

**SGC**  
**GYMNASTICS**  
**COMPETITIVE TEAM**  
**PARENT HANDBOOK**

## **INTRODUCTION**

### **TO OUR NEW FAMILIES:**

**FIRST, I WANT TO WELCOME YOU TO SGC'S PRE-TEAM AND COMPETITIVE TEAM LEVELS. IT'S IMPORTANT TO US THAT YOU READ THROUGH ALL OF THIS INFORMATION PACKET SIMPLY TO KNOW THE CHOICES AND OPTIONS YOU HAVE, IF YOU DECIDE YOU WOULD LIKE TO PURSUE HAVING YOUR CHILD/CHILDREN GET MORE INVOLVED IN THIS SPORT. THE EMPHASIS WE TRY TO PLACE ON THESE PAGES AND IN OUR PROGRAM IS CHOICE WITHIN REASON. WE HAVE GONE OUT OF OUR WAY TO INCREASE HOURS, COMMITMENT, AND FINANCIAL OBLIGATION IN A BALANCED AND MEASURED APPROACH. THIS WAY YOU ALWAYS KNOW WELL AHEAD OF TIME WHAT OPTIONS YOU HAVE IF YOUR CHILD/CHILDREN CONTINUES TO MOVE UP THROUGH THE LEVELS. IF YOU GET TO A COMMITMENT LEVEL AND BUDGET THAT WORKS WELL FOR YOUR FAMILY, YOU ARE NOT REQUIRED OR OBLIGATED TO MOVE BEYOND THAT. HOWEVER, WE HAVE LAID OUT WHAT WOULD COME NEXT AND WHAT WOULD NEED TO HAPPEN IF THAT IS OF INTEREST FOR YOU. OUR GOAL IS TO HAVE OUR ATHLETES BECOME CONFIDENT COMPETITORS WHILE ENJOYING THEIR EXPERIENCE. OUR EMPHASIS IS ON THE AWARDS THAT COME FROM LEARNING TO CREATE PERSONAL BESTS THAT FOCUS ON IMPROVEMENT AS WELL AS BEING CONSISTENT AND COMPETITIVE WITHIN THESE LEVELS.**

### **TO OUR VETERAN COMPETITIVE FAMILIES:**

**FIRST I WOULD LIKE TO SAY THANK YOU FOR CONTINUING TO ALLOW US TO TRAIN YOUR CHILD/CHILDREN. WE HAVE LAID OUT WHAT OUR LEVELS CONSIST OF, WHAT THE GYMNASTS NEED TO BE ABLE TO ACCOMPLISH, AND CLEAR PARAMETERS FOR MOVING UP. WE ARE DOING THIS TO GIVE YOU, AS THE PARENT/GUARDIAN AND YOUR ATHLETE THE EXACT GUIDELINES NEEDED TO MOVE THROUGH THE LEVELS. WE NEED TO REPRESENT AS A COHESIVE TEAM AND FOR THAT WE NEED ALL OF OUR MEMBERS PRESENT THROUGHOUT THE ENTIRE SEASON, ESPECIALLY AT THE HIGHER LEVELS. WE ARE PUTTING THIS PACKET OUT NOW SO THAT THERE ARE NO SURPRISES MOVING FORWARD AND THERE WILL BE TIME TO BUDGET ACCORDINGLY. THE END OF THE SEASON EVALUATIONS WILL HELP US TO MAKE SURE WE HAVE YOUR GYMNAST IN THE BEST PLACE FOR A SUCCESSFUL SEASON.**

