

Rainbow Gymnastics Competitive Team Handbook 2023-2024

Gymnasts and Families

Rainbow Gymnastics Mission:

1. To develop positive social values such as Respect, Responsibility, Honesty, and Self Discipline.
2. To teach proper technique and skill development in a safe and positive environment.
3. To provide an environment that promotes lifetime physical activity as well as a high level of physical fitness.
4. To provide an opportunity for gymnasts to learn how to overcome adversity when working through the process of achieving personal goals.

Rainbow Gymnastics is a member of the Amateur Athletic Union (AAU) and USA Gymnastics (USAG)

Mandatory Parent Meeting

Each fall, Rainbow Gymnastics will hold a mandatory parent meeting. **THIS MEETING IS MANDATORY AND REQUIRED FOR THE GYMNAST TO ATTEND PRACTICE.**

Gymnastics Attire

Our workout attire requirements are for the safety of the gymnasts and coach:

1. Leotards or tight fitting tank tops and spandex are required for practices. For safety and in consideration of the spotters, no more than 1” of skin is allowed to be shown between the tank top and spandex. No sports bras allowed.
2. Team leotards are required for meets.
3. Hair must be kept away from the eyes and off the face.
4. Jewelry is NOT allowed during practice and meets, other than 1 pair of studs.

Optional Accessories:

1. Grips and uneven bar grips are not allowed until permission has been granted from your child's coach. This is usually in level four or Xcel Platinum or Gold.

Unacceptable items for practice and meets:

1. T-shirts, baggy shorts, cut offs, sports bras
2. Gum
3. Food in equipment areas
4. Jewelry- including watches, rings, more than 1 pair of earrings, necklaces
5. Soda- water and sports drinks are preferred
6. Buttons or snaps on clothing

First Aid and Medications

1. First aid supplies are only to be distributed by the coach.
2. Prescription medications to be given during practice times require a note from the Doctor and the parent/guardian.
3. Prescription medications must be in the original container.
4. Written permission from parent/guardian needed to dispense non prescription medications.

5. Coaches reserve the right to withhold a gymnast from practice/competition if they are felt to not be physically safe. Doctors note to return to practice may be required. All fees are non-refundable.
6. Parents must send a note explaining why a gymnast will be wearing a brace or support during practice.

Health and Wellness Expectations for Practice Attendance

Gymnasts who are not feeling well and have any of the following symptoms should not attend practice: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

Athlete Expectations

Please treat our staff and facility with respect.

1. Do not throw paper towels or feminine hygiene items in the toilet
2. Do not waste soap or paper toweling
3. Do not mark on the walls
4. Alert the staff if supplies need restocking or a problem is found (clogged toilet, locked door etc.)
5. Do not wash your hands in the drinking fountain
6. Do not spit in the drinking fountain
7. Cell phones must be turned off/silenced and are to be placed in the gymnast's cubicle during practice.
8. Keep your body clean and well groomed and in the best possible condition. **KEEP HANDS, FEET, AND FACE CLEAN.**
9. Good manners and courteous behavior are expected. Disrespectful behavior will not be tolerated.
10. Ask your coach if you need to leave practice early, use the washroom, get a drink, or take a break.

Parent/Guardian/Visitor/Sibling Etiquette at practice and meets

1. **PLEASE HAVE YOUR GYMNASTS ARRIVE TO PRACTICE EARLY SO THEY ARE PREPARED FOR THE START OF PRACTICE**
2. Pick your child up on time
3. Practice is allowed to be watched but please do not become a distraction.
4. Parents, siblings, etc. are not allowed to come on to the equipment to coach their child.
5. No coaching from the bleachers, hallway, or sidelines- a "stay tight and smile" is great but trying to analyze a skill can be dangerous for the gymnast.
6. Negative comments are NOT tolerated at anytime. Violators will be confronted and continuation of the behavior will result in termination from the program.
7. Parents should never approach a coach, judge, or other meet official regarding a score or concern during the meet. Questions are to be addressed, after the meet, to the Head Coach.

Parent/Coach Communication

At Rainbow Gymnastics we encourage all questions and concerns to be brought forward appropriately. In an effort to continue building positive relationships within Rainbow Gymnastics, we encourage you to speak directly to the coach, gym director, or board president regarding questions or concerns. Any parent or family member found to be inappropriately gossiping or discrediting a coach outside of the appropriate personnel listed can lead to a meeting with the gym director and/or assessment of the situation by the Board to determine appropriate action.

