

House Team Handbook
2009-10



**JACOBS
GYMNASTICS**

Jacobs Gymnastics House Team Handbook 2009-10

Welcome to all our House Team program families. We have developed the House Team Handbook to better our communication and clarify our goals and expectations with this program, now entering year 2! Please read over the information carefully. A successful program begins with knowledge.

House Team Program

House team is a program designed to give advanced level gymnasts a limited team experience with minimal practice time and competition commitments. House Team serves two functions. The first is a program for the gymnast with goals of being promoted to the AmeriKids team program, which travels to approximately 8 meets per season, practicing twice a week, 12 months a year. The second is a program that offers the team experience at a fraction of the time commitment and zero travel. Given the more strenuous commitments, these gymnasts have decided that House Team better serves their commitment and interest level, while still giving them the option to stay in a team setting. House Team members will have the opportunity to compete in two "house" meets a year. One meet will be in January and one in May. Dates will be announced later this fall. These meets will have gymnasts only from Jacobs participating. House team gymnasts will practice a combination of skills, routines, and conditioning once a week.

House Team Eligibility

Gymnasts must demonstrate advanced skills, technique and the form necessary for success at a pre-team level. They must demonstrate a good attitude for learning, and the desire to work hard.

Coaches' commitment:

Nikki Scheidler and Shelby Heath are the head coaches for the House Team. Nikki has coached all levels of gymnastics, including team, for over 5 years now. She was a team gymnast a few years ago and brings a mix of gymnastics' knowledge and personal experience to her coaching. Shelby was also a team gymnast here at Jacobs. Shelby also has coached all levels of gymnastics. She is a certified AmeriKids judge and has judged at several meets last year. Both coaches know how to develop gymnasts and keep practices both productive and fun!

The role of coaches is to set a good example as positive role models. We will provide individual and group instruction within practice sessions. We will give gymnasts opportunities to work with coaches as well as independently and with other gymnasts. There are so many ways to learn skills and routines and we will incorporate every method to ensure that each gymnast has the best opportunities to learn and progress.

We will strive to communicate upcoming issues in a timely manner as well. I use e-mail on a regular basis to keep everyone up to date. I will send out an email with registration information for the meets. The entry for each meet will be \$35 and due 3 weeks prior to the meet so plans can be made. The meets are not required, but I would expect gymnasts on House Team to participate as there are only two and that is part of the program. I would suggest bookmarking www.jacobs-gymnastics.com and check it regularly. If at any time your gymnast no longer wants to participate, please let us know right away, in person.

Parent commitment:

We expect the girls to arrive on time and be picked up on time at the end of practice. We expect all fees: tuition, meet fees... to be paid for on time. We expect parents to be supportive of the coaches and their decisions regarding practices, conditioning, and level of competition - basically all areas of team instruction and management. NEW - but common sense - PLEASE keep your cell phone near you and turned on during practice. If your gymnast becomes ill, injured, has a need, we need to be able to contact you immediately. If your child is ill, they want to go home, not be sick at the gym. If they are injured, they want their mom or dad to take them to the doctor. If you have questions, concerns, problems with my program, staff, policies, other team gymnasts... Speak to me or Amy directly. Complaining to other parents will not solve your problem. I will hear about lobby discussions in time. Save yourself and other parents the trouble and come to us directly. One parent can detract from the entire "team experience." No matter how much we love your gymnast, we will not tolerate bad behavior from any parents from this point forward. You and your gymnast will be asked to leave the program. We do this to protect our parents, gymnasts and program in general.

It is your responsibility that your child gets enough sleep, proper nutrition, studies hard in school for good grades, and is respectful, honest and caring toward others. Parents need to provide unconditional love, encouragement and support to your young athlete, as only a parent can do. Please do not coach your child. Your comments can take away from what the coach is instructing by giving the gymnast another thing to think about; it interferes with the development of the coach/athlete relationship which is critical for long-term success. Please do not compare your child with other athletes. Each athlete is different with their own strengths and weaknesses. It is unfair to you and your child to compare her to another athlete. Rather, try to look for the progress your child is making in gymnastics and celebrate it!

Gymnast commitment:

We expect the girls to be at practice, ready to work hard and learn routines. We expect a good attitude. We insist on good sportsmanship and supportive behavior toward teammates. We will not tolerate any negative comments, rude behavior or inappropriate actions toward teammates, coaches, or parents. Gymnasts will have a properly fitting leotard as acceptable workout wear. Tight elastic waist shorts are ok, but I would prefer a leotard only. No jewelry, shirts, long pants, bracelets... will be allowed. Small stud earrings are ok. Gymnasts need to have hair pulled back off their face and out of their eyes. Please use clips, bobby pins, whatever to pull it back. This is a safety issue. Please be prepared before class begins!

