



Where our mission is to develop happy, healthy and self-confident kids through a fun and creative environment

Team Handbook 2020-2021

Plover

IMPORTANT INFORMATION ABOUT CAROUSEL GYMNASTICS

Address: 6487 Eckels Rd. Plover, WI 54467

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Email: ploverinfo@carouselgymnastics.com

Website: www.carouselgymnastics.com

Office Hours: Monday – Thursday 4:00 – 7:00 pm

**Summer hours may differ

Welcome team parents and gymnasts! Your child has mastered the fundamental skills in gymnastics and have been invited onto our competitive team where they can take their love of the sport to the next level. This is an exciting journey that your child and family are on that requires commitment from all. We not only want to take your child and progress them through the USAG program, but at the core of what we do is build character and cultivate discipline. Gymnastics is a fun but challenging sport. We hope to instill values and techniques that provide an important foundation for your child's success building confidence to take on any challenge that comes their way.

Carousel Gymnastics continues to look at ways to improve and make the transition from a recreational gymnast to a competitive team gymnast as smooth as possible. We hope this handbook highlights the information needed to help your child and family along this journey.

Gym & Class Policies

DROP OFF-PICK UP – Please arrive 5 minutes before class begins so your child has time to use the bathroom, put up hair neatly, and to be in line ready for class to begin. Children should wait quietly on the designated spots in the lobby area until their coach comes to get them for practice. Running and Gymnastics in the lobby area is NOT allowed. ALL CHILDREN not participating in class should be supervised at all times. This includes any child that is playing outside or in the lobby area. Please meet your child promptly in the lobby at the end of their class. Children should not wait outside to be picked up. Please do not let your child(ren) wander beyond gymnastics property.

OBSERVATION – Parents and siblings may observe from the lobby area only. Please do **NOT** “coach” your child from the sidelines. **Comments made by parents distract all of the students in the class and may confuse your child making it difficult for the instructor to do their job.** The ability to stay focused on the most immediate task is very important to the success and safety of your child. SEE ATTACHED SHEET FOR ADDITIONAL COVID REGULATIONS.

WHAT TO WEAR – Leotards are required for team gymnasts. Please do not wear baggy clothing and no two piece work out clothing. This is for the safety of the coaches and gymnasts. Long hair must be tied back so vision is not impaired. NO chewing gum or jewelry. Personal items should be left with parents. PLEASE LEAVE JEWELRY at HOME. This includes necklaces, finger and toe rings, watches, extra hair bands and Fit Bits. Carousel Gymnastics and the facility staff will not be responsible for ANY items that may be lost or stolen. NO electronic devices allowed out on the floor.

SCHEDULING – Carousel Gymnastics reserves the right to change, combine, or cancel classes based on enrollment and coaching availability. We will contact you if this situation should arise and work with you to find another class for your child.



Gym & Class Policies Cont.

Practice may be shortened if there are less than 6 team members in class. This is for their safety as physical or mental fatigue can increase the risk of injuries. Team members are offered some flexibility in their schedule, however, just like in college, your tuition pays for a class spot, regardless of attendance. You will need to fill out a schedule form for each session and will be billed based on which option you chose. This needs to remain as consistent as possible.

MISSED PRACTICES – There will be no make-up practices due to illness, vacations or other obligations.

HEALTH – Cuts must be covered with a bandage and athletic tape before class. A bandage alone does not stay on. Any child with a contagious illness is asked to stay home. Keep your child home for 24 hours if your child has had a fever or was sick before coming to class. If your child does not go to school because they did not feel well, they should not come to practice. Please inform the instructor of any medical conditions that may affect training. Students with injuries are recommended to participate in team practices. They may be able to do limited skill work and a conditioning program as they heal. Visual learning can be just as beneficial as physically participating. A medical release will be required for those that have been examined for an injury by a physician.

CONCUSSION SAFETY – A concussion is a type of traumatic brain injury – or TBI – caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells. Be familiar with safety procedures of the facility as well as the possible signs of a concussion.