1. Any issues or complaints that relate to your child's coach or the gymnastics program must be brought forward to the coach, gym director, or board president. Any inappropriate means of communication or harassment of the coach within the gym or on the coach's personal time (including, but not limited to, their home or place of work) will not be tolerated and disciplinary action will be taken.
 1. Any coach who feels a parent is not utilizing appropriate means of communication regarding the coaching of their child should speak with the gym director.
 2. Appropriate means of communication from parent to coach regarding their child would be via email, phone, or before/after practice .
2. Definition of harassment: the act of systematic and/or continued unwanted and annoying actions of one party or a group, including threats and demands.
3. Appropriate means of communication to the gym director regarding issues or complaints are as follows: email, phone, or pre scheduled meeting.
4. Disciplinary action:
 1. Parent will be taken aside by the gym director to discuss appropriate and inappropriate means of communication.
 2. If parent does not follow the above verbal warning he/she will:
 1. First: receive a written warning
 2. Second: their child will be suspended from practice for 1 week
 3. Third: their child will be suspended from Rainbow Gymnastics for 1 year.

Disciplinary Action Policy

1. Crying, pouting, bullying, not listening, distracting others, unsafe behavior, or other undesired behavior will not be tolerated.
 - a. 1st offense- Verbal warning and parents informed
 - b. 2nd offense- Gymnasts will sit out of practice for a short time and parents are informed.
 - c. 3rd offense- Meeting with parents, gymnasts, and coaching staff will be held. Appropriate disciplinary action will be taken to help change the behavior before returning to practice.
2. Drugs, alcohol or tobacco use
 - a. 1st offense- Any use of these will result in the gymnasts suspension from all practice/meets and events for one month.

- b. 2nd offense- Gymnast will be dismissed from Rainbow Gymnastics
- 3. Grades
 - a. All gymnasts are expected to maintain a 'C' average or above. Special circumstances may apply.
- 4. Practice attendance
 - a. Less than 75% practice attendance, 30 days prior to a competition, is grounds for ineligibility to compete.
- 5. Social Media
 - a. Social networking sites, texting, emailing and other forms of electronic communication are subject to disciplinary action if they reflect bullying, vulgar or inappropriate language, sexual content, use or promotion of drugs, alcohol or tobacco.

Assistant Coaching

All persons interested in helping to coach MUST complete a coaching class. These classes are offered on an as needed basis. Assistant coaches are paid hourly. W-9 and other applicable paperwork is required before first paycheck will be issued.

Parent Responsibilities

Parents involved in Rainbow Gymnastics are expected to show interest, enthusiasm, and support for your gymnasts and the team. Keep comments positive to all gymnasts, coaches, officials and other parents. Show respect for other competitors and permit coaches to coach without interference. Come to all meets sober and refrain from drinking alcohol.

1. Rainbow hosts 1-3 home gymnastics meets per year. These are our biggest fundraisers. Two of the meets are invites. One is in December and the other is in March. These invites are 3 days in length: Friday, Saturday, and Sunday. They are held at the Medford Elementary School. The final meet is a dual meet held at Rainbow Gymnastics in January. **Our home meets are entirely run by the parents. All parents are expected to help at two out of three meets. Dates are listed on the meet list for the season, be sure to mark your calendars and plan accordingly. Parents will be assigned the meets at which they are to work.** Parents must help with either setup or clean up and work a minimum of 2 shifts. Each shift is 4 hours in length. If a family is not able to work a shift, a buyout of \$100 per shift is available. We would much rather have you work your shift.
2. Parents are expected to keep their contact information up to date and understand that our registration site, <https://app.iclasspro.com/portal/rainbowgym>, All parents must sign up for the Rainbow Competitive Team Remind Group. This is our main source of communication.
3. Parents are expected to help Rainbow Gymnastics follow the rules of Safe Sport. This means that gymnasts should never be alone with a coach or other employee of Rainbow Gymnastics. All employees of Rainbow Gymnastics will make sure to never be alone with an athlete and have all interactions with athletes be observable and able to be interrupted. Parents are expected to do their part by staying at the gym with their athlete if no one other than their coach is present.

4. Parents will dress their gymnasts properly for practice and meets. Parents will bring their gymnast to the meets and practices on time as well as pick them up on time.
5. If the gymnasts have any open cuts or wounds, please have them covered before the start of the event.
6. Parents are expected to reinforce the rule stating NO cell phone or other electronic device use during practices and competitions.
7. Parents are expected to attend all parent meetings and abide by the rules established in the handbook.

Level Advancement

- Gymnasts' skill testing is completed May through October. New team members can start between May and September. Advancement requirements are set by the head coach.
- **COMPULSORY LEVEL CHANGES ARE NOT ALLOWED DURING THE COMPETITIVE SEASON.** They will move up between May and October.
- Optional / XCEL program
 - Current skill level determines what XCEL level is most appropriate for the gymnasts
 - XCEL and Optional Levels 6 and up.
 - May change levels during the season if:
 - Total score of 34 or higher is achieved during a meet.
 - Coach approval.
 - Skills for the next level are met and the gymnast is ready to compete them.

Competitive Guidelines for Team Parents

Routines are set by USA Gymnastics (USAG) with modifications applied from our governing body, Amateur Athletic Union (AAU). Meets give the gymnasts an opportunity to compete against other clubs earning ribbons, metals, and/or trophies.

