



TEAM HANDBOOK

Welcome and congratulations on being invited to be a member of the TAAG Competition Team!

The Competition Team program is more disciplined than the recreational gymnastics program by definition; therefore, the expectations of the gymnast are higher. Our goal is to provide the mental and physical discipline needed for competition within a framework of positive reinforcement and encouragement. Our highly trained staff will teach your child the correct fundamentals and basic skills. This will equip your gymnast with the knowledge and ability to progress to whatever level she/he desires. This program also strives to teach our students leadership, team work, sportsmanship, discipline, and self-confidence.

Through this team handbook, we hope to provide you with more insight into how our Competitive Team program operates, answer many of your questions, and help you to make the decision as to whether or not this commitment is right for your gymnast and your family. Please read over the information carefully and thoroughly. The parent and gymnast contracts must be signed and returned to the office.

TIME COMMITMENT:

- Competitive gymnastics is a year-round commitment. This means that, occasionally, personal sacrifices will have to be made. We encourage family and academics to remain priorities. However, time management will be important in learning to balance the demands of this competitive sport with school and family.
- The decision to participate in competitive gymnastics can also be demanding for the parents and other family members. This is due to increased hours of practice as your child progresses through the levels, and the travel/time related to gymnastics meets. This sport often requires the support of the whole family for the gymnast to be successful.

FINANCIAL COMMITMENT:

- Competitive gymnastics is an expensive sport and you must be willing undertake this expense. You will be responsible for leotards (competition leo, team practice leo & work-out leos), tape, grips, warm-ups, travel, doctors, annual registration fees, tuition, meet fees, team fees, team bags, choreography, etc.
- Please take this into consideration when deciding if competitive gymnastics fits within your family's means, priorities, and schedule. These expenses will gradually increase as your child continues to advance through the levels.

REGISTRATION & TUITION POLICIES:

- We have a \$48 ANNUAL /NON-REFUNDABLE registration fee per initial student (\$24 per each additional sibling), due at the time of enrollment to secure your place in a class.
- Tuition will be pro-rated for the first month ONLY, if the child enrolls in the middle of the month.
- Please make sure the office has your **current email address**: this will be used for receipts and communication about competition events, fee due dates, practices, and your child.
- Tuition and fees will be automatically drafted on the 1st and 15th of each month per our team guidelines.
- We will accept cash/check payments **in advance of** the auto-pay date.

- Please include your child's full name in the memo area if paying by CHECK.
- Returned CHECKS must be paid in CASH and are subject to a \$25 service charge.
- Students will be dropped from the team if their account reaches 60 days past due.
- New and Returning students must be evaluated for team level placement. Although your child may have been at one level at a previous gym or time, they will be placed in a team level at TAAG based on our coaches' evaluation of current skill level.
- ALL past due balances must be paid in full prior to re-enrollment, enrollment into special events, registration for meets, or **scheduling private lessons**.
- Tuition is calculated on a yearly basis and then divided by 12 to arrive at a monthly amount. Full tuition is due each month. Team members do not move onto or off of the team based on injury*, illness, vacations, etc. **A gymnast is either on the team or off the team.**

PRACTICE SCHEDULE:

- **HOLIDAYS:** Team members may have practices even during holiday breaks. The gymnasts will be notified of the modified schedule for these dates as soon as they are determined.
- **PLEASE BE ADVISED:** the training schedule may be modified for the summer months. This may include moving practice hours (to the morning or evening), additional practice hours, "two a day" practices, or having the gymnasts stay later at their regular practices. These extra practice hours are extremely important in preparing our athletes for their competition season, which begins at the start of the new school year. This time also allows our coaches and gymnasts a chance to introduce, train and master higher level skills.

