



**WORLD CUP
GYMNASTICS**

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**BOYS TEAM MANUAL
Levels 4-10**

2016 – 2017 SEASON

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World Cup Gymnastics Boys Team Manual

Congratulations on choosing gymnastics for your sport and welcome to our team program. Gymnastics is one of the greatest physical and mental building activities in which a young person can be involved. A study of college athletes testing the components of physical fitness showed that gymnasts proved to be amongst the most physically fit. Please take time to **read and understand the information presented in this manual.** Registration Forms are located on our website at www.worldcupgymnastics.com on the Girls Team page. Registration forms must be submitted no later than September 6, 2016. Your registration submission indicates that you have read, understand and accept the terms and responsibilities outlined in our team manual, which is required before accepting a place on our team. **No gymnast will be allowed to train in September without the submitted registration form**

Any outstanding bills must be paid in full by August 31 to be allowed to train in September.

As a gymnast, some of the physical attributes that you can expect to develop are strength, flexibility, endurance, coordination, agility and style. In addition, the rigor and discipline of gymnastics will build mental capabilities such as self-motivation, tenacity, patience, courage and a positive self-image. Consequently, our goal at World Cup is to enable you to reach your greatest physical and mental potential. With these goals in mind, World Cup has been providing team instruction since 1989.

Philosophy of our Team Program

Team competition is very important to us at World Cup. Although gymnastics is sometimes viewed as an individual sport, we try to encourage the importance of individual competition while working as a Team. We will emphasize the importance of team participation in our training, competitions and celebrations.

Becoming a Team Member

Team Members are normally selected from our class programs. However, from time to time, gymnasts come to us from other team programs. In these cases, each gymnast is invited to train with us for a week at which time he will be evaluated for his appropriate USAG level.

Mobility within USAG Levels

World Cup is dedicated to developing happy, healthy, confident and successful athletes. To meet this goal gymnasts are placed at the level where they can comfortably and safely perform the skills and routines on all six events. We will never ask or expect our athletes to perform skills or routines which they cannot perform consistently in practice.

Since skill level generally determines the level of competition, this is the deciding factor in determining the level at which each athlete will compete. All Around scores from the prior year, although an important tool to determine level, are not the deciding factor.

ABC's of Gymnastics

It is very important that our gymnasts master the basic skills at each level with proper form and technique. Our experience has taught us that taking the time with the basics provides the best learning tool for more advanced skills. A gymnast who moves through the levels prematurely will find that each level becomes more difficult until he finds himself falling further and further behind. This causes frustration, low self-esteem, and usually leads to gymnasts leaving the sport. Our goal is to allow each athlete to progress through each level at their own pace so that by the time they graduate they are prepared to compete at the college level

Expectations of a World Cup Gymnast

- Attend all practices, competitions, and special events.
- Call the gym if you cannot attend a workout.
- You must get permission from the Head Coach to practice on a different day than you are scheduled for. (Make-ups)
- Arrive on time and stay until practice is over. It is important to be on time for practice to get a full warm-up. A proper warm-up is necessary to prevent strained muscles and serious injuries.
- Athletes are not allowed in the coach's office unless they have permission for use of computers, microwave, etc
- Do not enter the gym floor area before scheduled practice time unless you have your coach's permission.
- Treat coaches and other gymnasts with respect.
- Work hard and try your best at every workout.
- Do not share locker combination information with others. You are responsible for what is in your locker. Combination information can be kept at the front desk.
- Ask permission to leave your event or the facility. This applies to leaving practice early, going to the restroom, getting something from your bag, etc. The main reason is so that your coach knows where you are at all times.
- Do not throw any objects (such as balls, foam blocks, sticks, etc.) around in the gym. Throwing objects could be harmful to yourself or another gymnast.
- Tell your coach when your body is telling you to stop or slow down. Inform your coach if you are sick or on medication or injured.
- Provide your body with healthy food and drink at all times. Avoid junk food.
- Do not bring food into the locker room. It is forbidden by the Board of Health. Leave snacks in the lunch room.
- Maintain a weight that is appropriate for your level of gymnastics. Overweight or underweight gymnasts are a danger to themselves.
- Always wait inside for your ride. Be sure that your parents always know what time workout is over and can pick you up in a timely manner.
- Every athlete will wear a T-shirt & shorts for training along with their pommel pants. No baggy t-shirts & shorts, jeans or other street clothes or jewelry other than earrings are allowed. Long hair must be pulled back.
- Every gymnast will be required to attend all meets for their respective levels that are selected by the coaches including State, Regional and National competitions for which they qualify.
- Any use of social media must be appropriate and respectful of others.

