

WELCOME TO THE BOWDON GYMSTARS COMPETITIVE TEAM!

CONGRATULATIONS YOUR GYMNAST MADE THE TEAM! NOW WHAT DOES THAT MEAN? THAT MEANS SHE HAS WORKED HARD AND HAS WHAT IT TAKES TO BE A COMPETITIVE GYMNAST. NOW SHE MUST COMMIT TO TRAIN YEAR ROUND AND WILL COMPETE WITH OTHER GYMNASTS ALL OVER THE STATE OF GEORGIA. SHE WILL COMPETE AS AN INDIVIDUAL WITHIN HER AGE GROUP AND LEVEL AND IF HIGH ENOUGH HER INDIVIDUAL SCORES WILL COUNT FOR THE TEAM.

TEAM COACHES:

KENDALL DOWNS MALLORY GARRETT

RACHEL DOWNS COURTNEY DRENNAN (DANCE)

GYMNAST REQUIREMENTS:

- ATTEND ALL PRACTICES AND GIVE 100% -HAVE A POSITIVE ATTITUDE
- BE RESPECTFUL TO EVERYONE -COMPETE AT ALL REQUIRED COMPETITIONS
- COME PREPARED: 1 piece leo, ankle band, grips (if needed), hair pulled up out of face, dance shoes/socks, tennis shoes and shorts for outside activities.
- MAINTAIN GOOD GRADES (copy of report card) -SIGN COMMITMENT CONTRACT

PARENT REQUIREMENTS:

- BE SUPPORTIVE AND ENCOURAGE YOUR CHILD -ATTEND PARENT CLUB MEETINGS
- BRING YOUR CHILD TO ALL MEETS & PRACTICES ON TIME -PARTICIPATE IN FUNDRAISERS
- KEEP DIRECTOR INFORMED OF ANY CHANGES OR IMPORTANT ISSUES -PAY FEES ON TIME

SPORTS PHYSICAL

ALL TEAM MEMBERS ARE REQUIRED TO GET A SPORTS' PHYSICAL BY OCTOBER 1.

MONTHLY TUITION

MONTHLY TUITION IS DUE BY THE FIRST DAY OF THE MONTH. THERE WILL BE SCHEDULED BREAKS AND HOLIDAYS OFF WHICH HAVE BEEN CALCULATED IN YOUR MONTHLY RATE.

MONTHLY TUITION IS PAYABLE TO BOWDON RECREATION AND CAN BE PUT IN THE BLUE BOX. ALL THOSE THAT PAY BY THE 1ST WILL BE ENTERED TO WIN 20% OFF THE NEXT MONTH.

HRS PER WEEK	FEE
1 HOUR	\$45
2 HOURS	\$65
3 HOURS	\$75
4 HOURS	\$85
5-8 HOURS	\$95
9-12 HOURS	\$105
13-15 HOURS	\$125
16-20 HOURS	\$150

SCHEDULED PRACTICES

ATTENDANCE IS A MUST. PLEASE INFORM THE COACHING STAFF IF AND WHY YOU MISS PRACTICE. IF YOU MISS PRACTICE DUE TO AN EXCUSED SICKNESS OR INJURY WITH A DOCTORS' NOTE YOU ARE REQUIRED TO SCHEDULE A MAKEUP PRACTICE IF AVAILABLE. IF THERE IS NOT A MAKEUP PRACTICE AVAILABLE YOU ARE REQUIRED TO SCHEDULE AND PAY FOR A PRIVATE LESSON. 2017/18 PRACTICE SCHEDULE IS ATTACHED.

CONDITIONING

COMPETITIVE GYMNASTICS REQUIRES A TREMENDOUS AMOUNT OF STRENGTH AND FLEXIBILITY TO BE SUCCESSFUL. CONDITIONING IS NOT ALWAYS THE FUN PART OF GYMNASTICS BUT IT IS VERY NECESSARY. WHEN THE WEATHER IS BAREABLE WE WILL ALSO USE THE TRACK. CONDITIONING IS AN AREA WHERE THE PARENTS CAN BE HELPFUL. ENCOURAGE THEM TO STRETCH AND DO STRENGTH EXERCISES AT HOME.

DANCE

DANCE LESSONS ARE INCLUDED IN TEAM PRACTICES. THERE IS NO EXTRA FEE FOR DANCE.

PRIVATE LESSONS

PRIVATE LESSONS ARE VERY BENEFICIAL BUT NOT REQUIRED UNLESS YOU MISS PRACTICE. SCHEDULING PRIVATES CAN BE DONE BASED ON YOUR SCHEDULE AND WITH THE COACH OF YOUR CHOOSING.

CHOREOGRAPHY/MUSIC REQUIREMENTS: SEE ATTACHED.

INJURIES/ILLNESSES

-Excused illnesses: fever, vomiting, anything contagious.

-Coaches should be made aware of all injuries.

-Gymnasts are still required to come to practice with injuries. They will be given assignments avoiding the injured area.

