

WELCOME TO BROWN'S GYM ORBIT GYMNASTICS TEAM

Our goal is to achieve the maximum potential of each of our team gymnasts by providing the best quality of teaching. We teach gymnastics from the USA gymnastics program, and strive to develop self-esteem, discipline and a good work ethic. We like to win, but winning is not our priority – children, and their overall development, are. We respect each student and require their respect in return, respect for each other, and each person on our team, and opponent teams. Building mentally and physically strong children proud of their achievements is our mission.

BROWN'S GYM-ORBIT TEAM IS A PRIVILEGE AND A COMMITMENT

Brown's Gym Orbit Team students are privileged to represent Brown's Gym Orbit at competitions, parades, and other public events. Team members receive special awards for all their achievements. Besides competition awards, team students receive wall banners for outstanding results at state and regional competitions. Our local newspaper recognizes our students' effort by regularly informing the public about performance results.

Our team students and their overall development is our team staff's main priority. We have high expectations, but also high respect and understanding for each individual team member. We are convinced that participation in the Brown's Gym Orbit gymnastics team program will have a strong influence on overall mental, social and physical development of each of our team students. We believe that each child is special, but that each team member is extraordinary. They prove this by participating in Brown's Gym Orbit gymnastics team for most of their developmental age.

Brown's Gym Orbit Team is a year-round program and a yearly commitment. All team members are expected to attend all practices, scheduled meets, parades and team demonstrations. The team head coach needs to be informed if team members are unable to make it to practice, meets or parades. No more than 10 practices per year may be missed (unless they had to be rescheduled by the coaches). There are no make ups for team or pre-team missed practices and these practices cannot be prorated. All scheduled meets are mandatory for all members.

Brown's Gym Orbit is very proud of its coaching team. Coaches at Brown's Gym Orbit are not just educated (certified) in this field. Most of them also have long teaching and/or competitive experience and love all children who share their passion for the sport of gymnastics. Their goal is to transfer their enthusiasm to each team student by giving the same attention to all students. Major tools used by coaches are encouragement, compliments and praises. Brown's Gym Orbit's philosophy does not allow selection by the gymnast's physical capability, but by the willingness to learn. Brown's Gym Orbit Team coaches avoid any kind of favoritism. Gymnast's self-esteem is an important criterion for the level selection. The coaches' job is very difficult especially when there is a pressure on the parent's part. There are many children in the gym at the same time, each with their own capabilities, problems and personalities. We are aware of how fragile children are at this age and we will do our best to discipline them and teach them not just gymnastics, but also life lasting skills.

Gymnasts' Responsibilities

The following is a list of responsibilities that show respect and loyalty for our gym and are expected of all team members:

1. Attend all practices (max of 10 absences per year will be tolerated). Arrive on time and stay until practice is over. Greet the staff when you come and apologize if you are late.
2. Practice mutual respect with teammates. Be kind to the younger gymnasts and gymnasts from lower levels.
3. Poor behavior and crying will not be tolerated. Gymnast will be asked to take a short break to compose her or himself and quickly return to the class. Mentally and physically strong and mature children with positive attitude have a much higher chance to progress and to stick with gymnastics for a long time.
4. Practice mutual respect with all the coaches at all times. Always ask to be excused and report to the coach if you have to leave the class for any reason. Never leave the class without reporting to the coach first. Maintain eye contact whenever your coach is giving instructions and be prepared for corrections.
5. Be respectful of the gym and equipment. Do not purposely ruin the foam blocks, mats or other equipment. Keep the gym clean. Do not touch any equipment with chalky hands. Pick up all your stuff after practice since we are not responsible for lost or stolen items. Put initials on all clothing or gymnastics accessories.
6. Work hard and try your best at every workout. Do not compare yourself with the others, but only with yourself in the past. Be honest and work hard even when your coaches are instructing other students. Listen to what your coaches tell your team mates and learn from it. Avoid asking too many questions or talking to your teammates.
7. Treat office personnel and class instructors with respect. Do not run through the class in progress and do not take mats or other equipment from the set preschool stations. Do not distract others who are already training. During the practice, do not talk too loud, since it may distract other students and instructors.
8. Report any injuries or any other problems you may have immediately to your coach. Report any concerns about someone else's inappropriate behavior and also report if you notice any damage done on the equipment or in the building. Communicate any questions or concerns directly with your coach.
9. Do not waste protective tape; it is meant just for rips. Ankles and wrists need to be secured with appropriate bandages. If you need extra tape, you have to provide it yourself.
10. Maintain the changing room as clean as possible. Keep all your stuff in your bag or in your locker. Do not leave any food in your locker. Always turn around before you leave to see if you have left the changing room and restroom as clean as it was before you came. Pick up your accessories from the gym after the practice.
11. Maintain good health and hygiene. Take a shower after each practice and wash all your gymnastics apparel regularly.
12. Always wait inside the gym for your ride to arrive.

