



**JETKids, Inc.
Team Parent/Gymnast Handbook
2010-2011**

www.jetkidshome.net

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OVERVIEW OF JETKids, Inc. GYMNASTICS COMPETITION PROGRAM

Welcome and congratulations on joining the JETKids, Inc. Gymnastics Team!
JETKids, Inc. is a corporation operated By J.A. Dominguez

J.A. Dominguez is a Colorado native and has been coaching gymnastics for more than 24 years at different levels, private club, high school, and college. J.A. has a Bachelors Degree in Physical Education with a minor emphasis in Psychology from Metropolitan State College of Denver. In his career as a gymnastics coach he has coached numerous state and regional champions as well as nationally ranked athletes.

Thank you for your interest in JETKids, Inc. Gymnastics. The adventure you and your child are about to embark on will be a very special one. (Yes, it will be your adventure too!) Over the years we have had the pleasure of watching many children learn, grow, develop and mature into confident young adults who are ready to face the world. We look forward to the unique opportunities that working with your child will present.

This undertaking will give your child a stage on which to develop her confidence, poise, individuality, mental and physical discipline, determination, appreciation for dedicated effort, and self-respect. Your child will mature among individuals and in circumstances that will demand her finest efforts and judgments. She will develop close relationships with other young athletes who demand the best of themselves and expect the best in others. Educational opportunities will be made available which will compliment and enhance the experiences she will have in the gym. She will also have a lot of fun along the way!

Mission Statement and General Philosophy

Every child has the right to excel in her given talents. Our job is to assist our athletes in achieving their dreams realistically and to guide them to a better understanding of gymnastics and themselves. We believe that discipline in training will lead to discipline in all facets of life. The more consistent workouts are, the more consistent competitions will be.

Competition (gymnastics meets) is a means of outside measurement and not the determination of failure or success. We expect our athletes to strive for excellence in everything they do, and we hope that gymnastics will continue to be a positive aspect in their life.

JETKids, Inc. feels that gymnasts need to grow at their own pace. Our competitive teams receive a strong physical, ethical, and moral foundation, along with many valuable qualities that will carry over to "life after gymnastics".

- Self Discipline
- Self Motivation
- Time Management
- Sportsmanship - winning and losing
- Dedication - staying focused on their goals

- Leadership
- Concentration
- Teamwork and Friendships
- Nutrition and Physical Fitness
- Respect - for danger, teammates, judges, and coaches

Gymnastics excellence means becoming the best you can be individually. This requires setting short and long-term goals, followed by time commitment, energy, and hard work. The results will speak for themselves.

GIRLS COMPETITIVE PROGRAM

Compulsory Program:

There are three compulsory levels that the JETKids, Inc. Gymnastics team enters at official USAG (United States of America Gymnastics) competitions: levels 4, 5 and 6. At these competitions the same routine will be performed by every gymnast on each event. Levels 4 and 5 are achievement levels; the gymnasts will be awarded by score achievement versus gymnast ranking. All levels will have a state competition and gymnasts must qualify by score. This score is set annually by the State Competition Committee. The official compulsory season is August - December.

Developmental levels 1, 2 & 3 were not designed with competition in mind. (In some states competition is offered at these levels.) All gymnasts must master the basic skills introduced at these levels in order to advance. A USA Gymnastics Skill Evaluator must certify mastery of those skills.

Level 4 is the introductory level for gymnastics competition. Basic routines are competed on all four events. The gymnast must have reached her 6th birthday in order to participate. A Certified Skill Evaluator must verify that levels 1-3 have been completed.

Level 5 is the beginner level for competition. These routines are simplified versions of level 6 routines. The gymnast must have reached her 7th birthday in order to participate. A Certified Skill Evaluator must verify that levels 1-4 have been completed.

Level 6 is the most advanced compulsory only level. These routines help develop optional skills. The gymnast must have reached her 7th birthday in order to participate.

Optional Program:

The optional program consists of levels 7-10. This program differs from compulsory gymnastics because each gymnast in the competition performs her own unique routine on each event. Each level has requirements as to what must be included in each routine. Failure to perform required elements results in deduction or a lower Start Value (SV). The difficulty of the elements performed by each gymnast determines the level at which she must compete. Optional gymnast will compete in meets outside of the State of Colorado.

