BAKERSFIELD GYMNASTICS ACADEMY



# 2022-2023 Season

# Men's Competitive Team Parent Handbook

Dear Families,

Welcome to the 2022-2023 Bakersfield Gymnastics Academy Season. This handbook will introduce you to the world of competitive gymnastics and the rules, policies, and commitments that accompany membership on the team. We reserve the right to modify policies and procedures as the case may arise. We are dedicated to providing a positive gymnastics experience and help each gymnast achieve his dreams. We are excited to work with you, as a team, as your son embarks on this exciting journey.

BGA Staff

# 1. TABLE OF CONTENT


(1) Table of Content ..... 2
(2) Mission Statement ..... 3
(3) Program Objective ..... 3
(4) Introduction ..... 3
(5) Competitive Season ..... 4
(6) Competition Schedule ..... 4
    (a) Keep in Mind ..... 4
(7) Team Membership Expectations ..... 5
    (a) Practices ..... 5
    (b) Communication ..... 5
    (c) Absences ..... 5
(8) Academics ..... 6
    (a) Middle School ..... 6
    (b) High School ..... 6
    (c) National Academic All American ..... 6
    (d) Physical Education Credit ..... 6
(9) Grips ..... 7
    (a) Other Equipment ..... 7
(10) Healthy Eating Habits ..... 7
(11) In Case of Injury ..... 8
    (a) Communication ..... 8
    (b) Pain Scale ..... 8
    (c) Blister Prevention ..... 8
    (d) ICE, ICE, ICE ..... 8
(12) Competition Etiquette ..... 9
    (a) Qualifying to Nationals ..... 9

# (2) Mission Statement

**AT BAKERSFIELD GYMNASTICS ACADEMY**
…we strive to teach our athletes the importance of physical, mental, and emotional preparation through the experience of a **competitive season**.

# (3) Program Objective

- Create a culture of success, in a positive and disciplined environment, which develops happy, confident, goal-oriented children.
- Provide an environment in which each gymnast can reach his potential in the sport and enjoy the competitive longevity necessary to meet his goals.
- Offer an atmosphere in which children can develop a positive self-image through improved performance and skill acquisition.
- To learn the importance of physical activity, develop an appreciation and respect for the physical body, and encourage an active lifestyle.
- Provide the opportunity for children to participate in a competitive sport and learn how to work as a member of a team.

# (4) Introduction

Competitive gymnastics is an exciting, challenging, and captivating sport. Commitment to the Bakersfield Gymnastics Academy Team Program, allows athletes to reap the many benefits of participation in the sport. Gymnastics serves as an excellent medium for learning vital life lessons and skills such as: time management, work ethic, goal setting and achievement, responsibility, perseverance, how to work in a team environment, and the ability to handle both perceived successes and failures. These life lessons will stay with your son long after he retires from the sport.

However, membership in the team program requires a high level of physical, emotional, and monetary commitment from the entire family. The decision to join the team program should not be taken lightly. You, as a parent, are to be congratulated because you are taking the time to think through the consequences of team membership.

# (5) Competitive Season

Competitive gymnastics is **not** a seasonal sport. It requires year around training, all 12 months, to be successful. The season begins directly after championships of the prior season. This is important to understand as absences in gymnastics training have detrimental effect. The year is divided into training cycles that build on the previous. Below is an example of a competitive season:

**Preparation (June-Sept.):** Skill acquisition. Increasing general strength, flexibility, and basics.
**Pre Competition (Oct.-Dec.):** Refining skills and combining them into sequences.
**Competition (Jan.-Mar.):** Routine endurance and consistence become the focus.
**Peaking (Apr.):** Maximum routine endurance is reached and quality of routines takes precedent.
**Recovery (May):** Little to no routines and lighter strength. Skill acquisition begins.

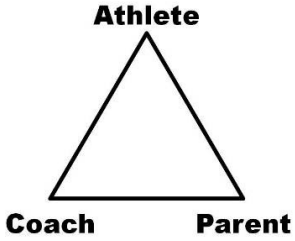
# (6) Competition Schedule

To be able to compete successfully in a competition will only come from competitive experience. The goal is to build upon these experiences in order to qualify for the State, Regional and National Championships. The competition schedule is chosen with these goals in mind which is why we would like to look at our schedule as a **season** instead of separate meets.

