



★ Competitive Team Handbook

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Welcome to Bayside

Dear Parents and Gymnasts,

Welcome to Bayside's Competitive Team. We are glad you have chosen Bayside Sports Academy for your team gymnastics experience. The mission of Bayside's Girls Team is to develop happy, healthy, and confident individuals. We strive to find a balance for our athletes that will allow them to be challenged at their current ability level while experiencing both personal and team success. It is our goal that each child develops to the best gymnast that they can be while learning both valuable gymnastics and life lessons. This program will allow your child to develop her confidence, poise, individuality, mental and physical strength, determination, dedication, and self-respect.

Our Bayside Staff is very proud of how hard all of the athletes have been working in preparation for competitions. We are known for our positive approach to training and we strive to get a 100% effort out of our athletes on a daily basis. Please read over this Team Handbook carefully to learn more about our team regulations. We are on a path in guiding gymnasts in being confident, healthy and successful in achieving their goals whether it be having fun competing, reaching level 10, being awarded a full gymnastics scholarship to a Division I University, TOPS athlete or an ELITE gymnast.

Bayside's Competitive Team officially has a Facebook page! If you are on Facebook, please feel welcome to join our **Bayside Competitive Team** parent's page. This is a private page where updates and information can be found. If you should have any questions or concerns about anything in this booklet, do not hesitate to contact your Women's Team Director Kimmy Markovic at kimmym@baysidesportsacademy.org

Thank you for supporting our Bayside Nation!

Bayside Mission & Philosophy:

It is the mission of Bayside Girls Team to produce happy, healthy, and confident individuals and athletes.

WHAT WE BELIEVE

- Every child can benefit from Sports. It improves his or her coordination, flexibility, and strength.
- Every child deserves the opportunity to achieve his or her goals, whatever those goals may be.
- Every child should feel like they are the most important child in our organization, regardless of physical ability.
- Every person who is touched by our organization should benefit from the relationship.
- Coordination is a very important component of self-esteem. Improving coordination improves self-esteem.
- Athletics can provide a solid foundation for other challenges, activities, and sports in the future.

WHY WE'RE DIFFERENT

- At Bayside Sports Academy our primary goal is to provide children with life-skills through athletics.
- We believe that the child must always come before the athlete and that each child's self-esteem and self-image is worth far more than any trophy.
- We strive to provide a family-friendly, positive, fun, and safe environment where our students can learn to love to be active.
- We understand that coaches and teachers have the ability to make a huge impact on the life of a child, a responsibility we take very seriously.
- Our staff members value their positions as role models and their responsibility to do what they can to provide our students with confidence and skills that can be used to enhance their lives.

Goals of the Bayside Competitive Team Program

1. Improve every gymnast's coordination, flexibility, and strength.
2. Give every child the opportunity to achieve her goals, whatever those goals may be.
3. Make every gymnast feel like they are the most important child in our organization.
4. To become a viable member of a team that shares similar goals and aspirations.
5. To use their gymnastics training to build resilience, teamwork, integrity, self-confidence and self-esteem.
6. To encourage athletes to do their best and to have both individual and team success in competitions.
7. To produce young people who are not only outstanding athletes, but also outstanding individuals outside the gym.

Pre-Team, Competitive Levels and Advancement

Pre-Competitive Groups

Hot Shots: This is our Pre-school, Team Developmental Program. Our HOT SHOTS program is for kids ages 3-5. The main focus is developing strength, flexibility, and reinforcing the proper body positions with the goal of helping them in becoming competitive gymnasts.

Pre-Team: This is our Team Developmental program and is similar to the Hot Shots program, but for ages 6-10. Our Pre-Team program is designed for the serious gymnast that has a love for the sport, and with an ultimate goal of making it to our competitive team. Skills are broken down and perfected until proper techniques are mastered to perform complex gymnastics skills and move forward to the team.

TOPS MINIS: This is an invite only TOPS prep program for girls ages 3-5. Please contact kimmym@baysidesportsacademy.org if you would like any information on this.

Competitive Groups

TOPS: This is an invite only Competitive Talent Opportunity Program within USAG, for girls ages 6-9. This group trains a minimum of 9 hours a week. Please contact kimmym@baysidesportsacademy.org if you would like any information on this.