Level 7 is the entry level for the optional program. Gymnasts develop basic optional skills, optional dance, and knowledge of skill values. All routines at this level have a Start Value (SV) of 10.00. The competition season is December - April and ends with the State Gymnastics Meet.

Level 8 gymnasts develop creativity in their optional routines, skill difficulty, and knowledge of skill value. All routines have a 10.00 Start Value (SV), with the exception of vault. The competition season is December – May and extends to the Regional Level.

Level 9 is an advanced level in the optional program. Assuming all requirements are met the Start Value (SV) is a 9.7. Gymnasts must include Bonus in the form of connections and/or higher rated elements to raise their SV to a 10.00. The competition season is December – May and extends to the National Level.

Level 10 is the highest level in the USAG Junior Olympic (J.O.) program. It is one step away from the elite level (which is the level of gymnastics that represents the United States at international competitions). The SV for these routines is a 9.5, Bonus in the form of connections and/or higher rated skills must be performed to start from a 10.00. Level 10 extends through Regional to National competition.

*Qualifying scores are split: level 7 is decided at the state level, level 8 at the regional level, and 9 & 10 at the national level.

Ballet & Dance: It is highly recommended that all JETKids, Inc. Gymnastics team members participate in a dance program, at least once a week for an hour. We do not have an in house program; however we can direct you toward qualified programs in the area.

TIME COMMITMENT

Competitive gymnastics is a year round commitment. Because of this, occasional small personal sacrifices will sometimes have to be made. This is not to say that gymnastics must consume your lifestyle or that family vacations are not allowed. Actually, they are encouraged. Our coaching staff realizes that family and academics must be priorities. Ultimately, we hope that our athletes learn to manage their time when other activities arise. We feel that the efficient use of a 3-4 hour workout is sufficient for any one day. We have been able to successfully compete with teams putting in twice that amount of time by utilizing the time well.

ATTENDANCE POLICY

JETKids, Inc. gymnasts are expected to attend all scheduled practices. However, the coaching staff understands there will be occasional conflicts with practice times (school events, schoolwork, conferences, special events, family events, family vacations, and sickness). We simply request advanced notice when a gymnast will be late or absent from practice. In the case that multiple absences occur, the gymnast must make up those practices by scheduling private lessons with a team coach. This policy must be enforced because it is easy to fall behind and safety can become an issue, especially at an optional level. Our policy keeps the gymnast on track with their competitive goals by maintaining their skills, focus, strength and flexibility when unforeseen circumstances arise. The coaching staff will contact you to schedule private lessons if the need arises.

- Private lessons are \$40.00 - \$50.00 per hour.

WORKOUT SCHEDULE

Workouts include flexibility, strength, and individual event rotations ranging in length from thirty minutes to one hour. Visualization of skills and routines will also be incorporated into practices. The rotation and training schedule is predetermined by the JETKids, Inc. Team Staff. Please see that your daughter arrives on time. If your daughter needs anything taped prior to her workout (taping will be done by coaches only), please keep that in mind when determining your arrival time.

If you find it necessary to pick your daughter up early, please notify a member of the coaching staff **prior** to the start of practice so appropriate workout alterations may be made if necessary. Under no circumstances is a gymnast to leave practice early without informing one of her coaches. We understand a gymnast may compete in another sport, and we encourage it in Levels 4, 5, 6, and 7.

To attain a higher competitive level, gymnastics cannot take a "back seat" to any other activity except studies.

ADVANCEMENT

Advancement to the next level is solely determined by the coaching staff using the following criteria:

- Attendance
- Skill level
- Mental attitude
- Success at gymnast's current level
- Possible success at the next level
- Gymnast's desire
- Gymnast's work ethics

There is not a specific "time of the year" that the gymnast will advance, as it will vary for every gymnast and every situation.

Skill selection, training techniques, competitive level, music selection, choreography and all other similar matters are the responsibility of the coach NOT THE PARENT. Parents are always welcome to ask questions and voice concerns. However, the final decision regarding a gymnast's placement is made by the coach.