Your son is required to attend all of the competitions for his specific level. Please remember that this is a tentative schedule, the exact day and time of the specific sessions will not be known until a few weeks before the event. The competition schedule is available in a PDF format on bakersfield.academy.

# (6)(a)
# Keep in Mind

- At the lower team levels, the number of hours of practice per week are relatively few. As your son progresses up the competitive ladder, the hours and days of workout will continue to build.
- You will have to change your schedule to the extent that you are available to drive your gymnast to and from practice.
- There will be gym meets that take up a number of weekends during the competitive season.
- Homework will have to be done much more efficiently and with better study habits due to shorter periods of time available.
- Time management skills will become a necessity in all areas of your child's life. Your son will have less time at home and less time to spend with friends outside the sphere of gymnastics influence.




## (7) Team Membership Expectations

| COACHES ROLE | PARENTS ROLE | ATHLETE ROLE |
|---|---|---|
| ◉ Provide each individual athlete with a unique definition and approach to success<br>◉ Decide which level they are competing<br>◉ Guide the athlete through the process of skill development | ◉ Be proud of your son and provide love and comfort<br>◉ Provide proper nutrition<br>◉ Be involved with fundraising<br>◉ Stay on top of fees<br>◉ Support the gym and bring questions and concerns<br>◉ Help the child bring a line of communication to the coach<br>◉ Inform coach when your son will be absent or late | ◉ Give maximum effort during every practice<br>◉ Know and understand the rules of the gym<br>◉ Communicate with parents and coaches<br>◉ 9-12 grade; Inform coach when you will be absent or late |

## (7)(a) Practices

Team Athletes are required to attend **ALL** practices. If a team member misses a practice without prior notice, this may jeopardize his participation in upcoming competitions.

## (7)(b) Communication

Email is the main form of communication throughout the BGA family. If you have not already added yourself to the email distribution list please do so. Your email account needs to be an active account that is checked regularly. If you have a question about something please feel free to call, text, or send an email.

| | | |
|---|---|---|
| **Coach Matt** | matt@bakersfield.academy | 626-592-1843 |
| **Coach Ben** | ben@bakersfield.academy | 661-703-7139 |

## (7)(c) Absences

If you are going to be absent or late please text your coach. If you are missing more than a week for vacation please plan to do some type of general conditioning and stretching to help stay in shape.

# (8) Academics

While physical development is obviously important, we must also stress development of values, morals and social skills, which will remain with these student/athletes for the rest of their lives. It is expected for the athlete and parents to have a plan to excel in academics. It has been the experience of most coaches that students/ athletes who are involved in a team program, such as gymnastics, tend to have good grades and are better at studying because they have learned to budget their time more effectively than their peers.

When first starting gymnastics the training hours and homework load are small. As they move up the grades/levels the required practice time increases as well as the homework load, leaving very little free time. If your son is struggling please contact us so we can create a plan to overcome these issues. This could include allowing them to study during practice if they do not have enough time at home. **WE CAN ACHIEVE MORE IF AS PARENTS AND COACHES WE WORK TOGETHER.**

# (8)(a) Middle School

### Grades 6-8

This year student/athletes who receive a grade point average of 3.5 or higher will be recognized in the gym. This converts to half A's and B's. This achievement will also be celebrated at the end of the school year with a pizza party. Report cards will be collected at the end of the first semester, and at the end of the school year.

# (8)(b) High School

### Grades 9-12

At this point the student/athlete should be well adjusted to studying and training. Students earning less than a B in any course or a GPA below 3.0 will be required to attend a coaches meeting with their parents. Students that have not yet achieved a 3.5 cumulative GPA, but demonstrate improvement in their cumulative GPA will also qualify for the end of the school year pizza party.

# (8)(c) National Academic All American (9th-12th Grade)

USA Gymnastics recognizes and rewards academic achievement in junior gymnasts. They have established an Academic All-American Recognition Award Program to be presented annually at the Junior National Championships. Even if they do not qualify for Nationals they still can be recognized.

