail
- Appreciate the effort of others, as well as your own
- Help others

3. APPRECIATE GYMNASTICS, ITS RISKS, CHALLENGES, AND POSITIVE QUALITIES

- Have fun!!!!
- Recognize the difficulty of learning and mastering gymnastics
- Learn to work with others, to work towards a goal, to make a commitment

4. RESPECT NO LIMIT'S INSTRUCTORS, COACHES, OFFICE STAFF, PARENTS, AND OTHER STUDENTS WITH THE SAME TREATMENT YOU EXPECT AND DESERVE

- Act respectfully, politely, and courteously
- Speak respectfully, politely, and courteously
- Be proud to be a part of No Limit Dance-Gymnastics- and Fitness

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- Participation with other studios and clubs is not permitted without permission

5. RESPECT THE NO LIMIT ORGANIZATION, FACILITIES, AND PROPERTY

- Treat the facility with care and help keep it clean
- Treat all equipment with care
- Use gymnastics and other equipment for its intended purposes only, and only under appropriate supervision
- Move equipment as necessary, for personal and team use for safety
- Move a mat rule: help to put equipment and mats away daily to keep the gym in order

6. MAKE THE MOST OF YOUR CLASSES

- Do your best to learn skills properly and safely
- Be prepared for and attentive during practices
- Work efficiently towards assignments
- Stay on your feet throughout practice
- Avoid behavior which will detract from your goals
- Avoid behavior which will distract others from their goals

7. COMMUNICATE WITH YOUR INSTRUCTORS AND COACHES

- Let your instructors know when you don't understand something
- Inform instructors of problems involving fear, injuries, uncertainty, or hesitation
- Inform instructors of problems involving your teammates or other instructors
- Practice the Goodbye Rule: Let your instructor or the office staff know when you are leaving at the end of a practice, they may have something important to tell you, and we want to know that you are safe
- Check your folder and bulletin board in the lobby after every practice. Check the team page on the website and the school's Facebook and

Instagram page once a week. Read and understand all notes to stay informed. And above all make sure you share all of this information with your parents.

8. FOLLOW SAFETY PROCEDURES AND LEARNING PROGRESSIONS

- Learn proper progressions from instructors
- Be aware of safety considerations in attempting new skills and progressions
- Practice proper landing and falling techniques to help reduce injuries

9. PRACTICE SENSIBLE HEALTH HABITS

- Stay rested to practice and perform well
- Eat sensible foods to maintain high energy and endurance
- Drink water during practices

10. BE RESPONSIBLE FOR INJURIES AND REHABILITATION

- Immediately inform instructor of any injury which affects your ability to exercise
- Get medical attention **WHEN** necessary, and follow prescribed instructions as directed
- Consult the Head Coach to adjust practice schedule and modify workouts (most minor injuries are manageable)
- Attend practice as much as possible
- Rest injured body part as needed, but exercise other body parts where possible
- Apply ice regularly until swelling has subsided, and then again as needed
- Wear braces, wraps, or bandages as prescribed or as necessary

GYMNAST'S RULES OF CONDUCT

There are certain rules associated with gymnastics competition and related events. This is a list of rules that No Limit's gymnasts should understand and follow at all No Limit's gymnastic-related functions in keeping with the No Limit's Code of Ethics.

1. ATTITUDE ABOVE ALL ELSE

- Come to the event with a positive, enthusiastic attitude.
- Do your best.
- Recognize and appreciate your best effort, regardless of the result.
- Appreciate the efforts of those who have supported you and your gymnastics: parents, siblings, friends, instructors, and staff.

2. PRACTICE GOOD SPORTSMANSHIP

- Be a gracious competitor whether you win or lose.
- Be supportive of your teammates; respect other gymnasts and instructors.
- Respect the facility, equipment, and other property.
- Act and speak respectfully, politely, and courteously.
- Focus on behavior consistent with being a No Limit Gymnast.
- The Director and/or coach reserves the right to remove any gymnast from a competition for behavior deemed unsportsmanlike or unbecoming a No Limit's Gymnast.

3. ARRIVE AT THE EVENT PREPARED AND ON TIME

- Check details of the event (time, place, etc.). Info should be available at the beginning of the week prior to the competition.
- Make transportation plans to and from the event.
- Be responsible for appropriate uniform, sweats, shoes, etc.
- Bring other items as necessary (healthy snacks, hair ties, bobby pins, etc.).

