

Roots Gymnastics Developmental Team Handbook

The Mission of Roots Gymnastics

“To provide a safe and nurturing environment where each individual can make regular progress as they develop as a person and athlete.”

Welcome to the Roots Gymnastics Girls Competitive Team! Please read through this team handbook for all the necessary information to make the transition from our introductory program to our competitive program as smooth as possible.

The Roots' team coaching staff believes that for a gymnast to feel successful, there are three important parts: 1) the gymnast, 2) the parents, and 3) the coaches. Good communication between these individuals is vital to each gymnast having a positive experience as a team member. Every gymnast needs support from their parents and coaches. It is also the responsibility of the athlete to attend practices and reciprocate the respect with their teammates and coaches.

Competitive gymnastics is a year-round sport. This can be broken down into three equally important time-frames: summer, fall, and competition season. Summer is an important time where the athletes are gaining confidence in the new skills they have been preparing for during and after their competitive season. This is also when athletes wanting to move into the Level 6-10 program will transition. Athletes usually will not be able to transition after the summer period. Summer practice is required for all team members in Xcel Silver and higher. We do understand summer is a time for family vacations, which are also very important. We ask you communicate any times your athlete will not be at practice during the summer.

During the fall, gymnasts are often building their routines and improving on the execution of their skills that will be in their routines. Transitioning levels during this period is very difficult and most athletes will already know their level by the beginning of September. We also believe school is very important for the athletes, and they must maintain good grades if they are going to participate in team gymnastics. Academics are a priority for all athletes. Please communicate if your gymnast needs to miss practice to meet any school needs.

At Roots, our competitive season begins in mid-November and continues through the State Championships in mid-March. Some gymnasts will also have the opportunity to qualify for Regionals (mid-April) and Nationals (beginning of May). During the competition season, it is important each gymnast is focused on their competition season. Given this, we highly discourage participation in other sports during this time.

It is important to remember each child's gymnastics journey is different, and this journey is a marathon not a sprint.

Competitive Team Philosophy

Based on the foundation laid by Roots overarching philosophy and principles, Roots team program is dedicated to producing top level gymnasts. We are dedicated to treating each gymnast as an individual with specific needs and goals. While we understand each athlete's goals are different, we do expect the same work ethic and training desire from each of our athletes. At Roots, our team staff is dedicated to running structured programs with a high degree of discipline embedded in them. This is necessary due to the dangerous nature of high-level gymnastics. Although we value athletes' social experiences in the gym, it is important that socializing with peers in the team program does not distract athletes from their training as this could lead to potentially dangerous and unfocused situations.

The team staff at Roots expects the upmost respect and strong work ethic from each of its team members. We also expect our team staff to return this level of respect to the athletes in order to provide a positive and productive environment in which athletes can strive toward their goals.

A critical part of each athlete's experience is the relationship between the athlete, coaches, and parents. It is important for each member of this communication triangle to engage in behaviors that assist the athletes in reaching their goals. If this relationship becomes strained, it can often lead to an overall negative experience for all those involved. If there are concerns with the athlete's training, it is important to clarify these with the coaches in an open, respectful, and caring way. The coaching staff will make themselves available for you to discuss any concerns regarding your child's training at Roots. At the end of this handbook, you will find the coaches' contact information. Please know the head coaches of each program will always make time for you to discuss any concerns. Each concern is taken very seriously. If a parent has any issues with their child's training, we encourage them to communicate directly with the coach. It is important to not engage in any negative communication with other parents, staff members, or athletes including their own. This negative communication will not be permitted in the gym or at competitions due to its destructive nature and the negative effects it has on the team and athletes.

Here at Roots, we take our responsibility as coaches very seriously. We have a huge responsibility in helping develop each athlete by being good role models in their lives. This responsibility is not taken lightly and each team coach is dedicated to enhancing each athletes' life through their experience in gymnastics.

Roots Competitive Team

Roots competitive team is designed to provide an opportunity for those athletes that want more from their gymnastics experience than recreational classes. Roots currently has 70 girls team members. Girls are invited to our gymnastics team upon completing Level 1 and 2 recreational classes. Girls coming from our recreational program make up the majority of our competitive team program. Participation in our competitive team program requires more dedication and commitment for the child, parents, and coaches.

