

2023-2024 TeamGym Parent Information

Mission Statement

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

TeamGym Athlete Selection and Commitment:

Team selection will begin for our Session 3 on October 23rd and practices will be held on Tuesdays and Thursdays for four weeks. Teams will be announced Friday November 17th and commitment to the team is due by the 20th. All athletes are required to attend every practice throughout their season.

**Athletes wishing to withdraw from their team for the 2023-2024 competition season must inform us by Monday November 20th to avoid uniform charges.

*There are prerequisites set by USA Gymnastics for all TeamGym Levels that will be used in determining level placement. Please read the attached skill pass requirements for each level below. Gymnasts for our 2023-2024 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.

Competitive Season:

The TeamGym season runs from Session 4 (November 20th) through May/June, depending on your athlete's level and date of their last competition. Gymnasts on Level 3 are required to attend their weekly TeamGym practice. Although it is not required, athletes on Level 3 are encouraged to attend a second weekly class (gymnastics or tumbling). Gymnasts on levels 4-9 are required to attend two days a week of TeamGym practice. Athletes on levels 4-9 are not required to take an additional gymnastics class but are encouraged to do so. A portion of each team's weekly practice will be dedicated to strength and conditioning.

Levels 5 and 9 could potentially compete at USAG Teamgym Nationals in June pending qualification and a decision from the coaching staff that this would be a good fit for the team. In order to be considered for competition at USAG Nationals the specified teams are required to achieve their level's national qualifying score or higher by the last meet in April.

Level 5 qualifying score: 22 or Higher

Level 9 qualifying score: 40 or Higher

TeamGym Weekly Skills Class – (Preparation for Competition Season - 10/23-11/16/23)

Tuesday 6:45-8:45

Thursday 6:45-8:45

Competitive Practice Schedule - (Regular Competitive Season) - Beginning November 20th

Level 3 = Thursday 6:45-8:45pm

Level 4 & 5 = Tuesday & Thursday 6:45-8:45pm

Level 9 = Tuesday & Thursday 6:45-9:00pm

Choreography Practice

November 26th

- Level 3 12:00-2:00pm

- Level 4 2:00-4:00pm

- Level 5 4:00-6:00 pm

Meet Schedule (Tentative Schedule)

- **2/26-3/4 New Castle, England - Level 9 Only**
- **3/24 All Around Gymnastics Plainville, MA -Level 3 Only**
- **4/7 BSGA Home meet- All Levels**
- **4/20-4/21 Berk's East Collegeville PA - Levels 4-9 Only**
- **5/5 Broderick Gymnastics, Hyde Park MA - Levels 3-5 Only**
- **6/26-6/30 Nationals St. Paul Minnesota - Levels 5 and 9 Only**

Fundraising:

Corporate Sponsorships are the fundraising opportunity available for our nationally bound teams to raise money to help defray travel costs. 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 will be available on the TeamGym page of the website as well as in the office. Levels 5 and 9 could be considered for the 2024 TeamGym Nationals (pending qualification)

2023-2024 TeamGym Monthly Payments:

For each of our teams, there will be specific monthly payments scheduled throughout the season on predetermined dates that are listed by team in the table below. The TeamGym monthly payments are comprised of the entire seasons' costs including: monthly TeamGym tuition, uniform costs, coaches fees and competition fees for all of the meets each team will attend. The coaches fees for each competition are divided equally by the number of athletes attending.

All families are required to keep a credit card on file, and will be enrolled in our monthly automatic payment program. Each TeamGym member will be charged monthly payments to cover their 23-24 team fee on the predetermined payment dates.

