



# **WORLD CUP GYMNASTICS**

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## **GIRLS TEAM MANUAL Gym Gems & Future Level 3**

### **2016 – 2017 SEASON**

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## **World Cup Gymnastics Girls Team Manual for Gym Gems and Future 3**

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](http://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 to be allowed to train in our Team Program.**

As a gymnast, some of the physical attributes that you can expect to develop are strength, flexibility, endurance, coordination, agility and grace. 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 day at which time she will be evaluated for her 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 at which they can comfortably and safely perform the skills and routines on all four events. We will never ask or expect our athletes to perform skills or routines which they cannot perform consistently in practice. World Cup coaches design skill requirements in order to advance from level to level.

### **ABC's of Gymnastics**

It is very important that our gymnasts master the basic skills at each level with proper form and technique which helps lower the risk of injury. 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 she finds herself 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**

- Treat coaches, other gymnasts and everyone associated with World Cup with respect.
- Attend all practices 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-up).
- 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.
- 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 is 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 your workout is over and can pick you up in a timely manner.
- Every athlete will wear a leotard with or without spandex shorts for training (no regular shorts, t-shirt or jewelry are allowed). Hair must be pulled back.
- Any use of social media must be appropriate and respectful of others.
- No cell phones, gum, soda, coffee or food allowed in the gym.

## **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 scheduled workouts 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:

- Ruled by USAG, please stay in the viewing areas. No parent is ever permitted on the gym floor during a practice, private lesson or a demonstration. 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 daughter's coach or directly to your daughter.
- 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 child's 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 her to do this herself. This, along with e-mails, are the most effective ways for the coaches to communicate information with the team parents.

- Support your daughter's gymnastic team by volunteering your time at Home Meets. Hosting competitions is a way for us to build up the Girls' Team Fund which helps pay for such things as our End-of-Season Party expenses, Coaches Clinics, and new equipment specifically for the Girls 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, beam timers, 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

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

- **Monthly Tuition Fees**

For your reference, the following tuition rates are in effect for the 2014-2015 season: (Below are the suggested numbers of days per week it will take to be successful at that specific level).

Saturday morning practice is **only** for Levels 6, 7, 8, 9 & 10.

<b>Gym Gems</b> 4:00pm-5:30 Fall & Spring 4:30pm-6:00 Summer (M & Th only)	2 x per week M, T, Th, F Choose any 2 days above (3hrs per wk) (NO Wed)	\$265.00 monthly
<b>Future 3</b> 4:00pm-6:00 Fall & Spring 4:30pm-6:30 Summer	2 x per week Mon-Fri (4hrs per wk)	\$338.00 monthly
<b>Future 3</b> 4:00pm-6:00 Fall & Spring 4:30pm-6:30 Summer	3 x per week Mon-Fri (6hrs per wk)	\$406.00 monthly

Tuition is based on a four-week month, which is a total of 48 weeks a year. This means there are four weeks in the year that you are not billed for. These four unbilled weeks 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 1<sup>st</sup> day of each month** and may be paid by cash, check or credit card. Our gym also offers 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 7<sup>th</sup> of the month then the monthly tuition will be charged to your credit card on file.) Accounts that have not been paid after the 7<sup>th</sup> 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.) There is a \$25.00 fee for all returned checks. 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. 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 10<sup>th</sup> 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**

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. 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.

- **Apparel**

World Cup gym bag, grips and tape. The following are approximate costs for these items and are subject to change:

World Cup Gym Bag \$25.00

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

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

Tape & Pre Wrap \$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. Do not leave any belongings in the gym.

## 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 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 times. **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.**

- **End-of-Season Party**

Each year, we hold an end-of-season Party. A specific day in June will be selected and all gymnasts and parents are welcomed to attend. We start with gym games and then off to the party room for a celebration. World Cup will provide pizza and juice. Parents are welcome to bring chips and or sweets.

## 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

The New York State Chairman sets compulsory state mobility scores every year. World Cup coaches design skill requirements in order to advance from level to level. Gymnasts may not skip levels.

- **Gym Gems:** Young talented athletes ages 5-7 are selected to participate in the beginning process of developing skills to one day move to the competitive team. At such a young age we primarily look for natural strength, natural flexibility and a love for the sport.
- **Level 3:** 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 amplitude are what separate the great routines from the good routines. Competitions include States.
- **Level 4:** 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 amplitude are what separate the great routines from the good routines. Competitions include States.
- **Level 5:** This is the highest level of compulsory routines with a high-level range of foundational skills. Specific routines have been created by USAG and every athlete will compete the exact same routine. Form and amplitude are what separate the great routines from the good routines. Competitions include States.

#### Optional Levels

These gymnasts are able to choose a variety of skills from each element group that fulfills the 4 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.

- **Xcel:** Those optional gymnasts who are unable to perform the requirements will compete in this parallel program to USAG Levels. This competition program will allow your child to compete optional gymnastics without the strict requirements needed in USAG Levels. **This competition program is to be used only as a backup plan to USAG Levels.**
- **Level 6:** In this level gymnasts compete optional routines that have 4 major requirements, one high level skill and a start value of 10.0. Competitions include States.
- **Level 7:** In this level gymnasts compete optional routines that have 4 major requirements, one high level skill and a start value of 10.0. Competitions include States.
- **Level 8:** In this level gymnasts compete optional routines that have 4 major requirements, one or two high level skills and a base score of 10.0. Bonus skills are not needed, but encouraged to place high in the rankings. Competitions include States and Regionals.
- **Level 9:** In this level gymnasts compete optional routines that have 4 major requirements, a few high level skills and a base score of 9.7. Bonus skills are needed to reach a 10.0 start value. 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 4 major requirements, many high level skills and a base score of 9.5. Bonus skills are needed to reach a 10.0 start value. 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. Olympic and National Teams are selected from this level.

## **ACCEPTING THE COMMITMENT**

**Registration Forms** are located on our website at [www.worldcupgymnastics.com](http://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.**

If you have any questions of any nature, please contact Jason Hebert, Director of World Cup Gymnastics at (914) 238-4967, x 23, or Lazar Gakev, Girls' Team Head Coach, x 26.