USA Gymnastics has developed three distinct competitive programs: XCEL, Developmental, and Elite. The Xcel program is considered a competitive team program with less time demands. The Developmental Program is comprised of Levels 1-10 and make up the majority of the gymnasts that

train and compete in the United States. The Elite program is the most rigorous of the programs and is designed to develop athletes that will represent the USA in international competitions. Less than 1% of gymnasts ever participate in the Elite program.

At Roots, these programs are interwoven to provide every athlete with the most appropriate and enjoyable gymnastics experience. Xcel Bronze makes up our preparatory team. Gymnasts who are invited to join our team program begin by joining our Bronze team. Our Silver and Gold programs make up the introductory team levels.

After successfully participating in the Xcel Silver and Gold levels and meeting the necessary skill requirements, gymnasts may begin participating in our introductory optional levels. These include Platinum, Diamond, and Levels 6 and 7. These are considered transitional levels from more basic competitive gymnastics to higher level optional skills. The requirements in these levels are designed to help the athlete perfect the basic elements that will make subsequent development through gymnastics more successful. The primary difference between Level 6/7 and Platinum is the amount of training time required from these programs. The Platinum/Diamond program is designed to allow the athlete to participate in other extracurricular activities while still being able to maintain and make progress in their gymnastics. The Level 6-7 program requires more time in training and is designed to help the gymnast make progress toward the higher levels and move toward being eligible for college gymnastics.

Gymnastics moving beyond the previous levels requires more training time and dedication to maintain and make progress in. Level 8-10 and Xcel Diamond require a higher degree of discipline on the part of the gymnast as gymnastics at these levels becomes more competitive and dangerous. Our staff provides the safest and most positive environment for the athletes to move through these levels at their own pace. A gymnast typically competes in one level per season. However, it is not uncommon for a gymnast to spend two seasons at the same level to become proficient at the skill requirements for the levels.

Level Advancement

Although there are a variety of circumstances and variables involved in an athlete moving through the levels, Roots coaches employ a fair and consistent method for level advancements. We are continually trying to improve our policies on athletes moving up levels to make this a less ambiguous process. With this, our primary goal in level advancement is to place each athlete at a level where they will be successful in building their confidence in gymnastics competition. Another major factor involved in this process is the safety of the gymnast. At Roots, we try to mitigate danger by not placing a gymnast at a level that adds undue stress on them while they are competing. The subsequent section of this handbook is designed to provide a general guideline of what is used to determine level advancements. This is and always will be tailored to each individual gymnast and what the coaches feel is best for the success of each athlete. Each athlete will be placed at the level they will be most successful at while still challenging them. This decision will be made in September and the gymnast will stay at that level throughout the competitive season.

Developmental Level Advancement Requirements

***Advancement to the Level 6-10 practice schedule will happen at the beginning of the summer. An athlete will not move into this group in the fall as this is too difficult to prepare them for their upcoming season.**

Level 6:

- Compete Gold and score above a 36.00 at 3 meets
- Compete Platinum and score above a 35.00 at 3 meets
- Compete 2nd year as a Platinum and score a 35.00
- Meet Roots requirements for Level 6
 - o Back salto and front salto on Floor
 - o Leap to 160 on floor
 - o Tsuk or Yurchenko timer on vault
 - o Kip cast above horizontal, clear hip circle, and flyaway on bars
 - o Back Handspring, full turn, leap to 120, and cartoff back tuck dismount on beam

Level 7:

- Compete Level 6 and score a 36.00 at 2 meets
- Compete a second season of Level 6 and score a 35.00 at 3 meets
- Meet Roots Level 7 Requirements
 - o Yurchenko Timer on Vault
 - o Kip Cast Handstand, 2 B Circle elements on Bars
 - o Acro Series with one B skill, Leap to 160, Cartoff Dismount on Beam
 - o Back Layout, Front Pike series, switch leap 160 on Floor

Level 8:

- Compete Level 7 and score a 35.00 in at least 3 meets in one season
- Meet all Roots Requirements for Level 8
 - o Flipped Yurchenko Vault
 - o Acro Series with 1 B acro Skill, Switch Leap, Roundoff dismount or Back 1/1 on beam
 - o Kip Cast Handstand to giants, Pirouette, Inbar skill above Horizontal on Bars
 - o Back 1/1, Two B tumbling Skills, Two salto pass, Switch leap to 180 on floor

Level 9:

- Compete Level 8 and score a 35.00 at 3 meets in one season
- Meet all Roots requirements for Level 9
 - o Piked Yurchenko
 - o Inbar Skill to Handstand, C or higher release, C value Dismount on Bars
 - o Back 1/1 dismount, Front or Side acro, Acro series both Flight, Switch leap connection
 - o C to B tumbling, C dismount, Minimum B to B second Tumbling on floor

Level 10:

- Compete Level 9 and score 35.00 in 3 meets
- Meet Roots Level 10 Requirements
 - o 9.7 or higher vault start value
 - o 1 D value release skill, 1 additional C value release skill, Minimum C dismount, 9.8 Start value on Bars
 - o C value flight series, aerial/front salto skill, C dismount, 10.0 start value on beam
 - o One D Tumbling Skills, 2 Additional minimum C bonus tumbling passes, 10.0 start value on Floor

Elite Program

The Elite program is a very rigorous and demanding program in the United States. At Roots, we do have athletes who participate in the program and have had success qualifying gymnasts at both the HOPEs and Junior elite levels. Every gymnast at Roots is given the opportunity to participate in this program if they are making the appropriate progress based on their age. Athletes can begin participating in the elite program when they are 11 years old in the year they are participating. In general, a gymnast must be able to compete at least level 9 to participate in the HOPEs elite program and Level 10 to compete in the Junior Elite program. The requirements on many events are more difficult in the elite program which requires more training hours. If the athlete has success in the elite program, it is also much more financially demanding due to training camps and extended meet seasons. The coaches at Roots try to prepare any gymnast to be able to reach this huge accomplishment of elite gymnastics, but the reality is that less than 1% of all gymnasts in the USA will ever be able to participate in this program. All decisions regarding participation in the elite program are made on an individual basis for each athlete and are up to the head coaches. If you have any questions about this program contact Chris or Brandon so they can discuss if this is an option for your athlete.

Fast Track Program

At Roots, we believe any child has the capability of achieving amazing things in gymnastics if they have a strong work ethic and passion for the sport. With this, Roots does offer an opportunity for families to join a "Fast Track" training opportunity. This will be available for any gymnast who is under the age of 8 and has successfully competed at the Silver level. This is a case by case decision which is made by the head coaches. This program is only available to athletes who can train 3-4 hours a day starting at noon during the school year. The athletes participating in this program will be training alongside the highest level athletes at Roots and will be mentored by them. If you are interested in this training opportunity, contact Chris or Brandon to set up a time for them to evaluate whether your athlete would be a good fit for this program.

College Recruitment

Athletes who excel through the DP levels at Roots may have the opportunity to participate in collegiate gymnastics. This section is a guideline to help navigate some of the basics of that process and help parents and athletes understand what is expected if this is a goal in the gymnastics journey. This guideline is merely just a guideline. There are many other factors that go into gymnasts being recruited by colleges for gymnastics.

- In order for an athlete to be eligible to participate in college gymnastics they must compete as a successful level 9 or 10.
 - A gymnast who is scoring at or above a 37.00 in level 9 may be able to be recruited for Div. 2 or 3 college programs.
 - A gymnast who is scoring above a 36.00 may be able to be recruited for Div. 2 or 3 college programs.
 - In order for a gymnast to be recruited to Div. 1 colleges, they will need to be scoring around a 37.00 AA or 9.5 or higher on 2 events.
- It is important gymnasts who want to participate in college gymnastics demonstrate continual progress throughout their high school years.
- It is also very important athletes maintain a high GPA in order to be recruited. College teams want to ensure their athletes are able to maintain a normal college workload while being a college athlete.
- If an athlete is actively being looked at by a college, the college coaches will often contact the coaches to obtain more information. It is important gymnasts maintain a positive relationship with their coaches at Roots so they are able to paint these gymnasts in the most positive way as possible. Some of the questions that have been asked of coaches in the past by a college coach include:
 - “Is the athlete on time for practice or do they leave early often?”
 - “How is the athlete’s work ethic through each practice and throughout the week?”
 - “How are the athlete’s communication skills with the coaches?”
 - “How well does the athlete do their assigned conditioning each day?”
 - “How well does the athlete juggle school and gymnastics? Does the athlete have to miss often because they are behind in school?”
 - “How well does the athlete apply corrections from the coaches?”
 - “What are the athlete’s behaviors when they are struggling during practice?”
 - “How is the athlete with other team members?”
- If your coaches are contacted by a college coach about an athlete, they will not lie to the college coaches as this will reflect very negatively on the whole Roots organization. However, the coaches would try to paint the most positive picture of the athlete as they can highlighting their personal strengths. Your athlete should try to make this easy for their coaches to do by being the best team member/athlete they can be during practices. It is important for each athlete striving for college gymnastics to reflect on their behaviors during their practices and make sure they align with what they want the coach to communicate with potential college coaches.