ATTENDANCE POLICY:

- Team members are expected to attend all scheduled practices and required meets. Regular practice attendance is absolutely necessary for a gymnast. This allows them to maintain flexibility, strength and skills, but is also important for safety, improvement, and advancement.
- The coaching staff understands there will be occasional conflicts with practice times (school events, homework, special events, and illness). Should a conflict or illness occur, please notify the office and/or your coach as soon as possible.
- There will be **NO MAKE-UPS** offered for team members, due to schedule limitations.
- **BE ON TIME!** The first 30 minutes of class focus on improving flexibility, endurance, and fundamental elements. It is important that ALL gymnasts participate in these warm-up activities. Tardiness can cause safety risks to the gymnast. Part of the commitment of being a team member is the commitment to being at practice regularly and on time.
- Repeated unexplained tardiness may result in a running assignment, at the discretion of the coach.
- Occasionally, TAAG will have to alter or cancel practice times. Every attempt will be made to limit these occurrences. Scheduling of additional practice time to account for this will be attempted but it is not always possible. Likewise, there will be times when extra practices will be scheduled in an effort to prepare for competitions.
- We cannot pro-rate or reduce your tuition based on absences. Team members' tuition is already highly discounted compared to the hourly rate of recreational members. Monthly tuition would be even higher if we had to account for pro-rating tuition for team members.

DROP POLICY:

- If you wish to remove your child from the team, **30 days WRITTEN** notice must be given to the office. A **Drop Form** is available in the office.
- Parents are responsible for paying all tuition due before written notification is given.
- Team seasons run from June to May. If you choose to drop from the team after August 1st, you are still responsible for Team Fee in full.

COMPETITIONS & FEES:

Team fees will be assessed at the beginning of each season. Team fees include coaches' travel and session fees for all meets. The team fee is calculated by totaling the coaches' expenses and then dividing by the total number of team members. Therefore, each team member is responsible for paying the team fee **whether they compete or not.**

Competition fees may vary from meet to meet. They include the individual entry fee and team entry fee (if applicable). **Meet fees are non-refundable.** Parents are responsible for all transportation and travel expenses to and from meets. In addition to the meet fees, gymnasts will have to be registered with the correct organization each season. These are **estimated** fees and are subject to change.

TAAF Annual Registration Fee	\$10
USAG Annual Registration Fee	\$57

Information about meets will be given with as much advanced notice as possible. This information will be available on the TAAG website and through emails sent to team members. Meets are usually held at other gyms or public facilities. They are typically held on Fridays, Saturdays and Sundays. Your child will only compete on one of these days, but the schedule for meets is often not available until the week before the event.

TEAM UNIFORMS:

Gymnasts are required to purchase the complete current team uniform, consisting of the competition leotard, competition warm-up, team bag, grips & wristbands (when indicated), and the practice leotard. (Additional items may be required.) The team uniform will be worn at all meets and must be worn through the completion of awards. Below are **estimated** costs for the team uniform items (subject to change).

COMPETITION LEOTARD	\$290
WARM-UP JACKET	\$100
WARM-UP CAPRIS	\$30
TEAM BAG	\$35
PRACTICE LEO	\$40
GRIPS (Levels 4+)	\$35
WRISTBANDS (Levels 4+)	\$5 (WHITE ONLY)

*****Team leotards may NOT be altered or embellished, with the exception of minor size adjustments.**

*****Occasionally, used leotards or warm-ups may be available from other team parents. You have the option to purchase these when available for an agreed upon price, usually half the original price paid. TAAG does not set these prices or guarantee the condition of these items.**

Some items may have been altered. It is the responsibility of the person buying a used item to make sure condition/size is acceptable.

TEAM BAGS:

- Gymnasts will bring their team bag to all gymnastics meets. Once the competition starts, the gymnasts will stay with their coaches & team members for the entirety of the meet. They will need to place their warm-ups, shoes, and other personal belongings in their bag, and will carry the bags from event to event. (Please make sure your child's warm-ups have their name written on the tag!)
- The following items should also be in the gymnast's bag:
 - Water bottle & healthy snack
 - Small first aid kit
 - Hair brush & rubber bands
 - Nail clippers & Nail file
 - Athletic tape/pre-wrap/scissors
 - 2 sets of grips/wristbands (Level 4 & up)
 - A copy of their music (Acro, Level 7 & up)

LOCKERS:

Beginning with Level 4, gymnasts are given locker privileges as space is available. Gymnasts are asked to keep their lockers and the locker room clean at **ALL times**. Locks are permitted, but the combination must be on file with the office. Gymnasts are not allowed to store food in their lockers. Please do not store valuables either. TAAG is not responsible for lost or stolen items. *TAAG can revoke locker privileges for improper use or lack of respect for the locker area, at any time.*

