



Team Parents Handbook

2026 - 2027

Gym Mission Statement

Every interaction should follow through on the vision and demonstrate our gym's values.

Our mission is to use gymnastics to create happy, healthy, confident students who are inspired to enjoy an active lifestyle for their entire life. We believe high quality gymnastics instructions puts the health of the student first and plans accordingly so every student can experience personal progress. Our sport is uniquely suited to equip athletes with determination and persistence to accomplish any goal they pursue in the future.

Preschool Mission Statement

The goal of our preschool program is to provide a safe and fun environment for your child to explore movement, learn basic gymnastics skills, and develop fundamental gross motor abilities. Our secondary goal is to prepare the student for school by developing classroom skills such as following instructions, waiting turns, and cooperative play.

Recreational Mission Statement

Our Recreational program aims to accommodate students of all levels. Our goal is for every student to enjoy movement and gain confidence in their own abilities through experience and progress. The program is welcoming to all abilities and commitment levels.

Competitive Mission Statement

The goal of our competitive program is to provide a supportive social environment that motivates gymnasts to achieve personal success. Use of proper skill progressions, motor pattern development, and strength & conditioning can help every student reach their personal goals.

Head Coach Philosophy

Our goal is the process.

Gymnastics is a tool to create happy, healthy, confident students. The continual process of confronting failure and earning success, is the key to building an athlete's self-esteem and preparing athletes for adult life. A coach cannot tell a student to be confident, it is through individual experience that confidence is built. It is the role of the coach to set the student up for success, both short term and long term.

Furthermore, it is also the role of the coach to provide a fun environment for physical activity that will inspire the athlete to have a lifetime commitment to their physical fitness.

When a Gymnast leaves our program, they will leave with a love of exercise, confidence, perseverance to pursue success, and many fond memories.

Overview of Self Determination Theory

Motivation is either self-determined or it is externally determined. Self-determination theory is what coined the terms intrinsic and extrinsic motivation. Research shows that athletes that are intrinsically motivated enjoy their sport more, report better well being, perform better, and they are far less likely to dropout. Extrinsic Motivation is a predictor of Sport dropout. It is crucial for the coach to foster intrinsic motivation in the athlete. Motivation is very rarely all intrinsic or all extrinsic, it exists on a scale.

To build intrinsic motivation in the athlete, 3 Essential Psychological Needs must be fulfilled.

Relatedness

The need to feel connected with peers, and coaches

Autonomy

The need to perceive choice or control over the activity. Volunteer vs mandatory

Competence

The need to feel successful.

We are constantly trying to fulfill all three of these needs with our practices.

So our athletes feel engaged and motivated.

Setting Performance Expectations

- Our gym at this time is not going to produce a Div 1 NCAA or Olympic Gymnast. Most should reach Diamond / Level 9 in our gym and be able to compete in a club college team. Some will make it to level 10 and be able to compete at a Div 3 college.
- Meets are very competitive. Try to see the big picture before you compare your gymnast to others at a meet. A) Other gyms may be working out for 15+ hours a week. We intentionally keep our commitment level between 7 - 9 hours per week. B) Their coaches can have 10, 20, 30 years experience. Whereas our coaches are younger. C) Some of the gymnasts at the same level may have already competed for multiple years and have more experience.

Our Measures of Success

We do not measure success by Medals & Trophies

- **Gymnasts show improvement from meet to meet**
- **Gymnasts make personal progress. Not necessarily move up one level every year.**
- **Gymnasts are happy and engaged at practice and at competitions**
- **Gymnasts learn to handle sport performance anxiety in a healthy way**
- **Gymnasts leave practice and competition with no injuries**
- **Gymnasts are motivated to workout and learn new skills**

Scoring

All routines are scored out of a base 10.0.

Women's gymnastics is very competitive.

To have a chance at medalling, gymnasts usually need to score above a 9.3 on their event.

If you have any questions about their scores feel free to ask us and we will attempt to explain.

Role of Parent

You are the most important people in your child's life. You are the ones they are looking to impress the most. After you, it's their coaches and their peers. This means you can either be a great help or the biggest distraction in the room.

What not to do:

Don't talk about specific skills. (i.e. "I just hope you stick your bars dismount today")

Don't talk about awards.

Don't backseat coach. (Leave corrections and goal setting to us please)

Don't Sugar coat it. (i.e. if they fell off the beam 5 times its best not to pretend it was a good routine)

What to do:

Give unconditional approval: If you kid has a spectacular fail. Brush past it complement the good parts, tell them they'll get it next time.