Competition Policies and Guidelines

Roots Gymnastics sets a priority on rewarding the effort and accomplishments of our gymnasts by giving them the opportunity to participate in many great competitions. Many of these meets are local and held in the state. We also give the athletes the opportunity to participate in some larger meets held in various parts of the country. The following information can be used as a guideline for Roots rules regarding competitions and make it easier for everyone to enjoy the competitive experience. At Roots,

our policy is to not change the level of a gymnast after November of that competitive year and most levels will be determined in September and not changed.

Overview of Competition

Roots only participates in competitions sanctioned by USA Gymnastics which allows our athletes to qualify on to the State Championships if they obtain the minimum all-around score. Level 7-10 and Xcel athletes may also qualify on to regional and national competitions by obtaining the required all-around placements/scores at the state championships. Invitational meets will make up most of our gymnasts competitions.

***First year Level 6s at Roots will need to achieve advancement scores in Level 4 and 5 before being able to compete Level 6. Due to this, first year Level 6s will not be eligible for the out of state meets. They will need a 34.00 at Level 4 and 32.00 at Level 5 before competing Level 6.**

Preparation for Competition Season

Each fall a tentative competition schedule will be created for the season. This will be distributed to the parents at an all team meeting from the team administrator, along with a competition packet outlining all of the fees included for these competitions. Meet information will also be distributed throughout the season. Meets may be added, dropped, or rescheduled after the original schedule is distributed. The original schedule is merely a guideline for the upcoming season.

Typically, meets are held Friday-Sunday. We have no way to guarantee and have no say when our teams will be competing during each meet. We typically do not find out when our team will be competing at each until approximately two weeks before the competition and we will make this information available to everyone as soon as we know. Please make sure to leave the weekend open until a meet schedule is finalized. **Please do not call or contact a meet host about times or dates.**

Meet Guidelines

Gymnasts must meet certain guidelines and criteria in order to compete at each upcoming competition. This includes, but is not limited to, skill consistency and competence, physical health, attitude, and attendance. Some of the reasons athletes may not be able to compete all of the events at a meet include, but are not limited to, practice attendance, inadequate meet preparations, lack of required skills on each event, illness, injury, tuition and/or meet fees due, or inappropriate behavior while representing Roots in or outside of practice. Roots coaches also set skill requirements that each gymnast must meet during practice to participate in upcoming competitions. Each gymnast knows these requirements before the competition weekend. If you or your child is not clear on these requirements, please feel free to talk with your child's coaches. In an instance that your athlete does not participate or partially participates in a competition, meets fees WILL NOT be refunded unless another gymnast can take her place at the meet. The goal of all the coaches is to have every athlete participate in every meet but this is not always the case. It is more important for the athlete to be safe and feel prepared going into each meet rather than participate with a high level of anxiety and stress on them.