## **SKILL PROFICIENCY AND THE LEVELS**

**EVERY YEAR AT THE END OF EACH SEASON THERE IS AN OVERWHELMING PUSH/QUESTIONS ABOUT MOVING TO THE NEXT LEVEL. WHILE WE WANT ALL OF OUR ATHLETES TO CONSISTENTLY IMPROVE AND LEVEL UP, WE WANT TO BE CLEAR THAT EACH LEVEL IN AND OF ITSELF HAS SUB LEVELS WITHIN IT. FOR EXAMPLE, LET'S SAY YOUR GYMNAST HAS JUST MOVED TO THE SILVER LEVEL. THERE ARE A CERTAIN SET OF SKILLS THAT ENABLE AN ATHLETE TO BE CONSIDERED AT THAT LEVEL. THESE SKILLS ARE NOT THE SKILLS THAT THE MOST ACCOMPLISHED GYMNASTS IN OUR STATE ARE PERFORMING. THEREFORE, A GYMNAST'S FIRST YEAR OR SEASON OF A LEVEL WILL NOT ALWAYS LOOK LIKE SUBSEQUENT YEARS AT THAT SAME LEVEL AS HARDER SKILLS ARE INSERTED. THIS IS A SEQUENCE THAT NEEDS TO HAPPEN BEFORE MOVING UP IN ORDER FOR THAT JUMP TO BE THE MOST SUCCESSFUL. IT IS IMPORTANT THAT YOU, AS PARENTS UNDERSTAND AND YOU HELP YOUR GYMNASTS UNDERSTAND THAT INCREASING SKILLS TO THE HIGHEST POINT OF AN EXISTING LEVEL IS JUST AS IMPORTANT AS MOVING TO THE NEXT LEVEL. BOTH WILL CONTINUE TO PROPEL THE ATHLETE FORWARD IN A MEASURED AND DELIBERATE WAY TO ACHIEVE SUCCESS.**

## **GENERAL INFO FOR MEETS**

**1.OUR HOME MEETS ARE ALWAYS ON SUNDAYS\* 4 TIMES PER YEAR.**

**(\*FOR THOSE FAMILIES WHO HAVE RELIGIOUS SERVICES ON THAT DAY, MANY FAMILIES HAVE BEEN ABLE TO CHANGE THEIR DAY OF WORSHIP TO ANOTHER DAY THAT WEEK AS WE ONLY HAVE 4 PER YEAR TOTAL SO THEIR CHILDREN CAN PARTICIPATE.)**

**2.THE SPRING MEETS ARE USUALLY IN PORTLAND OR EUGENE AND WE CAN BE SCHEDULED ON A FRI, SAT, OR SUN. WE DO NOT HAVE CONTROL OF THIS SO ON MEET WEEKENDS PLEASE LEAVE THE ENTIRE WEEKEND OPEN. PLEASE ARRIVE 15 MINUTES BEFORE OPEN WARM UP TIME.**

**3.MEETS USUALLY TAKE A MINIMUM OF 3.5 HOURS WITH AWARDS DIRECTLY AFTER.**

**4. CHAMPIONSHIP MEETS START RIGHT BEFORE AND AFTER SPRING BREAK SO PLEASE DO NOT PLAN VACATIONS THIS TIME OF YEAR IF YOUR ATHLETE PLANS TO COMPETE IN CHAMPIONSHIP MEETS. ALSO, MOST LEVELS HAVE A 2 AWAY MEET REQUIREMENT TO MAKE IT TO THE STATE CHAMPIONSHIPS. WE PUT OUR ENTIRE SEASON OUT WITH DATES BY SEPT, SO IF YOUR CHILD HAS ANOTHER SPORT THAT CONFLICTS OR A VACATION IS PLANNED YOUR CHILD MAY NOT END UP ELIGIBLE GO TO STATE AFTER ALL OF THEIR HARD WORK SO PLEASE BE MINDFUL OF THE SCHEDULE. WE HAVE ADDED A 3RD MEET TO THE SEASON TO HELP WITH THIS ON OUR END SO OUR ATHLETES HAVE MORE OPTIONS. BUT IF YOUR CHILD IS PLAYING MULTIPLE SPORTS INSTEAD OF JUST COMMITTING TO THIS ONE WE CANNOT TAKE THE SOLE RESPONSIBILITY FOR THIS.**

