



SPOKANE GYMNASTICS COMPETITION INFORMATION

COMPETITIONS

Along with the above practice guidelines, where applicable, the gymnast will follow these competition guidelines:

- ✓ Gymnasts are required to arrive at the meet by the designated time and at least 15 minutes before the warm-ups begin.
- ✓ During competitions, gymnasts are required to stay with their team until the competition is over.
- ✓ Gymnasts are not allowed to be on the warm-up floor or any equipment at a meet unless instructed by their coach. Unauthorized use of the equipment could lead to injury and/or a penalty for the team.
- ✓ Each gymnast is expected to support the efforts of all their fellow teammates. This should include coming to team-member's competitions whenever possible and being a comrade during performances.
- ✓ Each gymnast is expected to show good sportsmanship and moral conduct before, during, and after all competitions at which they represent the Spokane Gymnastics Team.
- ✓ With the gymnast's safety, well-being, and reputation in mind, the coaching staff **ALWAYS** reserves the authority to have a gymnast scratch an event based on the gymnast's state-of-mind, physical health, personal equipment or any other reason.
- ✓ **Parents are not to contact a host club for any reason.** Any questions regarding a competition should be directed to your child's coaches.
- ✓ Please make sure your child is fed 30 minutes to 1 hour before they arrive at the meet. If you need more information on nutrition, talk to your child's coach. It's a great idea to pack snacks as competitions are typically many hours in duration, but we will not allow the athletes to eat during the competition out on the floor. Snacks can be enjoyed at the conclusion of the meet, before awards.
- ✓ A host club can use one of several options in organizing meet times and competition orders. In Traditional Meet Format the gymnasts warm up on all events, then march in and compete. In the more popular Capital Cup Format, the gymnasts march in and then warm up on each event directly before competing on that event.
- ✓ All meets begin with some "open" warm-up time for running and stretching. Teams typically warm up together for 20 to 30 minutes on the floor exercise mat.

- ✓ This is followed by timed warm-ups where each team is put into a group and is designated an event on which they will begin warming up. Depending on the style of meet your child may warm-up on every event first and then compete or warm-up on an event and then compete on it before rotating to the next event.
- ✓ Because time is so limited during warm-ups, it is imperative that your child arrives to meets on time! If your child is not on time, they will not get a proper warm-up. When warm-ups begin, your child should be ready and on the competitive floor.
- ✓ **Scoring is not always consistent and is quite complicated. Judges are human and can make mistakes. If you have any questions regarding a score, please calmly ask your coach after the meet. Never for any reason approach a judge, other coaches, or the scoring table. Our team could be penalized for a parent approaching a judge or meet official directly.**

MEET ATTIRE:

- ✓ When your child arrives at the meet they should be in their team uniform. If your child has warm-ups, they should also be wearing them. In order for your child to compete, they must have a team uniform.
- ✓ The gymnast should look well groomed for a meet. Hair shoulder length or longer should be tied back.
- ✓ During warm-ups, the gymnasts must wear their competition uniform. During the meet and during awards, they wear their competition jersey or the team warm-ups. Please, place your child's name in each item (including grips) with a permanent marker.
- ✓ Each gymnast should be dressed in her competition uniform. If the gymnast has competition warm-ups she should have them on as well. Bra straps and undergarments must be concealed and if exposed will result in a deduction.
- ✓ Gymnasts must remove all jewelry, including earrings prior to warm-ups. **NAIL POLISH IS ALSO NOT ALLOWED** and may result in a deduction at the meet. "Stud" earrings are allowed, but hoops or anything else will result in a deduction and also will be asked by the judges to be removed.

FOR THE PARENTS:

- ✓ Open and honest communication between the parents and coaches is vital! Questions regarding the facility, coaches, competitions or practices should be directed to coaches.
- ✓ **Please do NOT coach your child during practice times or outside of the gym as it causes a conflict of interest. The coaches are qualified to train your child and know what drills are appropriate for proper skill development. If you have any questions about coaching techniques or methods, please set up an appointment with one of the coaches to discuss them.**

- ✓ Parents are not allowed in the competition area. Professional Membership in USA Gymnastics is required to be in the competitive area before, during, and after a competition.
- ✓ Please understand that Spokane Gymnastics does not choose the times of competition, the host gym does. Families need to understand that these competitions can end up at adverse times.

THE COACHES AT SPOKANE GYMNASTICS WILL:

- ✓ Provide quality safe instruction, teaching the proper progression of skills
- ✓ Be respectful to all gymnasts, parents, other coaches, competitors, judges, and the public
- ✓ Provide clear and frequent communication
- ✓ Train gymnasts to the best of the coaches abilities and knowledge
- ✓ Teach sportsmanship and help build character
- ✓ Help with goal-setting and follow-through
- ✓ Give gymnasts the tools to overcome mental and physical obstacles
- ✓ Be fair and consistent
- ✓ Provide team-building opportunities
- ✓ Follow guidelines established by USA Gymnastics
- ✓ Provide a challenging, supportive, and encouraging environment where each athlete has the greatest opportunity to succeed.

SPOKANE GYMNASTICS TEAM APP

Search for "Team App"

Download then open

Login or sign-up (create a new free account)

Click find your Team/Club - Spokane Gymnastics



COMPETITION DAY COMMUNICATION

Feel free to contact your coach with urgent updates, such as if you are running late to a meet or with any relevant developments. To ensure the coaches can best focus on the gymnasts, their safety, and performance at the competition, please do NOT text or disrupt the coaches during the meet. The coaches are happy to address any concerns after all sessions of the meet have concluded. Many team coaches have multiple sessions requiring their attention and dedication. This is to ensure the best experience for all team members; thank you for understanding.

Meet Checklist for Athletes

Water bottle

Personal Chalk (if needed)

Tape (if needed)

Spray bottle (if needed)

Tiger paws (if needed)

Grips (if needed)

Hair ties

Personal items

Wear competition leotard and warm-ups (optional)

Please have all items contained in a bag, and gymnast's name clearly marked, as possible, on all items.

THANK YOU

The coaches at Spokane Gymnastics take gymnastics and your child's development seriously. We realize we spend several hours per week with your child and we understand the responsibility associated with that influence. If at any time you have a question or comment concerning your child's well being, please contact Nadine! Burgess (owner) immediately at 509-290-5270 (Pines) or directly on her mobile phone (509-590-6177). The crew at Spokane Gymnastics would like to thank you for your involvement and support of our program. You and your child are important to us and we appreciate the opportunity to coach your child. We look forward to providing a safe, fun and productive gymnastics experience!

509-290-5270 (Pines Team Facility)

nadine@spokanegymnastics.com