**GLOBAL GYMNASTICS**

**TEAM HANDBOOK**

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**WELCOME TO THE GLOBAL TEAM!**

Global Gymnastics would like to welcome your daughter and family to the team! The purpose of this team manual is to give you a better idea of what our goals are, what is expected of team members, and how we operate as Team Global. Through this manual, we hope to give you a better insight into our program, how Team Boosters can benefit you throughout the competition season, and how to prepare for competitions. If you have any questions about any aspect of the program, please ask! We would be happy to answer any questions you may have. We are glad to have you as part of our team, and we look forward to seeing the growth your child will experience through this amazing sport.

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**TEAM PHILOSOPHY**

Our goal is to provide the mental and physical discipline needed for competition within a framework of positive reinforcement and encouragement. We want our team members to pursue excellence and to develop the mental, emotional, and physical strength needed for high standards of performance. Learning to be comfortable in a competitive situation is a positive experience and adds to a child’s development and self-esteem. We want to nurture team spirit, confidence, and a positive self-image – personal qualities that will last a lifetime.

**COMMUNICATION**

• Make sure your phone and e-mail address are current so gym staff can communicate with you regarding schedules, updates, closures, and emergencies.

•If you have questions, concerns, or positive thoughts to share, please feel free to email Ally. Of course, we are always happy to hear you are pleased with your daughter’s gymnastics experience – and if there’s a problem, please give us a chance to try to make any necessary corrections. We are working very hard to maintain a strong gymnastics program and make this a positive experience for your daughter!

**Ally Breeze**

**740-516-9155**

**globalgymnasticsohio@yahoo.com**

**POLICY ON COACH COMMUNICATION**

**It is the parents’ responsibility to read all email, texts, and Facebook posts from gym management**.

Communication is important, and we want you to know we are happy to discuss questions or concerns you might have about the team program or your daughter's progress. For the purpose of professionalism and safety of our athletes, we have to put some rules into place regarding communication between coaches and parents/gymnasts. All communication should be sent via email to Ally. This helps to keep things organized. Always try to reply to original email threads.

When coaches arrive before practice, they have responsibilities such as setting up for practice, communicating with staff regarding plans, as well as some customer service tasks at the desk. Please respect this prep time and limit casual conversation so that coaches can begin practice on time.

If your gymnast is recovering from injury/illness and has any limitations/concerns, please try to communicate this prior to arrival for practice to allow coaching staff time to plan appropriately.

All communication with any coach regarding concerns, injuries, progress should be copied to Ally to maintain an open line of communication. If these are not copied when sent, the coaches will forward copies. Please refrain from texting this information so we can maintain open communication lines, and with respect to coaches’ personal time.

Texting/emailing during meet weekend: Please respect the coaches by not flooding their inboxes with messages. Keep in mind that meet weekends are filled with things going on and we do not have extra time to be messaging back in forth with multiple parents. There is no need to text the coaches to let them know you have arrived. Please only text coaches in emergency situations.

**24 Hour Rule**

As parents/guardians, you may not always agree with a coach’s decision. However, it is important to recognize that a coach’s role is to make decisions for the team first and athlete second. Often, we tend to recognize our coaching staff’s decision through our athlete first and team second. Also, we need to understand that most athletes are not aware of any problems until a parent/guardian brings it to their attention.

Many sports throughout the United States have adopted the 24-hour rule to address significant concerns, while attempting to remove the emotional concerns, particularly in the presence of the athlete.

Briefly, this means that parents/guardians are not permitted to confront a coach, athlete or other parent to discuss any “negative” situation occurring at practice or a competition, with the coaching and management staff until at least 24 hours have passed from the completion of an incident. By adhering to a 24-hour timeframe, a potential confrontation can be alleviated. A confrontation shall consist of any conversation, which is elevated from a normal speaking tone and demeanor to one which involves yelling, profanity or derogatory comments toward said coach, athlete or other parent.

Please respect the significance of the 24-Hour Rule Policy. If we all honor this concept, concerns will be moved away from an audience with our children, a possible ill-timed discussion, and issues will be viewed in the proper perspective.