**5. ONCE THE SPRING MEET MONEY HAS BEEN SENT OFF WE CANNOT GET THAT MONEY BACK FOR ANY REASON. THAT IS NOT OUR DECISION OR WITHIN OUR CONTROL. IT IS UP TO THE HOST MEET AND THESE ARE THEIR RULES. DURING THE WINTER THERE MAY BE A MEET CANCELLED DUE TO SNOW. THIS WILL ALSO NOT BE REFUNDED. THAT DOES NOT HAPPEN OFTEN THANKFULLY BUT WANT TO MAKE EVERYONE AWARE OF THE POSSIBILITY. HOME MEETS WILL BE REFUNDED AT 50%.**

**6. ROUTINES WILL BE STARTED JULY 15. THEY ARE IMPORTANT TO START AS EARLY AS POSSIBLE AND THEY MUST BE PAID IN FULL IN ADVANCE TO BOOK TIME.**

**7. FOR SPRING MEETS ONLY, YOUR CHILD WILL NEED TO HAVE A USA GYMNASTICS ATHLETE MEMBERSHIP. THIS WILL BE DONE THROUGH AN EMAIL YOU SUBMIT. THIS FEE DOES NOT GO THROUGH US BUT INSTEAD GOES STRAIGHT TO USA GYMNASTICS.**

## **SKILL BUILDING AND ASSESSMENT**

**\*ALL GYMNASTS REGARDLESS OF LEVEL, WILL BE ABLE TO WORK UPGRADES THROUGHOUT THE YEAR.**

**1.OUR SEASON ENDS APRIL 15TH. THE GYMNASTS WILL TEST JULY 1ST OR 12TH (3 MONTHS) TO DETERMINE NEXT SEASON'S LEVEL UNLESS THE MEET SEASON HAS DICTATED AN OBVIOUS MOVE UP AND, THE NEXT LEVEL'S SKILLS ARE ALREADY SOLID AS SHOWN IN WORK OUTS, AND THE COACHES ARE IN AGREEMENT.**

**2.ALL GYMNASTS MUST MEET THE TRAINING TIME COMMITMENT, THE SCORE REQUIREMENT, SPRING MEET SEASON ENROLLMENT REQUIREMENT, AND SKILL PROFICIENCY OF THE NEXT LEVEL SKILL SET TO LEVEL UP. THERE IS ALSO A NECESSITY FOR OUR ATHLETES TO EXHIBIT MATURE BEHAVIOR TO BE CONSIDERED FOR A LEVEL CHANGE AS WELL. IF THE GYMNAST IS NOT ABLE TO MAKE THE JUMP TO THE NEXT LEVEL, WE WILL WORK TO HAVE THE SKILLS IN THE CURRENT LEVEL INCREASED, OR ACHIEVE MORE PRECISION IN THEIR CURRENT LEVEL SO THAT GOAL CAN BE REACHED AS SOON AS POSSIBLE.**

**3.AS WE HAVE STATED EARLIER IN THIS PACKET, IT IS EXTREMELY IMPORTANT FOR THE SUCCESS OF THE STUDENT THAT THEY HAVE A SOLID ACHIEVEMENT OF ONE LEVEL BEFORE PROGRESSING TO THE NEXT. WHETHER THEY STAY AT THE SAME LEVEL, WITH A HIGHER DEGREE OF DIFFICULTY OR MOVE UP TO THE NEXT LEVEL, BOTH OPTIONS WILL MAKE FOR THE MOST SUCCESSFUL GYMNAST WHICH IS OUR ULTIMATE GOAL.**