Gymnasts should keep the following items in their lockers:

- An extra leotard
- Deodorant/ other personal hygiene items
- Athletic tape/pre-wrap/scissors
- Hair brush & rubber bands/pony tail holders
- Grips/wrist bands
- A copy of their music (Acro, Level 7 & up)
- Coin purse with a small amount of change to purchase extra water if needed

APPEARANCE & BEHAVIOR:

TAAG team gymnasts are role models to the younger students in the gym. These children admire the team girls and strive to be like them one day. As such, our team gymnasts should always make sure their appearance and attitude represents TAAG in a positive manner, inside our gym and when attending other gyms.

PRACTICES:

- The practice leotard is to be worn by ALL team gymnasts on the designated practice day for each level. (Your gymnast will be notified of this day by email.)
- Gymnasts may wear a leo of their choice on all other days.
- Bar shorts or fitted leggings will be allowed but are not encouraged during the warmer months.
- During the colder months, gymnasts will be allowed to wear warm-ups and socks.

- Loose fitting clothing will not be allowed during training sessions for obvious safety reasons.
- Hair must be pulled back neatly & securely out of the face, so that the gymnast does not need to repeatedly fix it during practice.
- NO jewelry, NO plastic/metal headbands, and NO large bows. NO GUM!
- Eyeglasses should be secured with sports eyeglass holders for safety reasons.
- Water should be brought to every class or purchased **PRIOR** to class.
- Gymnasts should NEVER leave class without their coach's permission.
- **Snacks should be eaten before or after class. NOT DURING CLASS!**
- Be respectful to your coaches at ALL times.
- ***Workouts are not for socializing, they are for skill development. Excessive talking and horseplay are not acceptable during practices.***

COMPETITIONS:

- TAAG gymnasts should wear the competition leotard and warm-up to all meets.
- Flip-Flops or tennis shoes may be worn, but flip flops are recommended.
- Hair should be pulled back neatly from the face and secured well. **(Coach Anna prefers the girls to wear their hair in a high bun, if it is long enough. This helps to make them look professional and prevents the hair from interfering with or distracting from the routines. For shorter hair, the front & sides should be secured away from the face.)**
 - **DO NOT wear jewelry, make-up, nail polish, or toenail polish.**
 - If needed, appropriate undergarments should be worn, but must not be visible.

PRIVATE LESSONS:

- Private lessons are available and must be scheduled through the front office by filling out a **Private Lesson Request** form. This is a great way for your child to work on specific skills they may be struggling with.
- Private lessons must be paid in CASH on the day of the lesson. Students canceling without 24-hours notice will have a charge equal to 50% of the scheduled lesson applied to their account.
- In order to schedule private lessons, students must be registered with TAAG, must have a waiver on file and must be current on tuition.
- Private lessons are scheduled independently and according to each coach's availability.
- Students may share a private lesson with the coach's permission. Each gymnast is responsible for half of the cost.

30 minute private lesson	\$30.00
60 minute private lesson	\$60.00
90 minute private lesson	\$90.00

TEAM COMMUNICATIONS:

TAAG provides multiple means of communicating information about practices, meets, special events, gym closures, etc. These include emails, text messages, bulletin boards, fliers and the TAAG website. Please check these sites often for the latest information. Please make sure the office has a valid email on file. If any questions or concerns should arise, please contact the office. We cannot work to correct an issue we are not made aware of. A **"Resolution/Clarification"** form will be available in the office. A meeting with your child's coach or Coach Anna can be requested to discuss matters if you feel this is needed.

ADVANCEMENT:

Each level has minimum standards for advancement to the next level based on skills mastery and/or All-Around score. It is important to remember that these standards are the *minimum requirement* to move up to the next level. There are many considerations in deciding whether a gymnast is ready to move to the next level. Criteria for advancement include skill level, mental attitude, success at current level, potential success at next level, account balance, gymnast's attendance at practice and gymnast's work ethic. Both parents and gymnasts should realize that each child will advance at their own pace. The decision to advance a child to the next level will be based on individual evaluations and at ALL the coaches' discretion.