LOCKERS

Gymnast's will be assigned a locker in the bar area to share with one or two other team gymnasts. Padlocks are not allowed on lockers, so please do not leave valuables in them. All lockers and the general locker area must be kept clean by the gymnasts who use them. Use of the lockers is a privilege -- please don't abuse it!

COMPETITIVE TEAM FEES AND TUITION

Monthly tuition fees vary per level; you will be notified in advance of any tuition increases. There is no family or quarterly discount given on team tuition because it is already discounted from the hourly rate. Competitive team fees are collected prior to and throughout the competitive season. The fee's that team members are responsible for are identified in the Annual Team Budget. The budget covers: USAG fee's, meet entry, post-season, coach's fees, coach's travel, coach's education and equipment fees for all

levels. The Annual Team Budget will be handed out in August at the **mandatory** parent meeting.

JETKids, Inc. Gymnastics Team Annual Registration Fee is due prior to the first meet in the compulsory season (even if your child is an optional team gymnast). This fee helps to cover accident insurance during team practices.

TEAM FEE'S ARE NOT REFUNDABLE FOR ANY REASON.

Compulsory level meets range from \$60.00 to \$70.00 per meet while the optional levels range from \$85.00 to \$125.00 per meet. Information for upcoming meets will be given out with as much advance notice as possible. Meet fees are non-refundable, so the gymnast must be willing to compete or forfeit the fee. Competitions, especially at the higher levels, are sometimes held outside the state. The parents are responsible for any costs associated with this travel.

TEAM UNIFORMS

Team members are required to wear the JETKids, Inc. Gymnastics team uniforms at competitions. The uniform includes a warm-up suit, competitive leotard, briefs or liner, and gym bag. Uniforms are purchased every two years. **Approximate Cost: \$250.00**

SUMMER TEAM CAMP

Our summer team camp is typically at the end of July and attendance is **mandatory** for all team members. Payment plans are available, please speak with office personnel.

FINANCIAL COMMITMENT

You must be willing to undertake the expense of gymnastics. You will be the bank for leotards, tape, warm ups, travel, doctors, annual registration, tuition, meet fees, choreography for floor & beam routines, gym bags, floor music, USAG membership fees, etc.

(Note: the USAG insurance covers medical in a secondary position for costs due to injury at meets)

If fees are in arrears beyond 30 days, the gymnast will not be allowed to travel to meets as part of the competitive team. If fees are in arrears over 60 days, the gymnast will not be able to participate in practice. All payments will be applied to the oldest portion of the bill.

COMPETITIONS

Gymnastics meets are typically held at gymnastics centers and public facilities as well as JETKids, Inc. Meets are usually held on Saturdays and Sundays with an occasional meet on Friday afternoons. The coaching staff will make meet selections and decide which gymnasts will be invited to each competition. We are not informed of the exact day and time for each meet until one week prior to the competition. Team members will compete in all assigned meets unless excused by the head coach. Acceptable reasons are serious illness, injury, and family emergencies.

Skill selection, training techniques, competitive level, music selection, choreography and all other similar matters are the responsibility of the coach NOT THE PARENT. Parents may voice concerns; however, the final decision is made by the coach.

Please remember that the meet timetable actually begins the night before with a healthy meal and a good night's sleep. JETKids, Inc. requirements for competitions:

- Gymnasts must be prepared. See "Gym Bags"
- Gymnasts are to remain with the team at ALL times.
- Parents are not allowed to contact the gymnast once she has entered the competition area. You may talk to your child after the completion of the awards ceremony.
- Gymnasts expressing negative behavior before or during the competition will be removed from the meet. *This includes crying for any reason other than injury.*
- Gymnasts are required to remain in full uniform for the awards ceremony.
- Hair must be arranged away from the face and not interfere with movement or skills.
- Gymnast must arrive at the competition site 15 minutes PRIOR to general stretch time.
- If a gymnast is late, the coaches will decide if she will be allowed to compete.
- Gymnasts should bring water and a small HEALTHY snack. (Fruits and vegetables are preferred.)