1. Gymnasts have the opportunity to attend invites and duals throughout the regular competitive season including the AAU District/State meet. Gymnasts also have the opportunity to attend AAU Regional and AAU National meets. The information below relates to the regular competitive season up through the AAU District/State meet. The costs to attend the Regional and National meets will be dependent on how many gymnasts are interested in attending these and will be dealt with separately.
2. Each gymnast is required to pay the individual meet fees set by the host club, ranging from \$60 to \$125.00. Each meet will also include an amount for the coaching fee that is determined based on the location of the meet. Coaching fees for meets within an hour and a half of Medford will be \$10. Coaching fees that are further away than this will be \$25. **MEET FEES AND COACHING FEES ARE NON REFUNDABLE AND MUST BE PAID BY THE DUE DATE FOR THAT MEET. ALL MEET REGISTRATIONS WILL BE DONE VIA RAINBOW'S REGISTRATION SITE AT <https://app.iclasspro.com/portal/rainbowgym>.** Fees will need to be paid by check or cash prior to the due date or the fees will be charged to the credit card on file on your account. The registration and coaching fees for the spring home meet are included in the

team fees for the year. There will be a \$10 Rainbow late fee plus any late fees charged by the host club for any late registrations for meets.

3. All expenses for transportation, food, and sleeping accommodations are the responsibility of each gymnast and their family. Ride sharing is encouraged, please offer gas money to the driver.

Meet Schedule

The AAU District/State meet is held each April. To compete in this meet, the gymnasts must have competed in at least three prior meets. **The Rainbow Gymnastics home meet, held in the Spring, is a required meet.**

Team Attire

1. Team leotard: Max of \$190. Must be paid in full to order.
2. Previously owned team leo's might be available. Check with your coach for details.
3. Team Jackets: \$55-\$70. Must be paid in full to order.
4. Team Pants: solid black leggings purchased on your own.
5. Undergarments must be either skin tone or black to match the leo. Undergarments that show may result in a deduction in the score of a routine. Sports bras are recommended.
6. During meet warm up, gymnasts may wear spandex shorts or pants which must be removed before competition starts.
7. Full team uniform is required for the awards ceremony. Zipped jackets, pants, and leotard should be worn for awards. Feet can be bare; sandals or tennis shoes can be worn. Boots should not be worn during awards. Please look presentable. You are representing Rainbow Gymnastics.

Gymnastic Meet Etiquette

1. Gymnasts must remain with the team at all times. They are not allowed to enter the stands/bleachers without permission from their coach.
2. Cheering for teammates, positive feedback, and support for the team are expected. Unsportsmanship will not be tolerated.
3. Gum, candy, jewelry, body paint and hair glitter are NOT allowed.
4. Hair must be pulled back from the face and secured so it does not touch the face. Avoid headbands as they can fall off and become a hazard.

Fee Payment Policy

1. Gymnasts are required to register online at <https://app.iclasspro.com/portal/rainbowgym>.
2. Two months of gymnastics fees are due by September 1st. This will be your first and last month's gymnastics fees. The last month will be nonrefundable even if your child quits for any reason. 45 day notice must be given if your child decides to quit. Payment must be made for those 45 days.
3. Team fees must be paid monthly by the 5th of the month. Payments may be made with check, cash, or card. If payment is not made by the 5th of the month via cash or check, your credit card on file on the registration site will be charged.

4. When making payments with check, please specify fee type in the memo line.
5. Returned checks are subject to a non negotiable \$50 fee.
6. After the 2nd attempt to cash a check where funds are unavailable, or an NSF occurs, account will be on a cash basis only moving forward.
7. All fees are non refundable.
8. **IF TEAM FEES ARE OVER TWO WEEKS LATE, THE GYMNAST WILL BE SUSPENDED FROM THE CLUB UNTIL THE ACCOUNT IS BROUGHT UP TO DATE.**

High School Gymnast Options Policy

1. Option A: Gymnasts choosing to participate in both Rainbow Gymnastics for the entire year and a High School Gymnastics program will have the same fee schedule.
2. Option B: Gymnasts choosing to **NOT** participate in Rainbow Gymnastics, during their time of participating in a High School WIAA Gymnastics program. High School Gymnasts will not be charged tuition for November, December, January, and February. The gymnasts **WILL NOT** be allowed to practice during Rainbow practice times during the high school season.

Injury Policy

1. A qualifying injury is described as:
 - a. Injury that would require the gymnast to miss 30 days or more of practice.
 - b. Gymnast able to provide a doctor's note.
2. Starting with the first of the month following an injury, monthly payments are suspended until the gymnast is well enough to attend practices again.

Quit Policy

If a gymnast wishes to quit Rainbow Gymnastics;

1. Gymnast must give 45 day notice.
2. May still come to practice during the notice period.
3. Monthly payments still required during the 45 day notice period.
4. After 45 days, payments are no longer required.
5. Gymnast will not be allowed to rejoin team until after the competitive part of the season.