More information can be found by going to www.cdc.gov/headsup.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs and symptoms of a concussion can show up right after the injury or may appear days or weeks after the injury. Below is a list of signs that can be observed.

Signs Observed by Coaching Staff:

- Appears dazed or stunned
- Is confused about position or assignment
- Forgets an instruction
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Cannot recall events **prior** to hit or fall
- Cannot recall events **after** hit or fall

Symptoms Reported by Athletes:

- Headaches or “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body they exhibit any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse or slurred speech
- Weakness, numbness or decreased coordination
- Convulsions, seizures or unusual behavior
- Cannot recognize people or places
- Becomes increasingly confused or agitated
- Loses consciousness for any amount of time

Carousel Gymnastics has a concussion action plan for any athlete that is suspect to have a concussion.

1. Remove the athlete from play
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating concussion.
3. Inform the athletes parents or guardians about the possible concussion and give them the fact sheet on concussions



If any athlete reports one of more symptoms of concussions listed above after a bump, blow or jolt to the head, they should be kept out of play the day of the injury and until a health care professional, experienced in evaluating concussions, says they are symptom free and they are OK to return to play. **Parents or guardians will need to provide a written release from the health care professional before your child can return to classes**

WEATHER – In case of bad weather, always use your own judgment in traveling to class. Classes will be on a regular schedule unless school is canceled due to **bad weather**. Because we have several school districts in our program, the school district we will follow is Stevens Point School District. There will be no make-up times for team practice if closed due to bad weather. Inclement weather closings will be posted on the Carousel Gymnastics website, Facebook and answering machine.

Billing & Payments

For Carousel Gymnastics to maintain its program, it requires your timely payment of tuition.

ANNUAL REGISTRATION FEE – An annual registration fee of \$20 per child is due upon registration and is non-refundable. The registration is to be paid once a year (before the winter session) and will be prorated for those that start our program in July.

DISCOUNTS – There is a 10% discount on multiple children. The first child will be at full tuition cost. This discount applies to the second child or any additional children. There is also a discount for those that pay before the session start date (Early Bird Date). An additional 15% off will be applied if “full” payment is received by the tuition due date.

TUITION – Tuition is due to hold your child’s spot in class. Registration fee and one-half tuition is due at time of registration. The remaining one-half tuition is due by mid-session (Example: due week 6 of a 12 week session). Your account is subject to a \$10 late fee if payment is not received by the dates indicated. **All tuition must be paid in full before the next session begins.** Payments for competitions and memberships are not included in payment plans and must be paid to register your child in the competitions. If your account becomes delinquent, any meet or membership payments will be applied to the outstanding balance and your child will not be registered into any further competitions until the account is current.

INSUFFICIENT FUNDS – There will be a \$30 insufficient funds fee applied to your account for any returned checks.

By signing the bottom of the registration form you have read, understand and agree to Carousel Gymnastics, LLC, rules and policies, and billing.

Miscellaneous Information

Joining team is a year-long commitment not only for the athlete, but also for the family. Therefore, some guidelines are put in place for participation on our competitive team.

- Your child will have a folder located near the front of the gym that will have any information that we need given to you. Please check often.
- Competition season for the compulsory USAG program starts in September and ends in early December. AAU compulsory program starts in late January and ends in late April. USAG and AAU optional levels (Level 6-10 and Xcel Levels) main season begins in December and ends in March or April.
- We currently run both the USAG and AAU program and there are membership fees for both programs. These membership fees are required to compete at any USAG or AAU sanctioned competition.