4. PRACTICE BEING A GOOD ATHLETE

- When bringing a snack; prepare healthy foods (non-processed) which will provide long lasting energy.
- Drink water, juice, or coconut water during the competition. Choose non-stainable drinks.
- Get proper rest two days prior to the event.
- Stay alert, and be prepared to act quickly for instructions or adjustments to plan of action, as competitions usually run on a strict time schedule.
- Follow your coaches' instructions. Be sure to ask questions if you are uncertain about details about the competition format, staging, or anything else.

5. PRACTICE BEING PART OF A TEAM

- Stay with your team throughout the event. This includes warm ups and award ceremonies. Do not run to your parents during an event.
- Ask permission to leave for any reason. It is important for your coach to know where you are at all times.
- Wear appropriate team apparel at all times, as determined by the Head Coach. Dress code may change slightly depending on the event.

6. WHEN INJURED, PLAN ON ATTENDING TEAM FUNCTIONS

- Consult the Director or Head Coach for modified plan to attend competition.
- Do your best to stay involved with your team.

7. REPRESENT NO LIMIT IN GOOD CONDUCT AT ALL GYMNASTIC RELATED EVENTS

- As a member of No Limit's Gymnastic Team, you represent yourself, your family, your teammates, and your entire program. Act responsibly and in good conduct when traveling to and from competitions, when staying in hotels, when eating at restaurants, or at any other time or place you may represent No Limit Gymnastics. This includes at the school itself.

8. GOODBYE RULE

- Inform coach of plans to return home or other (going home with relatives, teammates, etc.).
- Express appreciation to competition director/coordinator or appropriate people for having our team at the event.

PRACTICE POLICIES

1. UNAUTHORIZED USE OF GYM AND EQUIPMENT NOT ALLOWED

In the interest of safety, we do not allow anyone to use the dance studios or gym without authorized supervision. This policy includes participants and non-participants.

2. PLEASE STAY IN ASSIGNED AREAS

In the interest of safety and a productive learning environment, only participants are allowed in the training areas. We discourage parents, siblings, and friends from staying during practice, as it is only a distraction in a learning environment. However, you are always welcome to view classes; please consider viewing on the monitors and only in the gym viewing area once or twice a month. This is in your child's best interest. Any sibling or friend that must stay is required to have adult supervision and follow our rules; we are not a babysitting service.

3. ATTEND PRACTICE CONSISTENTLY AND PROMPTLY

Your progress is directly related to your attendance. Plan to arrive five to ten minutes before the beginning of practice, and leave promptly so your instructors don't have to wait for you and so the school can be locked up for the evening. Please schedule your appointments and other activities outside practice time.

4. DRESS APPROPRIATELY FOR PRACTICE

This includes coming to and leaving from practice. Always wear footwear to and from the gym. During the winter months wear a sweatshirt, jacket, or other as deemed appropriate by weather. See the school's dress code for proper class and practice attire. Workout leotards should be worn on appropriate days. Hair should be up and out of the face. Jewelry should not be worn and there is no gum permitted in the building. All of these practices will prevent injuries and hazards.

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5. BE RESPONSIBLE FOR YOUR BAG AND BELONGINGS

Gymnasts should make sure all items are in their bags prior to leaving. Gymnasts should never bring valuables to the gym (Including, electronics, cell phones, jewelry, etc.).

6. COMMUNICATION

Please communicate with your instructors. Let them know how you are feeling about your classes. Inform them about problems involving health, conflicts, fear, or uncertainty.

7. HEALTHY SNACK CHOICES

If bringing a snack to practice, please choose one that is healthy. Please bring water to practice. Again, chewing gum is not permitted in the building.

8. FOLDER

Every gymnast has a folder. Notices and other important information will be placed in these folders on a regular basis. Please check your folder after every practice and share that information with your parents. If you have two households you go to, remember to make sure the information gets to both parents. We cannot be responsible for informing two households. Also, check the Team Page on our website www.nolimitlv.com weekly and the school's Facebook, Twitter, or Instagram page for other events and information.

9. GOODBYE RULE

Inform your instructors if your normal commuting plans change. Before leaving the school, make sure you let your instructor or the front office know you are leaving. It is important to us to let you know of any reminders, discuss your practice, or simply to say goodbye and know you are safe.

10. INJURY POLICY

When injured, consult your coach for a modified workout plan. Continue attending practices as much as possible, and/or as your doctor allows.