After 24 hours...

o Discuss the issue with the coach(es) or owner(s)

o All problems or disagreements with parents, athletes or coaches will be addressed immediately

o The issue will remain between the parties involved without attempting to rally others to take sides

o The situation is resolved to the benefit of all parties.

In order to maintain a positive morale within the gym, we ask that everyone always abide by the above expectations and guidelines. Global Gymnastics strives to maintain a good, positive environment for not only the athletes but the coaches and parents as well. If we remember these unifying principles, we will ensure that everyone will benefit.

Should this rule be dismissed by a parent, it is our (coaches/owner) policy to wait to respond for 24 hours.

Of course, if there is an immediate issue that could cause harm or detrimental outcomes to any party, please reach out to Ally **immediately.**

**SOCIAL MEDIA**

Global Gymnastics is committed to creating a safe and positive environment for members’ physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

In accordance with Safe Sport and USA Gymnastics regulations, coaches are not permitted to communicate privately with athletes through their personal social media accounts (including Facebook, Instagram, Snapchat, etc).

Coaches are permitted to follow/be followed by athletes **on Instagram only, at parent/coach discretion**.

Direct messaging/texting between athletes and coaches is only permitted when this communication includes a parent and/or gym management.

Athletes and families are encouraged to follow the gym Facebook and Instagram pages

Athletes should not be on their phone during practices/competitions.

**Facebook: Global Gymnastics Center**

**Instagram: global\_gymnastics**

**IMPORTANT SAFETY/HEALTH GUIDELINES**

If your daughter is ever injured (inside or outside of practice), or has an extended illness, please be sure to communicate with us about doctor orders, restrictions, recovery progress, and plans to resume practice.

When there is an injury/illness receiving physician care, your gymnast will be **required** to provide doctor’s release before returning to practice.

**INJURIES**

If a gymnast is injured during practice or competition time, they should notify the coach **immediately** of any symptoms. Continuation of practice/competition will be at coach discretion with foremost consideration of gymnast safety.

If a gymnast has any injury that warrants limitation in participation, this should be reported by the parent as soon as possible, along with any doctor’s orders if medical attention was sought. Likewise, when doctor gives clearance for full participation, **this must be provided in writing to gym staff.**

**ILLNESS**

If gymnast has a fever or any throwing up within the last 24 hours, please DO NOT bring them to practice. Fever must be gone for 24 hours **with no fever reducing medication**. Taking time to rest and recover is important. Please adhere to all current Covid-19 guidelines, including quarantine, wearing a mask, etc. These guidelines are ever-changing, be sure to know the protocol before sending your athlete to practice.

**HYDRATION**

Gymnasts should be prepared with sufficient water for hydration during practice, ESPECIALLY during hot summer months. Please be sure to send your daughter to practice with a full water bottle. Bottles can be filled in the in the water fountain throughout practice as needed. Should your daughter need a bottle of water from the gym, a $2 fee will be added to your account.

**HYGIENE & OTHER PERSONAL MATTERS**

We want to establish an open line of communication between gymnast and coach regarding personal matters such as body odor, menstrual cycles, sports bras, etc. Each season, the team coaches will have a discussion with gymnasts regarding the wearing of bras and deodorant. For gymnasts 10 years and older, there will be dialogue with them about managing practice and monthly cycles, shaving, etc. If you are uncomfortable with your daughter being part of this conversation, please ask for a discussion outline to review with your daughter.

**BEHAVIOR/ATTITUDE**

1. Gymnasts are expected to show respect to their coaches and team members at all times. A negative attitude is detrimental to the entire team. This expectation grows more imperative as gymnasts mature, as older gymnasts are expected to set a good example for their younger teammates.

2. Gymnasts are expected to want to improve. This includes an understanding that not every aspect of gymnastics training is meant to be fun. While we try to make practice as interesting as possible, some aspects of the sport can be strenuous. We will encourage and provide opportunities to engage in fun challenges, games that challenge mentally and physically, and focus on team building, but gymnastics also requires hard work from the athlete.

3. Respectful and supportive interactions among teammates is expected. Respectful communication with coaching staff is expected. While effort will be made to remind gymnasts of appropriate and expected behavior and make correction, if this should become a problem, a parent meeting will be requested.

