



# INFINITY GYMNASTICS

14255 Beach Blvd.  
Jacksonville, FL 32250  
(904) 223-7600

## 2017- 2018 Competitive Gymnastics Team Packet

We would like to welcome you to Infinity, Jacksonville's first All Star gym offering competitive cheerleading and gymnastics! We have been serving the beaches and surrounding areas for 13 years and we take pride in being the best! Our Infinity staff will take a personal interest in every child that walks through our door and we promise to challenge and push all athletes to the best of their ability.

Competitive gymnastics is a year round sport that requires dedication and commitment from both the athletes as well as the parents. Our staff is fully committed to this program and expects the same, both mentally and physically, from our athletes. Your commitment to our program will never go unnoticed and we promise to make the best decisions for your child and the team.

**Website:** [www.infinityallstars.com](http://www.infinityallstars.com)  
**Email:** [gymnastics@infinityallstars.com](mailto:gymnastics@infinityallstars.com)  
**Facebook:** [facebook.com/infinitycdg](https://facebook.com/infinitycdg)  
**Instagram:** @ias\_gymnastics  
**Twitter:** @infinitycdg

Please make sure to check your emails frequently as this is our main source of communication at Infinity.

### Meet Your Staff

Tracie Hartkemeyer – Gym Owner      Aftan Sparkman – Gym Owner

Jess Reger – Gymnastics Director/Head Coach

Jessica Brenner – Assistant Coach

Jen Craft – Team Mom

# Description of Compulsory Competitive Levels

**USAG (USA Gymnastics)** is the national governing body for gymnastics in the United States. Established in 1963, USA Gymnastics is responsible for selecting and training national teams for Olympic Games and World Championships. The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.

**The USAG Compulsory routines** are the designed/required routines for use in USAG and JO (Junior Olympic) Levels 1-5 programs. Gymnasts in the Compulsory levels may only compete using USAG authorized routines. These routines are designed to help a gymnast's skills progress correctly in the sport of gymnastics.

**Level 1 and 2** – This is the beginning level of competition at Infinity Gymnastics. Compulsory routines are competed on all four events. The gymnasts compete their vault onto a stack of mats and stay only on one bar for their bar routine. They have a short beam routine and a floor routine performed to music.

**Level 3** – This is also an entry level of competition. Compulsory routines are competed on all four events. The gymnasts compete their vault onto a stack of mats and stay only on one bar for their bar routine. They have a short beam routine and a floor routine performed to music.

**Level 4** - The gymnasts will now compete their vault over the Vault Table. They will also use both the low and high bars for their bar routine. The gymnast's routines on beam and floor will be longer.

**Level 5** - This is the last compulsory level at Infinity Gymnastics. Compulsory routines are competed on all four events. The gymnasts will now compete their vault over the Vault Table. They will also use both the low and high bars for their bar routine. The gymnast's routines on beam and floor will be longer. Once the gymnast has competed a year at Level 5 and has mastered all of the skills in this level they will move up to Optional Levels.

## LEVEL MOBILITY CHART

LEVEL	MINIMUM AGE	PRE-REQUISITE SCORES
1 and 2	4	None
3	6	None
4	7	75% Proficiency at Level 1 - 3
5	7	31.00 AA at Level 4
6	7	31.00 AA at Level 5
7	7	31.00 at Level 5 or 6
8	8	31.00 at Level 7
9	8	34.00 at Level 8
10	9	34.00 at Level 9

## TEAM EVALUATIONS

Our competitive team will be selected based on ages and skill level. Below you will see some of the skills that each level is working toward but not necessarily required to be placed on this level. The Infinity coaching staff reserves the right to make changes to the team by adding, re-arranging, or removing athletes to or from the team at ANY TIME WITHOUT NOTICE. These changes can be made based on talent level, attitude, lack of improvement, absences and/or tardies, lack of financial responsibility, and personality conflicts between athletes, coaches and parents.