Rules for Competitions

The following are Roots' rules for participating in competitions:

- 1) All athletes are expected to arrive at the competition site at least 15 minutes prior to their designated warm-up time. Athletes are responsible for bringing any items they will need during the competition (i.e., grips, wristbands, braces, Tiger Paws, hair ties, tape, etc.)
- 2) Competitors will stay with their team throughout the **entire** competition. After the meet is over, the athletes will be released to their parents.
- 3) Athletes must stay on the competition floor and be respectful to other competing athletes until the final competitor of the meet is done.
- 4) Roots competitors need to remain in their competition uniform from the beginning of warm-ups until the end of awards. All gymnasts are required to wear their full warm-ups for awards.
- 5) Gymnasts are not allowed to have their phones on the competition floor during the meets.
- 6) Athletes need to be responsible for bringing their gym bags to all the meets. They also need to make sure they have all of their personal belongings before leaving the meets.
- 7) Briefs worn by the athletes must be the same color as their leotard or a nude color. If they are any other color it will incur a deduction.
- 8) Hair and make-up need to be fixed before the start of warm-ups.
- 9) If there is a scoring error or error in the athlete's age group, please bring it to the attention of the coach, not the meet administrators.
- 10) All spectators are encouraged to cheer for the gymnasts. Please do not cheer in a way that may distract the judges as this will incur a deduction for the athlete.
- 11) There is absolutely no flash photography at gymnastics competitions as this is dangerous for all of the athletes.
- 12) Parents are not allowed to talk with any of the meet staff for any reason. If there is an issue, please bring it to the attention of the coaches.
- 13) Coaches reserve the right to scratch a gymnast from specific events or the entire meet if they are concerned about the safety of the gymnast. Examples that may apply to this are missing practices before a competition, gymnasts' fear which impedes from completing assignments, injury that inhibits the gymnast from performing safely, inability to complete daily assignments necessary for competition, etc. This policy is in place for the safety of the gymnast as meets create uncertainty which may increase the potential for injuries to occur.
- 14) Parents are responsible for transportation to the gymnastics meets. The athletes must be at the competition, ready to compete at least 15 minutes prior to the start of open warm-ups. Please plan accordingly if a gymnast is traveling with another family.
- 15) The awards ceremony is a very important part of the competition experience. All Roots athletes are required to attend the entire awards ceremony in appropriate Roots gear whether they receive an award or not.

Participation in Other Competitive Sports

We know being a part of Roots' Level 6-10 competitive team is a big commitment and time consuming for each athlete. One of our biggest goals is for every athlete to experience success from their hard work through our program. This requires the gymnasts to be consistent in their attendance and work ethic. This is very difficult, and nearly impossible, to maintain while participating in other competitive sports.

We do not, however, want to discourage the athletes from trying and participating in other competitive activities. If an athlete would like to participate in another competitive sport while still participating in our team program, it will be important to inform the coaches as soon as possible so we can develop a plan to ensure the best possible outcome for involvement in both sports.

We encourage gymnasts who want to participate in other competitive sports to schedule those sports around our main competition season (January – March). From our experience, it is very physically and mentally taxing on athletes to compete in two separate sports at the same time. Our main goal for our athletes is for them to complete their season feeling as much success as possible. This is often very difficult while trying to spread that level of commitment between two sports. With this in mind, we believe these policies will help achieve those goals:

- Level 6-8 athletes must maintain a minimum of 15 hours of training per week during their competitive season.
- Level 9-10 athletes must maintain a minimum of 20 hours of training per week during their competitive season.
- If an athlete chooses to participate in another competitive sport which overlaps with their gymnastics season, their competition season would end after competing at the State Championships Meet regardless if they qualified to Regionals or are eligible to qualify to Nationals.
- Gymnasts qualifying and participating in Regionals and Nationals will need to maintain the minimum number of training hours leading up to those events.

We believe these policies will help ensure the safety and well-being of each athlete as well as ensure they have the best possible end to their gymnastics season as possible.

Practice Schedule

Summer Practices 2023

Summer practice is very important for the growth of each gymnast. We understand summer is often the time for family vacations which we support. In order for each gymnast to make progress toward a new season, they need to attend as much summer practice as possible. If an athlete misses a significant number of practices during the summer, they may need to repeat the same level as the previous year in order to be safe and successful.