4. The coaching staff has the right to remove anyone from practice or competitions for disruptive or disrespectful behavior toward staff (inappropriate or disrespectful behavior, arguing, profanity, stomping, back talking). Respect is also expected among teammates, and any aggressive, intimidating, or demeaning behavior can warrant removal from practice.

5. Global Gymnastics has a zero-tolerance policy against bullying. Any athlete caught bullying will be asked to leave practice immediately. A follow up meeting with parents will be scheduled at least 24 hours past the incident.

6. Any previous team member who resigned their position on the Global team and later expresses an interest in returning will only be permitted at the discretion of gym management and supervisory team coaching staff. Factors weighed in this decision will include skills evaluation, attendance history, financial payment history, and any past issues with behavior or work ethic. If permission is granted, there may be a probationary period before final placement in the team program.

**ATTENDANCE**

Our athletes are kids, and we understand to maintain long-term involvement in gymnastics, they need room to enjoy social activities such as sleepovers and school events, as well as family vacations. Occasional absences are 100% understandable. We want our athletes to enjoy these things and keep a healthy balance. With that understood, there are a few notes regarding absences:

1. Our schedule is planned to ensure each level has adequate time on all events each week, and it is the responsibility of the athlete to be at scheduled practices. Consistentattendance has a direct impact on competition readiness and physical safety.
2. If an athlete’s attendance is lacking to the extent that her progress and readiness for competition are affected, the coach may decide to have her scratch an event/meet when there is concern for her safety (physical or mental). Safety is our utmost priority.
3. Consistent attendance throughout the year is key to success and safety, but **attendance during the competition season is extremely important**. Gymnasts should be at all scheduled practices for her level the week of a competition, unless there is an illness. If attendance is lacking during meet weeks, a decision will be made by the coaching staff with regard to scratching events or the competition. Such decisions will always be made with emphasis on athlete safety and commitment.
4. When an athlete needs to miss practice, this should be texted or emailed to Ally – especially if the absence is due to injury. While we maintain attendance records, it is helpful to know if there are illness, injuries, or struggles with commitment.

**MAKE-UP PRACTICE**

Make-up practices are not available for team members. Team members may use open gym as needed for any missed practices.

**TUITION AND ATTENDANCE**

Team tuition is based on an annual commitment, broken down into monthly payments. Tuition is based on 4 weeks per month for 12 months, which is 48 weeks. Since there are 52 weeks in a year, there are an extra 4 weeks, which allows room for holidays, weather closure, competition schedule conflicts, and personal family vacations.

**Tuition will not be prorated, regardless of missed practices.**

**ATTENDANCE (cont.)**

As stated in the team contract; Absences the week of competition will not be tolerated. If athletes miss a practice the week of competition, they will not perform at the competition. Certain parameters apply.

Beginning in June 2022, we will be implementing a new attendance policy.

Xcel Bronze and Silver - up to 3 unexcused absences in the span of 3 months.

Xcel Gold - up to 4 unexcused absences in the span of 3 months

Xcel Platinum, Diamond - up to 5 unexcused absences in the span of 3 months

Optionals - up to 3 unexcused absences in the span of 3 months.

Unexcused

* Injuries – athletes must attend portions of practices - explained in “Injury” portion of contract.
* School dance/functions, sports events/practices.
* Too much homework/disciplinary punishment (missing practice as a punishment is not acceptable)

Excused

* Death in family
* Vacation
* Illnesses

Please note, we want all our athletes to enjoy life outside of gymnastics. For the safety of our athletes, and issues in the past, this new plan is being implemented. Please speak with Ally about any concerns you have and remember that leaving early (must attend 50% of the practice) is an excused absence. Excessive absences will result in a meeting with parents to discuss progress, safety, and potentially scratching events/meets.

**TEAM EXPENSES**

Please review Fees Chart

**REGISTRATION:**

USAG Membership. The Global team competes in the USAG (United States Association of Gymnastics) competitive system. **USAG membership is required for every athlete on the team.** An email will be sent over the to prompt you to purchase this. This needs to be completed by July 31st.