## **TRAINING SCHEDULE AND FEES**

**\*TUITION INCREASES OCCUR IN SEPTEMBER**

**PRE TEAM: 2HRS/WEEK \$110 | 4HRS/WEEK \$170**

**1 OR 2 DAYS PER WK 2 HR PRACTICES**

**TUES 5:30-7:30 | FRI 5:30-7:30 OR BOTH**

**\*Plus \$10 additional required dance technique class**

**BRONZE: 3HRS/WEEK \$147 | 6 HRS PER WEEK \$177**

**1 OR 2 DAYS PER WK 3 HR PRACTICES**

**TUE 5-8 | FRI 5-8 (OR BOTH)**

**\*Plus \$10 additional required dance technique class**

**SILVER: 6HRS/WEEK \$177 | 8HRS PER WEEK \$187**

**2 or 3 Days/wk | 2 Days 3hrs + 1 Day 2.5hrs**

**TUE 5-8 | FRI 5-8 + MON 6-8:00 If desired**

**\*Plus \$10 additional required dance technique class**

**GOLD: 9.5HRS/WEEK \$197**

**3 Days /wk | 2 Days 3.5hrs + 1 Day 2.5hrs**

**MON 6-8:30 | TUE 5-8:30 | FRI 5-8:30**

**\*Plus \$10 additional required dance technique class**

**PLATINUM+: 11.25HRS/WEEK \$230**

**3 DAYS/WK for 3.75 HOURS**

**MON/TUE/FRI 5-8:45**

**\*Plus \$10 additional required dance technique class**

# **COMPETITION REQUIREMENTS/SEASON FEES REQUIREMENTS**

## **PRE TEAM**

**\*\*\*FOR THESE MEETS ONLY 2 MEETS ARE MANDATORY PER YEAR, HOWEVER ALL 4 ARE ENCOURAGED. THEY ARE A FUN, LOW STRESS WAY TO BEGIN TO LEARN HOW MEETS WORK.**

### **MEET SCHEDULE**

**HOME MEETS ARE ALWAYS ON SUNDAYS.**

- 1.BOO FEST: THE SUNDAY BEFORE HALLOWEEN**
- 2.WINTER WONDERLAND: 2ND SUNDAY IN DEC**
- 3.SNOWFLAKE INVITATIONAL: 2ND SUNDAY IN JAN**
- 4.SPRING FLING: 3RD SUNDAY IN MARCH**

**\$85 PER MEET**

### **UNIFORM REQUIREMENT**

- 1.Pre Team Leotard: \$70**
- 2.Parent is to supply plain black, waist high brand new all cotton full length leggings.**
- 3.Parents encouraged but not required to have SGC t-shirt or sweatshirt.**

### **FEE TIMETABLE & BREAKDOWN**

**\*Fees are due by the dates below. They will be automatically pulled from the tuition card on file unless other arrangements are made.**

#### **Package #1**

<b>Leotard</b>	<b>\$70</b>	<b>July 15</b>
<b>Home Meet #1</b>	<b>\$170</b>	<b>Sept 15 (Fall Meets)</b>
<b>Home Meet #2</b>	<b>\$170</b>	<b>Nov 15 (Winter/Spring)</b>

### **MOVING UP REQUIREMENTS**

**TO HAVE THE OPPORTUNITY TO MOVE TO BRONZE:**

- 1. ALL HOME MEETS REQUIRED UNLESS PRIOR AUTHORIZATION**
- 2. MUST HAVE AN AVERAGE 32AA FOR ALL 4 MEETS**
- 3. THE SEASON WILL END APRIL 1ST**
- 4. MUST HAVE SKILLS ON REQUIREMENT LIST BY JULY 1ST.**

**\*SEE SKILL LIST INCLUDED IN HANDBOOK.**

# COMPETITION REQUIREMENTS/SEASON FEES

## MOVE UP REQUIREMENTS

### BRONZE LEVEL

1. ALL HOME MEETS ARE REQUIRED.
2. THE SPRING AWAY MEET SEASON IS REQUIRED
3. FLOOR/BEAM ROUTINE FEE REQUIRED: \$50
4. LEOTARD AND UNIFORM GEAR REQUIRED

### FEE TIMETABLE & BREAKDOWN

#### Package #2

**\*Fees are due by the dates below. They will be automatically pulled from the tuition card on file unless other arrangements are made.**