AAU XCEL: The AAU XCEL program consists of 5 levels: Bronze, Silver, Gold, Platinum, and Diamond. XCEL is an alternative competitive gymnastics program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. These levels are individualized in nature and allow athletes and coaches to construct routines which demonstrate athlete's strengths and personalities while meeting skill requirements at each level. AAU Xcel athletes, workout in the Starfish, Waves, Palm Trees groups depending on their age, skill level and gymnastics goals. These athletes will compete at the local and state levels and will conclude their season with the State Championship Meet.

Optional Prep: This training group is a preparation program for our USAG optional program. This is for the athlete that has excelled quickly at the AAU Xcel levels. In some cases, we will move an athlete into this group because she shows exceptional work ethic and has scored highly in her physical abilities testing.

USAG: This is an invite only program that is extended once a gymnast has successfully navigated all the AAU Xcel levels and met specific score, physical abilities and skill requirements, she may be invited to also participate in USAG league. USA Gymnastics is the Governing Body for competitive gymnastics in the United States. As members of this organization, Bayside follows the formal competition rules and regulations of this organization. The Bayside field teams in ALL of the USAG Developmental levels Programs', Levels 1 thru 10, and all of the levels of USAG's Xcel Programs'. This provides a place for almost every girl that wishes to participate in competitive gymnastics, to compete against girls their same approximate age and skill level. Once your gymnast is invited to the USAG group more information on USAG will be provided and your family can decide if this path is the right fit for your gymnast and family.

Advancement

NOTE: It is normal for gymnasts to stay at the same competitive level for two years. It normally will take TWO years, before the girls have gained the strength and learned all the skills needed to be successful at their levels especially at the USAG optional level. Please understand that gymnastics takes a great deal of time, commitment, hard work, and toughness in order to be successful. Every gymnast will advance at their own rate. In the case that your athlete repeats a given level (this will happen throughout your child's career), we will work to have your child train at a higher level in areas they are capable in order to continue their gymnastic progressions. Our main goal for the athletes is to continue to grow both physically and mentally. It is important to note that girls may progress faster or slower than predicted, since their movement through these levels is dictated not only by 1 factor, but by many. Our coaching staff determines the placement of athletes within our team program based on **ALL** of the following criteria:

- The Bayside coaches assessment as to their current skill level and their potential success at the next level.
- Looking at the scores from competitions and verifications of skills in training;
- Attaining the AAU or USAG mandated score needed to advance to the next level in a AAU or USAG sanctioned competition
- Earning the passing score needed for the "next level" on the Bayside's Physical Abilities Test.

It is our goal that these gymnasts move through the levels with high levels of success while mastering basic skill fundamentals. Not all gymnasts will move through the levels at the same rate. Please do not compare your child's progress with those of her peers. We ask that you trust the coaches judgment in their placement. If the coaches see that there needs to be an adjustment, please allow them to make those decisions. Level placement and groupings are something we evaluate throughout the year and are vital to the success of the athlete.

It is the mission of Bayside's Team to produce happy, healthy, and confident individuals and athletes. In order to achieve this, each athlete will compete at a level in which they are able to successfully perform the required elements at a high level of confidence and proficiency. It is at the discretion of the team staff as to which level suits each athlete based on the expectations of our gym and the rules and regulations set forth by AAU and USA Gymnastics. NO GYMNAST will move to the next level without first successfully learning and successfully completing the skills required at each level to the standards expected here at Bayside.

Schedules

Practice Schedule

The school year practice schedules (from mid-August thru the beginning of June) for each level are sent home to parents at the end of July. The days and times may vary slightly from year to year, based on the number of girls we are projecting to have at each level for the coming season. In many cases, the girls/families will have some flexibility in their selection of practice days and times.

The summer training schedules (early June thru mid-August) for each level, are sent out in June. Summer workout times for the optional levels normally shift to the morning and afternoon hours at this time of year. Pre-team, Hot Shots, TOPS, Excell and Prep-Op will remain in the evening hours..

All groups have the weekends OFF. Bayside is closed during the following major holidays; Labor Day, Thanksgiving, Christmas, New Years' Day, Fourth of July and Memorial Day.

Parents will be notified of any changes several weeks in advance.