Global Annual Registration. Global Team registration form along with the **Team Membership Fee of $100** **is due at sign up**

**UNIFORMS** will be ordered in May and June. This will include competition leotard, practice leotard, warm-up, and team bag.

**WORKOUT LEOTARDS:** Gymnasts should have a clean leotard each practice, and it is recommended to keep an extra in their team cubby for emergencies.

**ROUTINE CHOREOGRAPHY**: If your gymnast is in Xcel Gold, Platinum, Diamond, she will have her own routine music and choreography. Choreography is arranged by team coaches and is typically priced by hourly rate. Xcel Bronze & Silver will share a routine (music & routine will be provided by the gym).

It is the responsibility of individual gymnasts to purchase this music and routine choreography. Not all music will be approved, i.e., popular music, overplayed music, previous gymnast’s music, etc.

Once music is approved, contact Ally and Sara to schedule choreography. Choreography is $100 per hour. Typically, it takes between 90-120 minutes to finish a full floor routine. Beam routines will be provided during practice time.

**GRIPS**

Grips are to only be worn by gymnasts who have their kip. **KIPS FOR GRIPS!** When a gymnast achieves their kip on bars, they will be allowed to purchase grips. **Dowel Buckle Grips** are the appropriate grips to purchase. [www.ten-0.com](http://www.ten-0.com) www.gibsonathletic.com [www.gymsupply.com](http://www.gymsupply.com)

**PERSONAL ITEMS**

**Items to keep in team locker**: deodorant, extra underwear, hair ties, extra leotard, feminine hygiene products, athletic tape if needed for regular use. Lockers are shared between 2-3 athletes. Out of respect for one another, lockers must be kept neat, tidy, and organized. Consider purchasing a locker organizer to help with this! We try to keep our bathrooms stocked with liners, pads, tampons, wipes, and deodorant. Please feel free to donate these items to the gym and we will add them to our stockpile.

**MEET FEES**

Meet Fees will be shared by all team members. These fees are associated with; athlete entry fees, coaches pay, per-diem, mileage, and hotels.

These payments must be current for a gymnast to enter competitions. If payment is not current, a gymnast will not be permitted to compete, and there will be no refund of entry fees or expense installments.

**COMPETITION SCHEDULE**

A finalized schedule of meet locations and dates will be sent by email in the fall. Your gymnast’s entry fees will be included in the competition expense installments.

Travel meets: each season we give our athletes the opportunities to travel to fun destinations. This year, we will travel to Hilton Head Island, SC. While we do not require each girl to take advantage of this great opportunity, we do find that these meets provide lifelong memories and encourage you to consider attending. If finances are tight, PLEASE consider fundraising. Your daughter deserves to have this opportunity.

**MEET SCHEDULE DETAILS**

Frustratingly, meet schedules do not release their finalized schedule until 2-3 weeks prior to the meet. Session dates and times will be sent by email and posted on the FB group. There are a few competitions that run Friday through Sunday. Please note that this could mean an occasional day of missed school if you are scheduled for a Friday or late Sunday session. Please know that I have no say in when a level will compete. This is up to the meet hosts. DO NOT CONTACT HOST GYMS!

Each level will compete at separate times. Meaning that Xcel Bronze may compete at 8:00am Saturday morning and Xcel Silver may compete on Sunday at 11:00am. Once your daughter’s meet is complete (around 3-4 hours) you will be done with the competition at that time. Gymnasts are only required to be at their level’s scheduled time only.

All athletes are required to stay for the entirety of awards.

**GLOBAL TEAM BOOSTERS**

The sole purpose of the non-profit Boosters is to provide financial support with competition expenses (coach session fees and travel expenses). When funds are available, Boosters also seeks to provide opportunities to team members such as gifts, parties, gymnastics clinics and camps, and an awards banquet at the end of each season.

The Boosters is a non-profit organization, operating independently from, but in cooperation with the Global Gymnastics business. The Boosters elects its own officers and meets regularly for planning of various fundraisers, activities and events.