Level 3 Monthly Payments:	Level 4 Monthly Payments:	Level 5 Monthly Payments:	Level 9 Monthly Payments:
6 Monthly Payments	6 Monthly Payments	8 Monthly Payments	8 Monthly Payments
11/13/23 \$258.34	11/13/23 \$433.84	11/13/23 \$469.87	11/13/23 \$532.81
12/26/23 \$258.34	12/26/23 \$433.84	12/26/23 \$469.87	12/26/23 \$532.81
1/22/23 \$258.34	1/22/23 \$433.84	1/22/23 \$469.87	1/22/23 \$532.81
2/29/24 \$258.34	2/29/24 \$433.84	2/29/24 \$469.87	2/29/24 \$532.81
3/18/24 \$258.34	3/18/24 \$433.84	3/18/24 \$469.87	3/18/24 \$532.81
4/15/24 \$258.34	4/15/24 \$433.84	4/15/24 \$469.87	4/15/24 \$532.81
		5/13/24 \$469.87	5/13/24 \$532.81
		6/10/24 \$469.87	6/10/24 \$532.81

****Final Payment would be adjusted if there are any major changes throughout the season.***

USA Gymnastics Membership:

All competing athletes must have a USA Gymnastics Athlete # to compete at any TeamGym competition. Parents/Guardians will be responsible for registering/renewing their athletes USA Gymnastics Athlete Number. An email will be sent to you by your coaches from USA Gymnastics with the registration/renewal directions.

USA Gymnastics Athlete # Fee = \$25.00 First time athletes
\$69.00 Returning athlete membership

Practice Attire:

Uniform: Practice leotard

Hair: They must have their hair tightly pulled back for practice in a way that does not interfere and will remain up for the duration of practice.

Jewelry: For the safety of all coaches and athletes, jewelry of any kind is not permitted.

Braces & Tape: Please make sure that all ankles, wrists etc. are taped BEFORE practice. This is important as it takes out valuable practice time.

Practice Expectations:

All athletes are expected to attend all weekly practices on time, with a positive attitude, properly dressed and prepared to work. Athletes will be expected to remain in practice with their coaches from start to finish without interruption. It is imperative that we have their full attention for the duration of their practice in order for practice to be successful during the allotted time. Athletes are to refrain from conversing with their parents/guardians during practice hours unless it is an emergency.

Meet Attire:

All gymnasts must wear their long sleeve competition leotard for every meet. Hair must be done as specified by coaches before the first competition. ***Long sleeved competition leotards may only be worn for competitions and not during practice or other class times.*

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 TeamGym 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 the 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:

TeamGym is a traveling sport. 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 take 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.
- ***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.
- ***Injury;*** if your child has a chronic injury that causes them to sit out of practice/miss practice we will require a doctor's note 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 to watch practice. They are also expected to attend meets to observe and support their team.*



TeamGym: Floor

2024-2027

Level 1 /2		Floor
Number Required	Requirements	
1	<i>Pirouette Elements : (turns)</i>	
2	<i>Jump / Leap / Hop</i>	
2 (1 must be individual)	<i>Balance</i>	
2	<i>Tumbling Acrobatic Elements</i>	
1	<i>Combinations</i>	
4	<i>Formations</i>	
1:15-1:30	<i>Music Length</i>	

Level 3		Floor
Number Required	Requirements	
1	<i>Pirouette Elements : (turns)</i>	
2 (1 must be a leap)	<i>Jump / Leap / Hop</i>	
2 (1 must be individual)	<i>Balance</i>	
2 (must be different skill, and 1 must be in unison)	<i>Tumbling Acrobatic Elements</i>	
1	<i>Combinations</i>	
4	<i>Formations</i>	
1:15-1:45	<i>Music Length</i>	

Level 4		Floor
Number Required	Requirements	
2	<i>Pirouette Elements : (turns)</i>	
3 (1 must be a leap)	<i>Jump / Leap / Hop</i>	
4 (1 must be individual)	<i>Balance</i>	
3	<i>Tumbling Acrobatic Elements</i>	
2	<i>Combinations</i>	
6	<i>Formations</i>	
1:30-2:00	<i>Music Length</i>	