HOME MEET AND HOME INVATIONALS

JETKids, Inc. Gymnastics will host 2-3 home meets per year. Home meets are only possible with a coordinated effort between the gym and the team booster program (parents and gymnasts). Without this combined effort home meets will not be possible. Home meets help keep our team costs down, are fun for your gymnasts and provide an opportunity to raise money for the booster program. Parents please volunteer at ALL home meets.

TRAVEL MEETS

Optional gymnasts will travel to 2-3 out of state competitions per year. Some meets will require the gymnast to travel as a team with the coaches. This allows the gymnasts to focus on the competition and bond as a group. Parents are always welcome to travel to the meet, but the gymnasts must remain with the group for the entire duration of travel, including all meals and site seeing. The coaches will form a budget for each travel meet, and collect the appropriate funds from each family to cover all travel costs and meals, prior to the meet. There will also be travel meets in which the parents must travel with the gymnast, and handle all travel arrangements including transportation, meals and hotel. The coaches will provide information regarding meet location, days and times of competition, and hotels in the area. It is then the parent's responsibility to ensure that the gymnast arrives to the meet on time and prepared.

GYM BAGS

Team members must maintain their own "gym bag" which should include: grips*, wrist bands, wrist guards*, hand lotion, a full roll of athletic tape, emery board or callus shaver, extra hair ties, etc. Optional gymnasts must have two pairs of grips – a regular pair and spare pair that are already broken-in, and an extra copy of their floor music.

* only if gymnast uses these items at practice

SAFETY

JETKids, Inc. makes it a priority to teach each gymnast proper movement and placement of mats. Safety falls, trampoline safety and general gym safety are taught and practiced on a regular basis.

INJURY POLICY

Unfortunately, injuries are a part of any competitive sport. Everyone on our team staff maintains current Safety Certifications thru USAG. Our number one goal is to teach good gymnastics in the safest environment possible. However, injuries will happen anytime a person involves motion, speed, height, and body parts. If your gymnast becomes injured, the coaching staff needs to be kept informed on the rehabilitation process. It is necessary that the coaching staff speak with the physician and/or physical therapist regarding the injury to help ensure a quick recovery.

Injured gymnasts are required to continue attending all scheduled practices. It is necessary for competitive athletes to continue their strength, flexibility, and visualization training. This allows them to return to event training immediately after the injury is healed thus minimizing the training recovery period. There are exceptions to this policy; depending on the severity of the injury. The coaching staff will determine these exceptions after consulting with the gymnast's physician.

EMERGENCY PROCEDURE

Most injuries that occur in gymnastics will simply require an ice pack. If this is the case, the gymnast will ice the injured area for 15-20 minutes, and the coach will then evaluate the injury. The gymnast may be able to continue with her training at that time, or she may be asked to work on strength and flexibility for the duration of practice. The parents will be notified of the injury at the end of practice. If the injury requires emergency care, the parents will be called immediately. The paramedics will be called only when necessary. Coaches will process an incident report, and follow up with the parents regarding the injury. All team coaches are USAG Safety Certified. *During competitions parents will be asked to the competition floor ONLY if an injury is severe and requires immediate medical attention.*

Monthly tuition rates will not be altered due to injury if the gymnast plans to remain on the team after the injury is rehabilitated.

TEAM COMMUNICATIONS

We have an open communications policy between gymnasts, parents and coaches. If any concerns or questions should arise, please contact a member of our coaching staff immediately. We are happy to listen to you and do our best to help. However, be considerate of coaches' schedules; you may have to notify the front office and set up a time to speak with a coach.

Every team member has a "mailbox" (file folder). It is important that your gymnast checks her mailbox **daily**, as this is the major source of communication between you and JETKids, Inc. Information will also be posted on the lobby bulletin board under Team News.

Team coaches hold a team parent meeting in August to answer questions and give updated information. It is **mandatory** that one parent from each family attend this meeting. We're certain questions will arise after you read the Team Parent/Gymnast

Handbook please take advantage of our open communications policy. The coaching staff is here to help you and your daughter have a positive experience, so please help us by communicating!