**NO REFUNDS WILL BE GIVEN IF YOUR CHILD IS ASKED TO LEAVE OUR PROGRAM.**

	VAULT	BARS	BEAM	FLOOR
<b>3</b>	Running, Handstand flat back	Pullover, casts, back hip circle	Walking, balancing, jump	Round off, back walkover, backward roll, back handspring
<b>4</b>	Front Handspring	Pullover, back hip circle, Glide kip, Squat on	Handstand, Cartwheel, leap, jumps	Round off back handspring, Back Extension roll, Front Walkover
<b>5</b>	Front Handspring	Glide Kip, Long hang pullover, Flyaway	Back walkover	Round off back handspring back tuck, front handspring, punch front
<b>6</b>	Front Handspring	Glide Kip, Long hang pullover, Flyaway	Back handspring, Aerial	Front handspring front tuck, round off back handspring layout

## TEAM PRACTICE SCHEDULE

Team practice hours are covered in your monthly tuition and there will be no discounts given for missed practices (due to absences), as well as no added fees for months that have 5 weeks in them or if we feel it is necessary to call an extra practice.

It is required that all team gymnasts attend each practice.

Competitive gymnastics is a very demanding sport that requires repetition and discipline in order to achieve proper technique.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Levels	5:00 – 8:00	5:00 – 8:00		5:00 – 8:00	4:30 – 6:30



# Financial Commitment

Team Monthly Tuition	\$200 per month
Compulsory Meet Fees	\$650
Optional Meet Fees	\$915

## Additional Fees for Returning Gymnasts

Yearly Infinity Registration	\$50
USAG Athlete Membership	\$57
Practice Leotard, Shorts, Shirt	\$61
<b>TOTAL</b>	<b>\$168</b>

## Additional Fees for New Gymnasts

Yearly Infinity Registration	\$50
USAG Athlete Membership	\$57
Practice Leotard, Shorts, Shirt	\$61
Competition Leotard	\$180
Warm Ups	\$125
Back Pack	\$85
<b>TOTAL</b>	<b>\$558</b>

Meet Fees will be paid in 5 Monthly Installments (July - November)

**Compulsory \$130 Per Month**

**Optional \$183 Per Month**

Plus 3 Installments for Additional Fees (on the 15th of each month)

**Returning Members**

**July = \$56 August = \$56 September = \$56**

**New Members**

**July = \$186 August = \$186 September = \$186**

Payments are due on the first of the month (unless otherwise stated). If payment has not been received by the 5<sup>th</sup>, a \$15 late fee will be incurred and your account will be debited to pay all past due balances.



## MEET SCHEDULE

### COMPULSORY (Levels 3 - 5)

<u>Meet</u>	<u>Date</u>	<u>Location</u>
Daytona Beach Bash	September 23 - 24	Daytona
Summer Salt Invite	September 30 - October 1	Palm coast
City Scape	October 7 - 8	Jacksonville
Teddy Bear Invite	October 28 - 29	Gainesville
Gymnastics Around the World	November 4 - 5	St. Augustine
Chalk it Up Classic	November 18 - 19	Longwood
Level 4/5 state	December 2 - 3	Bradenton
Level 3 State	December 9 - 10	Coral Springs

### OPTIONALS (Level 6 - 8)

<u>Meet</u>	<u>Date</u>	<u>Location</u>
Sand Dollar Invite	January 19 - 21	Disney
Dolphin Classic	January 26 - 28	Orlando
Daytona Beach Open	February 2 - 4	Daytona
MAgical Classic	February 16 - 19	Orlando
GAsparilla Classic	February 23 - 25	St Petersburg
Level 6,9,10 State	March 16 - 18	Clearwater
Level 7, 8 State	March 23- 25	Coral Springs
Level 6,7,8 Regionals	April 20 - 22	Athens, GA

**Regular Season Meet:** Gymnasts getting a minimum qualifying score in a regular season meet will qualify to compete at the State Championship meet. There are 6 qualifying meets per level during a season where the gymnast has a chance to qualify for the State Championship.

**State and Regional Championships:** A gymnast that has had a qualifying score at a regular season meet will compete within their age group and level at the Championships.