There will be meetings throughout the year to plan and coordinate various fundraisers and events. It is recommended that parents attend these meetings and take time to read emails and meeting minutes to stay apprised of Boosters functions and budget updates. In order to be a voting member, you must pay a $10 member fee.

From a personal standpoint:

Please consider taking part in Team Boosters. It does not require a large commitment but can be very successful if all families put in their part. Gymnastics is expensive, and requires a lot of sacrifice from families, I get it. I know the strain that it can put on a family. I grew up in the sport and my parents worked their tails off making sure ends were met. There were two things that kept me in the sport: Boosters, and my parents volunteering around the gym.

Since Boosters is a non-profit, all families benefit the same, regardless of who put in the time to offset expenses. Susie’s mom may have put in 20 hours of work to raise $300, but their family will only see a certain percentage of that profit due to the nature of Team Boosters.

Use Boosters as a way to give back, and potentially help keep a little girl like myself in the amazing sport of gymnastics.

-Ally

**GYMNASTS’ RESPONSIBILITIES**

**Be patient with yourself**! Skills don’t always come quickly or easily, but they do come with hard work. Keep trying, and do your best to make corrections your coaches give.

**Stay Positive!** A positive mindset will take you much farther than dwelling on bad days. Keep your head up, focus on the good and achieve your goals.

**Your coach is there to help you!** You may be afraid to try a new skill. Talk to your coach and work to overcome your fear. We are here for you, always!

**You are a member of a team.** Encourage your teammates, be there to pick them up when they’re down, and have some fun!

**Love your sport!** Gymnastics is one of the most amazing and rewarding sports there is! You will have highs and lows, challenges and rewards. This sport will make you stronger inside and out. The most important thing is to try your best, and enjoy it!

**Expectations of Team Members:**

* Attend scheduled practices.
* Be on time, or hustle if you’re running late.
* Wear a leotard
* Hair up & out of face
* Be ready to work hard and learn
* Be cooperative and respectful to teammates
* Keep your locker clean!
* Talk to your coach if you have a problem
* Thank your family!

**PARENT COMMITMENT**

1. Do your best to make sure your gymnast attends required practice hours for her level and is on time for practice. (See attendance policy on page 7). Communicate with Ally regarding any problems that should arise.
2. Make sure we have a valid email address & phone number. Please update your Jackrabbit profile as needed in your parent portal. Important communication and competition schedules will be sent by email.
3. **Join the Facebook group we have dedicated to the Global Gymnastics Team**. **Schedules, videos, questions, etc. will be available here. It is your responsibility to know what is posted on this page. If you are not a Facebook user, have someone that is on Facebook let you know about any updates.**
4. Keep registration, tuition, and Meet Fees current. All tuition payments will be automatically charged via Jackrabbit. If any of these are declined and left unpaid, your gymnast will not be permitted to enter competitions until payment is current. Please use checks/cash for Meet Fees.
5. The Team Boosters organization may cover expenses through fundraising, but it is ultimately the responsibility of each team member. These installments must be paid in order for your gymnast to enter competitions. Utilize any and all possible fundraisers to offset expenses.

1. Please leave the coaching to the coaches. Skills are taught in a specific way for future progressions, and any third-party coaching can jeopardize the learning process. The best thing you can do as her parents is encourage and support her, empathize and demonstrate patience when skills take a while, and celebrate her successes, even when they are small.

**YOUR FIRST MEET**

**What to Bring:**

Gym bags Global Practice leotard (for emergency)

**Bottle of water** Grips & wrist bands (if needed)

Healthy snack for after competition

(this may not be eaten on spring floor)

**Meet Appearance:**

Arrive in warm up jacket, capris and competition leotard

Hair must be neatly pulled back (shorter hair may be pinned away from the face)

* + Must adhere to new meet hair guidelines, TBA

No jewelry is allowed other than stud earrings

No tattoos, henna tattoos, etc.