Package 2:	<u>Package #2 Fees/Due Dates</u>		
<b>Home &amp; Away Meet Season</b>	<b>Payment #1</b>	<b>\$184</b>	<b>June 15</b>
<b>4 Home Meets at \$85 = \$340</b>	<b>Payment #2</b>	<b>\$184</b>	<b>July 15</b>
<b>3 Away Meets at 150</b>	<b>Payment #3</b>	<b>\$184</b>	<b>Aug 15</b>
<b>+ State = \$600</b>	<b>Payment #4</b>	<b>\$184</b>	<b>Sep 15</b>
<b>Basic Routine: \$ 50</b>	<b>Payment #5</b>	<b>\$184</b>	<b>Oct 15</b>
<b><u>Uniform/Gear: \$298**</u></b>	<b>Payment #6</b>	<b>\$184</b>	<b>Nov 15</b>
<b>Total: \$1288</b>	<b>Payment #7</b>	<b>\$184</b>	<b>Jan 5</b>

**\*Uniform/Gear Package Includes: Spring meet season Leo, Backpack, Personalized Jacket, Personalized Sweatshirt, & Water Bottle.**

**\*\*PARENT TO SECURE NEW, WAIST HIGH, PLAIN ALL COTTON BLACK, FULL LENGTH LEGGINGS.**

**\*THIS IS THE FIRST YEAR WE HAVE REQUIRED BRONZE LEVEL TO DO AN AWAY MEET SEASON. IF THESE FEES CREATE AN UNDO HARDSHIP TO THE POINT WHERE YOUR CHILD MAY NOT BE ABLE TO PARTICIPATE, PLEASE SEE THE FRONT DESK ON A ONE ON ONE BASIS.**

- ### MOVING UP REQUIREMENTS
- TO HAVE THE OPPORTUNITY TO MOVE TO SILVER:**
1. ALL HOME AND AWAY MEETS REQUIRED
  2. MUST HAVE AN AVERAGE 34AA FOR THE SPRING SEASON
  3. THE SEASON WILL END APRIL 15TH
  4. MUST HAVE SKILLS ON REQUIREMENT LIST BY JULY 1ST



# COMPETITION REQUIREMENTS/SEASON FEES

## MOVE UP REQUIREMENTS

### SILVER LEVEL

1. ALL HOME MEETS ARE REQUIRED.
2. THE SPRING MEET SEASON IS REQUIRED
3. FLOOR/BEAM ROUTINE FEE REQUIRED: \$150
4. LEOTARD AND UNIFORM GEAR REQUIRED: PACKAGES BELOW.

## FEE TIMETABLE & BREAKDOWN

### Package #3

**\*Fees are due by the dates below. They will be automatically pulled from the tuition card on file unless other arrangements are made.**

<b>Package 3:</b>	<b><u>Package #3 Fees/Due Dates</u></b>		
Home & Away Meet Season	Payment #1	\$198.30	June 15
4 Home Meets at \$85 = \$340	Payment #2	\$198.30	July 15
3 Away Meets at \$150	Payment #3	\$198.30	Aug 15
+ State = \$600	Payment #4	\$198.30	Sep 15
Basic Routine: \$150	Payment #5	\$198.30	Oct 15
<u>Uniform/Gear: \$298**</u>	Payment #6	\$198.30	Nov 15
Total: \$1388	Payment #7	\$198.30	Jan 5

**\*\*Uniform/Gear Package : Spring meet season Leo, Backpack, Personalized Jacket, Personalized Sweatshirt, & Water Bottle.**

**\*\*PARENT TO SECURE WAIST HIGH, PLAIN ALL COTTON BLACK, FULL LENGTH LEGGINGS**

### MOVING UP REQUIREMENTS

#### TO HAVE THE OPPORTUNITY TO MOVE TO GOLD:

1. ALL HOME AND AWAY MEETS REQUIRED
2. MUST HAVE AN AVERAGE 35AA FOR THE SPRING SEASON
3. MUST HAVE SKILLS ON REQUIREMENT LIST BY JULY 1ST

# COMPETITION REQUIREMENTS/SEASON FEES

## MOVE UP REQUIREMENTS

## **GOLD LEVEL**

- 1. ALL HOME MEETS ARE REQUIRED.**
- 2. THE SPRING AWAY MEET SEASON IS REQUIRED.**
- 3. INDIVIDUAL FLOOR/BEAM ROUTINE FEE REQUIRED: \$225**
- 4. LEOTARD AND UNIFORM GEAR REQUIRED: PACKAGE BELOW**

