

2019-2020 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. We have high expectations of the most respectful and sportsmanlike behavior for all of our Power Team Gym athletes.

Team Gym Commitment:

For the first two sessions of the year, Team Gym Skills Class will be held twice a week on Tuesdays and Thursdays. Athletes are not required but are *encouraged* to attend both nights of practice during session #1. **Please make sure to properly enroll your gymnast with the front desk with updated registration paperwork.**

Team Gym Weekly Class -

Session 1 | Skills Practice - Preparation for Competition Season (Attending both days is encouraged but not required)

Session 2 | Team Selection Practice (Both days required for Team Selection process)

- Tuesday 6:00-8:00pm
- Thursday 6:30-8:30pm

Competitive Season:

The team gym season runs from session 3 (October 29th) through April 19th for Level 3 and through July 4th for Levels 4-7. 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 of Team Gym practice per week. Athletes on Levels 4-7 are not required to take an additional gymnastics class but are encouraged to do so or to attend weekly open workouts to continue in their skill development. A portion of each team's weekly practice will be dedicated to strength and conditioning.

Levels 4-7 may or may not continue to Nationals in July depending on the decision of the club, their scoring and the USA Gymnastics PTG National ranking. In order to continue on to Nationals the specified teams are required to achieve their level's Nationals qualifying score or higher by our home meet in April.

Beginning October 29th (Regular Competitive Season)

Level 3 | Wednesdays 6-8:30pm

Level 4 & 5 | Tuesdays 6:00 – 8:30pm & Thursday at 6:30pm – 8:30pm

Level 6 & 7 | Tuesdays 6:00 – 9:00pm & Thursdays at 6:30pm – 8:30pm

Meet Schedule (Subject to Change)

- January 17th-20th : Las Vegas Mega Meet (Level 6 & 7)
- Date – TBA: Broderick Gymnastics, MA (Levels Pre-Team through 7)
- March 15th: Gymnastics Inc., NJ (Levels 3,4,5)
- April 5th: BSGA Home Meet (Levels Pre-Team through 7)
- April 19th: Berk's East, Dave Mozkovitz Meet, PA (Levels 3-7)
- July 1-4, 2020: Daytona Beach, FLA (Levels 4-7)

Athlete Evaluation & Team Selection – Any athlete wishing to compete for the 2019-2020 Team Gym Season must be present on Tuesday, Thursday or both days of Team Gym practice during session 1 in order to be selected for a team for the 2019-2020 Season. Session 2 is team selection, and attendance at both Tuesday and Thursday class is required for this month.

Teams will be posted on Friday, October 25th.

Team Choreography will be Sunday, October 27th. **Attendance on this day is required for all Power Team Gym Athletes.**

** If your child does not plan on competing for the 2020 competition season at this point must inform the PTG Coaches no later than Monday morning (October 28th) in order to avoid uniform charges. All Team Uniforms will be ordered by 10am on 10/28/19. The 2019-20 Competition Season will officially begin on Tuesday, October 29th.

Choreography Practice ~Sunday October 27th

- Level 3 | 12:15 – 1:30pm
- Level 4 | 1:15 – 2:30pm
- Level 5 | 2:15 – 3:30pm
- Level 6 | 3:15 – 4:30pm
- Level 7 | 4:15 – 5:30pm

2019-20 Power Team Gym LEVEL PREREQUISITES

There are specific skill prerequisites set by USA Gymnastics for all Power Team Gym Levels that will be used in determining our BSGA level placement for the 2019-20 competition season. Please read the skill pass requirements outlined by level below.

PRE-TEAM

TUMBLING:

PASS #1 = (Starting in lunge) – Cartwheel – Side Chasse – Side Cartwheel – Side Chasse - *Side Cartwheel – Side Chasse – Squat Cartwheel (Finish in lunge)

PASS #2 = (Run 2-3 steps) – Round off rebound, ¼ turn step out - *Cartwheel – Cartwheel – Round off, dead landing NO rebound, 3 running step back with arms up.

VAULT: Dive Forward Roll (Stretched body position during) **** (onto 24" mat stack or Blue Resi – with Springboard or Small Mini-tramp)**

MINI: Star Jump **** (Onto at least 8" landing mat – with Small Mini-tramp)**

LEVEL 3 NO intensification allowed on ANY event for this Level

TUMBLING:

PASS #1 = (Run 2 Steps) – Round off – BHS – rebound ½ turn step out* – (Run 2 Steps) – Round off – BHS – rebound finish.

PASS #2 = (From lunge) – Handstand F. Roll Step out – Side Cartwheel - *Cartwheel turn out – (Run 3 steps) – FHS rebound.