UNIFORM POLICIES

1. LEOTARD AND SWEAT STYLES ARE CHOSEN BY THE DIRECTOR AND STAFF
 - Sweat styles will be kept for at least the time indicated for each piece of team apparel.
 - Leotards are special ordered (competition workout leo). They are generally used for three competitive seasons and may be used for other performances and recitals. Leotards should be kept in good condition, and cleaned according to the washing instructions on the label. Gymnasts will have to replace team leotards if they become faded, stained, or lost.
2. LEOTARDS AND TEAM APPAREL SHOULD BE USED FOR DESIGNATED EVENTS ONLY
 - Team leotards should not be worn for other events, such as pageants, talent shows, Halloween, etc.
 - Team sweats should not be worn to school; they should be kept nice for competition.
 - Exception: T-shirts may be worn at your discretion, but must be kept in good condition to be worn at the state championships.
3. GYMNASTS AND THEIR FAMILIES ARE RESPONSIBLE FOR MAINTAINING PROPER CARE AND CONDITION OF ALL TEAM APPAREL
 - Follow recommended washing instructions from the manufacturer. All alterations are the responsibility of gymnasts and their families. New sweats and leotards must be re-ordered if they are ruined or if you have outgrown them. NOTHING EXTRA SHOULD BE ADDED TO THE TEAM LEOS OR SWEATS.
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4. ALL LEOS, SWEATS, GRIPS, SHOES, ETC., MUST BE LABELED WITH THE GYMNAST'S NAME
 - A name on the clothing label or inside the shoe with a permanent marker is sufficient.
5. NO LIMIT'S DRESS CODE FOR COMPETITION
 - Hair should be up in a bun (braids or pony tails going to the bun are ok).
 - Nail polish on fingers or toes is not permitted.

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- Jewelry is not allowed.
- For awards ceremony, gymnasts should be dressed in team sweats and/ or leotard as determined by the coach.

TEAM WARM UP SUITS/SWEATS

- Team warm up suits are required for all team members competing under USAG. AAU gymnasts have the option of ordering sweats.
- Style change cycle is normally every three years, but not guaranteed.
- Sweats are required for all J.O. competitions and designated events.
- No extra pins or decorations are allowed on the team warm ups, but may be placed on team bags.
- Payment must be made prior to ordering warm ups

LEOTARDS

- A team workout leotard is required for all team members competing under USAG. AAU team members have the option to purchase a workout leotard.
- Team leotards are required for competition. USAG J.O. Compulsory and Xcel levels Bronze, Silver, and Gold have the same team leotard as for an easy transition between the programs. J.O. Optionals and X-Cel Platinum and Diamond have the same team leotard for the reason mentioned above. All AAU team levels have the same leotard.
- Payment must be made prior to ordering leotards

BAGS

- Required for all competitions.
- Style change cycle estimated: two years.
- Can be used for all gym related use. Pins are allowed on team bags and use of an identification tag is recommended.

T-SHIRT

- Required
- Style change cycle estimated: one year.

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You will receive a total package cost at the beginning of the season which includes all required items. If you need a replacement on any of the equipment (new leotard, etc.) you must contact the front office to get a price quote on the individual item.

SECTION 2

PARENTS' CLASS AND COMPETITION HANDBOOK

The following describes some of the steps we take to establish a competitive season for the gymnast. Hopefully, it will answer some of your questions regarding competition procedures.

1. COMPETITION CALENDAR

- The general season calendar is decided in late July for the following season. The governing body for gymnastics in the United States is USAG, therefore all meets for Xcel, Compulsory, and Optional levels are USAG sanctioned events. Specific dates for state, regional, and national competitions will not conflict with one another. Competition dates and venues are always subject to change; so please check your folders regularly. If you are in our AAU program (Amateur Athletic Union), you will have the option of six meets per season and the schedule will depend on the number of AAU meets available in our district and nearby districts.
- In general gymnastics competition is divided into two seasons, Fall and Spring. The fall season begins in September and generally ends in November, although occasionally meets may occur in December. The spring season begins in January and concludes with the state USAG championships in March. Optional levels normally begin in January, but occasionally November and December. X-Cel regionals(silver and up) are scheduled for April and Optional levels qualifying to regionals, westerns, and nationals compete in April and May. The USAG State Meet switches each year from Northern Nevada to Southern Nevada. AAU competitions vary by district. Meets may begin as early as September and continue throughout April or May. District Championships and Westerns are in the spring, and Nationals is held in June every year.