### **FEE TIMETABLE & BREAKDOWN**

#### **Package #4**

**\*Fees are due by the dates below. They will be automatically pulled from the tuition card on file unless other arrangements are made.**

#### **Package 4:**

**Home & Away Meet Season**  
**4 Home Meets at \$85 = \$340**  
**4 Away Meets at \$150**  
**+ State = \$750**  
**Personalized Routine: \$225**  
**Uniform/Gear: \$298\*\***  
**Total: \$1613**

#### **Package #4 Fees/Due Dates**

<b>Payment #1</b>	<b>\$230.43</b>	<b>June 15</b>
<b>Payment #2</b>	<b>\$230.43</b>	<b>July 15</b>
<b>Payment #3</b>	<b>\$230.43</b>	<b>Aug 15</b>
<b>Payment #4</b>	<b>\$230.43</b>	<b>Sep 15</b>
<b>Payment #5</b>	<b>\$230.43</b>	<b>Oct 15</b>
<b>Payment #6</b>	<b>\$230.43</b>	<b>Nov 15</b>
<b>Payment #7</b>	<b>\$230.43</b>	<b>Jan 5</b>

**\*\*Uniform/Gear Package : Spring meet season Leo, Backpack, Personalized Jacket, Personalized Sweatshirt, & Water Bottle.**

**\*\*PARENT TO SECURE WAIST HIGH, PLAIN ALL COTTON BLACK, FULL LENGTH LEGGINGS**

### **MOVING UP REQUIREMENTS**

#### **TO HAVE THE OPPORTUNITY TO MOVE TO PLATINUM:**

- 1. HOME & AWAY MEETS REQUIRED**
- 2. MUST HAVE AN AVERAGE 35AA FOR THE SPRING SEASON**
- 3. THE SEASON WILL END APRIL 15TH**
- 4. MUST HAVE SKILLS ON REQUIREMENT LIST BY JULY 1S**

### **COMPETITION REQUIREMENTS/SEASON FEES**

# MOVE UP REQUIREMENTS

## PLATINUM + LEVEL

1. ALL HOME MEETS ARE REQUIRED.
2. THE SPRING MEET SEASON IS REQUIRED.
3. INDIVIDUAL FLOOR/BEAM ROUTINE FEE REQUIRED: \$225
4. LEOTARD AND UNIFORM GEAR REQUIRED: PACKAGES BELOW.

## FEE TIMETABLE & BREAKDOWN

### Package #4

\*Fees are due by the dates below. They will be automatically pulled from the tuition card on file unless other arrangements are made.

#### Package 4:

Home & Away Meet Season	
4 Home Meets at \$85 =	\$340
4 Away Meets @150	
+ State	= \$750
Personalized Routine:	\$225
<u>Uniform/Gear:</u>	<u>\$298**</u>
Total:	\$1613

#### Package #4 Fees/Due Dates

Payment #1	\$230.43	June 15
Payment #2	\$230.43	July 15
Payment #3	\$230.43	Aug 15
Payment #4	\$230.43	Sep 15
Payment #5	\$230.43	Oct 15
Payment #6	\$230.43	Nov 15
Payment #7	\$230.43	Jan 5

**\*\*Uniform/Gear Package : Spring meet season Leo, Backpack, Personalized Jacket, Personalized Sweatshirt, & Water Bottle.**

**\*\*PARENT TO SECURE WAIST HIGH, PLAIN ALL COTTON BLACK, FULL LENGTH LEGGINGS**

## MOVING UP REQUIREMENTS

### TO HAVE THE OPPORTUNITY TO MOVE TO SAPPHIRE:

1. HOME MEETS REQUIRED + 4 MEETS + STATE OF THE SPRING SEASON
2. MUST HAVE AN AVERAGE 35.5AA FOR THE SPRING SEASON
3. THE SEASON WILL END APRIL 15TH
4. MUST HAVE SKILLS ON REQUIREMENT LIST BY JULY 1ST