- Your child is required to have a competitive team leotard for all competitions. Gymnasts will need to wear this during awards to represent Carousel Gymnastics. Competitive leotards are used for about 2 years depending if the company still carries the new style. New competitive leotards will be ordered every 2 years and ordering these leotards will take place the spring before the next fall season (Example: New leotards for fall 2021 will be placed in spring of 2021 to receive them in time).
- Parents are welcome to watch practice, however, we ask that there be no coaching from the sidelines. This can be very distracting for the athletes and makes it difficult for the coach to do their job. Remember that your child is always striving to make you proud and making them choose between listening to their parents or listening to their coach may be causing more stress than helping. There will be frustrating times in this sport and they will need their parents to be there for support not judgement. If we are seeing coaching from the sidelines we will close the viewing area during practice times.

Competitions

- Carousel Gymnastics will put together a list of competitions that we will be going to each season. This gives you the opportunity to see which competitions will fit into your schedule.
- Participating in competitions is one way your child can see where they are in the program and what skills need to be improved upon. Your child is required to participate in at least 3 competitions each season. There will be anywhere from 4-6 competitions to choose from in each of the competitive seasons.
- If your child does not participate in 3 competitions (not including state meet or our home meet), there will be a \$65 charge applied to your account per missed competition.
- Once we receive the host club's invitation we will pass the information to you. You will need to fill out the bottom of the page and return it back to the front desk with payment if your child will be participating in that competition. This will need to be returned by the due date to make sure your child will be registered. We will assume if the form was not turned in that your child will not compete.
- The costs of these competitions can range from \$80-\$180 depending on the type of competition. The cost of the meet will include the meet registration, coaching fees, and travel expenses for the coaches going which may include food, lodging and gas.
- A USAG or AAU membership fee is required for your child to compete in any sanctioned competition. USAG fee is about \$63 and the AAU membership fee is about \$14 per year and is the responsibility of the parent to obtain.
- Carousel Gymnastics will be hosting 1-3 meets a year and we expect the parents to help out at this event.
- Use your own discretion when traveling to competitions in poor weather conditions. If your child is unable to attend a competition because of poor traveling conditions you will not receive a refund for that competition.
- Safety is a priority for our coaches traveling to competitions in poor weather conditions and have the right to choose whether or not to travel. If a coach is unavailable for a competition for this reason we will do what we can to arrange a coach from another club to help with any of our team members competing.
- WE CANNOT GUARANTEE A REFUND FOR ANY COMPETITION. This will depend on the reason for missing a competition, if the deadline for refunds has passed or if the host club has a refund policy. There are new policies out for COVID related cancellations that will be given to you for competitions.

During Competitions

- Please arrive 15 minutes before open stretch to allow gymnast to orient themselves with the facility and locate their coach. Coaches may still be in a session so keep your child with you until the coach lets you know they can come out on the floor.
- Once the coach has your child and is warming them up please seat yourself in the designated area. Please avoid contact with your child during the meet. We want to make sure they remain focused on the meet to avoid injury and/or miscommunication with their coach. Unless they are injured or in need of assistance, they should remain on the floor with their coach until the meet is over. Please do not come over and speak with your child during competition. This is also a policy for USA Gymnastics. This also means no coaching from the sidelines



- We prefer the athletes to stay with their coach until every competitor is done. We want to show respect for the other competitors that are still competing even if they are not on our team.
- Hair must be done prior to stretching at the meet. The hair must be tied up so no hair will be falling into their face or bother them during the meet. The coaches will be there during the meet to help with any issues.
- Gymnasts are allowed a few things on the floor with them in a duffle bag:
 - GRIPS! Make sure to get them from the gym before leaving on Thursday or Friday before the meet.
 - Competitive leotard (if you bring it)
 - Water
 - Healthy snacks (anything quick such as granola bars, carrots, fruit, or crackers) Chips and candy are not appropriate snacks.
- Electronic devices should be left with the parents and are not appropriate during competition.
- Do not focus on the scores at the meet they may not always reflect how well your child is doing. Set skill goals and encourage them to achieve those goals. Prepare your child for the possibility of no medals or ribbons at a meet. Every meet is different.
- Bring cash for admissions, concessions and programs.
- If you have any questions about what happened at the meet please wait until after the meet is over or at the next practice to discuss with the coach. However, coaches may have another session after your child competes and may not be able to answer questions until next practice.