Practice schedule Summer 2023

- Level 9-10, Fast Track, Elite Track, and Select Level 8s
 - 20 hours per week
 - Monday – Thursday: 7am-12pm
 - 25 hours per week
 - Monday – Friday: 7am-12pm
 - 30 Hours per week (Elite Track Only)
 - Monday – Friday: 7am-1pm
- Level 6-7 and Select Level 8s

- 15 hours per week
 - Tuesday – Thursday: 10am-3pm
- 20 hours per week
 - Monday – Thursday: 10am-3pm
- 25 hours per week (Level 8 only)
 - Monday – Thursday: 10am-3pm
 - Friday: 7am-12pm

Due to the high number of athletes, level 8 gymnasts will be selected based upon bar and vault settings as well as if they meet the requirements previously outlined to move up a level for the 7am or 10am training group. Parents will be notified as soon as possible as to which training group their child will be in.

We do know that summer is also an important time for families to take vacations. However, we urge you to make every attempt to attend as much summer practice as possible. This is often the difference between a child getting the skills for the next level or not.

Practice Schedule Fall 2023 (tentative)

Due to the increased number of gymnasts in the Level 6-10/Elite/Fast track training groups, we will now have set start and end times for the gymnasts. In the past we have been more flexible in this regard but are no longer able to maintain that flexibility with our growing program. If you have any questions or concerns, please contact the coaches.

Level 6 Practice Schedule (tentative)

Training Hours:

- 16hrs per week:
 - Monday-Thursday: 4pm-8pm
- 20hrs per week:
 - Monday – Friday: 4pm-8pm

Level 7-10 Practice Schedule (tentative)

Training Hours:

- 20hrs per week: Monday – Thursday for starting on or before 3pm
Monday – Friday for starting at 4pm
- 25hrs per week: Monday – Friday (Must start on or before 3pm)

- **Start and End times: You must select a start time for each day and practice ends at designated end time. Gymnasts may not start practice early. These start and end times are for Monday – Friday**
 - **12pm-5pm**
 - **1pm-6pm**
 - **2pm-7pm**
 - **3pm-8pm**
 - **4pm-8pm**

Elite Track Practice Schedule

Training Hours:

- 30hrs per week: Monday – Friday 6 hour practices
 - o Must start before 1pm

At Roots, we try to be as flexible as possible with our team athletes but with the continued growth of the program it is becoming more difficult. We need each athlete to select a practice time for each day and be consistent with those chosen practice times. If there are questions or concerns about these practice times, please contact the coaches.

If your child is going to miss or be late, please email or text the coach as soon as possible. It is important for each athlete to develop and maintain a consistent workout schedule to obtain the most out of the Roots Team Program. Please help your athlete develop good work habits such as being on time, consistently coming to their selected schedule, and showing up to practice prepared and ready to work.

Private Lessons

If your gymnast is struggling with a particular skill, scheduling a private lesson with a coach is one of the options to help them work on it more intensively. This gives the opportunity for a coach to work more specifically with the gymnast without other distractions. It is up to the parent to choose the private lesson coach. However, it is very important the child's primary coach is in communication about any private lessons with their athletes and another coach. In order to get the most benefit out of any private lessons, the child's primary coach should be in direct communication about any techniques that seemed to help the athlete so they can attempt to implement them during regular practice. If this does not occur, the athlete will most likely not get the most benefit from a private lesson. Ideally, the primary coach will always be present during a private lesson with their athlete and another coach. Private lessons are never substitutions for regular practice. Please communicate with your child's primary coach about any private lessons they will be participating in.

Roots Athlete Code of Conduct

As a member of Roots Gymnastics Team, each athlete is expected to conduct themselves in a manner that positively represents the Roots organization, Roots coaches, and Roots team. The behavior and actions must show respect for your coaches, teammates, and our gym. The following requirements are expected of all team members:

- Team members must report on time for training and check-in with their coach upon arriving to practice. DP team members must sign-in on the sign-in sheet located in the gym. Being on time and prepared for warm-up shows respect and sets a disciplined tone for the training day. A proper warm-up is important to prevent injuries. Missing warm-ups can be dangerous for the athletes. Being on time is very important.

