

# 2017-18 Power Team Gym Parent Information



## Mission Statement

The mission for Power Team Gym at Bay State Gymnastics Academy is to provide athletes an opportunity to train and compete as a contributing member of a team while developing skills, strength, confidence, trust, and relationships.

## Team Gym Commitment:

For the first three sessions of the year, Team Gym Skills Class will be held twice a week on Tuesdays and Thursdays. Athletes are not required to attend both practices. They can attend a regular gymnastics class, and practice, or both days of practice. All athletes of all levels are *encouraged* to attend both nights of practice. **Please make sure to properly enroll your gymnast with the front desk with updated registration paperwork.**

## Competitive Season:

The team gym season runs from December through June for levels 3-7\*. Each gymnast on level 3 is required, in addition to their normal weekly gymnastics class, to have Team Gym practice once a week. Each gymnast on levels 4-7 is required to attend 2 days a week of Team Gym practice. Athletes on Levels 4-7 are not required to take an additional gymnastics class but are encouraged to do so or attend weekly open workouts. A portion of each teams weekly practice will be dedicated to strength and conditioning.

**\*Levels 3-7 may or may not continue to Nationals in June depending on the decision of the club and/or their scoring and USA Gymnastics National ranking. In order to continue on to Nationals the specified teams are required to achieve their levels Nationals qualifying score or higher by the last meet in April.**

## Team Gym Weekly Class - Preparation for Competition Season

All levels September- December (Sessions 1, 2, 3 and 4)

- Tuesday 6:30-8:30pm
- Thursday 6:30-8:30pm

*\*\* Athlete evaluations & Team selections will take place during the months of November & December (Session 3 & 4). Any athlete wishing to compete for the 2017-2018 Team Gym Season must be present at a Tuesday or Thursday practice during these sessions in order to make a team.*

## Beginning January 2<sup>nd</sup>

Tuesday 6:00-8:00 - Levels 3

Thursday 6:30-8:30 Levels 4, 5, 6 & 7

6:00-8:30 - Levels 4 & 5

6:00-9:00 - Levels 6 & 7

## Meet Schedule (Tentative Schedule)

\* Sunday, February 25, 2018 - Broderick Gymnastics Academy Massachusetts, Hyde Park/Walpole, MA (All Levels)

\* Sunday, March 18, 2018 Gymnastics Inc, Kenvil, NJ (All Levels)- Courtyard Marriott

\* Sunday, April 8, 2018 - BSGA Home Meet (All Levels)

\* Sunday April 28-29, 2018 - Dave Moskovitz Gym for All Invitational Pennsylvania (All Levels) - Hyatt House, Philadelphia/King of Prussia

\* Sunday, June 3, 2018 - Westys, Franklin, NJ (All Levels) Hampton/Hilton - Parsippany

June 27-30, 2018 Power Team Nationals 2018: Indian Wells Renaissance Resort ~ More details to come as we receive them.

**Athlete Evaluation & Team Selection** - Will take place during the months of November & December (Sessions 3 & 4). Any athlete wishing to compete for the 2017-2018 Team Gym Season must be present on Tuesday, Thursday or both days of Team Gym practice during these months in order to be selected for a team for the 2017-2018 Season. Teams will be posted on Friday, December 15<sup>th</sup> and Choreography practices will take place the following week according to level. Office team practices will begin Tuesday, January 2<sup>nd</sup> 2018

**Choreography Practices** *During the winter show week (December 17-23), the choreography will replace the weekly classes. Sess #4 will be prorated*

- Sunday, December 17<sup>th</sup>
  - Level 3 = 9:00-10:30am
  - Level 4 = 10:30am-12:00pm
  - Level 5 = 12:30-2:00pm
- Tuesday, December 20<sup>th</sup>
  - Level 6 = 6:15-7:45pm
  - Level 7 = 7:45-9:00pm

\*Uniform sizing is the week of November 20<sup>th</sup> - 24<sup>th</sup>. Leotard, Warm-up suit and Hairpiece will remain the same for the 2017-2018 Season. There will be a link on the website for the order form, which must be signed by the parent.

\*There are prerequisites set by USA Gymnastics for all Power Team Gym Levels that will be used in determining level placement. Please read the attached skill pass requirements for each level below. Gymnasts for our 2017-2018 season athletes must demonstrate the prerequisite skills with proper form, unassisted and without spotting by the end of the evaluation period to be considered for a given level.