2. COMPETITION INFORMATION SHEET

- We will not have specific details like session times, session's days (Fri., Sat., or Sun.) until approximately five days before each competition. Specific information will be passed onto you as soon as we receive it. Information will be placed in team folders within twenty-four hours of our receipt of it. **DO NOT CONTACT ANY OTHER GYM AND ASK ABOUT SESSION TIMES!**

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- We have no control over competition days. We try to enter competitions with competition days on Saturdays and Sundays. Competitions may fall on a weekday, usually a Friday.
- While we aim to keep our calendar set; all information is subject to change.

3. AWAY COMPETITIONS

- Read all of the information on the Competition Information sheet placed in your child's folder. It is your responsibility to arrange transportation for your child to get to the competition. Please carefully check the destination, travel time, directions, and designated time of arrival for each competition. We encourage carpools with teammates.
- Regional and National Competitions; teammates are required to stay at the same location.

4. HOME COMPETITIONS

- Competition information sheets should be available in your child's folder one week prior to the competition. It is your responsibility to arrive prepared and on time.
- Don't get too comfortable because you are at home- there is always something (traffic) that could go wrong. Be on time.

5. HOW A COMPETITION OPERATES (GENERAL FORMAT)

- Every competition runs with either a Traditional Format, or a Capital Cup Format. Formats may be modified depending on the number of gymnasts and the amount of equipment. The meets are run in sessions, by level and age. Parents and spectators pay for a single session, multiple sessions, an all-day pass, or sometimes a weekend pass. The price of admission or types of admission is decided by the meet host. We will try to post the admission price in advance if we receive that information beforehand. Next, athletes will sign in and receive their competition number for that meet. They should then find their teammates and coaches and proceed to the area the coach designates. Parents and spectators will have a seat in the audience. **NO ONE OTHER THAN COACHES REGISTERED FOR THAT MEET AND REGISTERED ATHLETES MAY BE IN THE COMPETITION AREA, OR AS IT IS KNOWN, THE COMPETITION FLOOR.** The athletes are responsible for their bags, sweats, shoes, grips, etc., and have been trained to put them away properly. Once the athlete is with the coach on the competition floor, they

are to give their undivided attention to their coaches. Please do not call your child off the floor or coach them from the audience. Open stretch/warm up is fifteen to thirty minutes, and then the athletes march in (are introduced). Teams are grouped and then proceed to their designated first event. Meets follow the Olympic order of Vault, Bars, Beam, and Floor Exercise. Athletes warm up each event and then compete.

6. SCORING/AWARDS

- During the meet the scores will be flashed using the assigned number given to the gymnast at check in. For the most part, all routines have a start value of ten. Optional and Xcel start values depends on what required skills and bonus they have in their routines. The judges score in .05 increments. Deductions are given for form breaks, stops in routines, wrong body position, overtime, and so on. Students may place on each event, and AA (all around). Awards may be placed out differently at every single competition i.e. award all places, award 50% out, award all places for level 3 only, etc. Team awards are also awarded to the J.O. teams with the top three or four scores counting towards team awards. If there are not enough girls at certain levels, they are not eligible for team awards.
- All team members will sit together during awards. Athletes must attend awards, as it is poor sportsmanship to leave prior to being awarded, even if the athlete is not placing.
- In the case of winning awards, the gymnast will stand behind the number they placed or on the podium, shake hands with the girl next to her, and salute once all gymnasts receive their medals.

HOW TO OBSERVE A MEET

1. APPROPRIATE CONDUCT DURING COMPETITION

- Flash photography or video cameras with a light on them are not permitted for safety reasons. Please remember to always turn off your flash or check your light on your video camera.
- Applaud your child's efforts to do his/her best. Avoid showing displeasure with scores and performances. Focus on effort and progress. Your child looks to you for praise. Emotional reactions to your child's scores or other gymnast's scores and performances may be viewed by your child as displeasure with his/her own performance.