Keep hair color natural; blonde, brunette, natural red, black

* This is Global Gymnastics rule to keep all of our athlete’s uniform and presentable

**How to Behave:**

* Arrive 20-30 minutes early – use restroom and wait for coaches to invite you to the floor
* Show good sportsmanship – be respectful to coaches, judges, and other teams
* Stay focused on the competition - talking with parents or friends is discouraged during meet
* Never leave the competition floor or get on equipment without permission from your coach
* During awards, show respect to others and represent Global Gymnastics well

**The average meet can take approximately 3 to 4-1/2 hours.**

**Open Warm-Up** – 20- 30 minutes long. This time is for general warm-up and stretching.

**March-In** – All the gymnasts line up and march in to the gym as a team to be presented to the audience and judges.

**Event Warm-Up** – Gymnasts warm-up on their event to prepare for competition. Typically, one set of equipment is being warmed-up, while the other set is being judged. Occasionally there will be a delay between events while waiting for our turn to warm-up.

**Competition** – The gymnasts compete their routines and receive scores from the judges at each event. Scores will either be shown on a digital screen or manually by a person at the judging table. Some meets offer live scoring online, where you can see your daughter’s placement.

**Awards** – There is typically a 30–60-minute wait before the awards are handed out, as team scores and placements are finalized. Pay attention to where awards will be given for your gym, as sometimes they are on the competition floor, and other times they have a separate room. It is important to know which age group your daughter is in prior to awards.

**YOUR DAUGHTER’S FIRST MEET**

**What to Bring:**

•Your gymnast, fueled and dressed for competition. Remember a water bottle in her bag!

•Team Spirit! Remember to wear your Global t-shirt.

•A camera – but remember, **NO FLASH PHOTOGRAPHY** during competition.

•Cash for parking, spectator admission, concessions.

•Patience. Meets include a lot of waiting for your gymnast’s time to shine. Awards can sometimes be long. Most meets will be four hours from warm-up to end of awards

**Important Things to Remember:**

•Please show proper respect to all judges and coaches. Parents are not permitted to contact any official on the competition floor during or after the meet (*judges, score keepers, etc*.).

• If you have any questions regarding the meet or your child’s scores or performance, you may schedule a meeting with the coach during the week. Please understand coaches have very little time between sessions and often work very long days, so they need breaks when they can get them.

•Please show proper respect to all competitors. You NEVER KNOW who is sitting near you (i.e., *parents of the gymnast you just made a remark about*).

•**Once a gymnast has walked into the competition area for warm-up, they are not to talk or have contact with their parents until the competition is over.** This allows them to maintain focus on her coach, her teammates, and her events. If there is an injury that needs parental attention, the coach will find you.

• Spectators are not allowed into the competitive area**.**

•Try to provide your child with a well-balanced meal the night before and prior to competition. You may bring snacks for post-competition.

•It can sometimes take a number of years of quality competition for a gymnast to develop the poise and grace to continuously take top honors in gymnastics competition. **If your child completes all of her skills for the first time, she has accomplished a goal!** Be supportive on good days and bad days.

•You are her biggest supporter! Mistakes will happen, and the coaches will help her improve the things she needs to improve – let her know she has your support no matter what happens on the competition floor!

**WHAT'S IN A SCORE?**

Scores are often a mystery to new gymnastics parents and spectators. Judges study and pass extensive tests and continue their education to ensure accurate scoring and consistency.

There are general deductions that can be taken from a gymnast's score, such as bent arms or legs, stumbling on a landing, legs separated in a handstand, an extra shift of the hands-on bars. There are also deductions for proper execution of routines and skills -- a certain height on jumps, connection of skills (not pausing between skills), and the angle of the body as the gymnast vaults. There are also artistic elements that are judged, and while these don't receive the heftier penalties, every tenth counts toward the final score.

As you watch routines at competitions and ask questions of other team parents, you'll start to understand better. What's important to understand is even when a routine looks good, there are many details that the judges are looking for.

**POLICY FOR COMPETITION PREPAREDNESS**

Sometimes a gymnast will have trouble with a skill prior to a meet, and it is at the discretion of coaches and gym owners whether the gymnast will be allowed to compete that skill/event at a meet. If it is a skill that poses no safety risk, most often the gymnast will be encouraged to try the skill at the meet; however, if there is any added concern for safety of the gymnast, then we will always choose the safety of our athletes. We may scratch that event (not the entire meet) or replace that skill for competition until the skill is once again acquired.