Summer Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Shots		4:00-5:00		4:00-5:00	
Pre-team/ Pre team +	4:00-5:30		4:00-5:30		
TOPS minis					3:00-4:30
TOPS	9:00-12:00		9:00-12:00		9:00-12:00
Star fish	4:30-6:30	3:30-5:30	4:30-6:30	3:30-5:30	
Star fish		5:30-7:30		5:30-7:30	
Waves	5:15-7:45	3:30-6:00	5:15-7:45	3:30-6:00	
M.S Waves		5:15-8:15		5:15-8:15	
Palm trees	5:00-8:00	3:45-6:45	5:00-8:00	3:45-6:45	5:00-8:00
Opt-prep	4:15-7:45		4:15-7:45		4:15-7:45
MOPS	5:15-8:15	5:15-8:15		5:15-8:15	
Optionals	SEE	NEXT	PAGE		

High School Optionals July 2022:

Mon, Tues, Thurs, Fri 9:30am-1:30pm or 4:45pm-8:45pm

High School Optionals August 2022 & Future:

Mon, Tues, Thurs, Fri 2:45pm-6:15pm

Non-High School Optionals July 2022 & Future:

Mon, Tues, Wed, Fri 4:45pm-8:45pm

Fall Practice Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Shots		4:00-5:00		4:00-5:00	
Pre-team Pre-team +	4:00-5:30		4:00-5:30		
TOPS minis			3:30-5:00		
TOPS		6:00-8:00		6:00-8:00	4:30-6:30
Star fish	4:30-6:30	3:30-5:30	4:30-6:30	3:30-5:30	
Star fish		5:30-7:30		5:30-7:30	
Waves	5:15-7:45	3:30-6:00	5:15-7:45	3:30-6:00	
M.S Waves		5:15-8:15		5:15-8:15	
Palm trees	5:00-8:00	3:45-6:45	5:00-8:00	3:45-6:45	5:00-8:00
Opt-prep	4:15-7:45		4:15-7:45		5:00-8:30
MOPS	5:15-8:15	5:15-8:15		5:15-8:15	
Younger Optionals	4:45-8:45	4:45-8:45	4:45-8:45		4:45-8:45
High School Optionals	2:45-6:15	2:45-6:15		2:45-6:15	2:45-6:15

Competition Schedule

If you are in the TOPS training group please refer to your TOPS Team Handbook for your competition schedule and details.

Each Bayside gymnast will only compete when she is physically, mentally, and emotionally ready for competitions. Each girl must pass the required Physical Abilities tests and skill verifications for the level she is attempting before competing at that level. A parent’s meeting is held each fall to review

the competition schedule, meet times, and the various qualification scores needed for the State, Regional and National level meets.

On occasion, a gymnast will not compete in the All Around (all four events). Which event's each gymnast will compete (Vault, Bars, Beam, Floor) will be determined by the Team Director and coaching staff. On these rare occasions, when a girl does not compete in the All Around, the registration fees remain the same.

The majority of competitions will occur on a Saturday or Sunday. However, for large invitational meets and, in most State, Regional and National Championships, competition days can extent to Friday and/or Monday.

For safety reasons, Bayside has a 10-day rule for participation in competitions. Gymnasts may not compete in a competition, if they should miss any normally scheduled practices 10 days prior to a competition. If they miss because of illness, injury, etc. this becomes a safety concern. Your Team Director will go over this rule in each years pre-season parent meeting.

TENTATIVE COMPETITION SCHEDULE

Competition Date	Competition & Location	Competition Fee	Fee Due Date
TBA	<i>Bayside Mock Meet</i> Bayside Sports Academy	\$TBA	TBA
Feb. 4 th -5 th	<i>AAU 1st Qualifier*</i> Location: TBA	\$TBA	TBA
Feb. 24 th -26 th	<i>Gasparilla Classic Invitational</i> Tropicana Field, St. Petersburg	\$TBA	TBA
March 4 th -5 th	<i>AAU 2nd Qualifier*</i> Location: TBA	\$TBA	TBA
Mar. 17 th -19 th	<i>All Handstands On Deck Invitational</i> Bayside Sports Academy	\$TBA *Leotard included	TBA

April 14 th & 15 th	AAU 3rd Qualifier * Location: TBA	\$TBA	TBA
May 6 th & 7 th OR May 14 th & 15 th	AAU State Championships* Ocean Center, Daytona Beach	\$TBA	TBA

The Team Director will make the decisions concerning what competitions each USAG optional level will participate in throughout the competitive season. These “competition schedules,” with projected meet costs, are finalized in early September for the USAG optional levels.