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- Show your appreciation for your child and teammates in a fair, supportive manner. Avoid loud or excessive applause that may be viewed as distracting to others competing or in the audience. This does not mean you can't applaud and make noise. A basic rule of thumb is spectator's applause should be expressive without distracting other competitors.
- Avoid criticism or offhanded comments towards the judges, competitors, teammates, coaches, etc. You never know who you are sitting next to, and with technology, everything is recorded. This may weaken the bond your child is trying to develop with her team and the very endeavor she is trying to excel in. Rather, focus your attention towards your child's effort to do his/her best within the given circumstances. We are trying to teach a sense of fair play, positive self-esteem, and concentration on circumstances within the gymnast's control. While we may not always appreciate the results, it is important to keep the attention on your child and her best interest. It can only benefit your child if parents are reinforcing those values through example.
- Remember competition is your child's stage to show her best effort, and to perform what she has been training many hours in practice. All efforts should be directed to support the goal.
- Gymnasts shall follow the Rules of Conduct for behavior appropriate for competitions.
- Approaching competition officials and judges for any reason is unacceptable behavior for spectators. Any questions regarding scores, or policies should be directed to the coach or Director following the competition or away from the competition venue.
- Spectators are not allowed to enter the competitive area, only the areas designated for the public. Siblings should be watched at all times, and are not permitted to get on any equipment or enter the competition area. The gymnasts are not permitted to leave the competition area during the competition; Again, parents, please do not call your child or try to coach from the audience.

HOW TO TAKE CLASSES

- Make sure your child is punctual and attends on a regular basis.
- Make sure your child is dressed appropriately for class, has the appropriate and proper fitting equipment (just as you would not purchase Keds to practice soccer in, please do not purchase low quality, ill-fitting leotards to workout in i.e. Wal-Mart, Target leotards).
- **Don't stay.** Your child cannot give his/her undivided attention to his/her instructors if she is worried about pleasing you.
- **Don't coach or instruct your child.** that's why you sent them to No Limit. Every coach is certified through USAG and Safe Sport and takes continuing education classes through USAG University and elite clinics, along with years of coaching experience and years of training in the sport.
- Pick students up on time. Team classes are usually our last class, and we close up immediately after that. Coaches and staff would like to get home to their families too.
- Please address payment and other issues at the office during office hours: M-F 10:00 am - 6:30 pm, Sat. 9-1. Team classes are usually out after office hours, so please let the office staff lock up and go home. Additionally, your team coach may give you a cell phone number for out of state meet emergency use (if you are lost, etc.); please do not text or call your coach directly. For safety and liability reasons, all correspondence must go through the office. For ethical reasons, No Limit's Coaching staff is not permitted to have personal relationships with team families, again any questions or concerns should go through the office. Additionally, No Limit has various social media sites to which you can post questions, comments, pictures, etc. in a public, documented forum. For the safety of both No Limit's employees and our students, employees are not permitted to accept or request "friends" or "followers" that are team members (children), clients, or customers of No Limit.

SECTION 3

OFFICIAL FORMS

1. Emergency Information Forms

- A. Your registration form you filled out upon enrollment must be updated each August. At anytime your information changes, you may log into your account from the No Limit I-Class app or parent portal on the website and update your information..
- B. Any students traveling with a coach to or from a meet, or out of state must have a Medical Release to Treat Form.

2. Release of Liability Forms

- A. This was included in your original registration and may periodically need to be updated to reflect changes in policies.
- B. Other release forms as needed for events.

3. USAG Athlete Registration Form: Must be completed each August or when starting team in order to compete. A link will be emailed to your account.

4. AAU Membership Form: will be completed online for you.

NO LIMIT OFFICIAL AGREEMENT FORM

I/We, the undersigned, agree that in order for the No Limit Gymnastics Team to remain viable and meet all of its financial obligations, I/We must be current with Team dues, coaches' fees, competition fees, uniform costs, travel costs, equipment fees, and other expenses.

Competition fees are due by the date scheduled on the Official Meet Schedule form. If the team entry costs exceed the amount collected at the beginning of the season, the outstanding cost will be split evenly between all team members and you will be responsible for the difference and will be billed for that amount.

Other costs, such as uniforms and sweats, will be billed and are due as they are incurred. No uniforms will be ordered without payment and no in stock uniforms will be given out without payment.

I/We understand that only gymnasts' whose parents have met the financial terms outlined will participate in classes and competitions.

I/We understand that it is a privilege to be on a competitive team and agree to abide by the terms outlined in this manual. I also understand the commitment I have made for the season.

Please sign below to indicate that you have read, understood, and agree to meet the aforementioned obligations outlined in the No Limit's Gymnastics Team Manual.

Student Name (Please Print) _____

Signature of Parent(s) or Guardian(s)

Date_____

I have read this with my parent or guardian and understand what is expected of a No Limit's Gymnastic Team Member

Student Signature _____

Date_____