Competition Rules for World Cup Gymnasts and Parents

- **Tuition Fees and Meet Fees must be up to date** for any athlete to be entered into a competition. **No outstanding balances are allowed. There are no exceptions.**
- Arrive at the competition 20 minutes prior to the scheduled stretch time.
- Upon arrival, report to the coaches immediately. You will not be allowed to leave the team group until the competition has ended.
- Hair should be neat and long hair must be pulled back.
- Gymnasts will wear their World Cup team uniform at all competitions including competitions that have finals. No jewelry, other than clear post earrings, is allowed on the competitive floor.
- Gymnasts should have an extra set of broken in grips and wristbands at practice and at meets.
- Gymnasts will be expected to cheer for their teammates and be courteous to gymnasts from other teams.
- Gymnasts will always show respect for the judges and other coaches at the competition.
- Gymnasts will stay at their event until the last athlete has finished the competition and the coach has given permission to move about.
- Gymnasts will stay for awards and always wear either their team uniform or warm up. Gymnasts may not wear jeans or other street clothes on the awards stand.

- Meets are generally held on the weekends or Fridays. Details concerning the specific day and time of the session for each athlete's level will be given to parents as soon as they become available. As a general rule, the host gym cannot determine these details until all entries for the meet have been received and the numbers of gymnasts are broken down into their proper levels and age groups.
- It is the parent's responsibility to bring their gymnast to a meet fed and well-rested.
- If parents are unable to attend a meet with their gymnast, they are required to notify the coaches so other arrangements can be made to transport the gymnast to and from the meet.
- A typical meet, including stretch, warm-up, competition and awards may last from 4 to 5 hours. Team parents should be aware of the time put aside for competitions.
- During meets, feel free to cheer loudly and often for all members of our team and for any great performance that you see.
- A parent may never approach a judge before, during, or after the competition to comment on, complain about, or even inquire about a score.
- Under USAG rules, only USAG professional members, judges and persons assigned to assist with the competition are allowed on the competitive floor. Parents should never come on to the competitive floor unless requested to do so by invitation by one of our coaches.
- Please do not contact or talk to your gymnast once they are on the competitive floor. We want them to focus all their energy on the competition with as few distractions as possible.
- In case of an injury during the competition, please wait for your coach to give an indication that you should come onto the competition floor. In most cases the injury will be relatively minor and the coach and/or trainers will take care of it.
- Please think about what you say to your child before and after the competition. Your child only wants your love and praise for their performance no matter the outcome.
- Meet entry fees are submitted and paid for months in advance of the meet. **Meet Refunds** can only be given thirty (30) days prior to the scheduled meet date. If we receive the refund we will credit it to your account. Please do not subtract the entry fee from your monthly tuition.
- Team parents are responsible for all of their gymnast's meet expenses such as transportation, meals, hotel, etc.
- Parents wishing to place an individual or team ad in a meet program may do so at their own expense. The gym will not pay for these ads.