Gymnastics was built on the idea of being perfect. Judges are in place to break down everything the gymnast is doing wrong. They take away points and never add them back. Essentially it is the coaches’ job to do the same. Although coaches mix in encouragement and fun, the gymnast must learn to take criticism from the coaches and apply it.

PRACTICE ATTENDANCE

We can statistically prove that those girls who attend more frequently and are on time, will advance more rapidly.

Being on time for practices is important so that the girls can fully participate in the entire warm-up. If your child must leave practice early, please let a Bayside staff member come onto the floor to retrieve her rather than calling or waving for her from the viewing area (this can be distracting to other athletes).

If a gymnast is ill or must miss practice, please e-mail the Team Director about this absence so they can plan appropriately. If a gymnast needs to miss some of practice possibly due to a lot of homework, Please let the Team Director know.

It is important that the parent email the Team director of any injuries your daughter may be experiencing or complaining about. Do NOT assume the coach staff already knows about it. This also goes for any challenges your

daughter may be experiencing mentally. If a gymnast needs to be evaluated by a physician / therapist please let your Team Director know with the Drs note so that an appropriate/modified program can be established in conjunction with the medical personal involved.

Team Rules & Responsibilities

Bayside's team is built on a culture of respect, positivity and hard work. By these means, the athlete is predisposed to being successful and creating strong character traits. In order for this culture to be established and maintained, by joining the team the athletes and parents to the expectations of the team, the coaches, and the gym by adhering to these rules and policies. Bayside's team may not be a good fit for athletes and parents that, by their words or actions, are not able to support the policies and values of our team program.

Communication within the Team Program: Email with the Team Director is the number one form of communication. Add the Team Director's email address (Kimmy Markovic kimmym@baysidesportsacademy.org) to your contacts to ensure no communications are missed. Additional emails of parent/guardians or important persons can also be added to the team distribution lists. Please try to avoid calling the front desk for a team related question. The majority of the time they will not be able to answer your question. Email is the preferred means of communication. If you would like to have us a return a call to you, please leave your info with the front desk. – Please Do not text or call a team coach on their personal phones. You will have access to our cell phones to reach us in case of an emergency on meet days ONLY! Please contact your Team Director (Kimmy Markovic: kimmym@baysidesportsacademy.org) for any level specific, competition, or attire questions.

Gymnasts Rules & responsibilities

□ Improper type of behavior during practice and competition will result in disciplinary action. Example of such behavior are:

1. Talking over or arguing with a coach
2. Breaking gym rules

3. Cheating
4. Lying
5. Unwillingness to complete assignments

6. Stealing /going through another person's belongings/locker
7. Disrespectful towards teammates (physically and/or emotionally)
8. Poor sportsmanship
9. Bullying

□ Any of the above behaviors, depending on their severity and the gymnast's history, will be dealt with in the following ways:

1. Time out
2. Removal from practice
3. Parent conference
4. Dismissal from the TOPs team

Gymnast's Responsibilities

1. Good attendance is essential to the success of the athlete. Attend all scheduled practices, competitions, and team events.
2. Arrive to each practice ready to participate with proper attire: leotard, hair tied back tightly, and no jewelry.
3. Our only expectation is that each athlete is respectful, works hard and tries their best.
4. Maintain good habits, including proper diet and rest.
5. In order to maximize our efficiency in our training, it is essential that the gymnast arrives to the gym floor on time. This includes at the beginning of workouts as well as rotating to events. The coaches will give a reasonable and fair amount of time between events and during breaks when warranted.
6. The gymnast should come prepared each day to workout with a positive and competitive attitude. We understand that all days will not be perfect and the gymnast will become frustrated. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated. In order to develop a successful working environment, the gymnast must be committed to excellence each and every day.
7. The gymnast is responsible for all assignments provided by the coaches. This includes skill based or conditioning based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and, most importantly, yourself.
8. Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly.

9. Attend each practice with intent. The gymnast must have goals and be mentally and physically ready each practice to work towards achieving these.