BEING a JETKids, Inc. COMPETITIVE GYMNAST

CONGRATULATIONS!! You made the Team!

You have already worked hard to become a member of the JETKids, Inc. Gymnastics Team. However, you will find that team requires even more effort physically, mentally and emotionally. Sometimes practices will be very frustrating. You may be unable to do a skill that you've been working very hard to do. Be patient with yourself. Work on a smaller part of the skill or try visualizing. It takes many failures and many, many hours to learn to be a fine gymnast. You may be afraid to try a new skill. Your coach is there to help you work to overcome your fear. There are exercises to build your strength and flexibility. Oftentimes strength, flexibility and visualization will be assigned as homework. These exercises are not always fun, but are essential for good gymnastics.

You are a member of a team. You must always put forth your best effort and encourage other members of your team to do so as well. If someone learns a new skill be excited for them and show your excitement by saying things like, "That's great!" Cooperation with the coaching staff and respect for the facility, equipment and other gymnastics classes is mandatory at all times.

JETKids, Inc. Team Gymnast's Responsibilities:

- Attend practices regularly and on time.
- Dress properly – hair pulled back appropriately, leotard ONLY, no tights or shorts.
- Listen carefully to your coach, and ask questions if you don't understand.
- Put 100% effort into everything you do.
- Be polite and respectful at all times.
- Display good sportsmanship at all times.
- Dream high, anything is possible.
- Smile and have fun, a positive attitude is a must.

Things you can do to speed your progress:

- Set realistic, progressive short and long-term goals.
- Find reward in hard work.
- Use your coach's constructive criticism to better your gymnastics and TRUST what he/she says.
- Refuse to be frustrated, work through it. Rebound back from setbacks and defeat, apply yourself.
- Have mental courage. You may be nervous about a skill, but stay calm and work through the fear.
- Continuously work to increase flexibility and strength in all joints and muscles. Even at home!

Nutritional Guidelines

Team members are expected to maintain good nutritional habits. Proper nutrition is necessary to keep bodies fueled for tough workouts. You may bring a small HEALTHY

snack to practice in case you need to refuel. As parents, you need only to monitor or be conscientious of the types of foods that your athlete consumes. It does not in any way mean a stringent diet!

A meet is much less physically demanding than a practice, so no special energy foods are necessary (such as "carb loading"). Keep in mind, however, that a meet is more emotionally draining, so foods that digest easily are suggested.

DISCIPLINE PROCEDURE

Whether in the classroom or in the gym the best environment for learning is a disciplined one.

1st Offense - The problem will be discussed with the gymnast; she may be asked to sit out for a period of time.

2nd Offense - The parents will be made aware of the situation.

3rd Offense - A conference will be scheduled with the gymnast, parent, and coach. A suitable solution will be determined and enforced.

Any continued offenses may result in the gymnast being removed from the team program.

PARENT OBLIGATIONS

First and foremost, decide whether or not this program is for you and your child by asking the following questions:

- Can she handle an accelerated pace?
- Can you handle the commitment?
- Can she handle the initial increase in training time? In some cases it can double.
- Can she handle the discipline, commitment and conditioning?
- Is gymnastics what **she** wants to do?
- Can you trust your child's athletic growth and development to the members of the JETKids, Inc. Gymnastics coaching staff?
- Can you afford it financially?

GUIDELINES FOR PARENTS

Warning signs that indicate the parent needs to re-evaluate their actions and involvement:

The needs to observe every practice.

Learning about technique and applying it through personal coaching of your gymnast

Comparing your child and their progress to other gymnasts on her team or other teams.

Expressing negativity towards the gym, its coaches, and/or its facilities

Video taping every meet and requiring your child to review it at home with you

Incorrect

You beat Susie, all right!

Did you do your "___ (skill)" today?

If you win (or stick) , I'll give you . . .

That judge never liked you.

Point your toes, be tight, stick your routines!

Correct

You beat your highest score!

How was practice?

Do your best!

You'll do better next time.

Have fun! You can do it!