A gymnast may be scratched from an event or the entire meet if the coaches feel that the gymnast cannot compete the skills safely. A poor attitude and behavior may also be a reason that a coach may scratch a gymnast at a meet. **Any gymnast who misses practice the week prior to a meet will not compete.**

Special Rules and Policies for Parents

Parents are as much a part of our team as the gymnasts and coaches. We encourage all parents to attend every competition and to be involved fully in your gymnast's program. However as parents you should also be aware that as a member of the team you are representing World Cup at all times. With that in mind, a few guidelines are appropriate:

- It is MANDATORY that at least one parent from each family attend the **Annual Team Parent Meeting** which is usually held in late August or early September.
- Please stay in the viewing areas. No parent is ever permitted on the gym floor during a practice, private lesson or a competition. Your unauthorized presence on the gym floor creates danger for both you and the gymnasts who are performing their skills. If you need to contact your gymnast, please ask the front desk to deliver your message to your son's coach or directly to your son.
- Promote World Cup Gymnastics in every way that you feel is appropriate. Refer from speaking badly about our club, another club, coach, gymnast or judge.
- Please do not coach your child: if you have a concern or suggestion, talk with the coach.
- You should never approach and reprimand another parent's child. Let the coaches and parents address any issue with that child.
- Please check your gymnast's folders and team bulletin board every day before you leave the gym or instruct him to do this himself. This, along with e-mails, are the most effective ways for the coaches to communicate information with the team parents.

- Support your son's gymnastic team by volunteering your time at Home Meets. Hosting competitions is a way for us to build up the Boys' Team Fund which helps pay for such things as our Team Banquet expenses, Coaches Clinics, new equipment specifically for the Boys Team. A good portion of the team fund comes from the entry fees, spectator admissions, concessions and raffles. **We are always in need of help with setting up the gym, putting the gym back in order, admissions, concessions, donated baked goods, and judges' assistants.** Your help is always appreciated and it is crucial to the success of our meets.

Conferences with Coaches

If you have an issue of concern with a coach, you are asked to try and resolve that issue with that specific coach first. Respectful tone and positive communication will resolve most of the issues at hand. Appointments with coaches can be made in person before or after practice, at the front desk or by e-mail. Meetings will be scheduled during business hours. In most cases, coach conferences will not be possible without an appointment. If the matter has not been resolved, only then should a meeting be set up with both that coach and the Head Coach. The director will only be involved if the matter becomes more serious.

Discipline

In most cases, discipline problems are minor and will be handled quickly and easily in the gym during the workout. If the discipline problem is persistent, a coach's conference with the parents will be scheduled.

Safety and Handling Injuries

Gymnastics, as with most sports, has the potential for injury. Being aware of this, we make every effort to maintain a safe environment for our athletes. Special attention is paid to proper equipment and training devices. However, daily conditioning and consistent attendance at practice provides the greatest barrier to injury.

If your child is complaining of pain, etc., please notify your child's coaches and allow them to recommend the first course of action. If a doctor's visit is warranted, please inform coaches of the appointment, diagnosis, and treatment. Usually minor injuries can be handled by modifying your training routine. This should always be our first approach toward a successful recovery. Attendance at practice is still required during this recovery, although times may be modified.

Injured athletes are expected to participate in practice to the highest possible degree. It is often possible to work around injuries and to turn a difficult time into something positive by increased work on flexibility, strength, specific events, or specific skills. There is no reduction in tuition until the total amount of time missed exceeds one month and then only if the athlete is not capable of doing anything during workout. At that time, tuition will be adjusted. Athletes who miss a month or more will be required to submit a release from a doctor in order to return to training.

Tuition Fees

The decision to join the World Cup Team is considerable and reflects a billed monthly tuition.

- **Monthly Tuition Fees**

Below are the required numbers of days per week it will take to be successful at that specific level. Saturday morning practice is **only** for Levels 8,9,10 & Elite.

Level 4 M & F 4pm-5:30pm	2 x per week (3 hrs per wk) (12 hrs per mo)	\$265.00 monthly
Level 5 & 6 M,W & F 4pm-6pm	3 x per week (6 hrs per wk) (24 hrs per mo)	\$406.00 monthly
Level 8 M, W & F 5pm-8pm	3 x per week (9 hrs per wk) (32 hrs per mo)	\$442.00 monthly
Level 8 M, W & F 5pm-9pm	3 x per week (12 hrs per wk) (48 hrs per mo)	\$473.00 monthly
Level 8, 9 & 10 M, T, TH & S 5pm-9pm & 9:30am-1pm (Sat)	4 x per week (15+ hrs per wk) (60+ hrs per mo)	\$510.00 monthly

Tuition fees are based on a four-week month, which is a total of 48 weeks a year. Thus, there are four unbilled weeks in the year that should more than cover absences due to illness, injury, vacation, school conflicts and cancellations due to inclement weather.

