



GYMQUEST GYMNASTICS

2010-2011

Boys Team Handbook

Let's Meet the Coach

COACH MATT – HEAD BOYS COACH

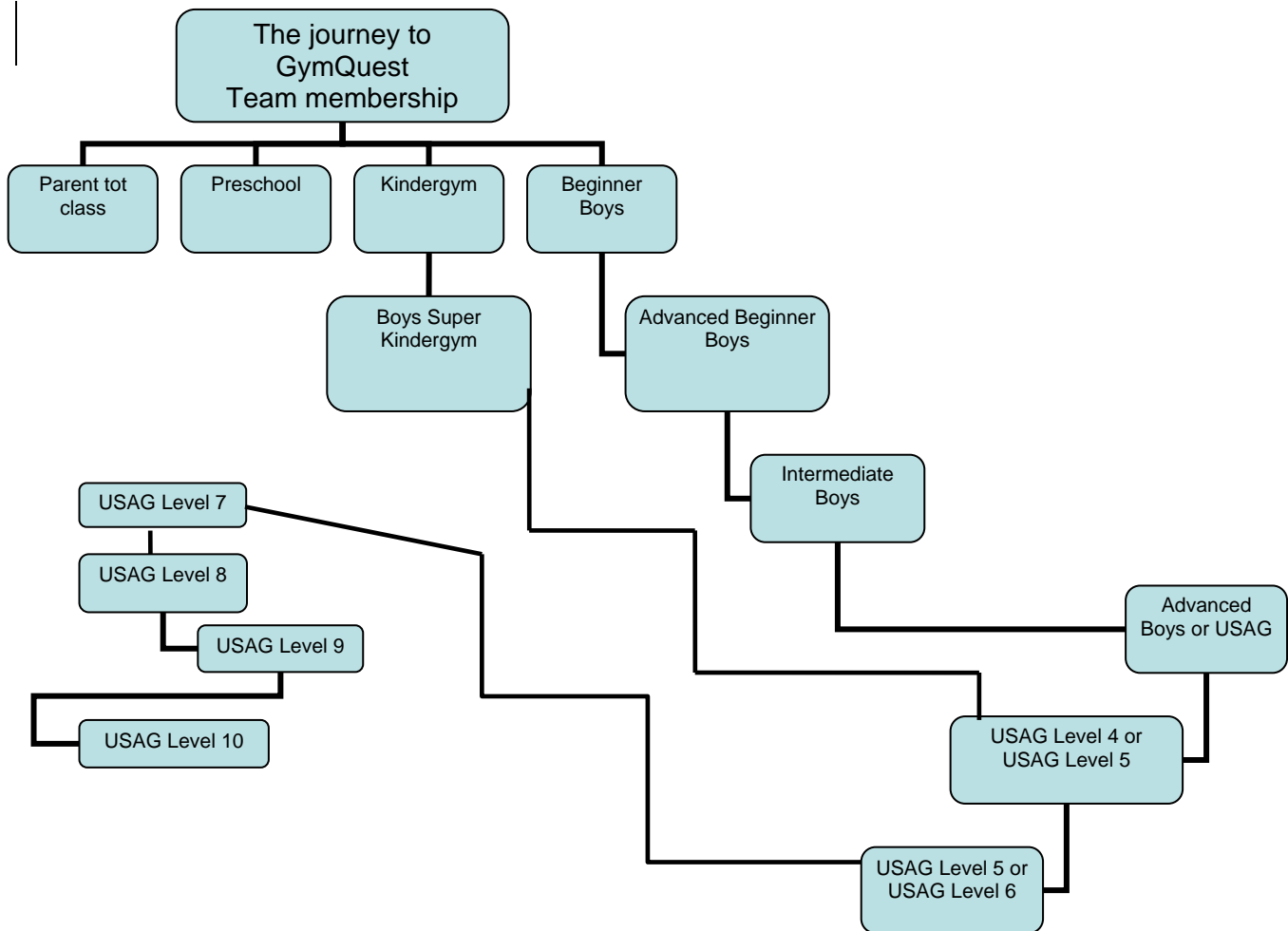
Matt has been involved in gymnastics since age six. He began competing at age eight and continued to compete in college at UIC. During his years of competition he has been a state champion, regional qualifier and four time national qualifier. He was ranked in the top 50 in the nation. He began his coaching career in high school and has coached at Midwest Academy which is who he competed for. He has also coached at Bartlett Gymnastics Center and has been at GymQuest for over two years. Matt is excited to start a boys team and is looking forward to seeing it grow.