IF YOUR CHILD IS INJURED AND CANNOT COMPETE SHE IS STILL REQUIRED TO GO AND BE WITH THE TEAM UNLESS THE MEET LOCATION IS MORE THAN TWO HOURS AWAY.

DROP OFF AND PICK UP

IF YOU NEED TO DROP YOUR CHILD OFF EARLIER THAN 15 MIN BEFORE PRACTICE PLEASE CHECK WITH COACHING STAFF OR DIRECTOR BEFORE YOU DROP HER OFF. PLEASE INFORM DIRECTOR IF YOU WILL BE LATE AND IF SOMEONE ELSE IS PICKING YOUR CHILD UP.

TEAM ACTIVITIES:

-PARADES: All team members are required to participate in the local parades as a team.

- TEAM OUTTINGS: We try to find at least one college meet to attend together as a team.

-PARTIES: Christmas party, end of summer party.

DETAILS FOR ALL TEAM ACTIVITIES WILL BE COMMUNICATED TO YOU BY THE DIRECTOR OR PRESIDENT OF THE PARENT CLUB.

COMMUNICATION

GOOD COMMUNICATION IS CRUCIAL. PLEASE KNOW THAT MY DOOR IS ALWAYS OPEN TO TALK. I WANT TO ADDRESS ANY CONCERNS YOU MAY HAVE AND I WELCOME ANY SUGGESTIONS. THERE IS A BULLETIN BOARD IN THE LOBBY WITH VITAL TEAM INFORMATION

SO CHECK AT LEAST ONCE A WEEK. GROUP TEXT AND "REMIND" IS ALSO USED AS A FORM OF COMMUNICATION. OUR WEBSITE IS BOWDONGYMNASTICS.COM.

GYM PHONE: 770-258-8999

CELL PHONE: 770-310-3649

E-MAIL: lwheaton@bowdon.net

SCORE REQUIREMENTS

MOBILITY SCORES- Moving from one level to the next.

31.00 AA IS THE USAG AND AAU REQUIREMENT

GYMSTAR REQUIREMENT: 34.00 AA, SKILLS FOR THE NEXT LEVEL AND TIME COMMITMENT.

STATE QUALIFYING SCORE IS THE ALL AROUND SCORE YOU MUST SCORE IN ORDER TO QUALIFY TO COMPETE AT THE STATE MEET.

AAU BRONZE 35.00 AA

AAU LEVEL 3/SILVER 33.00 AA

AAU XCEL GOLD 34.00 AA

USA LEVEL 6/7/8 35.00 AA

USA XCEL 35.00AA

COACHING STAFF: ALL CITY EMPLOYEES ARE REQUIRED TO HAVE A CRIMINAL BACKGROUND CHECK. ALL COACHING STAFF ARE MEMBERS OF AAU AND ARE ALSO CPR/FIRST AID CERTIFIED. THE STAFF INVOLVED WITH THE USA GYMNAST ARE CERTIFIED MEMBERS OF USA GYMNASTICS AND USAG SAFETY CERTIFIED.

AAU AAU IS THE AMATEUR ATHLETIC UNION. **USAG** IS UNITED STATES GYMNASTICS PROGRAM. BOWDON TEAM MEMBERS COMPETE IN BOTH DIVISIONS. AAU IS MORE FOR NEW YOUNG GYMNAST AND USA IS FOR THE MORE EXPERIENCED COMPETITIVE GYMNAST.

MEETS:

ALL MEETS ARE MANDATORY. MEET SEASON IS DECEMBER THRU MAY. MEETS CAN BE HELD ON FRIDAY, SATURDAY OR SUNDAY. MEETS USUALLY LAST ABOUT 2-4 HOURS START TO FINISH DEPENDING ON THE SIZE OF THE MEET AND NUMBER OF GYMNAST COMPETING. BOWDON GYMSTARS SUPPORTS ANYONE WHO CHOOSES NOT TO COMPETE ON SUNDAYS. YOU MUST LET ME KNOW NOW IF THAT IS YOUR PREFERENCE. ALL OTHER REASONS MUST BE PRE-APPROVED BY THE DIRECTOR. *THERE ARE NO REFUNDS OR CREDITS REGARDLESS OF THE*

GYMNAST SITUATION. THAT ALSO INCLUDES BEING SCRATCHED FROM A MEET BY THE DIRECTOR. THE DIRECTOR HAS THE AUTHORITY TO SCRATCH A GYMNAST FROM A MEET IF ANY GUIDELINES ARE NOT FOLLOWED. THIS ALSO INCLUDES ANY GUIDELINES DISCUSSED IN THE MONTHLY PARENT CLUB MEETINGS. MEET SCHEDULE WITH DATES, FEES, AND LOCATIONS ARE ATTACHED.

PICTURES: INDIVIDUAL AND TEAM PICTURES ARE HELD ONCE A YEAR AROUND JANUARY. PARTICIPATION IS REQUIRED EVEN IF YOU DON'T WANT TO PURCHASE THE PICTURES.