Monthly tuition fees are billed on the 1st day of every month and may be paid by cash, check or credit card. We offer a stress-free automatic debit and/or credit card payment option. Automatic debit forms are available in the office. (If paying by cash, check or debit card, **a credit card is REQUIRED to be on file** in the office. If the monthly tuition has not been paid by the 7th of the month then the monthly tuition will be charged to your credit card on file.) Accounts that have not been paid after the 7th of the month will automatically incur a late fee of \$25.00. (This would only happen if the credit card on file has been declined.) Please update any changes to your debit card and/or credit card that we have on file so that your payments will go through smoothly. There is a \$25.00 fee for all returned checks. Families with two or more children on the team will receive a 10% discount on the siblings' tuition. **If you have an outstanding balance for more than 15 days your child will not be allowed to participate in Team practice until that balance is paid in full. No exceptions. You will be given a courtesy phone call if this applies to you.**

Scholarship Forms are available for families who need financial assistance. Management will review all required forms and decide what your financial aid will be.

Thirty (30) days notice is required when a gymnast leaves the program. Any charges incurred during these 30 days must be paid in full. This notice must be given by the 10th day of the month. Any notice given after this date, will result in full tuition charges for that month.

Summer Training

Gymnastics is a 12-month per year sport. We understand families take vacations during the summer months, but we recommend gymnasts not be out of the gym more than three weeks total during the summer. Those gymnasts who do not train at World Cup during the summer will require a re-evaluation of their skill level in September.

- **Summer Monthly Tuition Fees**

Monthly billing will continue as usual, but we will credit your account for missed weeks due to attending other summer **gymnastics camps**. Proof of camp records or receipts will be needed for credit. If you will be away from the gym due to family vacation for more than 3 weeks you will be credited your monthly tuition, but will be charged a \$100.00 monthly reservation fee per calendar month to ensure your child has a spot on the team and hold his locker. Refer to the **Monthly Tuition** section of the manual which sets forth our guidelines regarding absences from the gym. Special Permission from the Director will be needed to consider any other credits to your account.

- **World Cup Membership Fee/Insurance**

The gym must have general property and professional liability coverage in order to operate. Each student who receives instruction at World Cup Gymnastics must be covered by this insurance. The annual membership fee per student is \$50.00 and is due each September.

Fees for Competition

- **Meet Entry Fees and Coach's Expenses**

All meet entry fees and expenses incurred for attending meets are the responsibility of the team parents. Meet fees for competing gymnasts are estimated at \$600.00 for the year. This amount must be paid in full no later than September 30th. This money is kept in an account for you during the competition season so that it is available for use each time your gymnast is entered in a meet. A portion of this money is also used for coach's transportation, meals, parking and hotel expenses. Since these cost factors fluctuate, this estimated meet fee may not be sufficient. In this case, you will be billed in June or July for the additional amount required. If the estimate exceeds actual expenses, the excess amount will be applied as a credit to your next season's meet fee invoice.

Meet entry fees are submitted and paid for months in advance of the meet.

Meet Refunds can only be given thirty (30) days prior to the scheduled meet date. If we receive the refund we will credit it to your account. Please do not subtract the entry fee from your monthly tuition.

- **USAG Membership**

Each competitive gymnast is required to become a member of USA Gymnastics. USAG is the governing body for competitive gymnastics in the United States. Each World Cup team member must have a valid USAG membership in order to compete in USAG sanctioned meets. The cost of a one-year membership is approximately \$57.00 (This may increase yearly.)

- **Uniforms and Apparel**

All competitive team members are required to purchase a team uniform, warm-up jacket & pants, grips and tape. World Cup gym bags are available for purchase. The following are approximate costs for these items and are subject to change:

Team competition uniform \$ 165.00 (Mandatory) Team competition uniforms should not be worn for regular workouts. (Competition top, shorts & pommel pants)

Warm-up Jacket & Pants \$125.00 (Mandatory Lev 5-10) (Optional Lev 4)

World Cup Gym Bag \$25.00 (Mandatory Lev 5-10) (Optional Lev 4)

Grips \$35.00 Please ask your coach for sizing information.