General GymQuest Rules and Policies

Selection Process

Gymnasts are selected based on their ability. When they master certain skills, they qualify for the competitive team. Attitude, work ethic and emotional maturity are also heavily considered. The only time to enroll in the team program is in the summer. This is due to paperwork, uniforms, teaching of routines and staffing purposes.

A Typical Gymnastics Career



Commitment/Attendance, Meets and Practice

Attendance to all practices and competitions is mandatory. Team members are required to promptly attend all scheduled practice sessions and remain until the conclusion of practice unless excused by the coach. Occasionally a competition may fall on a practice day.

Please understand that meets may be scheduled on a Saturday or Sunday and is at the discretion of the meet host. On occasion, a gymnast may need to leave school early for travel time or to compete in a session on Friday. This is usually the exception rather than the norm, and GymQuest has no control over the session schedule for away meets.

Excused absences are long term illness, family emergency or school-related activities when advanced notice is given. Other absences such as sickness may be excused at the discretion of the coach, when appropriate notice is given. Team members are required to call in when they will be absent prior to the scheduled practice session. A message may be left on the voicemail after normal business hours.

Any gymnast that misses practice when a competition is approaching may be removed from that competition regardless of the reason for the absence, if the coach deems that the absence is detrimental to the advancement of the team or the gymnast's safety is in jeopardy, as in a case of illness.

Due to team awards, team members are required to compete in all scheduled competitions on the schedule. The only exceptions may be due to gymnast readiness or safety reasons. These decisions are made at the discretion of the coach.

Gymnasts are not allowed to attend any other gymnastics club open gyms, classes, or take private lessons from any coach other than a GymQuest coach. This is standard policy for all gyms. If extra practice is needed on a particular skill or routine, please call the head coach and special arrangements can be made.

Timing (ordering deadline)

Due to the need of ordering uniforms and meet registration, June 2009 is the only opportunity for enrollment into our team program.

| Level | Days | Times |
|--------------|-------------|--------------|
| USAG Boys | M/W | 6:00-8:30 pm |

Holidays/Vacations

GymQuest does not prorate for holidays or vacations. These days are already calculated into the tuition. Please also remember that Christmas break is in the middle of the competitive season. Any numerous days off may be a slight set back for the gymnasts since training is interrupted.

A Sample Practice Schedule **schedule is subject to change**

| | | | |
|--------------|----------------------|--------------------|---------------------------|
| 6:00-6:30 pm | Conditioning warm-up | 5 min cardio | 25 minutes active stretch |
| 6:30-7:00 | Monday-floor | Wednesday-Vault | |
| 7-7:30 | Monday-Horse | Wednesday-P-Bars | |
| 7:30-8:30 | Monday-Rings | Wednesday-high bar | |

Uniforms

Team members must wear a T-shirt and shorts to all practices, must also bring pants for horse and running shoes. Gymnasts will need a GymQuest T-shirt for all competitions. The head coach will determine what color T-shirt will be worn for competition. Gymnasts are responsible to bring grips, wristbands, and any braces they may need. Team uniforms should not be worn to practice, but saved for competition.

Competition

Team uniforms are to be worn to competition. No jewelry. The gymnast must bring his gym bag to competition, with grips, wristbands, braces and athletic tape if needed. Gymnasts should bring a water bottle and healthy snack. Soda, candy and sugary treats often make the gymnasts feel ill making their practice and competition not productive. Please do not count on buying a healthy snack from a vending machine or concession stand.

