

# 2015 Boys' Gymnastics Handbook

## Downers Grove South High School

Head Coach Dan Fenton – Assistant Coach Bill Norris

### Introduction

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Welcome to the 2015 Boys' Gymnastics Season at Downers Grove South High School. The season starts with practice after school on Tuesday, February 17th. Practices will be held Monday through Friday from 3:30-6pm and on Saturdays 9:30am-12pm. Our first competition will be held on Wednesday, March 4th (a tri-meet between DGS-DGN-Naperville away at Naperville North). We will have more than a dozen competitive meets and invites throughout March, April, and May. And our season concludes with the State Meet on Saturday, May 16th. After the conclusion of the season in May, there will also be an Awards Night (date/time TBD).

### Core Values / Philosophy

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Our core values are based on hard work, discipline, teamwork, confidence, character, academic success, and passion for your sport. We aim to develop champions in the classroom, in the gym and at competitions, and in life. Each one of our coaching staff has been a high school student-athlete in Downers Grove in the past and we would like to create a positive environment reflective of our own experiences.

Our coaching philosophy starts with a clear communication of the discipline. We encourage collaboration and value multiple approaches in explaining mechanics and expectations. Our coaching staff has an in-depth technical knowledge of individual skills and sequences, and we utilize a variety of drills and progressions to assist in instruction. And above all else, the safety of our coaching staff and student-athletes is paramount.

### Rules / Regulations

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All of the rules and regulations for Illinois High School Association, West Suburban Conference, District 99, Downers Grove South, and the Boys' Gymnastics team are available in full detail on the DGS Gymnastics team 8to18 website under Season Information and on the DGS Gymnastics team Blackboard page under the 2015 Documents / Links tab on the left.

### Academic Policies

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Being a **student**-athlete means that you are a student first and an athlete second. Your academics come first and take priority over any other sports or activities in which you may be involved.

When you make a commitment to an extracurricular activity, it means that you understand your responsibilities in the classroom and are able to make an additional commitment outside of the classroom.

Let us reiterate that you are first and foremost accountable to your academics. The following are policies that overlap with IHSA, DGS, and team standards:

1. School Attendance Policies

You must be in attendance for at least half of the school day, unless approved by the head coach in advance, in order to participate in practices or competitions.

2. Weekly Grade Checks

You must be passing at least five of your classes in order to participate in practices or competitions. Grade reports will be sent weekly to the coaching staff. This sensitive information will be kept confidential.

3. Disciplinary Actions

You must not have any current disciplinary actions or be involved in any disciplinary proceedings in order to participate in practices or competitions.

**Athletic Policies**

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By committing to the DGS Gymnastics team it means that you understand your responsibilities in the classroom and are able to make an additional commitment outside of the classroom.

Having said that, you are also making a commitment to the team and you must honor that commitment.

Similar to the Academic Policies on the previous page, the following are policies that overlap with IHSA, DGS, and Team standards:

1. Academics

You are first and foremost accountable to your academics. Please see above.

2. Attendance

You must be present for the entirety of each practice throughout the season, unless approved by the head coach in advance.

You must be in attendance for the entire practice immediately prior to a competition in order to participate in that competition, unless approved by the head coach in advance.

3. Transportation

Downers Grove South High School and its staff are accountable for the safe and reliable transportation to and from outside activities. You must accompany the team to and from any outside competitions.

Bus schedules will be announced the week prior to competitions.

## **Code Of Conduct**

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As a Downers Grove South High School student-athlete you represent yourself, your family, your team, and your school in the classroom, in the gym, at both home and away meets, and outside of school. Your words and actions need to reflect the respect and esteem deserved to those whom you represent.

## **Communication**

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Communication is a priority before, during, and after the season. We encourage students, parents/guardians, and the coaching staff to communicate and ask questions and to work together.

During practice in the gym and at competitions, gymnasts look to their team captains and the coaching staff for direction.

In the classroom and at school, students may communicate with their teachers and DGS staff via proper channels.

Outside of school and the gym, students may communicate via school email or through their parents with their teachers, DGS staff, and the gymnastics coaching staff. Contact information is provided below under the Season Information header below and online at the district website, at the 8to18 portal, and at the BlackBoard portal.

## **Season Information**

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### Contact Information:

Head Coach Dan Fenton – [dfenton@csd99.org](mailto:dfenton@csd99.org)  
Assistant Coach Bill Norris – [winorris@csd99.org](mailto:winorris@csd99.org)

Please see the DGS Boys' Gymnastics team 8to18 web page or the BlackBoard portal for additional information.

Please see the Competition Rules/Regulations and Expectations handout.

The DGS Boys' Gymnastics Season Schedule is attached on following page below.

## **DGS Boys' Gymnastics Season Schedule:**

2/17 – First Day of Practice (Monday-Friday 3:30-6pm, Saturday 9:30am-12pm)

2/20 – Coaches/Parents/Student-Athletes Meeting 6:15pm in the Cafeteria

3/4 – V/JV/Fr Away Meet at Naperville North at 6pm

3/23 – JV Only Invite Away at York at 6pm

3/26 – V/JV/Fr Home Meet vs. Hinsdale South at 6pm

4/8 – V/JV/Fr Away Meet at Glenbard South at 6pm

4/9 – V/JV/Fr Home Meet vs. Willowbrook at 6pm

4/10 – Canino Invite (V Only) Away at Hinsdale Central at 6pm

4/16 – V/JV/Fr Away Meet at Addison Trail at 6pm

4/18 – V Only Invite Away at York at 12pm

4/23 – V/JV/Fr Away Meet at Leyden at 6pm

4/24 – Harry Bull Frosh Invite (Fr. Only) Away at Hinsdale Central at 6pm

4/25 – Glendbard West Invite (V Only) Away at Glenbard West at 1:30pm

4/27 – Hinsdale South Invite (Fr. Only) Away at Hinsdale South at 6pm

5/1 – V/JV/Fr WSC-G Conference Away at Leyden West at 6pm

\*Sectionals Meet Schedule TBA the week of 5/6-5/9

\*State Meet Schedule TBA the weekend of 5/15-5/16

Please see the attached Competition Rules/Regulations and Expectations handout.

Please see the DGS Boys' Gymnastics team 8to18 web page or the BlackBoard portal for additional information.

**“Those Who Stay Will Be Champions.”**  
-Bo Schembechler, University of Michigan