Wrist Guards \$20.00 Please ask your coach for sizing information.

Tape \$5.00 Sold at our Pro Shop or Athletic stores or most drug stores like CVS.

Your child's name must be put on all gymnastics attire, gym bag, grips, and personal items. The gym is not responsible for lost or misplaced items. Marking all items with names enables us to return "found" items to their proper owners.

- **Meet Traveling Costs**
All athletes and their families will be responsible for their own travel expenses to competitions. Each family will need to make their own hotel and travel arrangements. The gym will provide host hotel information and times of competitions as soon as this information becomes available. World Cup gymnasts must always travel with a parent or legal guardian or in a pre-arranged situation with another family. Under no circumstance is a gymnast allowed to travel with a coach to an event unless another adult is present and the arrangement has been approved by the Head Coach.

Other Fees

- **Unused Locker Rental**
If a team gymnast is out of the gym for any reason for more than one month and continues to use a locker space, then a \$25.00 per month locker rental fee will be applied. (No exceptions.)
- **Private Lessons**
Private lessons are optional and are not required by World Cup. All private lessons must be arranged through the designated Team Coach. Fees will be specified by the coach and payment is due at the time of the lesson. Lessons will only be scheduled during business hours. Private Lessons may not be a substitute for regular workout. **Tuition Fees must be up to date for any gymnast to be allowed to book a Private Lesson. No outstanding balances are allowed. There are no exceptions.**
- **Team Awards Banquet**
Each year, we hold an end-of-season Team Awards Banquet, usually at a local restaurant in mid-June. The cost of the banquet is paid for by World Cup for the **gymnasts and coaches only**. Parents and siblings will be charged for their participation.
- **Summer Team Camp**
Not to be substituted for regular team practice.
Team gymnasts Levels 4 - 10 will have the opportunity for additional training from 9:30am-12:30pm Mon. – Fri. You can choose as many days as allowed during the 9 week summer camp. We can accommodate a maximum of 8 athletes per day. A sign-up sheet will be posted on the team bulletin board before the end of May. Information will be made available to parents regarding the exact date. Sign-ups are on a first come/first served basis. There is a **\$100.00 deposit due by June 1st** for all athletes who have signed up or you will lose your spot. If your child's name is on the sign-up sheet you will be responsible for payment whether you are in attendance or not because you are holding a spot that someone else could have used. Parents should check regularly to make sure your selected dates are valid or to sign up for more open dates. **Tuition Fees must be up to date for any gymnast to be allowed in Team Camp. No outstanding balances are allowed. There are no exceptions.**

Summer Team Camp Costs:

1 Day = \$45.00

APPENDIX A

A Brief Description of the Levels in the USAG

The USAG is the largest gymnastics organization in the USA and is the organization responsible for the selection of our Olympic and National Team Members. Most gymnasts in the USA compete in the Junior Olympic Program which allows the athletes to compete at State, Regional and National competitions.

Compulsory Levels

Specific routines have been created by USAG and every athlete will compete the exact same routine. Form and technique are what separates the great routines from the good routines. All routines are from a low, medium and high range of foundational skills.

- **Level 4:** This is World Cup's first level for competitions. Gymnasts compete compulsory routines with a low-level range of foundational skills. Specific routines have been created by USAG and every athlete will compete the exact same routine. Form and technique are what separates the great routines from the good routines. Competitions include States.
- **Level 5:** In this level gymnasts compete compulsory routines with a mid-level range of foundational skills. Specific routines have been created by USAG and every athlete will compete the exact same routine. Form and technique are what separates the great routines from the good routines. Competitions include States and Regionals. (Athletes will compete at Regionals **only** if they qualify for the State Team.)
- **Level 6:** This is the second strongest level of compulsory routines with a range of high-level foundational skills. Specific routines have been created by USAG and every athlete will compete the exact same routine. Form and technique are what separates the great routines from the good routines. Competitions include States and Regionals. (Athletes will compete at Regionals **only** if they qualify for the State Team.)
- **Level 7:** This is the highest level of compulsory routines with a range of the highest foundational skills. Specific routines have been created by USAG and every athlete will compete the exact same routine with a couple of choice bonus skills. Form and technique are what separates the great routines from the good routines. Competitions include States and Regionals. (Athletes will compete at Regionals **only** if they qualify for the State Team.)