Level 5		Floor
Number Required	Requirements	
2 (1 must be a 1/1 turn)	<i>Pirouette Elements : (turns)</i>	
3	<i>Jump / Leap / Hop</i>	
4 (1 must be individual)	<i>Balance</i>	
3	<i>Tumbling Acrobatic Elements</i>	
2	<i>Combinations</i>	
6	<i>Formations</i>	
1:30-2:00	<i>Music Length</i>	



TeamGym: Trampet 2024-2027

Level 1-3:

- Vault tramp board or power incline
- Mat stack that is 32in high by 60in wide. Same as USA Gymnastics level 3 and Xcel silver vaulting system. 5' x 5 vault system with 32", 40" and 48" height settings.
- Landing mat 20cm in thickness. Additional throw mats may be added for landing.

- **Level 4-5:**

- Manufactured mini- tramp (preferred to specifications of a euro standard)
- Vault table set between at 100cm high (maximum of 165 cm)
- 20cm 8' X 16' landing mat. For added safety, a mat (min. 12cm thickness) must be placed on the floor behind the landing mat. Additional throw mats may be added for landing.

- **Level 6-8**

- Manufactured mini- tramp (preferred to specifications of a euro standard)
- Vault table set at a minimum of 120cm high. A 20cm high deck made from solid construction wood is required as a base for the vault table to create more overall height. (maximum of 185 cm)

Level 1	
Vault	<i>Straight jump on- straight, tuck, or star jump off.</i>
1st Mini	<i>straight, tuck, or star jump</i>
2nd Mini	<i>straight, tuck, or star jump</i> (different from first pass)

Level 2	
Vault	$\frac{1}{4}$ on <ul style="list-style-type: none"> • <i>Similar to a roundoff, but with legs remaining together throughout the skill</i> • <i>Upon landing athletes will face the mat stack.</i>
1st Mini	<i>tuck, straddle, or pike jump</i>
2nd Mini	<i>tuck, straddle, or pike jump</i> (different from first pass)

Level 3	
Vault	<i>Front handspring</i>
1st Mini	<i>tuck, straddle, or pike jump</i>
2nd Mini	<i>front tuck</i>

Level 4	
1st & 2nd Vault	<i>Front handspring</i>
1st Mini	<i>Front tuck</i>
2nd Mini	<i>Front layout</i>

Level 5	
1st Vault	<i>Front handspring</i>
2nd vault	<i>Handspring with ½ twist on or ½ twist off</i>
1st Mini	<i>Front layout</i>
2nd Mini	<i>Barani tuck</i>

Level 6		
1st Vault	<i>Handspring with ½ twist on or ½ twist off</i>	
2nd Vault	<i>½ on ½ off or Front handspring 1/1 off</i>	
	SV	
1st & 2nd Mini	2.0 SV	<i>Front salto tuck or pike</i>
<i>Choices made are based off SV</i>	2.6 SV	<i>Front salto layout</i>
	2.8 SV	<i>Barani tuck or pike</i>
	3.0 SV	<i>Barani layout</i>
	<i>Intensification</i>	<i>No intensification on the first mini tramp. The 2nd mini tramp may have unlimited athlete upgrades up to a full twist. Start value will be determined by the lowest valued skill that the squad performs.</i>

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Level 7	SV	
1st & 2nd Vault	2.0 SV	Front handspring
Choices made are based off SV	2.6 SV	Front handspring vault with ½ twist in either pre or post flight
	3.0 SV	½ on – ½ off or front handspring 1/1 off
	3.0 SV	½ on - 1/1 off or Front handspring 1 ½ off
	3.0 SV	Tuck Tsukahara
	Intensification	No intensification on the first vault. The 2nd vault may have unlimited athlete upgrades up to a full twist. Start value will be determined by the lowest valued skill that the squad performs.
	SV	
1st & 2nd Mini	2.0 SV	Front salto layout
Choices made are based off SV	2.4 SV	Barani tuck or pike
	2.6 SV	Barani layout
	3.0 SV	Front salto layout with full twist
	3.0 SV	Front salto layout with 1 ½ twist
	Intensification	No intensification on the first mini tramp. The 2nd mini tramp may have unlimited athlete upgrades up to a full twist. Start value will be determined by the lowest valued skill that the squad performs.