INJURIES:

- Injuries are a part of gymnastics. Our competitive team staff is safety certified and up-to-date on safety techniques. Our primary goal is a safe environment for our gymnasts, but injuries can happen anytime we involve motion, speed and height.
- Should an injury occur, please DO NOT enter the gymnastics floor. The coach will assess the situation and notify you if you should attend to your child. Most injuries will be minor in nature and will only require ice, in which case she/he will ice the area for 15 minutes. The gymnast may be able to continue practice, or they may be asked to work on conditioning/flexibility for the remainder of practice. The gymnast should notify their coach of any injury, or if they are unable to continue with practice at any time. If the injury requires emergency care, the parents will be called immediately.
- Injured gymnasts are still expected to attend practices. Modified workouts will be provided in order to help maintain strength and flexibility. This will allow them to return to event training immediately after the injury is healed, minimizing the gymnast's recovery period. There are exceptions to this policy, depending on the severity of the injury. These exceptions will be determined by the coaching staff after consulting with the parents and the gymnast's doctor.

Monthly tuition rates will not be reduced due to injury if the gymnast plans to return to the team when recovered. Exceptions to this may be considered if the injury completely prohibits participation in any way & will take your child completely out of the gym for over 1 month. In this instance, tuition may be adjusted depending on the circumstances.

UNDERSTANDING COMPETITIVE GYMNASTICS

COMPULSORY vs. OPTIONAL:

USAG- USA Gymnastics is the national governing body for the sport of gymnastics in the United States. The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics. USAG governs Women's & Men's gymnastics, Rhythmic, Trampoline & Tumbling, Acrobatic, and Group gymnastics.

Women's Artistic is by far the most popular. Gymnasts of all ages compete in levels 3-10, and those successful enough may move on to Elite. Most gymnasts begin at the recreational level. Levels 3-6 are **compulsory**, meaning each gymnast's routine is exactly the same, within the same level. Levels 7-10 are considered **optional** levels and gymnasts are allowed to create individual routines, giving the athletes a chance to highlight their strengths.

The USAG **compulsory season** usually runs from **August to December**, with gymnasts qualifying to the STATE meet based on their All-Around score. The USAG optional season usually runs from December to May with Levels 6, 7 & 8 eligible to qualify for State and Regionals, Level 9 eligible to qualify for State, Regionals and Westerns and Level 10 eligible to qualify to State, Regionals, Westerns and Nationals.

TAAG Team gymnasts who qualify to State, Regionals, Westerns and Nationals are required to attend these meets. This is an additional expense and travel requirement.

The women's events include vault, uneven bars, balance beam, and floor exercise. The men's events include floor exercise, pommel horse, still rings, vault, parallel bars, and horizontal bar. All gymnasts must be registered annually with USAG in order to compete at these meets.

TAAF- The **Texas Amateur Athletic Federation** is a nonprofit organization established in 1925 to promote, organize and conduct amateur athletics in the state of Texas. TAAF gymnastics follows all USAG rules and regulations and uses official USAG certified judges for all meets. The TAAF competition season is **January to May**. TAAF meets are generally considered to be a less intensive competition setting, and many of the gymnasts competing at these meets practice fewer hours per week when compared to many USAG competition gyms. Gymnasts must participate in at least 3 meets per season in order to attend the state meet. All gymnasts must be registered annually with TAAF in order to compete at these meets.

AWARDS

The minimum number of awards and/or type of awards that must be given are determined by USAG. However, many host gyms choose to exceed the minimum given at local events. This information is usually available on the hosting gym's website.

ACHIEVEMENT AWARDS- This system was designed to encourage the beginning gymnast by giving her an opportunity to receive recognition based on *her* performance alone. All gymnasts will receive one medal and individual event ribbons. Each color achievement ribbon represents a range of scores. Level 3 gymnasts all compete for Achievement. Level 4 and up may compete for Achievement or Placement.

RIBBON COLOR	INDIVIDUAL SCORES
Blue	9.0
Red	8.0
White	7.5
Yellow	7.0

PLACEMENT AWARDS- Gymnasts are ranked in the order that they finish on each event and/or in the All-Around (the total of all four events). First, second and third place awards, etc., are given out. The number of places receiving awards is determined by the number of gymnasts entered in a given age group. These awards are typically given in the form of ribbons, medals, and occasionally trophies.