Because registration for some of the competitions is several months before the meet, this situation cannot always be predicted. If this situation should occur with your gymnast, we would encourage you to keep things positive and not to focus on the skill or event being scratched, but to encourage and be their biggest cheerleader on the events they will be competing. If, however, you should choose to withdraw from the meet, a refund of entry fees cannot be issued.

**STATE CHAMPIONSHIPS** – To participate in state championships, a gymnast must have received a qualifying All Around (AA) score at a USAG sanctioned meet during the same competition season. Required scores are as follows:

 Xcel Bronze: 28 AA Level 6: 30 AA

 Xcel Silver: 28 AA Level 7: 30 AA

 Xcel Gold: 28 AA Level 8: 30 AA

 Xcel Platinum: 30 AA Level 9: 32 AA

 Xcel Diamond: 30 AA Level 10: 32 AA

*Note: These scores are only to qualify for State Championships. They are not the scores required for mobility to the next level.*

**COMPETITIVE PROGRAM – PERIODIZATION**

To be on the competitive team requires a year-long commitment to regularly attend practice, on-time, and for the full duration. While the competitive season only lasts a few months, the preparation needed to be successful is year-round.

**OFF- SEASON**

With no upcoming competitions, the Off-Season (June-August) serves as the main **Learning Period.** This period of training is typically the time when a gymnast will train skills in the anticipated level for the upcoming season. We always encourage progression of skills when a gymnast shows readiness. This is the time that our athletes go through their hardest conditioning to prepare them for their skills.

**PRE- SEASON**

The four to six weeks prior to the start of competition serve as the **Preparation Period**. Coaches will determine the appropriate level for competition and will have developed a plan for the season. By the end of the Pre-Season, gymnasts should be able to perform all competition skills and demonstrate a full routine with ease.

**COMPETITION SEASON**

During the **Competition Season** (November-April)gymnasts compete against gyms from across the state, region and nation. The main focus of practice will focus on continuing to improve skills and routines, improving technique and presentation (polish). Attendance during this period of time is extremely important for successful competition experience and safety.

**POST SEASON**During the Post Season (April-May) gymnasts will have time to regroup, take some rest from intense workouts, and get a head start on upgrades. During this time, we encourage athletes to take time to rest and find balance in their life. If a week off is needed, we support this, please discuss with Ally.

**WORKOUT OVERVIEW**

Workouts consist of flexibility and strength, as well as individual event rotations ranging in length from 30 minutes to one hour. The rotation and training schedule is programmed with drills for skill progression, conditioning for injury prevention, strength, flexibility, and endurance. Consistent attendance is very important for maintenance and progress in these areas.

**DEFINITION OF USAG LEVELS**

**Compulsory Levels 3-5** –The focus of compulsory levels is progressive in nature, building upon skills acquired at previous levels. All competitors within these levels use the same routines and compete the same skills. Global does not utilize Compulsory Gymnastics.

**Optional Levels 6-10** – Following Compulsory Levels are Optionals Levels. Advanced optional level routines are developed and choreographed individually for each gymnast’s strength, style and difficulty level. Global does not utilize Optional levels.

**Xcel** – The Xcel Program, like the optional level athletes, are gymnasts who have routines choreographed to their strengths and are ready to try new skills suited for their unique style. The Xcel program is very competitive, yet welcomes a diverse group of athletes and allows flexibility in routines in a wide span of skill levels. Xcel includes levels Bronze, Silver, Gold, Platinum and Diamond.

**MOVING FROM LEVEL TO LEVEL**

Level advancement is determined by the potential success in the next level. While it is impossible to know how a gymnast will perform, specific benchmarks must be demonstrated for advancement. Many factors are considered in coaches’ decision on level placement, including:

Attitude Work ethic

Psychological readiness/confidence Focus

Potential for success at the higher-level Desire to advance

Performance at previous level Dedication and Maturity

Attendance Skill Progression

Coachability

Global Gymnastics will only place gymnasts where they will best succeed. We will only move a child up a level when they are ready. Please respect the decision of the coaching staff on level placements.