- Athletes must check-in and inform the coaches if they will be leaving the training gym or event at any time. It is very important that the coach knows where the athletes are at all times because they are our responsibility when they are in the gym. **Athletes are not allowed to leave practice for any reason without letting the coaches know.**
- Athletes may only spend a very short time in the cubby area. This is often when irresponsible behaviors occur and our coaching staff cannot properly monitor them in this area. If an athlete is in the cubby area for an extended amount of time without informing the coach as to why, they will be given one warning before disciplinary action will be taken.
- Athletes may not use their phones during their scheduled practice times. Practice times are for training not for checking texts or social media. If an athlete needs to use their phone, they may ask their coach and will need to use it while being monitored by a coach.
- Practice mutual respect with teammates at all times. Cruelty or disrespect to other members of the Roots family will not be tolerated and disciplinary action will be taken immediately. If the actions continue, the athlete will be removed from the Roots team.
- Please notify the coaches if your athlete is going to be late or miss practice. This will assist the coaches in the daily planning requirements, goals, and objectives. It also demonstrates a level of respect for the team program. If your athlete needs to leave practice early, please inform the coaches so they can plan accordingly.
- All team members must listen to, respect, and adhere to the daily training plans and assignments outlined by the coaches. Disrespect and/or negative attitudes will not be tolerated. Major violations may include cheating on assignments, lying, unproductive effort, and improper tone of language or body language when addressing teammates or coaches.
- The use of any Roots facilities is a privilege for all our team members. It is the responsibility of the athletes to maintain the cleanliness of these areas after use.
- Always ask to be excused from an event no matter what the reason so the coaches know your location.
- Be a positive example and role model for all younger gymnasts. Older athletes set the example for them, older gymnasts' behavior has a strong effect on how younger gymnasts develop as people and athletes.
- Report any injuries or ailments to the coaches immediately. In order to guide each athlete's training properly, coaches need to be informed about any injuries they may have. The coaches cannot know what is wrong if it is not communicated.
- Communicate any questions or concerns directly to the coaches. The coach is often the best person to help solve any issues that arise during your athlete's experience as a Roots team member. If the issue is not able to be easily dealt with, the coach may set up a parent meeting to discuss options to help resolve any problems that are occurring.
- Understand that it is important to monitor all social media accounts of the athletes. Roots athletes represent themselves, their families, and Roots with what they choose to post. All athletes are expected to keep social media posts positive and appropriate. Any violation of this policy will result in an immediate meeting with their parents and may include expulsion from the team.

If an athlete violates any of these conditions, consequences may include but are not limited to:

- A verbal warning will be given to correct the misbehavior.

- The athlete will be asked to go home for the day.
- IF the problem persists, further disciplinary actions will be taken including:
 - The coach may request a meeting with the parents.
 - The gymnast may be suspended from the team for a period of time or may be scratched from a competition.
 - The gymnast may be asked to leave the program if we cannot get them to align with the expectations of the team, coaches, or gym.

Thank you for your understanding and help in creating a more positive learning environment that encourages your children to develop into positive and successful adults.

Roots Team Costs and Fees

Roots Gymnastics team tuition is paid monthly and due by the 20th of each month. While you are not required to maintain a credit card on file with the front desk, doing so ensures on time payments of tuition. There is a late fee of \$25 for tuition. Tuition will not be pro-rated and there are no refunds. There are three weeks during the school year (Christmas, Spring break, week before summer practice) that is optional practice. If you know your gymnast will be attending and you want to spread those fees over the year, you can pay for 39 weeks of practice. Approximate costs are shown in the table below.

	36 Weeks	39 Weeks
15 hours	\$401.40 per month	\$434.85 per month
20 hours	\$465.60 per month	\$504.40 per month
25 hours	\$519.00 per month	\$562.25 per month
30 hours	\$591.60 per month	\$640.90 per month

Roots Gymnastics has an annual registration fee and it is due in full on the anniversary month in which enrollment began. The fee is not pro-rated and is not refundable for any reason.

Competition Fees

Roots Booster Club collects fees associated with competition that are outlined each year before competition season in your Competition Packet. These fees include meet registration fees, coaches travel expenses, etcc and are paid directly to the Booster Club. They can be paid via cash, check or credit card. If paying by credit card, please note that a processing fee will be assessed. Competition Packet payments may be paid in two or three equal installments. Due dates are:

Two Payments:
 September 1st
 November 1st

Three Payments:
 September 1st

November 1st
January 2nd

Competition Packets are computed each year and are based on many factors including travel costs, number of athletes per level and which meets we are attending. The deadline to commit to the upcoming competition season is August 1st. After this deadline, you are responsible for ALL coaches fees for the season even if your athlete is injured, ill or otherwise does not complete or finish the season (by your own decision or not). Meet registrations that have not been previously paid are subject to a refund.