To become the essential link in the Training Triangle of Coach/Gymnast/Parent, your trust in the coaching staff is paramount. Gymnasts need encouragement from their parents; they get enough constructive criticism from their coaches. When it seems that progress is not being made, a supportive hug after practice is the best thing a parent can do.

Encouragement is great; however, please refrain from pressuring your child. Simple things like watching too much practice translates to pressure on your gymnast. You must truly believe that JETKids, Inc. coaches have your daughter's best interests in mind. Find out about your gymnast's progress periodically -- not after every practice. For a full discussion of your gymnast's progress, feel free to make an appointment with your child's principle coach.

Advise coaches on extremely adverse situations or stresses the gymnast may be undergoing outside the gym. This information helps us adjust our coaching when needed.

Should problems or frustrations arise with coaching decisions, your gymnast's progress, gym policies or gym staff, open communication is essential. We would much rather bring the problems to the surface immediately and work through them through the Coach/Gymnast/Parent partnership than allow them to create a negative environment for all involved.

Meet Conduct for Parents

No one can prepare you for your daughter's first competitive gymnastics experience. Each one of you has a unique relationship with your child. We rely on you to create a relaxed and supportive atmosphere prior to, during, and after the meet. Because we, as coaches, know what we want each gymnast to concentrate on, we do not want conflicting messages coming up when they are competing. We like the athletes to have a clear conscious and subconscious mind. This allows us to focus their thoughts where they are needed with no interference. Again, if you feel we are missing something important, please feel free to discuss the matter with the coaching staff. However, a meet is not the appropriate venue. Please schedule an appointment after the meet to discuss suggestions or concerns.

Once your gymnast has entered the competitive area, you will no longer communicate with your athlete until the meet is completely over. Gymnasts will not, for any reason, be allowed to leave their group to converse with parents during a meet. Parents are not allowed on the meet floor.

It is not the parents' responsibility to discuss judging and scoring during competitions. Under NO circumstances are the parents or gymnast to converse with the judges. All parents and gymnasts are representatives of JETKids, Inc. Gymnastics and are expected to do so in a friendly and polite manner that promotes good sportsmanship on every level.

A parent's number one job is to be their athletes biggest fan at all times. On the road to a final goal there are great practices, good practices, bad practices and m0great meets, good meets, and bad meets. Remember that attainment of personal victory is preceded by many failures. How do you think your athlete will feel after a fall on the beam if she looks up to see you shaking your head or frowning? The smallest things can affect their

confidence level for the rest of the meet. Ask yourself, "How do I perform when I'm feeling very self-conscious versus filled with confidence?"

Every bad practice or meet is just as important as a good/great practice or meet. They are all steps towards a final goal. They are all learning experiences. Please be your child's biggest fan!

The Journey is the most important goal, not the destination!
Gymnastics is a sport different from all others

Gymnastics 101 (Competition)

- Women's gymnastics competitions involve performances on four events: vault, uneven bars, balance beam, and floor exercise.
- The athletes compete either compulsory or optional exercises. Compulsory routines are developed for the entire United States by the national governing body (USA Gymnastics).
- The compulsory routines are created with varying levels of difficulty that develop skills progressively. Optional routines are choreographed (i.e., put together) by the coach and the gymnast. These routines are unique to each gymnast.
- Gymnasts may start competing in level 4 and go up to level 10. Levels 4, 5 and 6 are compulsory and levels 8, 9, and 10 are optional levels. Level 7 is an optional level with certain compulsory skills required on each event.

Warm Up

- The competition will begin with a "warm up." During the pre-competition "warm up" the gymnasts begin by stretching and then move to the events for skill and routine rehearsal. Each athlete or team is given strict time limits to warm up on each event so that everyone gets an equal amount of time to use the equipment.
- Following the warm up the athletes will assemble at some designated place. They will then "march-in" and each team will be announced. The judges are also introduced. (This is a long-standing gymnastics tradition.) The National Anthem will be played prior to every meet.
- Following the march-in the gymnasts will disperse to their first competition event. At each event prior to competing they will stop to pay homage to the judges. After acknowledging the judges the optional level gymnasts will normally warm up yet again. Yes, it is exhausting. One reason practices have to be so long and tough is to condition the gymnast to survive the warm up period in a typical meet. This second warm up period is called the "30 second touch."