# IMPORTANT DATES

July 3rd - 7th  
Gym Closed

July 17th - 20th  
Compulsory Camp - Time TBA

September 4th  
Gym Closed

October 21st  
Infinity Picnic

October 28th  
Halloween Costume Party/Sleepover

November 22nd - 26th  
Gym Closed

December 20th  
Infinity Team Holiday Party

December 23rd - January 1st  
Gym Closed

March 19th - 23rd  
Gym Closed

# Program Rules & Policies

## General

- ★ Only registered athletes, coaches and team parents are allowed in the practice area.
- ★ All spectators must sit in the observation room.
- ★ If you are staying to watch practice you must refrain from coaching or distracting athletes during practices.
- ★ You must arrive at all practices, meets or any scheduled event on time. Punctuality is a MUST.
- ★ No gossip about any other teams, gyms, Infinity teammates, or staff members.
- ★ No profanity or abusive language.
- ★ Please keep in mind the gym is not a babysitting service. We want our athletes to use the gym as often as possible, but no child should be dropped off at the gym unsupervised.
- ★ Please feel free to talk to your coach about anything; remember to do it at an appropriate time.
- ★ It is the parent's responsibility to know what is going on with your team. Please check your emails regularly.
- ★ Withholding a child from practice or meet should never be used as a form of punishment.
- ★ Anyone threatening to quit or pull their child from their team will be dismissed from the program immediately.
- ★ Never post any negative comments on social media.
- ★ If a problem arises between you and a teammate or another parent, the problem will be addressed with all parties involved at a meeting with an owner or director.
- ★ Team Parents will be your contact person throughout the season and at meets. Please direct any questions you may have to them first before contacting gym owners or coaches.
- ★ Team Parents are volunteers of Infinity and should be treated with courtesy and consideration for their efforts.
- ★ Infinity retains the right to place athletes in the level we feel will best suit them and the team.
- ★ Athletes may be suspended or even dismissed from a team at any time based on criteria including but not limited to:
  - o Attendance, Finances, Conduct, Skills, Parent-Coach-Athlete Conflicts

# Program Rules & Policies

## Practices

- ★ During all practice sessions, we ask that you follow these rules:
  - Arrive on time or early.
  - Wear the appropriate practice attire
    - Single piece leotard
    - Hair pulled back in ponytail away from face
    - Bring a full water bottle
    - NO Jewelry, Baggy shorts or clothes
  - Store all personal items in cubbies. No items are to be left on benches, in parent room or on practice floors.
  - Always work hard at practice and find reward in that
  - Be respectful of your coach, teammates and gym
  - Be supportive of your teammates
- ★ Practices may be changed or added at any time during the season.

## Attendance

- ★ You must fill out a vacation form AND speak with your child's coach for any planned absences or vacations throughout the year. You can receive and return at the front desk.
- ★ Should an emergency arise that will cause your athlete to be late, miss a practice, or leave early you must let the gym know immediately by calling the front desk. Injuries and illnesses that require an athlete to sit out of practice will require a doctor's note (athlete must still be at practice).
- ★ Informing the coach of an absence will assist coaches in planning daily requirements, goals and objectives. It also shows a certain level of respect for the program.

## Meets/Travel

- ★ As a competitive team member you are REQUIRED to attend ALL meets for your level.
- ★ It is your responsibility to pay the hotel directly for your room.
- ★ Parents are required to attend any travel/meet meetings that are scheduled.
- ★ Please do not plan any other activities during meet day/weekend. A detailed schedule and itinerary will be available a week before the meet.
- ★ There may be several meets requiring overnight stays. If you cannot travel with your athlete, it is your responsibility to contact another parent to make arrangements for your child.
- ★ Please be advised that the person you coordinate to take your athlete to the meet will be responsible for your child from the time she leaves home through the time they return home from the meet.
- ★ Infinity, or any other authorized staff shall not be held liable for your athlete any time prior to or after the actual meet.