AWARD BANQUET:

THE AWARDS BANQUET IS HELD ONCE A YEAR IN MAY. ALLTEAM MEMBERS ARE AWARDED.

BEING A COMPETITIVE GYMNAST REQUIRES HARD WORK, DEDICATION AND COMMITMENT FROM THE GYMNAST AND THE PARENT AND THE BENEFITS ARE VERY REWARDING!!! IT IS AN INVESTMENT YOU WON'T REGRET.

HEALTHY FIT BODY	LASTING FRIENDSHIPS	DISCIPLINE
STRONG WORK ETHIC	CONFIDENCE	
FUN	GOOD POSTURE	TRAVEL OPPORTUNITIES
COLLEGE SCHOLARSHIP OPPORTUNITY	GOOD SPORTSMANSHIP	

*BOWDON GYMSTARS GYMNASTICS TEAM IS UNDER THE LEADERSHIP OF
LISA WHEATON*

BGPC

THE BOWDON GYMSTARS PARENTS CLUB (BGPC) is a non-profit organization made up of our team parents of the competitive gymnastics team girls. The main purpose of the parent club is to assist the team members and coaches by raising money for meet expenses and meet fees.

Another important role for the BGPC is to provide support to both gymnast and their parents. Being a competitive gymnast is hard work: unlike other recreational sports being a competitive gymnast is a year round sport. Also, being a competitive gymnast's parent is hard work. We are here to celebrate with one another through the joys of the first place awards as well as to comfort one another in the tough times of defeat, injuries, etc. Gymnasts and their parents share a special dedication to this sport and it is good to know that we are here to support and encourage each other.

MEETINGS

The Parent Club meetings will be held the first Monday of each month at 6:00pm. The meetings are very informative and productive. The meetings are lead by the President and will cover:

- Individual and group financial updates -Upcoming fundraisers
- Upcoming events -Meet information
- Vital information from the Gymnastics Coordinator

BGPC OFFICERS

The BGPC is under the direction of elected Officers. To be eligible to hold an office you must be a parent or legal guardian with NO outstanding balance. Officer elections will be held every 2 years in AUGUST.

OFFICER ELECTION PROCEDURES:

- Nominations accepted from Coordinator or members -At least 2 nominees required
- Voting will be done in secret ballot form -1 year as a member required

PRESIDENT:

The Parent Club President is responsible for organizing meetings and working with the director to coordinate fundraisers, events, and advising all Parent Club members of major issues to be voted on, prior to meeting.

VICE PRESIDENT:

The Parent Club Vice-President is responsible for handling matters of the Parent Club in absence of the President. He/She will also be working with the director in coordinating fundraisers, events, and advising the Treasurer and Secretary. The Vice President will also be in charge of invitations and thank you notes for sponsors, city managers and etc...

TREASURER:

The Parent Club Treasurer is responsible for handling the checking account. She will keep a ledger of all money collected and raised. The Treasurer will be working with the director about the budget and will need to have a monthly report of the account to present to the parents and the director. The Treasurer will be the primary signature holder on the Parent Club Account along with the director and president.

SECRETARY:

The Parent Club Secretary Is responsible for taking the minutes of each meeting and posting a copy. She will be responsible for Xeroxing any club information, flyers, tickets, etc... The Secretary will also work with the director to inform and update on any Parent Club events, information, ideas, etc... She will generate a team roster with email addresses and phone numbers. A copy will be given to team moms.

PROCEDURES FOR VOTING:

- Secret ballot form
- Contract signed
- One vote per family
- Dues paid in full

BGPC MEMBERSHIP AND DUES

Membership in the BGPC is required for a one year period, which runs August-May. The membership fee is \$250 for the season. Dues are non-refundable. ALL BGPC payments should be placed in the pink box. Membership fee is due no later than August 10, 2015.

The dues are used for:

- Gymnast Birthdays and Christmas Presents
- Awards Banquet
- Christmas Party and End of Summer Party
- Team meet fees
- Operating cost of bank account

BGPC meetings are held once a month on the first Monday of the month unless stated otherwise. Parent attendance is what makes this club successful.

FUNDRAISERS

Fundraisers are implemented to help with the financial obligation of having a competitive gymnastics team. Fundraisers must be approved by the Coordinator. There are fundraisers that benefit the individual gymnast which are not mandatory and there are fundraisers that benefit the team program which are mandatory. Each team member is required to have someone work all fundraisers that benefit the team program. There will be a \$100 fee if you choose not participating in team fundraisers. All individual fundraising profits are non-refundable. Team Fundraising profits are used for:

- Operating costs
- Coaches training/certifications
- Coaches meet expenses

-Team meet fees -Team memberships/certifications -Coaches gifts

-Equipment(needed for team girls only)

GYMSTAR
TEAM
HANDBOOK
2017/2018

BGPC

Bowdon

Gymnastics

Parent

Club