Time to compete

After all the marching, touching, and rehearsing, it is now competition time. Parents Will quickly determine that during the 4-5 hours they will typically spend watching a gymnastics meet, their child will actually compete a total of 3 minutes.

Vaulting consists of a run of about 70'-80' followed by a jump to a small wooden and springing device called a "spring board" (what else?), and a diving flight to an apparatus, held up on metal posts (called a "horse" or "table"). The gymnast lands on his

or her hands on the horse, usually somewhere around a handstand, and pushes off, performs some movement, and then lands on his/her feet. Vaulting requires extreme quickness, a fast run, a hard push from the horse, some cool flips and stuff in the air, and a landing that is "stuck"

The Uneven Parallel Bars ("bars") consist of two wood-coated, fiberglass rails held up by steel posts at different heights. Routines consist of 10-14 skills performed in a series. The gymnasts should show large swing skills, lots of handstands, a release and re-catch of the bars, some sort of somersaulting or twisting skill, and a dismount to the floor.

The Balance Beam ("beam") is an apparatus made of steel and padding that is 16' long, 4" wide, and held approx. 4' high. The gymnast will show a variety of skills (including dance and tumbling) that are combined to form a routine. that lasts from 70-90 seconds. Doing all that stuff on a surface 4" wide is difficult. Staying on the beam is important.

Floor Exercise ("floor") is performed on a 40' X 40' platform that is supported by springs and covered by a layer of wood, foam and carpet. It takes approximately 1,600 springs to support the floor. Floor routines must include a combination of tumbling and dance elements that are performed to music.

Judging/Scoring

Judges evaluate these routines based on rules developed by the "FIG" which is a French acronym for International Gymnastics Federation. The FIG publishes a new set of rules every four years following the Olympic Games. Even though there are very specific rules for judging, gymnastics is an art form and it left up to interpretation. This is why there is more than one judge at each event.

Gymnastics is an interesting sport where the officials can outnumber the gymnasts. Judges must study, practice judging, be tested and pass for each level of gymnastics before they may judge it at a meet. Judges write down everything that happens during the routine (both good and bad) using shorthand.

The score for each routine begins at a 10.00 and "deductions" are taken for each error made during the performance.

The judges will often "conference" following the first routine of the competition to make sure that they are deducting for the same things. This first score, or "base score", sets the tone for the entire meet. Each subsequent routine will be judged to be either higher or lower than this base score. The judge's job is to see that the best routines receive the highest scores. This is difficult to do. The judge's will conference every time their scores are too far apart. Together they will make a revised judgment about the routine.

There will be times when the coaches do not agree with the score given. However, in most cases the coaches will do nothing about the "incorrect" score. This is because the judges score the routines too high as often as they get them too low. Since a coach would not ask a judge to lower a gymnast's score when it is too high, it is not right to ask them to raise it when it is too low. Also, remember that the scores are all relative and are compared to the base score. You will sometimes find that a score you thought was too low ends up placing very well in the ranking of gymnasts at the end of the meet. There are times, though, when a score is *really* too low. This is particularly troublesome when the

meet is important. In this case there is still little the coach can do, though the coach can “inquire”.

If a parent should ever think his/her own judgments are more accurate than that of the judges and the coaches, that parent is encouraged to become a gymnastics official. Anyone can take the classes, study the materials, and test to become a certified gymnastics official (judge). Our sport is always in need of talented officials who can correctly score and rank over hundreds of routines.

A Brief Description of the Competitions

Qualifier or Qualifying Meets: Any meet, sanctioned by USA gymnastics, in which achievement of a set score qualifies a gymnast to compete in a subsequent competition (usually states, regionals, or nationals). The State Board of Directors and USA Gymnastics generally determine the qualifying score and the designated meets prior to the start of the competition season.

Invitational: These are meets hosted by individual clubs and they generally offer team, as well as, individual competition. The meets must follow the rules and policies dictated by USA Gymnastics and are sanctioned. These meets are important in their own right and they can serve as qualifying meets for states.