Competitive schedule is TBD after the Illinois meeting in late September.

Conduct

Unsportsmanlike behavior by team members, families, coaches or fans in or out of the gym will not be tolerated. This includes parents or gymnasts challenging a coach, GymQuest rules or policies, or not being discreet and professional about a concern. Any concerns need to be privately addressed with the child's coach and/or head coach, and/or gym manager.

GymQuest competitive gymnastics is significantly different from most other competitive programs. By joining GymQuest, your gymnast is agreeing to participate with a positive attitude and the parents are agreeing to support not only their gymnast but also the coaching staff. We have coaches with decades of experience and expertise who are very well versed in running a high quality program. A positive supportive and nurturing environment is what GymQuest strives for and we would like competitive gymnastics to be an excellent experience for all gymnasts, coaches and parents.

Communication

The most effective communication occurs when all parties involved are able to listen, speak frankly and directly, understand what they have heard, and evaluate the situation. Our coaches strive to be approachable and listen to your concerns with an open mind. Please remember that our first responsibility is the gymnast, especially during practice time. If you need to speak to a coach, please leave a message with the front desk, or send a note with your child and we will respond when we have time to devote to you. Please remember that we have many years of experience in this sport, and in working with children and their parents.

Competitions are the culmination of many hours of practice, planning, and preparation. Judging concerns and scoring concerns are the responsibility of the coach. There are official inquiry forms should we question or challenge a score. **Parents do not attempt to question a judge or approach the scorer's table.**

As a team member your child is a member of a group with similar abilities. Your child may not be the same age as his teammates, but he is where we feel he belongs. Sometimes boys of different ages have different interests outside of gymnastics. In the gym we expect them to act as teammates and peers. No "cliques" or disrespect toward any team member can be tolerated. If your child is feeling excluded by his teammates, we need you to let us know about it.

Extras, Team Fee

The team fee is to cover the costs for the following: coach travel expenses, hotel fees, coaches' uniforms, required USAG professional membership and certifications for coaches, and coach stipends for competition.

Pictures

Professional team and individual pictures will be taken in the fall after all team members have received their uniforms. You will receive a flyer detailing the cost of pictures and instructions. Team leotards and warm-ups should be worn to picture sessions. Picture fees are not included in your team fee.

Important Dates

| | |
|---------------------|----------------------|
| Holiday Party Date: | Early December |
| Team Pictures: | September or October |

Payment Charts

The new team schedule will begin June 7, 2010 for the new students or students advancing up.

Team Credit/Debit Card Authorization (all information is required)

Gymnast Name _____

Parent Name _____

Billing Address _____

email address _____

Home phone: _____

Cell phone: _____

Circle Please:

Boys USAG level 4, Level 5, Level 6

Name on Account: _____

Credit Card Type: Visa MasterCard Discover

Credit Card Number _____

Exp. Date: ____/____ V-code _____

I authorize GYMQUEST of Plainfield, LLC to charge my credit card for the monthly fees associated with the GymQuest Team. I understand that my annual registration fee will be charged when they it is due and may not be noted on the payment chart. GymQuest is not responsible for any insufficient funds or other bank charges that may arise from these transactions.

Thirty days notice must be given if a gymnast is to discontinue the GymQuest team. Upon leaving the team, the fees collected for the year will be calculated and any fee that is non-refundable which has not been covered by previous payments will be charged to your credit card.

Tuition refunds will only be issued with a doctor's note. Meet fees are generally non refundable, however, it is up to the meet host if a refund is to be given, not GymQuest.

Photo/Media Release

Participants and/or their parents hereby permit the taking of photos, audio and videotaping while using the facilities or programs of GymQuest of Plainfield, LLC for publication and use as GymQuest deems appropriate.

Authorized signature _____ Date _____

I have read and understand all of the policies regarding the team gymnastics program at GymQuest.

Authorized signature _____ Date _____