Parents' Expectations

- Be your child's biggest supporter mentally. Show your child unconditional love and encouragement. Physically, make sure your child is well nourished, hydrated, and well rested for each practice.
- Please contact your child's coach with any concerns. We are here to serve your child and your questions and concerns are important to us. We will try to find a solution to anything that may be bothering you. Complaining to other parents cannot solve your problem, and we cannot either if we are unaware of them.
- Please do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. Please set up such meetings via email. If a matter needs immediate attention, please talk with the office staff at the front desk so they can relay the message.
- The athlete is a student first. There will be times that the athlete must miss practice due to a large school workload or school event. Please communicate with us if any such conflict arises via email.
- The parent can have the most difficult role in the gymnast's career. While everyone involved (Parent, Gymnast, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents' part. Due to this, parents have been known to lose sight of the important role that they have to play, which is to provide support to their child in all situations.
- Please do not coach your child while at the gym or at home. All gymnasts will progress at their own rate and it is our job as coaches to monitor and further help this progression in the gym. If we feel there is anything additional the gymnast should be doing outside of the gym, we will communicate that with you. If you are interested in how to help your athlete at home, ask your coaches and we will give you non-skill related tasks for outside of the gym- conditioning, flexibility, etc.
- If you feel your child is not progressing, please do not hesitate to set up a meeting with your child's coach. Hopefully we can help you better understand our position and intentions for your child.

- If, in the circumstance you feel that Bayside team may not be a good fit for your team experience, please be honest with us, so that we can help find a program for you.

Note: The development of the coach/gymnast relationship is vital to the success of the athlete. It is not conducive to building that relationship if we run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes based on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs may include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you.

Financial Obligations:

Your child's involvement will cost you money, time, and effort. The children train in a large and well-equipped gym under the direction of a professional staff. The coaches spend a great deal of time planning, training, traveling, and supporting the gymnasts in addition to the time they spend actively coaching. Further, the coaches meet with parents and gymnasts, return emails and phone calls, set up competitions, work to maintain and improve the facility, and organize and administer the program. Our competitive team athletes will pay less per hour than any other single athlete that attends Bayside at a recreational level. There are three types of Financial Obligations required by Bayside Girls Team members: 1) Tuition 2) Apparel & Equipment 3) Meet entry fees, association fees & coaches' fees.

Tuition:

Team tuition is paid monthly and is due by the 1st of each month. Team tuition is based on a 12-month schedule. Team workouts are offered year-round with the exception of one week of closure during the Winter Holiday. Some months have 5 weeks and other have four weeks, but the same tuition is charged regardless of the number of weeks in the month. This allows for camps, clinics, gym closures, holidays, and sick/vacation days. There are NO make-ups for any team program. We apologize for any inconveniences this may cause, but we have numerous athletes to cycle through each day of the week. We will work to accommodate any extreme cases. **We will not prorate any tuition due to missed classes. We have a set number of athletes at each level and therefore must staff these levels properly. If you commit to a given team level, you are responsible for that monthly tuition regardless of any other conflicts.

Injury and Tuition Adjustment: In the case that an athlete is injured and is restricted by a doctor or a physical therapist, the gym and coaches will adjust tuition based on their restrictions. In most cases, injured athletes can work-out in certain areas and will be required to continue to come into the gym on a restricted basis as seen fit by the coaching staff. We REQUIRE a written note of release from a medical professional for an athlete to return to workouts without any restrictions. In the case of an extended, non-injury-related leave, that spans one consecutive month or longer, Bayside will work to prorate or freeze tuition for this time. This must be communicated at least one month prior to leave with the Team Director.

Auto Payment: We strongly encourage each family to set-up an automatic payment for monthly tuition. This can be set up through a credit card through your on-line account, or through the front office staff.

Apparel, Equipment, and other Fees Obligations:

Every gymnast on a competitive team Must purchase a Bayside's bag of Essentials, competition leotard. The warm up jacket and capris are optional for purchase, but is encouraged. All of Bayside's competition leotards and warm ups will be manufactured by GK, who is the global leader in gymnastics apparel. We wear the same style competition for 2 seasons. We have a new style for the 2022-2023 and 2023-2024 seasons. The warm-up jacket and capris are re-design every ten years or so. There will be no changes to the **warm**-ups for the 2022-2023 or 2023-2024 seasons. Our 2022-2023 leotards are still in the design process. More information will be available soon in the Competition Leotard Packet. Competition Leotard cost range from \$85-\$400 depending on the style.