## **Tumbling Pass Prerequisites:**

### **LEVEL 3**

#### **TUMBLING**

**PASS 1:** Hitch-Kick – Handstand forward roll step out (straight arm) – run 2or3 steps hurdle – Round off – Back Handspring – rebound – step back lunge

**PASS 2:** Run 2or3 steps hurdle – Round off – Back handspring – rebound ½ turn step out – side cartwheel – Round off rebound – step back to lunge

**PASS 3:** Run 3 steps hurdle – Round off – Back handspring – rebound ½ turn step out – run 3 steps hurdle – Round off – Back handspring – rebound – step back to lunge

#### **VAULT**

**PASS 1:** Bounder with rebound over 2 Trapezoid pieces onto 1 – 8” Mat

#### **MINI-TRAMP**

**PASS 1:** Tuck Jump OPEN (Straight body position during takeoff & before landing of Tuck Jump)

### **LEVEL 4**

#### **TUMBLING**

**PASS 1:** Run 2or3 steps hurdle – Round off – 3 Back handsprings – rebound

**PASS 2:** Run 2or3 steps hurdle – Front handspring step out – Round off – 2 Back handsprings – rebound

**PASS 3:** Run 2or3 steps hurdle – Round off – Back handspring – rebound ½ turn step out – Run 2or3 steps hurdle – Front Handspring step out – Front handspring (2 feet) – rebound

#### **VAULT**

**PASS 1:** Front handspring over Vault Table

- Vault Table MINIMUM Setting = 1

#### **MINI-TRAMP**

**PASS 1:** Front tuck OPEN (Straight body position during takeoff & before landing of Front Tuck)

### **LEVEL 5**

#### **TUMBLING**

**PASS 1:** Run 2or3 steps hurdle – Round off – 2 Back handsprings – Back Tuck – small rebound

**PASS 2:** Run 2or3 steps hurdle – Front tuck step out – Round off – back handspring – Back Tuck – small rebound

**PASS 3:** Run 2or3 steps hurdle – Front handspring – front tuck

#### **VAULT**

**PASS 1:** Front handspring over Vault Table

- Vault Table MINIMUM Setting = 2

#### **MINI-TRAMP**

**PASS 1:** Front Pike

**PASS 2:** Front Layout

### **LEVEL 6**

#### **TUMBLING**

**PASS 1:** Run 2or3 steps hurdle – Front tuck step out – Round off – back handspring – Back Tuck – small rebound

**PASS 2:** Run 2or3 steps hurdle – Front tuck step out – Front handspring step out – Round off – Back tuck

**PASS 3:** Run 2or3 steps hurdle – Round off – 2 back handsprings – Back Layout

**PASS 4:** Run 2or3 steps hurdle – Front handspring – Front tuck

#### **VAULT**

**PASS 1:** Front handspring over Vault Table

**PASS 2:** ¼ ON, ¼ OFF

- Vault Table MINIMUM Setting = 3

### **Level 7**

#### **Tumbling**

**Pass 1-** RO, 2 Back Handsprings, Back Layout

**Pass2-** Three forward tumbling skills connected, 1 must be in pike position.

\*EX = Front pike step out, Front handspring step out, Front Handspring

\*EX = Front tuck step out, Front handspring, Front Pike

**Pass3-** 4 Forward, or Backward tumbling skills connected, one must be in a layout position

\*\*EX = Front tuck step out, RO, Back handspring, Layout

**Jump- 2 Vault's and 1 Mini or 1 Vault and 2 Minis**

#### **Vault**

**Pass 1-** ¼ on ¼ off

**Pass 2-** ¼ on ¾ off

**\*\* Either both vault scores will count or just high scoring vault will count. Depending on whether or not you want to compete both vaults towards your score.**

**Mini—1 Pass required, 2<sup>nd</sup> pass optional and must be different form the original pass**

**Pass 1** Option- Layout ½

**Pass 2** Option- Layout full

- Last three athletes may add additional full twist

**\*\* Either both mini scores will count or just high scoring mini will count. Depending on whether or not you want to compete both minis towards your score.**

### **Fundraising:**

Corporate Sponsorships is the fundraising opportunity available for our national-bound teams to raise money to help fund their trip to Power Team Gym Nationals. All monies raised will go directly to the athlete seeking the sponsorship. Sponsors donating \$100.00 or greater will be displayed for one year in the gym on a sponsor banner. Sponsorship packets become available at the front desk once the teams have qualified for 2018 Power Team Gym Nationals.

### **2017-2018 Power Team Gym Program Fee:**

**For each team, the program fee will be all-inclusive, which will include all tuition costs, and competition fees for the entire regular season. All families are required to keep a credit card on file, and will be enrolled in our monthly automatic payment program. Each team gym member will be charged monthly payments to cover their 17-18 team fee on the predetermined payment dates.**

**USA Gymnastics Membership:** All competing athletes must have USA Gymnastics Athlete # to compete at any Team Gym competition.