Optional meets will often be made available to gymnasts. This is a meet which is not included in the competition packet for that competitive season. There will be set deadlines for these meets. You will need to let the Team Administrator know of your intention to compete. The registration fee for the gymnast and the coach's fees for these meets are in addition to the normal competition packet.

If your athlete qualifies from State Championships on to Regionals, please note the fees for those qualification meets are not included in the competition packet. The registration fee for those meets are set by USA Gymnastics and the coach's fees will be split amongst the gymnasts attending those meets. This holds true for athletes qualifying onto Westerns for Level 9 and Nationals for Level 10.

Competitive Team Gear

In the months of July and August each year, the Team Administrator will begin sizing gymnasts for competition gear. There are certain items that are mandatory as part of the competitive team and other items that are optional.

Competition Leotards are mandatory. This is what your gymnast will wear to every meet. Competitive leotards for Level 6-10 range between \$375-425 and are long sleeved. When possible, we always work to match a gymnast in need of a new leotard with one who has outgrown their leotard. "Used" competition leotards are sold for 50% of the original price and must be in great condition. Gymnasts are permitted to wear plain, black shorts during competition, if they feel more comfortable. Please make sure they have no white logo or writing on them.

Roots team warm up jackets and pants are mandatory for all levels except Xcel Bronze. The price range for warm up jackets is \$75-125. For the upcoming season, we will be using plain black leggings for warm up pants.

We also have team backpacks that are optional. These have the Roots logo as well as the athletes name embroidered on them. The cost of these is around \$45-\$50.

Other optional gear that will be available at different times include competition bows, sweatshirts, sweatpants, t-shirts, practice leotards, etc. Emails will be sent detailing the cost and order deadlines.

Roots Booster Club

The mission of Roots Booster Club is to provide the opportunity for all athletes in competitive programs at Roots Gymnastics and Dance to fundraise to help offset the cost of competition, gear and team fees. Any funds raised through the Booster Club can only be used towards fees incurred at Roots

Gymnastics. Families are not able to “withdraw” these funds to use for personal travel to competitions, etc.

There are various fundraising opportunities throughout the calendar year. This includes hosting gymnastics meets, running Kids’ Day In, wreath sales and much more. Participation in the booster club is not mandatory. Roots Booster Club is a not for profit corporation, not a 501(c) 3, therefore funds raised by each family are credited to their individual Booster Club account.

Booster Club Board meetings are held once a month and gym-wide Booster Club meetings held every 2-3 months or as needed. If you would like more information, please contact the front desk for the current Booster Club Board information.

Conclusion:

Thank you for taking the time to read and review each portion of this handbook. This document will help guide you in becoming a successful Roots’ team member. Your input is super important to all of the Roots’ staff and coaches. IF you have any concerns or questions at any point please feel free to contact the coaches. Thank you for trusting us with your child’s journey in gymnastics here at Roots!

Coaches Contact Information

***Feel free to contact coaches if you have any questions or concerns about your athlete’s experience at Roots. Here are the primary contact information for the coaches:**

DP Program Director/Head Coach: Chris Bushard: Text- 406.945.3381; Email- coachcjb@hotmail.com

Head DP Coach: Brandon Bushard: Text-406.552.9862; Email- brandonbushard@gmail.com

XCEL Program Director: Erin Beaudette: Text or Call- 406.370.6292; Email- erinbeaudette97@gmail.com

Hot Shots Program Director: Sandra Wolff: Text or Call- 206.354.8200; Email- sandrawolff@comcast.net

HANDBOOK ACKNOWLEDGEMENT

I have read the 2023-2024 Roots Team Handbook and I fully understand the rules, policies, and commitment of being a competitive team member at Roots.

Gymnast Name: _____

Gymnast Signature: _____ Date _____

Parents Signature: _____ Date _____

Email (For Team Emails): _____

*Please Complete this form and turn it in to the front office for our records. Thank You!!