We typically offer three different styles at three price points. In the 2021-2022 season the price for the tank style leotard with sequins was \$85 which was primarily worn by gymnast in the Starfish, Waves and Palm Tree workout groups, the mesh long sleeve sequin option was \$145 primarily worn by Pam Trees and Optional Prep workout groups and \$320 for the mesh long sleeve crystal option worn by the Optional level gymnasts (AAU Levels 6-9 and USAG athletes). The prices will NOT be the same as above due to design and style choices plus the rising cost of materials, manufacturing and shipping. Exact prices will be available in the Competition Leotard Packet.

The cost for Bayside's bag of Essentials is \$30. In the bag you will receive the following: 1 jump rope, 2 sliders, 1 Thera-Band and 1 pair of ankle weights. You can choose to leave the bag in a bin at the gym or you can take it home after every practice (you must bring this bag to every practice).

Meet entry fees, association fees & coaches' fees:

Competition entry fees are used to pay the expenses associated with the competition (awards, judges, etc.). Entry fees are paid by the family of the athlete to Bayside Sports Academy. These fees are in addition to team tuition paid to Bayside Sports Academy and are paid out to the hosting gym at the time we register for your gymnast's meet, multiple months prior to each competition. The entry fee for each competition ranges from \$50-\$125 depending on the level, location, and the type of competition (i.e., qualifier, invitational, state, and regional & national competition). Once a competition fee's due date has passed there are refunds on competition entry fees. A complete list of competitions, locations, dates and fees will be available in August.

The AAU association fee covers the cost of AAU athlete memberships, professional membership fees, team award fees and coaches' registration/

dues/ education. The cost is \$70 per gymnast. The fee is paid to Bayside Sports Academy. Once a gymnast has graduated out of the AAU competition league additional membership in USA Gymnastics is required. This process is explained in detail to those invited to the USAG program.

All Bayside Team Members contribute to the competition season budget. This Coaches' fee covers travel expenses for coaches to attend the competitions within our regular competition schedule. Coaches' Fees are a onetime fee. The coaches' fee is not prorated or refunded for missed competitions. Contact the Team Director to set up a payment plan. Your gymnast will not be permitted to compete in any competitions until the Coaches' Fees are paid full. If you elect to participate in additional meets outside of our regular competition schedule such as AAU Regionals or AAU Nationals additional Coaches' Fees will be assessed based on the destination, travel expenses, number of coaches required and number of athletes attending. Our Bayside Booster Club is available to you to raise money and waive these fees. **More information on Bayside's Booster Club can be found at the front desk or reach out to them via email baysidebooster@yahoo.com**

More detailed information on competitions, competitions fees, association fees and coaches' fees is available in the competitive season packet.

General & Miscellaneous

- Under no circumstances do any team girls wait outside the building for their ride home.
- Parents, please do not attempt to get your child's attention from the viewing area. Not only is this a distraction for her, but for her teammates. If there is an emergency or pressing situation, please contact or go to the front office and a staff member will come on the floor to get your gymnast.
- Water is the only beverage allowed on the gym floor. Gymnasts are encouraged to bring water bottles with them to each event during training.
- Water bottles and clothes that are found out on the gym floor throughout the week are placed in the lost and found area.
- Nutritious snacks are allowed but must be kept in the gymnast's bag/locker during practice. She may eat these during breaks or between event rotations throughout the workout. Cut fruit, pretzels, granola bars, veggies, protein shakes, etc. are the best choices. It is import that these are kept in a marked bag or lunch box inside the

locker area to avoid having these eaten by another team member by mistake.

- Be sure to communicate all injuries to the head coach. Attendance (at least for half of the workout time) is encouraged since many times modifications can be made for an injured person to do the majority of the conditioning exercises.

Team Private Lesson Policy

- If your daughter feels she needs more training, you can seek out private lessons with one of our Competitive Team coaches by contacting the front desk.
- Parent "help or assistance" at home is strongly encouraged in the areas of physical abilities test items, which include flexibility. Parents or outside sources should NOT be involved in developing specific gymnastics skills. Realizing there are several ways to successfully teach most gymnastics skills, the Bayside coaching staff makes a conscientious effort to use the same terminology and same techniques in teaching the basic skills for gymnastics throughout all our levels. When "outside" sources, such as parents or other coaches get involved with the teaching of skills, many times it is very confusing to the gymnast when different terms, techniques and spotting methods are used on them when trying to teach them the same skill

Competitions Q&A

Q: Does my gymnast need to attend every competition?