# Program Rules & Policies

## Financial Obligation

- ★ Parent/Athlete assumes full responsibility for all costs incurred as a member of the Infinity program.
- ★ Monthly tuition and additional fees will be “auto drafted” from the credit card that you provide. If for some reason your card is declined and we cannot receive payment for the month, the athlete will NOT be allowed to practice until payment is made IN FULL.
- ★ Tuition does not fluctuate based on the number of practices held or the duration of any practice.
- ★ Personal vacations or time off will not be prorated.
- ★ Any payment attempts resulting in a NSF (non-sufficient funds) or returned check will result in a \$35 service charge.
- ★ If your account becomes delinquent, any private lessons or extra classes will be dropped until your account is in good standing.
- ★ All monies received will be applied first to any overdue tuition or fees.
- ★ All tuition/fees must be current before an athlete can collect any clothing or uniform pieces.
- ★ If an athlete chooses to leave or is asked to leave Infinity before the season is over, any and all funds are completely non-refundable.
- ★ Infinity reserves the right to turn over any delinquent accounts to a collection agency.

## Trademark and Logo

- ★ All Infinity logos and brands are protected.
- ★ All spirit items for teams and/or parents to wear must be purchased through Infinity Pro Shop.

# COMPETITION GUIDELINES

Parents, athletes and coaches are representatives of Infinity in and out of the gym. As a business that takes great pride in its professional reputation, we want all of our members to protect and or bolster our image within the gymnastics community.

## PARENTS:

- ★ Trash talking other clubs, meet officials, coaches or athletes is strictly forbidden. In teaching sportsmanship to our athletes it is vital that we set the best example.
- ★ Never enter the meet floor. Parents are not allowed beyond the spectator area (by USAG rule).
- ★ Never approach any meet official, or host club representative with any complaints about the event they have worked so hard to put on. If you have legitimate complaints please relay them to our coaching staff or management and they in turn can forward them on to the appropriate people.
- ★ Likewise, if you have a concern regarding coaching decisions, or methods, please schedule a time to discuss them. Never approach a coach before, during or after a competition with a “concern”.
- ★ Please refrain from contacting or signaling your child during the competition. This may cause distractions.
- ★ Always arrive 15-30 minutes prior to the designated check in time. This allows time for acclimation and allows for a relaxed, unrushed beginning to the day.
- ★ Plan ahead for all Team Awards sessions as it is expected that all team members be present. This is to show proper respect and sportsmanship. We realize this may be inconvenient for early sessions but it is still something we feel strongly about.
- ★ Cheering is great. In fact we encourage it as long as it is tasteful and sportsmanlike. We love it when you wear your Infinity colors and cheer with enthusiasm. The kids love it too!!
- ★ Teach your athlete to do a visual essentials check prior to departing from home. Visual means actually seeing the meet essentials like grips, wrist guards, tape, warm up, leotard, hair accessory, etc. This should become a pre meet habit. Assuming something is in your backpack will eventually cause issues.
- ★ Enforce team standards, rules and policies when at all gym functions.

# COMPETITION GUIDELINES

## ATHLETES:

- ★ Infinity team members are expected to conduct themselves with the highest sportsmanship standards.
- ★ Display a proper attitude at all times. Crying, pouting, poor body language and will be discouraged and could be cause for removal from the meet.
- ★ Remain attentive and supportive of your teammates. Gymnastics is a team sport and your support will help create a positive and energetic atmosphere.
- ★ Listen respect and respond to coaching corrections, advice or directives.
- ★ Refrain from eating or snacking during the meet or the awards ceremony. This is simply bad etiquette. Athletes should plan to eat properly prior to and after the event.
- ★ Bathroom breaks during competitions are certainly allowed but should not be accompanied by a parent meeting.
- ★ Wear full Infinity Warm Up for the awards ceremony. Look neat on the stands!
- ★ Congratulate your event, team or all around winners.
- ★ Arrive 15-30 minutes prior to the designated check in time.
- ★ Take care of all needed tape jobs prior to the beginning of warm ups.
- ★ Refrain from motioning, or talking to parents during the competition. Your focus should be on your performance and that of your teammates.
- ★ Be sure to visually see all your meet essentials prior to departing home. This means actually seeing your leotard, warm up, grips, tape, hair accessory and anything else that you need to compete. Never simply assume that what you need is in your backpack. See it! Touch it!
- ★ As a team, Infinity athletes should thank the meet host (especially major competitions) for hosting a great event. Gymnastics meets take lots of volunteer work and we should all appreciate their efforts.
- ★ Thank your coaches after every competition. Never take their efforts for granted.
- ★ Thank your mom and dad and other supporters after each competition. They are your biggest fans.