Optional Levels

These gymnasts are able to choose a variety of skills from each element group that fulfills the 5 major requirements. Also needed are a wide range of high value, medium value and low value skills. The harder the skill, the higher the value.

- **Level 8:** In this level compete optional routines that have 3 major requirements with a "B" value dismount, many high level skills and has a base score of 11.5. Difficulty skills are needed to reach higher start values. Competitions include States, Regionals and Nationals.
- **Level 9:** In this level gymnasts compete optional routines that have 5 major requirements with a "B" value dismount, many high level skills and has a base score of 12.5. Difficulty skills are needed to reach higher start values. Competitions include States, Regionals and Nationals.
- **Level 10:** This is the top level in the USAG Junior Olympic Program. Gymnasts compete optional routines that have 5 major requirements with a "C" value dismount, many high level skills and has a base score of 12.5. Difficulty skills are needed to reach higher start values. Competitions include States, Regionals and Nationals. Gymnasts who qualify to the Junior Olympic National Team may be selected to compete internationally.
- **Elite:** This is the top level in gymnastics. Less than 1% of the athletes in USAG will ever compete at this level. The Olympic and National Team is selected from this level.

APPENDIX B

College Bound

Receiving a college scholarship to compete in college gymnastics is a very worthwhile goal. There are approximately 20 universities in the USA that offer athletic scholarships in gymnastics.

We will assist our athletes in their search for a scholarship or a college to attend. There are things that a gymnast and his family can do to help with the process.

- Produce a video to send to colleges during your sophomore and junior years. Each video should include 2 – 3 of your best routines on each event throughout the season or during practices.
- Prepare a resume to include GPA, SAT results as well as scores from recent competitions and a list of new skills on which you are working. The NCAA Clearinghouse will require at least a 2.5 GPA and 700 SAT score.
- Select the colleges in which you are interested and write to them during your sophomore year. When selecting schools, please be realistic concerning your abilities and skill level.
- Maintain good physical condition and do your best during your sophomore and junior years. These are the crucial years when the college coaches are making their decisions. Most college coaches have made their decision before your senior year in high school although some athletes may still have an opportunity to catch a coach's eye.
- World Cup coaches will call college coaches for any of our athletes. We will answer all questions honestly and as positively as we can.

Some NCAA Recruiting Rules

- After September 1st of your junior year, colleges may send you correspondence by mail only. You may write to them as often as you want.
- After July 1st following the completion of your junior year, college coaches may call you once a week and visit your gym or home. You may call them as often as you want.
- After September 1st of your senior year, athletes may visit the colleges with a maximum of five official visits. If a college invites you on an official visit they will pay for all your expenses to visit the school for a weekend. These visits are usually set up in September and October of your senior year. You may make as many unofficial visits as you want.
- November of your senior year is the early signing date. April of your senior year is the late signing date. Check with your school to determine the actual dates.

NCAA Rules Change: If you have any questions about the NCAA rules and eligibility call 1-800-638-3731 or visit their website at www.ncaa.org.

ACCEPTING THE COMMITMENT

Registration Forms are located on our website at www.worldcupgymnastics.com on the **Boys Team page**. **Registration forms must be submitted no later than September 6, 2016.** Your registration submission indicates that you have read, understand and accept the terms and responsibilities outlined in our team manual, which is required before accepting a place on our team. **No gymnast will be allowed to train in September without the submitted registration form.**

If you have any questions of any nature, please contact Jason Hebert, Director of World Cup Gymnastics at (914) 238-4967, x 23, or Bob Kayser, Boys' Team Head Coach, x 25.