VAULT: Front Bounder (with rebound)

**** (over Trap or Baby Table Trainer on 24" landing mat – with Small Mini-tramp. The drop between "Trap/Table" and landing mat MUST BE AT LEAST 8")**

MINI: Tuck Jump OPEN **** (Onto at least 8" landing mat – with Small Mini-Tramp)**

LEVEL 4

TUMBLING:

PASS #1 = (Run 2-3 steps) – Round off – *BHS – BHS - BHS – Rebound, finish. **** (Last 3 athletes may do Back Tuck in place of the last BHS)**

PASS #2 = (Run 2-3 steps) – FHS Step out – FHS Step out – *(Run 3 steps) – Front tuck (onto landing mat) – NO intensification allowed for this pass

VAULT: ***(May compete 2 Vaults, both must be FHS)**

Front Handspring over Vault Table

**** (Vault Table set on 2 – with Small Mini-Tramp) - NO intensification allowed for this pass**

MINI: Front tuck KICKOUT **** (Big Mini on 75) - NO intensification allowed for this pass**

LEVEL 5

TUMBLING:

PASS #1 = (Run 2-3 steps) – Round off – BHS - *BHS – Back Tuck ****NO intensification allowed for this pass**

PASS #2 = (Run 2-3 steps) – Front Tuck Step out - *Round off – BHS – Back Tuck **** (Last 3 athletes may do Back Pike or Layout in place of the Back Tuck in Pass #2)**

VAULT: ***(May only compete 1 Vault)**

Front Handspring over Vault Table

**** (Vault Table set on 4 – with Small Mini-Tramp) – (Last athlete may do ½ on)**

MINI: Front Layout **** (Big Mini on 80) – (last athlete may add ½ twist)**

LEVEL 6

TUMBLING

PASS #1 = (Run 2-3 steps) – Round off – Whipback - *BHS – Back Tuck ****NO intensification allowed for this pass**

PASS #2 = (Run 2-3 steps) – Front Tuck - *Bouncer – Front Tuck ****Last 3 athletes may upgrade to Front Pike**

PASS #3 = (Run 2-3 steps) – Front Tuck Step out - *Round off – BHS – Layout or Layout 1/2 **** (Last 3 athletes may do Back ½ twist if team does layout) – (If whole team does layout ½, last 3 may do a full)**

VAULT - *(Will compete 2 Vaults) - Vault will be competed 1st, then Mini-tramp.

Front Handspring - (**NO intensification allowed for this pass)

½ ON - (**Last 3 athletes may do ½ on. ½ off)

**** (Vault Table set on 6 – with Big Mini-Tramp set on 80)**

MINI: Front Layout ½ - (NOT BARANI) – ½ twist MUST happen at the top, not when leaving mini

**** (Big Mini on 80) – (last athlete may do layout FULL twist or Layout 1 ½ twist)**

LEVEL 7

TUMBLING

PASS #1 = (Run 2-3 steps) – Round off – Whipback - *BHS – Back Layout ****NO intensification allowed for this pass**

PASS #2 = (Run 2-3 steps) – Front Tuck - *Bouncer – Front Pike or Front Layout ****Last 3 athletes may upgrade to Front Full or Front 1 ½ twist**

PASS #3 = (Run 2-3 steps) – Front Tuck Step out - *Round off – BHS – Layout FULL twist **** (Last 3 athletes may do 1 ½ twist and last athlete may do DOUBLE full)**

VAULT - *(Will compete 1 Vault)

¼ on, ¾ off - (**NO intensification allowed for this pass)

**** (Vault Table set on 6 with platforms OR Folded panels underneath – with Big Mini-Tramp set on 80)**

MINI - *(Will compete 2 Mini-tramps) - Mini tramp will be competed 1st, then Vault.

Front Layout FULL twist - (**NO intensification allowed for this pass)

Front Layout 1 ½ twist - (**Last 3 athletes may do Double Full or 2 ½ twist)

**** (Big Mini on 80)**

*If you have any questions regarding these PTG Level Prerequisites, please email the Power Team Gym staff at coaches@baystategymnasticsacademy.com and we will be happy to help you!

Nationals Fundraising Opportunity

Corporate Sponsorships can be obtained by our nationally-bound teams from local businesses in order to raise money in an effort to help defray some of the costs associated with their trip to Power Team Gym Nationals in Daytona Beach, Florida in July 2020. 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 2020 Power Team Gym Nationals.

2019-2020 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 19-20 team fee on the predetermined payment dates. *These dates are listed below.*

USA Gymnastics Membership: All competing athletes (Levels 3-7) must have USA Gymnastics Athlete # to compete at any Team Gym competition. Parents/Guardians will be responsible for registering/renewing their athletes USA Gymnastics Athlete #. An email will be sent to you by your coaches from USA Gymnastics with the registration/renewal directions.