State Championships: States are allowed to determine whether or not to offer a State Championship at levels 4 and 5. State Championships will be offered at levels 6 through 10. The state meet is the qualifying meet for regionals.

Regional Championships: Regionals is a competition consisting of the best gymnasts from each state within its region. There are eight regions in the United States. JETKids, Inc. Gymnastics is located in Region III and our Regional Championship involves gymnasts from: Colorado, New Mexico, Texas, Wyoming, Oklahoma and Arkansas. The Regional Board of Directors determines the qualifying procedure to the Regional Championships for levels 8 and 9. Level 10 gymnasts must qualify to regionals by score.

East/West Nationals: This is a semi-national competition for level 9 gymnasts who qualify at their Regional Championships. Gymnasts who qualify will proceed to either Eastern or Western Nationals depending on which side of the Mississippi they are on.

National Championships: USA Gymnastics offers a national competition for level 10 and elite gymnasts. Level 10 gymnasts must place in the top 7 in their age group at their regional meet to qualify. At the elite level the gymnasts must achieve a certain minimum score to advance to the Classic Nationals. From these meets a limited number of gymnasts are taken to the Championships of the USA where our national team is determined.



Tuition & Registration
EFFECTIVE JUNE 1, 2006

Registration: All team members new and old must register annually by June 15th; your competition level determines this fee. This fee is usually the same as your regular monthly fee; however, JETKids, Inc. Gymnastics reserves the right to increase this fee with explanation.

Team Tuition: Team tuition is a yearly fee (June to June) broken into 12 equal monthly payments and based on a 48 week year. This allows for vacation time missed by the athlete, coaches' vacations, and down time for the gym. There is no prorating of monthly tuition fees and no family discount given for team athletes. Tuition fees are due on or before the first of every month. If tuition is received after the 5th of the month a \$25.00 late fee will be assessed. A gymnast may be denied access to the gym if tuition is past due. Fees may change at any time. There is a \$25.00 charge on any returned checks.

Developmental Team Tuition	\$1440.00
Monthly Fee	\$120.00
Registration Fee	\$75.00
Level 4 Team Tuition	\$2100.00
Monthly Fee	\$175.00
Registration Fee	\$175.00
Level 5 Team Tuition	\$2520.00
Monthly Fee	\$210.00
Registration Fee	\$200.00
Level 6 Team Tuition	\$2760.00
Monthly Fee	\$230.00
Registration Fee	\$200.00
Level 7 Tuition	\$3120.00
Monthly Fee	\$260.00
Registration Fee	\$200.00
Level 8 - 10 Tuition	\$3600.00
Monthly Fee	\$300.00
Registration Fee	\$200.00

JETKIDS, INC. GYMNASTICS TEAM COMMITMENT

I have read and understand the team rules and the responsibility descriptions for coach / gymnast / parent. I feel that this sport has many benefits to offer my family, my child, and myself by choosing JETKids, Inc. I feel that my child's goals can be reached in this program.

I make a commitment to fulfill my roles to the best of my ability and to support this program in my words and actions. If I have a disagreement or problem with the staff or program, I will contact the gym first to attempt to resolve the situation. If at any time I feel that this is no longer the best program for my child, I will notify JETKids, Inc. and stop her training at this gym.

I also understand and agree that if at any time my actions or words become detrimental to this program, I will be asked to remove my child from the program and find another gym. I understand that if my child participates in the team program and this agreement is not signed and returned, it is implied that participant and my family agrees to all rules and responsibilities, including financial responsibility for participation.

PARENT SIGNATURE

DATE

PARENT SIGNATURE

DATE

I have read the JETKids, Inc. Team Parent/Gymnast Handbook for coach/gymnast/parent. I understand the rules and responsibilities as they apply to me. I am making a commitment to do my best to fulfill my responsibilities as a JETKids, Inc. Team member. I also make a commitment to compete.

GYMNAST SIGNATURE

DATE

If this sheet is not signed and returned to the office, it is assumed that all rules and policies of JETKids, Inc. Gymnastics have been read and accepted.

Parent/Gymnast Copy

JETKIDS, INC. GYMNASTICS TEAM COMMITMENT

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