Level 8	SV	Trampet
1st & 2nd Vault	2.0 SV	Front Handspring vault with ½ twist in either pre or post flight
Choices made are based off SV	2.6 SV	½ on – ½ off or front handspring 1/1 off
	3.0 SV	½ on - 1/1 off or Front handspring 1 ½ off
	3.0 SV	Tuck, Pike, or Layout Tsukahara
	3.0 SV	Front HS Front Tuck (1/2 out recommended)
	Intensification	No intensification on the first vault. The 2nd vault may have unlimited athlete upgrades up to a full twist or shape. Start value will be determined by the lowest valued skill that the squad performs.
	SV	
1st & 2nd Mini	2.0 SV	Barani tuck, pike, or layout
Choices made are based off SV	2.4 SV	Front salto layout with full twist
	2.8 SV	Front salto layout with 1 ½ twist
	3.0 SV	Front salto layout with double twist
	3.0 SV	Double front salto tuck ½ out or Double front salto tuck (½ out preferred for safety)
	3.0 SV	Barani double
	Intensification	No intensification on the first mini tramp. The 2nd mini tramp may have unlimited athlete upgrades up to a full twist or shape. Start value will be determined by the lowest valued skill that the squad performs.

Updated 8/24/2023



TeamGym:Tumbling

2024-2027

Level 1	Tumbling
Pass 1	<i>Ft. roll, ft. roll, straight jump, ft. roll, ft. roll, straight jump with 1/2 turn</i>
Pass 2	<i>Ft. roll, ft roll, straight jump, step forward, cartwheel</i>
Level 2	
Pass 1	<i>Cartwheel, chassé, cartwheel, chassé, cartwheel, chassé, cartwheel</i>
Pass 2	<i>Run, round off, rebound, land, turn around, run, round off, rebound</i>
Level 3	
Pass 1	<i>Run, round off BHS, rebound 1/2 turn, run round off BHS rebound</i>
Pass 2	<i>Run round off, rebound 1/2 turn, run front handspring rebound</i>
Level 4	
Pass 1	<i>Run, round off, BHS, BHS, BHS</i>
Pass 2	<i>Run, front tuck, run, front handspring rebound</i>
Pass 3	<i>Run, round off, BHS, rebound jump 1/2 turn, Run Round off, Back tuck</i>
Level 5	
Pass 1	<i>Run, RO, BHS, BHS, back tuck</i>
Pass 2	<i>Run, hurdle, front handspring, front tuck</i>

Level 6	
Pass 1	<i>Run, round off, whip, BHS, back tuck</i>
Pass 2	<i>Run, FHS, front pike or layout (Squad may have unlimited athlete upgrades up to a 1/1 twist)</i>
Pass 3	<i>Run, Front tuck step out, round off, BHS, Layout (Squad may have unlimited upgrades up to a 1/1 twist)</i>
Level 7	
Pass 1	<i>Run, round off, whip, BHS, back layout</i>
Pass 2	<i>Run, FHS, barani straight (Squad may have unlimited athlete upgrades up to a 1/1 twist)</i>
Pass 3	<i>Run, front pike step out, round off, BHS, back layout (Squad may have unlimited athlete upgrades up to a 1/1 twist)</i>
Level 8	
Pass 1	<i>Run, round off, whip, whip, BHS, layout</i>
Pass 2	<i>Run, FHS, full (Squad may have unlimited upgrades up to a 1/1 twist)</i>
Pass 3	<i>Run, Front pike step out, round off BHS, 1/1 (Squad may have unlimited upgrades athlete up to a 1/1 twist or double back)</i>