Please remember that your child will be nervous and excited, so no matter how they do just be proud of them for getting up in front of a crowd, in a strange place and doing something they enjoy. They work very hard and this is the time for them to enjoy what they have learned.

Private Lessons:

Private lessons can be scheduled with the front desk or coach. A typical private lesson is \$45-60/hour and payment should be made to Carousel Gymnastics. No child is to be left with the coach during a private lesson unless another responsible adult is present. Please plan on staying with your child in the lobby area during a private lesson. This is for the safety of both student and staff member. This is also a USA Gymnastics policy.

Level Mobility:

When your child meets the USAG guidelines and club recommendations for level mobility, they will be invited to the next level. There is not time frame for level mobility and some levels require a mandating score at a USAG competition. Continue to communicate with the coach on the progress of your child. There is a list of skill recommendations for each level.

Optional Levels including Xcel Levels:

Once your child has reached this level they have the opportunity to express themselves in the sport by utilizing different floor music and making up their own beam routines. There are still requirements for each level as well as level mobility requirements. USAG Level 6-10 and Xcel Levels are considered "Optional Levels."

The Xcel program is an alternative USA Gymnastics competitive program offering individuals flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

There are 5 levels in the Xcel program, Bronze, Silver, Gold, Platinum, and Diamond. Mobility between Bronze and Silver divisions is at the coach's discretion, taking the gymnast level and experience into consideration. Mobility from Silver to the other levels is based on a mandating score.



Requirements in the Optional Levels:

- Mandating score for placement in the USAG Levels 6-10 or placement by the coach into the Xcel Levels Bronze and Silver.
- A competition leotard that is different than Level 2 and Level 3.
- Each child competing will be required a floor routine that needs floor music chosen by the gymnast and coach. Your child is going to want to pick some floor music they enjoy. Give three options to the coach and that way the coach can choose which music better suits your child's gymnastics style.
- Floorexpressmusic.com is a good place to start looking for floor music. Floor music should be given to Kimberly by July 1st to choreograph and have a routine ready for your child before their competition season.
 - Xcel Bronze length of music should be 45 seconds long
 - Xcel Silver/Gold length of music should be 55 seconds – 1:05.
 - Xcel Platinum/Diamond and Level 6 length of music should be 1:10-1:20.
 - Optional Level 7-8 length of music should be 1:20-1:30
- Private lessons should be scheduled by August 1st and routine done by September to ensure your child has a routine before the competition season.
- Once you have the floor music please get it to Kimberly as soon as you can for her to choreograph it. Music should be given to her by July 1st and private lessons scheduled by August 1st and routine done by September to ensure your child has a routine before their competition season.
- Once the compulsory season begins in September it will be more difficult to get private lessons scheduled.
- A private lesson needs to be scheduled to learn the routine. The cost to have Kimberly choreograph a floor routine can range from \$115-\$200 depending on how many private lessons it takes to learn the routine. The cost includes the time outside of the gym that the coach is choreographing the routine and the private lessons to teach it. If you chose not to use Kimberly to choreograph your child's routine then it is your responsibility to find someone to provide a routine for your child's floor routine.
- A beam routine will also need to be choreographed, however, this can easily be done after the floor routine is done and in practice. Parts of the floor routine is usually put in the beam routine and we allow the students to practice creating their own beam routine this way.
- If your child does not have a routine choreographed by December of their competitive season they will no longer be allowed to work with the competitive team. Competitive team requires the dedication from parents and athletes to be successful so getting these things done ahead of time will help with your child's success.

If you have any questions you can either call or e-mail me at tiffany@carouselgymnastics.com

Congratulations again and Welcome to our Competitive Team. We look forward to working with your child and watching them develop in gymnastics.

Tiffany Losinski
Manager/Team Coach
Kimberly Jacowski
Team Coordinator