Be the role model: If they come to you with tears in their eye, DON'T CRY, explain that it's part of the sport and life. You're proud of them for competing and you know they will get better with time.

Cheer them on: Yes you can be loud and cheer at competitions!

Communicate with us: If there are big life events going on it is very helpful to know. We don't want to push an athlete in a stressful workout when they had just lost their pet the day before or found out they are moving soon.

Be patient: Its' perfectly normal for gymnasts to score poorly for 2 or 3 years and then start competing better later on. Scoring poorly isn't the signal to quit. The scoring system is so complicated and subjective that it takes time to learn how to compete technically well and perform the skills aesthetically well.

Sport Season

Pre-Season: September - October

Major goal is to finalize routines and get our meet endurance

In-Season: November - April

Refine our performance & work some upgrades for next year

Post Season - May - August

Finish getting new skills for the following year and do lots of strength and conditioning

Routine Choreography

Bronze: Taught Pre-Choreographed Routines during Practice Time

Silver: Taught Pre-Choreographed routines outside of practice time no extra cost during the summer

Gold: Have individualized routines that are choreographed outside practice time at no extra cost during the summer.

Platinum & Diamond: Have individualized routines that are choreographed outside practice time at no extra cost during the summer.

Gold - Diamond: have an opportunity to hire outside choreographers to help with routines. Gymnast hiring outside choreographers will have to pay them directly

Competing

Does my gymnast need to compete to be on team?

The short answer is yes. We are asking that everyone competes in at least 3 meets this year. Ideally they compete in all meets on the schedule.

In our experience, if a gymnast works out with team but does not compete, they very quickly become disconnected from the team and leave the sport within a few months to a year.

Clothing at meets

- Gymnasts should arrive in their team uniform.
- Hair should be done up neatly.
- No bra straps showing.
- No Piercings or Earrings (Small studs are allowed)
- Bring water bottle and snacks.

My Gymnast does other sports

We want to be as supportive of multi-sport athletes as possible. We will work with you to find alternative workout times if needed. Just be aware that with compromises do come consequences. If your gymnast misses a lot in pre-season, they may be under prepared at the beginning of the season.

What if I can't make it to summer practices?

Summer time is when gymnasts learn their floor routines. We won't spend practice time in the fall catching up a gymnast who did not attend in the summer. That's unfair to the rest of the team to waste their practice time. If you cannot attend in the summer, it is required to do at least 2 private sessions to learn their floor routines.

My Gymnast wants to quit suddenly?

Just because they say they want to quit doesn't always mean they actually want to quit. It's important to have a conversation about what is motivating their change of mind.

Reasons that should be overcome:

I get really nervous.

I get scared.

I'm not good enough.

I got last place.

Meets are too long.

Overcoming these reasons is the whole purpose of competing and it has the most important life lessons. The ability to confront stress means your children will be better emotionally prepared for job interviews, school project, performances. Anything later in life that involves pressure to perform your gymnast will have 100x more experience than any of their peers. There is a reason college gymnasts have high GPA's and tend to pursue worthwhile careers. They know how to work and how to handle stress.

Physical Safety

Things we do to keep gymnasts physically safe

- Gymnasts only perform skills they are physically and mentally ready to attempt.
- Coaches are trained and tested before they spot a skills.
- The with Bronze - Platinum high bar is always spotted.
- Check all equipment before use.
- Anywhere a gymnast might land a jump, fall, or dismount we keep clear of tripping hazards.
- Short term overuse (Too many reps in one practice). This usually shows up as wrist pain or lower back pain from too many bridges and too many handstand/cartwheels/handsprings. We monitor students, always encourage rest, and limit reps.
- Long term overuse: If they have complained about a pain for more than 4 weeks it needs to be addressed. We will start a conversation with parents and explain what we have seen in the gym.
- Our staff is trained to monitor for signs of heat exhaustion and to intervene early.

Emotional Safety

Things we do to keep emotionally gymnasts safe

- Absolutely no swearing, or swearing substitutes (i.e. crap and darn) from coaches or athletes
- Coaches immediately enforce a no put downs, no teasing policy. No one should never be the butt of a joke.
- We make sure students are emotionally prepared for skills and drills, and they consent.
- Encourage patience and the perspective when students get frustrated. Teach realistic timelines for when they might expect to get the skill.
- Teach students to encourage teammates.
- Always positive cues and positive reinforcement.
- No scolding or punishing based off performance.
- Gymnasts are allowed to be tired and take breaks.