Workout Attire

1. All gymnasts must be dressed in a one-piece leotard. Tight fitting biker shorts may be worn. Appropriate undergarments should also be worn.
2. No jewelry is permitted, with the exception of post earrings.
3. Hair must be pulled up and away from the gymnasts face. Barrettes made of sharp material may pose a safety hazard and are discouraged. Long bangs must be secured with clips.
4. At competitions, gymnasts must wear their hair in a bun if possible.

Team Uniform

All team members need to purchase a team uniform. Pre-Team: Team Leotard; Level 3 and up: Team competitive leotard, warm up suit, and the team bag.

Meet Commitments and Policies

Brown's Gym Orbit will compete in up to three USAG state meet qualifiers, the state meet, as well as additional invitationals. Competitive gymnasts are expected to participate in all the meets selected by the coaching staff. We will distribute a preview of selected meets and if a gymnast has a conflict it needs to be communicated to the coaching staff immediately. Only big family events, illness or school obligations may be the reason for absence from competition.

A Jr Olympic COMPETITION year is defined as period from August 1 through July 31. A competitive season is from the 1st qualifying competition through the culminating Championships at each level (State meet for level 2-6).

The USA Gymnastics Jr. Olympic Program Committee has established **MINIMUM** standards for upward mobility in the Jr. Olympic program for Levels 1-10. Ultimately, each individual gym and/or coach will determine any additional standards for their own program, since the ability to achieve the minimum score does not necessarily insure that the athlete is capable of mastering the skills at the next level.

The minimum USA Gymnastics standards are as follows:

Level 1 - 4 to Level 5 Must pass with 75% proficiency on the sequences at each level; 100% flexibility and 5 out of 6 conditioning exercises.

Level 5 to Level 6 31.00 AA one time at a USAG-sanctioned competition

Level 6 to Level 7 31.00 AA one time at a USAG-sanctioned competition etc.

Brown's Gym Orbit, like many other gyms, has a higher score standard (34.00) and requires that the athletes score the minimum score more than just once, plus mastery of specific skills which would make the athlete capable of successfully competing at the next higher level.

Competition Guidelines ~ Gymnasts - IMPORTANT!

1. Arrive at the competition 15 minutes prior to the scheduled check-in time.
2. When the athlete arrives at the competition, she should report to her coaches immediately. She will not be allowed to have contact with her parents until the competition has ended. Contact one of the coaches if you need to get a message or item to your child.
3. Hair should be tightly pulled back out of their face (in a bun).
4. Athletes should arrive at all competitions wearing their Brown's Gym Orbit warm up.
5. Bring your Brown's Gym Orbit gym bag to all competitions. The contents should include only their competition leotard, one healthy snack, small water bottle, grips, and floor music (optional only). It can also contain bandages and tape if needed. Do not pack extra items.
6. No fingernail/toenail polish or jewelry (one pair of post earrings is allowed on the competitive floor). Appropriate undergarments may be worn, but should not show.
7. Athletes will not keep track of their scores or anyone else's scores during the competition.
8. Athletes will not cry or complain during a competition. An athlete who shows signs of a poor attitude or becoming emotional will be asked to leave the competition floor to compose her or himself.
9. Athletes will always cheer for their teammates and be courteous to gymnasts from other teams.
10. Athletes will always show respect for the judges and other coaches at the competition.
11. Athletes will show respect by watching the awards ceremony until its conclusion. Athletes should wear complete uniform neatly zipped. During the awards ceremony no athletes should lie down on the floor or turn their back to the podium. Athletes should not take the food out of their bags at any time during the meet or award ceremony.

THE ULTIMATE GOAL OF THE BROWN'S GYM ORBIT TEAM IS NOT VICTORY, BUT THE PERFECTION OF THE CHARACTER OF ITS MEMBERS

Parents ~ Guidelines

The parents are as much a part of the team as the athletes and coaches! We encourage all our parents to attend all the competitions and to sit **together** during the events. As parents, you are representing Brown's Gym Orbit, too! A few guidelines for our parents during the competition and in the gym:

1. Please, check the team info board regularly for all information. If you have any question, please, call or schedule an appointment before or after the practice.
2. Call the gym to notify the head coach when your daughter can not make it to the practice or if she would be late.
3. Do not talk negatively about the coaching and your gym. There is no room on our team and gym for any gossip and intrigue. Your children will learn from you as a role model how to solve problems.
4. We expect parents to approach a Program Director with any question or problem before it becomes so big it causes the gymnast to quit. If you have any constructive ideas about how to make things work better, please, call to schedule an appointment to discuss the matter one on one. We want your kids to feel Brown's Gym Orbit is their second home. The relationship between your child, her team mates and coaches, also depends on your attitude.
5. Do not expect that all the staff know every detail about each program. That is why we have Program Directors. Office staff and instructors may only give you general information.
6. Promote Brown's Gym Orbit in every way that you feel appropriate; sweatshirts, jackets, banners, cheers. Cheer loud and often (but tastefully) for all members of our team and for any good performance that you see. – Never speak in a negative way about yours or another clubs, coach, gymnast or judge.
7. It is the parents' responsibility to provide the child with the best possible diet. We recommend that your child eats at least 1.5 – 2 hours before practice. Too big meals before the practice or before a meet will result in stomach ache and lack of focus. She may bring a water bottle to the gym (please, initial it with permanent marker). Hours of practice each week require enough rest. Please avoid sleepovers before practices or meets.
8. It is the parents' responsibility to check the child's health regularly and visit a sports physician from time to time. Only healthy children may participate at the practices and the competitions.
9. Under no circumstances is a parent to approach a judge before, during or after a competition to comment on, complain about, or even ask about a score or performance. Under USAG rules, only USAG professional members, judges and personnel assigned to assist with the competitive floor may be present on the meet floor during competition. No one else is permitted on the floor unless requested to by one of our coaches (in the case of serious injury or major problem).
10. Refrain from coaching your child. Please, let the coaches do their job in the gym and on the competition floor. Please do not compare your child to others in the gym. Our athletes, although receiving the same coaching on every event, will progress at different paces.
11. Do not blame anyone or anything in the event of a defeat. The gym and coaches you have endeavor not to play favorites.

Gymnasts and parents:

Conduct yourself in an appropriate manner during workout (this includes both gymnasts and parents). There is no place in our gym for abusive language, showing displays of anger or disgust, talking back to your coaches or other adults, or crying because of frustration. Learn to control your emotions and congratulate those team members who succeed, even if you have not.

Disciplinary actions

Discipline is part of the sport and is required mostly for safety reasons. It is a process that is being taught over the years and every situation is taken as a lesson. Higher levels require more discipline, but some major rules will be taught at an early stage.

When the gymnast or parent does not follow the team rules there is a major rule infraction and it may become necessary to impose some disciplinary action in an attempt to improve the situation:

1. The gymnast may be asked to sit and watch.
2. The gymnast may be asked to call parents and leave the gym early. If the gymnast complains about pain and cannot work through the pain to continue practice within 10 minutes they will be asked to call a parent and leave practice.
3. The coach may request a meeting with the parent.
4. The gymnast may be suspended.

Note: The first item on this list is fairly common and we will not generally communicate this disciplinary action to the parent of the gymnast. We cannot and will not run to the parent every time we have a problem. We will attempt to build a relationship with our athletes showing them clearly all our expectations.

In addition to regular membership fee on your anniversary, team members have also:

TEAM FEE of \$50 for USAG individual registration, + \$25 for Team Fee that is due July 1st

- 1.FL individual registration,
- 2.USAG club registration,
- 3.USAG coaches' professional registration,
- 4.USAG National Congress fee,
- 5.Coaches' Safety Certification,
- 6.FL State Congress fee,
- 7.USAG Material (books, CD's, tapes),
- 8.One year chalk and first aid supply,
- 9.Extra administrative work.

MEETS 2011/2012 SCHEDULE WITH FEES:

Tentative Meet Calendar for 2011/2012

8/20/11		Mock Meet	Brown's Gym Orbit	L2-6
8/27/2011	8/28/2011	Kick Off Classic	Balcony/Ocala	L2-6
9/17/2011	9/18/2011	Harvest Moon	Meet minders/Orlando	
10/8/2011	10/9/2011	Gasparilla Fall Classic	Lightningcity/Tampa	L2-6
11/5/2011	11/6/2011	Shoot for the Stars	Meet minders/Orlando	L2-6
11/19/2011	11/20/2011	Level 2/3 State Meet	TBT/Manatee CC	L2/3
12/3/2011	12/4/2011	Level 5/6 State Meet	Flip/Twist/Orlando	L5/6
12/10/2011	12/11/2011	Level 4 State Meet	ACE/Daytona Beach	L4
1/20/2012	1/22/2012	Sand Dollar	Disney/Orlando	L2-10
2/17/2012	2/18/2012	Magical Classic	Convention center/Orlando	L2-10
3/16/2012	3/18/2012	Leprechaun Classic	Meet minders/Orlando	L2-10

Meet fees are based on student's level in USAG, and they include the required entry fee, team fee and coach's fee. All the meet fees need to be paid in advance. The coaches' fee varies due to a number of participants on our team, so the final fee is often determined after the meet. If the athlete is not able to participate at the meet for any reason, meet fees are not to be refunded.

SCHEDULE & PRICES

advertisement without any reimbursement.

Please, return this portion with the team fee payment.

I have read and understood the mentioned information in the Team Handbook 2011/12 and agree to uphold the rules, schedules and fees requirements.

(Parent/guardian's Signature)

(Date)

(Student's Signature)

(Date)