Gymnasts may begin competing for Placement at Level 4. When competing for Placement in the USAG season, the gymnasts will be placed in divisions based on age. These divisions will be determined on a meet-to-meet basis, according to the number and age of gymnasts registered. During the TAAF season, gymnasts competing for Placement are assigned divisions based on their All-Around scores. These range from Division VII-Division I, with Div. VII being the lowest and Div. I being the highest at each level.

TEAM AWARDS- Gymnasts can also compete for awards as a team. Awards are given for both small and large teams, depending on the number of gymnasts registered per team. Teams competing for the Small Teams Award have the group score calculated by taking the top 3 scores on each event. Large Teams Awards are calculated by taking the top 5 scores on each event.

MEET ETIQUETTE:

MEET SCHEDULING- Always recognize that hosting a meet takes a great deal of work. The hosting gym receives a roster of athletes from each gym wishing to participate in the competition. To give everyone an equal opportunity to take part in the meet, a deadline date is usually established. The deadline for entries can be up to six weeks to ten days prior to the event. When the hosting gym gets all of the rosters, they may then begin to establish sessions and times. This all takes time. Please DO NOT call the hosting gym for information.

RULES- Each gym has their own rules and regulations that have been established for your comfort and the safety of the gymnasts. ALWAYS follow the hosting gym's rules! The following are common rules at ALL meets:

- **NO FLASH PHOTOGRAPHY**
- NO PARENTS OR SIBLINGS IN THE COMPETITION AREA
- NO OUTSIDE FOOD OR DRINKS ALLOWED
- NO FOOD OR DRINKS OUTSIDE THE SPECTATOR AREA
- NO PARENTS ALLOWED TO SPEAK WITH/QUESTION A JUDGE
- NO SPECTATORS ALLOWED ON ANY EQUIPMENT
- NO PROFANITY
- NO UNSPORTSMANLIKE BEHAVIOR

ARRIVAL & STRETCH/WARM-UP SESSION- Gymnasts should arrive 30 minutes prior to their session start time in order to check in with the coach and get organized. Open stretch and warm-up should be done as a team and will usually take place for 10-15 minutes just prior to opening ceremonies.

Gymnasts will stay with their coach for the entire meet, until the award ceremony is complete. Please do not try to communicate with your child during the meet.

OPENING CEREMONIES & COMPETITION- At the conclusion of the Open stretch/warm-up session, gymnasts should stay with their coach to prepare for the Opening Ceremony or March In. Gymnasts are usually lined up in ascending height order and march into the gym and are introduced as a team.

Once all teams and officials have been introduced, most meets will play the National Anthem. During this time, please stand and show the proper respect. Next, the gymnasts will be directed to their first event of the meet. They will be given a specific amount of time to warm-up on each apparatus. They will continue to rotate through each event as a team. All TAAG gymnasts should conduct themselves with dignity, composure and good sportsmanship throughout the meet. Be friendly and polite to all judges, coaches and other gymnasts regardless of which team they are on.

At each event, gymnasts return the Judge's salute prior to beginning the exercise. If he/she should fall from a piece of equipment, they have a certain amount of time to remount the apparatus. (Take this brief moment to compose yourself before beginning your routine again.)

CLOSING/AWARDS CEREMONIES- At the conclusion of the meet, the gymnasts will remain together as a team with their coach. Individual and Team awards will be announced and gymnasts will stand to receive their awards. Gymnasts, please remain on the podium or in line until you are asked to salute and

allow parents to take pictures.

RECEIVING AWARDS IN PUBLIC- Most meets have a formal presentation of awards. As a TAAG gymnast, please demonstrate courtesy, gratitude and good sportsmanship, regardless of the type of award given. Congratulate the other gymnasts receiving awards and support your teammates.

Under no circumstances should a gymnast show disappointment in the awards they receive. It is important to remember that it is not the winning that counts, but the effort and sense of personal accomplishment that a gymnast feels when doing her personal best.