Gymnasts have the responsibility to come to practice ready to work hard, try their best and this will make it fun! This is important and we expect gymnasts to give it their best effort each time. In gymnastics and life, we need to remember that we all have our gifts, and we all have weaknesses – which are just opportunities to improve and overcome! Every gymnast here has talents and gifts and every gymnast has areas to work on. Stay positive with your attitude and work hard to be the best you can be!

Gymnasts need to let the coaches know if they have injuries or are not feeling well. We don't encourage whining, but we need to know if something is wrong. When gymnasts are truly not feeling well or you have a recurring injury, we may need to address this with parents. If gymnasts have been home from school ill or running a fever, please don't send them to practice hoping they will be ok. They never are.

A good attitude and supportive parents and coaches can help gymnasts overcome fears and frustrations with new skills. Every gymnast goes through a "mental block" at some time. Gymnastics is the most demanding and difficult of all sports. Gymnasts must overcome the sense of being uncomfortable as learning a new skill. It can often feel as though you will fall or not make the skill. We work up to these skills with progressions, but still it can be scary. All gymnasts suffer setbacks, frustrations, fears, and even defeat. Expect this to happen from time to time, and work to overcome them. You will gain confidence and strength from achieving these skills that give you trouble. Work with your coaches to set goals and stay positive.

Apparel

House Team gymnasts are required to have the "Club Style" leotard. It is a purple sleeveless leotard with jewels and silver accents. They are available to purchase directly from the rack in the lobby or I can order if you do not see your size. It takes approximately two weeks to deliver. The leotards can also be worn to practice so they all get a lot of use. WARNING – Be sure to read through the proper laundering instructions, as the fabrics are fragile and can be damaged if not properly handled.

Warm ups will also be available to order, but not required to purchase. The warm ups can be worn to practices, school, football games... as well as meets! Again, warm ups are not required, but nice to have. I will have sample sizes for trying on after practice the first week of September. Please turn orders in by September 3rd!

AmeriKids vs. House Team

We take great pride in our girls and coaching staff and our programs here at Jacobs. Our programs allow gymnasts to fully enjoy gymnastics and reap all the benefits of team gymnastics while leading a well-rounded childhood. We do NOT feel we are in the business of training gymnasts for the USAG/Olympic/Elite program. House Team can be a stepping stone to the AmeriKids program or House Team can be enjoyed simply for the opportunities it presents. If your gymnast has hopes of advancing to the AmeriKids level of team, encourage her to gain the level 3 skills and the form and technique to be eligible to move up. AmeriKids gymnasts must also have all 3 splits, and an exceptional attitude and hard work ethic. We look for all of these things when inviting gymnasts to the AmeriKids team. Invitations are issued in July and August prior to the upcoming season.

Good Sportsmanship

Good sportsmanship should be a requisite in every youth sport. All the coaches here encourage every gymnast to do their best, have positive attitudes and support each other. The team experience and relationships within each level have everything to do with support and caring for each gymnast. We do not tolerate poor sportsmanship on any level. I do not want negative comments between the gymnasts, parents or coaches. I am not anticipating any problems this year! We have a short tolerance for any negativity. We will ask families to leave the program if this becomes a problem. I will do whatever is necessary to preserve the program and the families involved.

In closing, we are truly looking forward to a great season. House team will fill a void in our previous offerings of Advanced/Pre-team levels. I am glad to have this program to offer your gymnasts. When the expectations are laid out in advance, we will all be a step closer to good communication and a successful year

Chris Jacobs, owner

Nikki Scheidler and Shelby Heath, Head coaches

House Team Gymnast Information Sheet 2009-10

***Please fill out all the information – even if you gymnast does not need to order a leotard or warm-up. Return it to Chris, Nikki or Shelby no later than September 3.

Gymnast's Name _____

Gymnast's Birthday _____

Parent's names _____

Home phone _____

Mom's cell phone _____

Dad's cell phone _____

Gymnast's cell phone _____

Email addresses (as many as you like – to receive all my updates!)

Home address _____

School attending: _____ Grade _____

***I have read and understand the team information/policies as outlined in the "House Team Information" handout. I agree to be supportive of the coaches and policies as outlined in the handout.

Signed _____ parent of _____.

Date _____

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### Please fill out the remainder according to which items apply.

We need to order a Club leotard (Sleeveless) \$45 Size: cs, cm, cl, axs, as, am, al, axl

We would like to order a warm-up \$85 Size: youth s, ym, yl, yxl, as, am, al, axl

We would like the "sling bag" \$15 Adult s, m, l, xl

We would like the jacket personalized \$10 Embroidery: (Name) \_\_\_\_\_

One check can be made out to include all of the above items.

"Jacobs Gymnastics"

**\*\*\*DEADLINE IS THURSDAY September 3!**



2008-09 Club Leotard



Optional Warm-up