# Care for your Gymnast

## Nutritional Guidelines

Gymnastics is a sport that requires the utmost attention to maintaining the best possible physical health. The strength and conditioning program at Infinity is intense and designed to make sure our athletes can handle the demands of training and skill acquisition associated with high-level gymnastics. It is no secret that stronger athletes will be more successful. With this being said, strength and conditioning training in the gym is not enough to insure optimal development of the athlete. Nutritional habits play a major role also. It is assumed and understood that our athletes will participate in proper eating habits. We assume that all parents will assist us in this to insure that all the hard work in the gym is not wasted due to improper nutritional habits at home.

Gymnastics is a strength to weight ratio sport and although most younger athletes have little issue with weight management, older, more mature athletes will. It is the nutritional habits that are formed early that will help make life much easier as a gymnast once they hit their mid teens. Is there a time for “treats”? Absolutely! We would never want our athletes to miss out on a special occasion celebration. The key is discipline and knowing that “junk food” is to be saved for very special circumstances.

Athletes will be expected to adhere to our Nutritional Guidelines (making sound nutritional choices) when at all gymnastics functions. IT IS deemed disrespectful for parents to encourage improper eating habits or for athletes to blindly disregard this important guideline. We realize that not all parents and athletes are up to speed on what good nutrition actually is and in fact even the research on the subject is quite confusing. Parents should feel free to ask questions in order to learn as much as possible about proper nutrition.

## Injuries

Injuries are common in all sports. Our competitive team staff is safety certified and up-to-date on safety techniques. Our number one goal is to create the best program possible within a safe environment. However, injuries can happen anytime we involve motion, speed and height. Please make sure the medical information on your family account is up to date. If your gymnast becomes injured, the coaching staff needs to be kept informed of the rehabilitation process. They are also required to continue attending all scheduled practices. It is necessary for the gymnast to continue their strength, flexibility, rehabilitation and mental training. This will allow them to return to training immediately after the injury is healed, minimizing the gymnast's training recovery period. There are exceptions to this policy depending on the severity of the injury. Monthly tuition rates will not be altered because of an injury if the gymnast plans to remain on the team after the injury. (Special situations do occur and we will be willing to discuss any case.)

## What can I do to help my child reach their fullest potential?

As a parent you can do a lot! Parents play a pivotal role in their children's success as athletes. Following are several things that will be sure to benefit your young gymnast in the gym!

- ★ Do not compare your child positively or negatively to their teammates. This creates a lack of team cohesiveness and unhealthy competitiveness amongst teammates.
- ★ Do encourage your child to do the best that they can do!
- ★ Send your child to gym prepared - water bottles, snack if class has a break, hair pulled back, leotards on or enough time to get changed if necessary.
- ★ Be on time! Children should arrive with enough time to get ready and not be rushed.
- ★ Remember that gymnastics is a sport that requires a lot of discipline and commitment. Natural ability can only take an athlete so far. The real magic comes from gymnasts who consistently show up on time, give 100% in their workouts, take responsibility for their own actions, and thoroughly enjoy what they are doing.
- ★ Do not focus on medals, placements and scores. Remember judges and scores are going to vary from meet to meet. Judges are human too! Follow each competition up with something positive. Words of encouragement can go a long way and vice versa. The goal of competition is to focus on individual and team goals and to have fun! Since everybody can not place first, it is important to focus on intrinsic rewards (such as doing a better routine than last time) vs. extrinsic rewards. Remember, in gymnastics, you can only control your own performance. Fun Idea: Make your child a "You did great card" or bring flowers.
- ★ Be supportive at all times. This includes not making comments in the presence of your child regarding the cost, judging, etc. Children are receptive to these comments and we have seen gymnasts discontinue an activity they enjoyed and were successful at due to this.