Anti-Bullying

We do not allow bullying of any kind. If we see it, we stop it. If the student is a repeat offender and show no effort to change they will be asked to leave team.

This year we will implement a 3 strikes system. The parent will be informed of each offense, so they are in the loop and able to have conversations with their gymnast. After 3 strikes they will be suspended for 2 weeks. **Parents will not be refunded for tuition or any meet fees if their child is suspended.** If issues continue they will be asked to leave the team.

Parents please let us know if your child mentions they were bullied / teased by a teammate.

We can't fix problems we are not aware of.

Safe Sport

- Employees over 18 are required to pass a background check and complete Safe-sport training through USAG.
- A brief summary of Safe Sport
 - Safe sport is a program designed to help gyms prevent sexual assault by stoping and reporting grooming behaviors.
 - We do not allow an athlete and a coach to be alone in a room together.
 - We do not allow coaches to give rides to athletes one-on-one
 - There will never be any discussions in the building regarding sexuality / sexual topics.
 - There should always be at least two coaches in the gym. If not possible parents need to stay and watch.

Parents if you see any behaviors that are suspicious or make you uncomfortable please communicate it promptly.

Costs

Tuition

Bronze - \$290 per month (No Increase)

Silver+ - \$360 per month (No Increase)

Competitions

Entry Fees + Coaching Fee usually range from \$100 - \$175.

Competition Down Payments

Competitions are opt out. You will be signed up for every competition on the schedule.

You need to opt out of specific competitions by end of august.

- 1) Opt out of Competitions - Due Mid August
- 2) Send invoices for first five competition Entry Fees (~\$110 each) - September 1st
- 3) Send Invoice for second five competitions Entry Fees (\$100 each) - December 1st.
- 4) Coaching Fees will be posted the week of the competition.

Bar Grips

We tend to introduce grips at gold+ levels of competition.

Grips cost between \$60-80

Uniforms

This year our uniform set is estimated to cost \$330.

This includes Team Leotard, Warm Up Jacket, Warm Up Leggings, a Gym Bag, Shipping and Embroidery fees.

We try to keep our costs low and do not make profit on selling our team uniforms.

For perspective other gyms can charge between \$450 - \$800 for team uniforms.

Extra Routine Opportunity

During the school year we are offering extra routine work with either coach Bronwyn, Kim or Rainie by appointment at a reduced cost for team members on Saturday Mornings / Afternoons.

Cost for a 30 min session is \$35 or for a 1 hour session is \$70

Email, call, or talk in person to set up a session.

Contact

Gym Phone: (603) 357 - 4530

Email: americanschoolofgymnastics@gmail.com

John's Cell: (603) 715-0448

Kim's Cell: (603) 903-5388

To Do list

- ☐ Send the gym their USAG Athlete number - Due July 1st
- ☐ Sign the Agreement to purchase competition uniforms - Due July 1st
- ☐ Sign the Agreement to Register for Competitions - Due July 1st
- ☐ Get your gymnast a USAG Membership - Due August 15th (Don't do this before August 1st!)
- ☐ Opt out of the meets you cannot attend - Due September 1st

Agreement to Purchase Team Uniform

I understand that the Team uniform can cost between \$250 - 400. This includes Team Leotard, Warm Up Jacket, Warm Up Leggings, a Gym Bag, Shipping and Embroidery fees. I would like American School of Gymnastics to order a Team uniform and Agree to pay all costs associated with the uniform.

I understand that this commitment is to buy the uniform specifically and does not require me to commit to the whole year of gymnastics.

Parent Name: _____ Gymnast Name: _____

Parent Signature: _____

Agreement to Register for Competitions

- I understand and authorize American School of Gymnastics to Register my Gymnast for all competitions on their team calendar.
- I agree to pay for all competition entry fees, team fees and coaching fees associated with competitions.
- I understand it is my responsibility to cancel my registration via email for any competitions my gymnast cannot attend.
- I understand that if I cancel my registration after the scratch date (Which is set by the club running the competition) I am still responsible for paying regardless of attendance.
- I understand that we will not know the exact day and times of competitions until 1-3 weeks out from the competition.
- I understand that communication about competitions will be done through the full out app and the email address linked to the account.

Parent Name: _____ Gymnast Name: _____

Parent Signature: _____