SCORING- The sport of gymnastics combines athletic strength, technical performance and graceful presentation. Gymnastics uses a negative scoring system, based on a “perfect” 10-point routine. Judges make specific deductions for errors throughout the routine, subtract them from the maximum of 10 points, and arrive at each gymnast’s score. Common deductions are for falls, bent arms & legs, flexed feet, poor rhythm, improper dress code, improper conduct and for coaches spotting a gymnast. Each deduction varies in value. Gymnasts who perform on all events receive an All- Around score, which is the total of all events.

Please do not try to compare your child’s score to that of other gymnasts, or even to your child’s scores at previous meets. Instead, try to see improvement from meet to meet. You will make yourself crazy trying to understand the differences in scoring. All judges are different and focus on different aspects of performances. While there are standard routines and deductions, this is also a very subjective sport.

WHAT TO EXPECT- If you have never been to a gymnastics meet before, the following information will be helpful in preparing you for the upcoming competition season:

- Most meets will have an admission fee. Typical fees are \$7 for adults & \$5 for children. (Gymnasts are NOT required to pay admission.)
- Most meets will last 3 to 5 hours, from warm-up to award ceremony.
- Most gyms are very crowded and have limited seating.
- Most gyms will provide concessions.
- Most gyms have limited parking. Please be prepared to find parking & allow time to walk short distances if needed.

GYMNAST HEALTH

TREATMENT OF RIPS- Gymnasts should expect to get “rips” on their hands from time to time, as a result of working on the bars. This is a normal part of gymnastics. Having rips can be slightly painful, but gymnasts are expected to continue training on bars even when they have or get rips.

Taking care of your child’s hands is very important. Below are some helpful hints to help prevent and care for rips:

- Keep hands moisturized at night.
- Keep callouses filed down if they become too thick.
- If a rip occurs, trim the skin with small nail scissors to prevent it from tearing more.
- Apply Neosporin and cover with a band aid at night.
- Gymnasts may use athletic tape to help protect the rip during practice if it is too painful.

GRIPS- It is the coaches’ discretion when a gymnast begins wearing dowel grips. This usually occurs once a gymnast reaches Level 5 at TAAG. Grips are available and should be purchased through the gym’s Pro Shop. This will help ensure the gymnast purchases the correct type and size of grips. Cotton wristbands will also be needed to wear underneath the grips. These are also available in the Pro Shop. Any color can be worn for practice, but at meets gymnasts must wear WHITE wristbands. A grip bag is recommended, but not required. Grips need to be replaced periodically, about every 6-12 months depending on number of hours used and skills the gymnast performs. Please inspect grips often to make sure there are no rips, tears or excessive wear. Gymnasts should also be re-sized occasionally. Please write your child’s name on their grips & wristbands. DO NOT borrow another gymnast’s grips...this can be dangerous!

If rips are a problem for younger gymnasts, ask the office staff or an upper level team mom to demonstrate how to make “tape grips” using athletic tape.

CARE OF AN INJURY- Please seek the care of your family doctor for serious injury or chronic pain. Always advise the office and/or coach of any injuries. Remember the acronym **R.I.C.E.** in case of minor injuries.

Apply the ice for 20 minutes at a time, 3-4 times a day.

- R = Rest** the injured body part
- I = Apply Ice**
- C = Apply Compression**
- E = Elevate** the injured extremity

PARENT GUIDELINES

ROLE OF THE PARENT:

The Parent, Coach & Gymnast are all part of the team. As a parent, your role is often difficult because you will play the smallest part in controlling the performance, even though you have a high emotional investment and feeling of responsibility for your child's performance. The stress a parent feels as they experience their child's successes and failures can cause them to lose sight of their supportive role in the team.

Your role as a parent is to create a relaxed, supportive, and encouraging atmosphere. This is especially true before/after meets and during periods that a gymnast experiences "plateaus" in their skill development. At times when it appears no progress is being made, a loving hug and a few positive words will help your child greatly. Please refrain from comparing your child to another gymnast, pressuring your child to "outperform" anyone else, or to attempt skills currently beyond their ability. This is counterproductive and can be dangerous.