**Practice Attire:** All gymnasts are required to wear practice uniforms to Tuesday team gym practices.

**Girls** –Practice leotard (no shorts!).

They must have their hair tightly pulled back for practice (using clips and bobby pins are ok!)

(NO HAIR IN THEIR FACES PLEASE)

Please make sure that all ankles wrists etc. are taped BEFORE practice. This is important as it takes out from valuable practice time.

**Boys** – Black shorts & black BSGA practice t-shirt

**Meet Attire:** All gymnasts must wear their long sleeve competition leotard for every meet, as well as, their warm-up suit and hair ribbon. Hair must be done as specified by coaches before the first competition. Hair style = 2 French braids into bun.

*\*\*Long sleeve competition leotard is not to be worn at any other time other than at a competition. They are not allowed to wear it to their weekly gymnastics class.*

**Meets:** Missing a meet is only allowed in case of an emergency or illness with a doctor's note. Any other excuse for missing a meet will result in expulsion from your team for the remainder of the Team Gym competition season.

**Meet Behavior:** Good sportsmanship by **every gymnast and their parents** is required at every meet! Gymnasts must sit with their teams and watch the competition while waiting for their turn to compete. Parents must stay in audience viewing area during the remainder of the competition. If your child needs assistance with something from a parent a coach will notify the parent when needed.

**Traveling:** Team Gym is a traveling sport. We compete here at BSGA, New Jersey, Pennsylvania & Nationals For our out of state traveling meets, parents are required to provide their own transportation for their athlete and are required to travel with them unless other arrangements are made with other parents.

**Attendance:** We will be taking attendance at the beginning of each practice to keep track of tardies/missed practices.

- **Missed Practices:** Your child is allowed to miss 3 Team practices throughout our season; whether it be illness, injury, family or school related.
- **Illness;** if your child has a minor illness such as a head cold, cold/allergies or headache they are still required to come to practice and participate to the best of their ability.
- **Contagious illness;** if your child is ill with stomach bug/mono or anything contagious please call our office and inform us that they will not be attending for the following reason.
- **Injury;** if your child has a prolonged injury that causes them to sit out of practice/miss practice you will be required to present us with a doctor's note declaring stating when they will be able to return to practice. It is important for athletes, coaches and parents to be proactive in the healing process of all injuries!  
*\*\*If injured, your child is expected to come in a warm up uniform to watch practice. They are also expected to attend meets to observe and support their Team.*
- **Penalty for missing more than 3 practices is as follows;** If missed without illness or injury with provided doctors note, you must schedule a private lesson at \$56.00/hour to make up for your missed practices. The number of private lesson will be decided by your child's coach as they feel necessary to catch up.

**Practice Times - Beginning January 2<sup>nd</sup>** (Once teams are selected)

Tuesday 6:00-8:00 - Level 3

6:00-8:30 – Levels 4 & 5

6:00-9:00 – Levels 6 & 7

Thursday 6:30-8:30 Levels 4, 5, 6 & 7

**Uniform Breakdown:** Each athlete’s uniform will include the items needed by each individual and will be added to the December 19th payment. All uniforms will be new for all athletes for the 2016-17 season.

Girls

-Competition Leotard \$100

-Warmup Leotard \$30

-Warmup Suit \$100

-Hairbow \$12

Boys

-Competition Singlet \$50

-Practice Tshirt \$19.99

-Competition Shorts \$19.99

-Warmup Suit \$100

**Parent Information Meeting**

The purpose of our informational meeting is to lay the foundation for the upcoming year. The packet of information will be available year round on our website. Please let us know if you ever have questions regarding the information in the packet.

**Important Dates To Remember:**

Uniform Sizing 11/20-11/24

Next Parent Meeting 11/21

Team Gym Athlete Evaluations & Team Selections – November & December (Session 3 & 4)

Teams Announced 12/15

Uniform Order Placed 12/16

Choreography Practice 12/17 & 12/20

First Practice(s) 1/2/2018

**Session #4 Tuition will be prorated to 3 weeks. During the winter show week (December 17-23), the choreography will replace the weekly classes.**

**Monthly Payment Schedule:**

Payment 1	12/19/17
Payment 2	1/23/18
Payment 3	2/20/18
Payment 4	3/20/18
Payment 5	4/17/18
Payment 6	5/15/18
Payment 7	6/12/18

**Monthly Payment Amounts:**

**Level 3** \$213.86

**Levels 4&5** \$299.58

**Levels 6&7** \$313.86