## RIPS

As the children progress into higher levels, they are practicing skills with increased difficulty on each event, including the uneven bars. With the added stress on your child's hands, skin "rips" are inevitable. Below we have listed several ways to help alleviate and care for rips.

Before You Rip:

- Wash your hands after every workout with soap and water.
- Rub hand lotion into hands after work out and throughout the day.

When You Rip:

- Remove the excess skin carefully, then wash with soap and water. Do not tear the skin.
- Do not put hand lotion on a fresh rip. "New Skin" or antibiotic is recommended.

After You Have Ripped:

- Once new skin has grown to cover the area, resume using hand lotion.
- Chap-stick can also be helpful to prevent cracking.
- Do not allow new skin to dry up, the skin will crack and you will continue to rip.
- Tape your hand before bar practice using athletic tape.

## Taking Care of your Gymnasts Training Content

In order to understand and appreciate what goes into the development of a competitive gymnast, one must understand exactly what it is we are trying to achieve during training. There are four fundamental areas of development, which need to be addressed during the training:

(1) Strength, (2) Flexibility, (3) Skills, (4) Discipline.

(1) Strength Development – As with all sports, one objective of the training is to make the difficult look easy. This is much easier to accomplish if the athlete has the strength required to master the skills. In most cases, the stronger the better. This is certainly true of gymnastics. It is also true that strength training can also play a role in the reduction of injuries. Strength development at the beginning or compulsory levels focus on building a base on which to build as the gymnast advances. Sit-ups, push-ups, pull-ups, running and so on are used to achieve this goal. While it may appear that the gymnasts simply repeat these basic exercises over and over again through the course of the year, in fact there are subtle and at times not so subtle variations in the performance of these exercises. Technique may be changed or improved, the number of repetitions change, resistance is altered, the range of motion is increased, and the athlete is continually challenged to complete his/her assignment.

(2) Flexibility Development – Flexibility development is also critical to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.

(3) Skill Development – Skill development falls into two distinct, but related categories: Basics and New Skills. Basics are like the ABC's of gymnastics. The gymnast uses these ABC's to compose their gymnastics sequences and routines. If any of these basic building blocks is missing or defective, the entire performance is weakened. These basic skills, the building blocks of the sport, must be continually refined in order to permit the gymnast and his/her coaches to continually improve their performances. That is why we continually review and drill the basics.

(4) Discipline – Just like strength, flexibility and skill development, discipline plays an integral role when training. Training requires discipline from both the coaches and athletes. The coaches must be constantly keeping all athletes focused and training hard in order to allow them to continually improve their performance. Gymnasts must also keep themselves disciplined by forcing themselves to train harder when they get discouraged and keep focused when they get excited. Without discipline, the strength, flexibility and skills do not come.

# Referral Program

It is a great honor to know that you believe in our program enough to recommend it to someone else. As our way of thanking you for your referrals, Infinity Allstars is offering a \$50 tuition discount for each qualifying referral. The best part about it is that there is no limit to the number of referrals you can make!

How it works:

For each qualifying referral, you will receive a single \$50 discount off of your monthly tuition. The more referrals you bring, the more opportunities to save money!

The following guidelines define “qualifying referrals”:

- The new member cannot be a current or previous member of Infinity Allstars.
- The new member cannot be a sibling of an existing member.
- Referrals are per new FAMILY and not per new member.
- Both the new member and the referring member must sign this form and turn it into the front desk.

---

Referred by Name (please print): \_\_\_\_\_

Referred by Signature: \_\_\_\_\_

New Member Name (please print): \_\_\_\_\_

New Member Signature: \_\_\_\_\_

By signing this referral form from both the New Member and Referred By parties agree to take part in the Infinity Allstars Referral Program and agree to the terms and conditions described above. Both parties understand that all terms and conditions must be met in order for the referred by person to receive their tuition discount.)

Referral Date: \_\_\_\_\_