If you have a problem or concern, please make arrangements to talk to the coach at the appropriate time---NOT during a meet or practice. (This can be done by filling out a "Resolution/Clarification" form in the office.) We would much rather discuss the issues as they arise, than hear about a parent's discontent through the "gymnastics gossip grapevine."

Our coaching staff are professionals that have trained, and continue to train, to do their job. You have chosen TAAG as the gym to train your child, so please allow our coaches to do their jobs. If you feel that we are not qualified, or are not providing your child with the proper training, you have the ultimate control of removing your child from our program.

MEET BEHAVIOR:

Prior to a meet, please DO NOT say anything at all that may disrupt your child's confidence. Often these last minute reminders (Ex: point your toes, run hard, SMILE!) are well intended, but actually just make your child feel pressured. A simple "Good Luck" or "Have Fun" is all the encouragement they need.

Please remember that you are representing TAAG at all times during a meet. Treat other parents and teams with respect. There is no place for negative comments, whether directed towards your own child or a gymnast from another team. You never know which child's parent is sitting near you!

We encourage our parents to support their child and other TAAG gymnasts by wearing team colors, cheering the girls on, and congratulating them for their hard work (win or lose).

Please respect and follow ALL meet rules. These rules are in place for the safety of all gymnasts and the gym's equipment/property. Several general rules were listed previously; however, each gym may post rules specific to their facility.

Please Do Not attempt to communicate with your child during the meet. It is important for the coach to have their full attention during the competition. Also, please remember your child is to stay for the entire meet, including awards.

T.A.A.G.
TEAM HANDBOOK
SIGNATURE PAGE

I have read, discussed with my child, and agree to abide by the team rules and policies for the Texas Academy of Acrobatics & Gymnastics competition team. I make a commitment to fulfill my roles to the best of my ability, and to support this program in my actions and my words.

If I have a disagreement or problem with staff/program, I will contact the office to attempt to resolve the situation.

I understand that TAAG rules and policies may change throughout the year. These modifications and/or additions will be communicated via emails, website announcements, or team meetings. A current copy of the team handbook will be available on the TAAG website at all times.

I understand these rules and policies are in place to protect the safety of the gymnasts, promote a positive competitive experience, and help each gymnast achieve success through the sport of gymnastics.

Date:

Gymnast's Name: _____

Parent Signature: _____

Gymnast Signature: _____

T.A.A.G. Gymnast Contract

- I understand that I need to attend all practices, be on time for practice, be prepared, and work hard for the entire practice. This includes:
 - Having my water bottle **BEFORE** practice starts
 - Having my hair pulled back
 - Being dressed appropriately
 - Having already eaten a healthy snack **BEFORE** practice, not during practice.
- I understand that I will NOT leave practice without my coach's permission!
- I understand that I will leave my phone in my locker at ALL TIMES unless given permission to video a skill.
- I understand that I should not leave practice to take snack breaks or visit the playroom.
- I understand that I represent TAAG and agree to exhibit behavior and appearance that will reflect well on me, my teammates, and my coaches.
- I understand that I am to be respectful of TAAG coaches, gymnasts, and staff at all times.
- I understand that locker use is a privilege and I will keep the locker area clean.
- I understand that coaching is to be done by the coaching staff, not my parents.
- I understand that a coach's comments are made in order to help me, I will listen while they are speaking to me, acknowledge/answer with respect, and will apply the corrections given to me.
- I understand that schoolwork is important and will work hard to maintain my grades.
- I understand that gossiping, bullying, horseplay, and excessive talking will not be tolerated.
- I understand that a POSITIVE attitude is important for success in the gym.
- I understand that tardiness, disrespect, or a poor attitude may result in extra conditioning assignments.
- I understand that it is my responsibility to keep up with my personal belongings in the gym.
- I understand that a clean gym is important and will do my part to help keep the gym clean. This includes throwing away trash, being neat with the chalk, and putting away mats/equipment.
- I understand that I am expected to arrive to meets on time, dressed in TAAG uniform, and prepared to compete.
- I understand that during competitions I am required to remain with my team on the competition floor until the end of the awards ceremony.
- I understand that I will display good sportsmanship at all times.
- I understand that once I commit to competition, I am expected to complete the season.

GYMNAST SIGNATURE: _____

DATE: _____