# (8)(d) Physical Education Credit

As a student/athlete any amount of time during the day can be very useful to finishing homework and making sure not to fall behind academically. Most schools have an option to replace gymnastics training for Physical Education Credit. This will open up an extra period for studying. Please take advantage of these programs.

## (9) Grips

Once your son is big enough they will start to use grips. The most important aspect of getting new grips is the size of the gymnasts hand. The different grip companies have different scales. Horizontal Bar grips have a small dowel and 2-3 holes for the fingers. The Ring grips have a large dowel and 2 holes. As they get older they should always have a set of old grips that they can use as back ups.

## (9)(a) Other Equipment

- Grips & Wrist Bands
- Back up Grips
- Athletic tape, Pre wrap
- Required Practice Uniform Attire
- Level 7 & up: Foam Roll
- Gymnast must bring gym bags to gym everyday with a snack, water, athletic tape, grips, comp pants, socks.

## (10) Healthy Eating Habits

Bring a snack and something to drink, preferably water. With the amount of hours that the athletes will be training and studying it is extremely important that they are eating the proper foods.

# (11) In Case of Injury

Gymnastics requires complete muscle cooperation throughout the entire body. If a specific area is weak, this will cause stress on that area which can lead to injury. Throughout practice we do a large amount of injury prevention, but certain athletes might need specific strength and/or flexibility development. This sometimes requires flexibility and strength conditioning at home.

# (11)(a) Communication

It is important that your child tell us about aches and pains until they are able to distinguish between the pain of daily practice and pain that is causing damage. Until they reach this point it is our responsibility as coaches and your responsibility as parents to help them determine which they are dealing with. I initially suggest getting the athlete to communicate directly to the coach, but if that doesn't happen, then the parent should be the line of communication between the athlete and coach.

# (11)(b) Pain Scale

Knowing the difference between normal pain and injury pain:

**Pain Scale (1-10)**

- 1-3 Normal Aches and Pains
- 4-6 Something to keep an eye on and increase injury prevention
- 7-10 Time to discuss reducing workout on that muscle and maybe even a visit to the doctors

# (11)(c) Blister Prevention

**Rips are normal and will happen often.**

Hands are used on every event in gymnastics. It is very important that they take care to prevent blisters. Hands with a lot of blisters can not practice. Each athlete should have a Pumice Stone to keep calluses shaved down to avoid ripping.

After a rip make sure to keep it moist, which allows it to heal faster!!!

# (11)(d) ICE, ICE ,ICE

The question is should you heat or ice after an injury? The answer is ice. **Apply ice at 20 minute intervals.** For soreness, a nice warm shower might help relax the muscles and provide some relief.

# (12) Competition Etiquette

- Arrive at least 15 minutes before the Open Stretch Begins.
- Do not coach your child from the sidelines. Let the coach do the coaching.
- Do not talk to the child during a competition.
- Uniform attire should include 2 pairs of socks
- Provide a snack and drink
- If you have a question after the meet relating to scores and placement, please save it until a later date. We will use the time after the competition to celebrate all the hard work the athletes have done, and it will be treated as a celebration no matter the outcome.
- The athletes must stay until the end of awards. We want to teach them that they must respect everyone who worked very hard to be in the competition, and make it to the podium.

**Different Styles of Competition:**

| Standard Competition | Capital Cup Competition |
|---|---|
| Open Stretch (30 min) | Open Stretch (30 min) |
| Warm Up All 6 Events (~90 min) | Warm Up 1st Event (10-15 min) |
| March In (~15 min) | March In (~15 min) |
| Compete All 6 Events (~90 min) | Compete 1st Event (~20 min) |
| Awards (~60 min) | Warm Up … Event(~15 min) |
| | Compete … Event(~20 min) |
| | Awards (~60 min) |

# (12)(a) Qualifying to Nationals

Our Region is one of the hardest regions to qualify into Nationals. With that being said, Regional Championships becomes the most important competition of the season. Below is the mandatory practice schedule at Regional Championships for all potential national qualifiers. Please plan to attend all of the days required.

| | |
|---|---|
| **Wednesday** | Practice for all Optional Levels |
| **Thursday** | Level 10 Competes, Level 8-9 Practices |
| **Friday** | Level 7-9 Competes |
| **Saturday** | Technical Sequences |