A: No, however, a gymnast must attend at least one AAU Qualifier competition to be eligible for the State Championships. Additionally, the more competitions a gymnast attends the better competitor she becomes as she learns to manage her nerves and pressure, control her adrenaline and perform in front of spectators.

Q: On average how many competitions do Bayside team gymnast attend per year?

A: Approximately, 75% of gymnasts attend all 6 competitions per year. Some gymnasts attend only 2-3. It is completely up to your family.

Q: Can I get a refund for a competition if we choose not to attend?

A: Yes, I can refund or credit your account for a paid competition IF the competition entry check has not been sent to the meet director. Once the check is sent, I cannot get a refund.

Q: Why are competition fees due many months/weeks before the actual competition?

A: Many competitions attract athletes from across the US (Gasparilla Classic often has international athletes), so their entry deadlines are months before the competition to allow the schedule to be created and distributed with enough time to make travel arrangements.

Q: Why are some competitions more expensive than others?

A: Meet directors set prices with a variety of factors in mind including location and meet volume. Invitationals are generally more expensive, but they include fancier medals and more elaborate athlete gifts including leotards, T-Shirts, and sweatshirts. Competitions at outside venues like Disney's ESPN Wide World of Sports are more pricey.

Q: What happens if a competition is cancelled due to COVID?

A: If we have not mailed out the check for a competition, we will refund the money or add a credit to your account. Each competition has a different COVID policy. However, most have a full or partial refund available. Please contact me for information regarding individual competition's policies.

Q: Will my gymnast be competing the entire weekend listed on the schedule?

A: No, gymnasts are assigned one competition day (this could be Friday, Saturday or Sunday for larger meets) and she will only participate in one session. Sessions last 2-3 hours with awards immediately following competition (30-45 minutes).

Q: When will we know the exact day and time our gymnast competes at a given competition?

A: Invitational competitions publish their schedules a 1 month before a competition; AAU qualifiers are distributed 7-10 days before the competition. I will email out and FB post the schedule the day I receive it from the meet director.

Q: How early should we arrive for a competition?

A: Gymnasts should arrive a minimum of 15 minutes prior to a competition start time. Some larger meets require a laborious check in processes which require arrival 30 minutes early. You will be warned of those circumstances on the competition schedule.

Q: What is the spectator cost for competitions?

A: Spectator costs range from \$10 per person to \$30+ (Disney venues). You will be informed of all spectator cost before the competition. I include spectator cost on all competition date and time schedules. Please, note spectators may be limited due to COVID-19 protocols.

Q: How long does a competition last?

A: A competition generally takes about 2-3 hours but can take as long as 5 hours. Please reserve the entire weekend as there could be last minute changes that could conflict with your previous plans.

Awards: The competition is not complete until ALL awards have been handed out. The gymnasts from our gym and other competitions, have waited patiently to receive their awards and have applauded for your child's efforts. You owe them the same consideration. All families are expected to stay until the end of the awards ceremony whether they are receiving an award or not.

Commitment to the Bayside Competitive Team

Bayside Competitive Team membership is a year-round commitment. We believe that the parents and child should seriously discuss all aspects of gymnastics training and commitment each August before making a one-year competitive team commitment. Children must learn the importance of honoring a commitment. It is a principle to be carried over into the adult world.

All parents of Bayside Team members must be responsible for supporting their gymnast in meeting their financial, practice and competitive meet commitments. Gymnastics is a unique sport. It is one of the few sports that requires such a high time commitment at a relatively young age. Becoming a

part of Bayside's Girls Team comes with this high time commitment. We ask that you understand this obligation before accepting a spot on our team. Team gymnastics is a year-round commitment. It is critical to the success of your athlete that they are committed to this sport during both the school year and summer. If for any reason, your family needs to take an extended time off, please make this known to the Team Director, **your athlete will be re-evaluated upon their return.**

Please make sure your athlete attends all practices and arrives to each practice on time and is available for the whole practice. We understand that many of you are juggling multiple schedules. All we ask is that you communicate any conflicts with your Team Director as in advance as possible. There are no make-ups for any team practices missed.

Gymnasts and families may choose which competitions in which they plan to attend. When the competition schedule is sent out, parent must inform the Team Director if there are any competitions in which your gymnast will not participate. Competitions are generally within a 2-hour drive (with 5 of 6 being in the greater Tampa Bay area in the 2021-2022 season) and cost between \$65-135. More information concerning competitions is available in the Competition Packet.