USA Gymnastics Athlete # Fee = \$61

Practice Attire:

Female Athletes: Level 3 gymnasts are required to be “competition ready” wearing their navy BSGA practice leotard without shorts for their team practice. Levels 4-7 gymnasts are required to be “competition ready” wearing their navy BSGA practice leotard without shorts on Tuesdays. Levels 4-7 Gymnasts are able to wear a leotard and shorts of their choice for Thursday practices. All female gymnasts are required to wear their hair tightly pulled back and away from their face.

Male Athletes: “Competition Ready” BSGA practice shirt and Black shorts for Tuesdays and Shirt and shorts of the athlete’s choice for Thursdays.

** For the safety of our gymnasts, we cannot allow jewelry or headbands to be worn during practice.

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

Meet Attire: All female 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.

2019-20 Hair style = 2 French braids into bun. All male gymnasts must wear their competition uniform for every meet.

***Competition uniforms are not to be worn at any other time other than at a competition. Athletes are not allowed to wear competition uniforms 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.

Athlete Conduct: We expect all of our PTG athletes to display respectful and sportsmanlike conduct at ALL Times. Once an athlete has committed to our Power Team Gym Program, they are expected to carry out this respectful, sportsmanlike conduct during all practices, demonstrations, competitions and any other BSGA-sponsored events.

It is a USA Gymnastics requirement that all parents, in addition to their child athletes, behave in a sportsmanlike manner at these PTG events as well. Our gymnasts are expected to encourage all competitors and keep all negativity out of the sport.

During Competitions, our gymnasts must sit together and watch respectfully while waiting for their turn to compete. Parents must stay in the audience viewing area during the entire competition. If your child needs parental assistance during a meet, a coach will notify you when needed.

Traveling & Supervision for Competitions: Team Gym is a traveling sport for our competitive levels. Parents are responsible for the supervision and transportation of their athlete for all of the competitions throughout the season. If you are unable to accompany your athlete to a competition, you must make arrangements with either another athlete’s parents or a substitute caregiver to supervise and transport your child. Our PTG coaching staff need to be informed of any alternative arrangements prior to the competition.

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.

Competition Uniforms: Competition Uniforms will be ordered Monday, 10/28/19. Each athlete's uniform will include the items needed by each individual and will be added to the October 28th payment. We will be keeping the same uniforms as the 2018-19 season, however, individual orders cannot be placed for custom competitive leotards once the season has begun. Please keep this in mind when deciding if your athlete will need a new size this year. ALL athletes must fill out an order form whether or not you will be ordering. Parent Initials and a check mark in the box "no uniform needed" should be filled out on the form.

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| Girls | Boys |
| -Competition Leotard \$155 | -Competition Singlet \$50 |
| -Warmup Leotard \$30 | -Warmup Suit \$100 (\$50 per piece) |
| -Warmup Suit \$100 (\$50 per piece) | - Competition Shorts \$20.00 |
| -Hairbow \$15 | |

Parent Information Video The purpose of our informational video is to lay the foundation for the upcoming year. The packet of information will be available year round on our website, as well as a video outlining the entire packet of information. Please let us know if you ever have questions regarding the information in the packet.

Alternative Practice Weeks During the season there are a few weeks where the practice times differ slightly from their usual days and times because of holidays and in-house events. Please mark your calendars for the special dates below:

Halloween 10/31/19 - No Practice Levels 4-7. This week's tuition is prorated for levels 4-7

Thanksgiving 11/28 - No Practice Levels 4-7. Makeup Practice Date: Sunday 12/1 (11:30am-1:30pm)

**Winter Show Week ~ Altered Practice Times For This Week: Levels 4-7: Sunday 12/15 11:30am-1:30pm & Tuesday 12/17 6:30-9pm
Level 3: Wednesday 12/18**

Spring Show Week 6/18 - No Practice Levels 4-7. Makeup Practice Date: Wednesday 6/17 (6:30-8:30pm)

Monthly Payment Totals & Dates

- Level 3** \$162 + Cost of Additional Weekly Class Tuition (*Team Gym Tuition has been discounted within the monthly team fee*)
Levels 4 & 5 \$282.88 (*Team Gym Tuition has been discounted within the monthly team fee - if a second class is taken, tuition is full price*)
Levels 6 & 7 \$315.00 (*Team Gym Tuition has been discounted within the monthly team fee - if a second class is taken, tuition is full price*)

Payment 1 All Levels <i>(2019-20 Uniform charge added to this payment)</i>	10/28/19
Payment 2 All Levels	11/25/19
Payment 3 All Levels	12/30/19
Payment 4 All Levels	1/27/20
Payment 5 All Levels	2/24/20
Payment 6 All Levels	3/23/20
Payment 7 All Levels – Level 3 last payment of season	<i>Friday 4/17/20 Level 3, 4/23/20 Levels 4-7</i>
Payment 8 Levels 4-7	5/18/20
Payment 9 Levels 4-7 – Levels 4-7 last payment of season	6/15/20