# Required Skill Sheet: Pre Team

## VAULT

- \*Handstand Fall Flat

## BARS

- \*Pullover
- \*Cast 45 degrees or higher
- \*Cast Back hip circle undershoot

## FLOOR

- \*Forward Roll tuck, Pike
- \*Backward Roll
- \*Cartwheel
- \*Cartwheel Step Together Backward Roll
- \*Candle Stick
- \*Handstand Vertical
- \*Straight Jump

## BEAM

- \*MountL jump to front support, swing leg to straddle sit, swing legs to a v sit, one leg raised, front leg goes down, push to stand.
- \*Lever
- \*Lever touch hands back to lever
- \*Straight Jump
- \*Forward/Backward kicks
- \*Bunny Hop
- \*Side Handstand Dismount

# Required Skill Sheet: Bronze

## VAULT

- \*Handstand Fall Flat

## BARS

- \*Pullover
- \*Cast, to a back hip circle
- \*Dismount (Straddle off, squat on jump off.)

## FLOOR

- \*Round off
- \*Backwalkover
- \*Vertical Handstand hold 2 sec
- \*Round Off Backward Roll
- \*Handstand Forward Roll step out cartwheel
- \*Split leap
- \*Tuck jump or wolf jump
- \*Tuck jump rebound roll candlestick
- \*Cartwheel step together backward Roll to push up, or pike

## BEAM

- \*Tuck or Split jump
- \*Lever handstand/cartwheel/backward roll (light spot ok)
- \*Split Leap
- \*Arabesque hold
- \*Pivot Turn
- \*Side Handstand With a twist Dismount

# Required Skill Sheet: Silver

## VAULT

- \*Handspring over sideways Vault
- \*1/4 or 1/2 on land on feet

## BARS

- \*Pullover two feet Start Position
- \*Squat On
- \*Cast horizontal or higher
- \*Circle Element: Back hip circle
- \*Dismount (Straddle off, or squat on jump off)

## FLOOR

- \*Round off back handspring or Front walkover front handspring or Cartwheel chasse round off.
- \*Full Turn
- \*Back walkover, front walkover
- \*Split leap 90 degrees/tuck, split, or straddle jump
- \*Dive Cartwheel
- \*Back extension roll

## BEAM

- \*Mounts are to be kept simple and easy to achieve and do
- \*Tuck or Split jump 90 degree | Split Leap 90 degree
- \*Lever handstand full vertical
- \*Cartwheel
- \*Pivot Turn
- \* 1/2 Turn
- \*Side Handstand With a twist Dismount, Round off

# Required Skill Sheet: Gold

## VAULT

\*Vault Table: Front Handspring | Round Off

## BARS

\*Pull Over or Kip on Low Bar

\*Cast double back hip circle or Cast back hip circle Repeat twice

\*Squat on jump to high bar

\*Dismount; 2 tap swings to 1/2 turn release or fly away

## FLOOR

\*Round Off Back Handspring

\*Round Off 2 Back Handsprings

\*Aerial or Back tuck

\*Front handspring/front handspring step out

\*Full Turn

\*Front Tuck

\*Any Leap 120 degrees (Split leap)

\*Back Extension Roll

## BEAM

\*Split Jump 120 degree | Wolf Jump

\*Cartwheel Combinations

\*Split Leap

\*Back Walkover

\*Full Turn

\*Side Handstand With a twist Dismount

\*Acro skill with one skill going through vertical

# Required Skill Sheet: Platinum+

## VAULT

\*Vault Table: Front Handspring | Round Off on 1/2 off

## BARS

\*Kip on Low Bar and High Bar

\*Clear Hip circle above horizontal

\*second circle skill not the mount/dismount (Free hip on high bar)

\*Tap swings

\*Long Hang Pull Over

\*Dismount: Fly Away

## FLOOR

\*Round Off Back Handspring Back Tuck/Lay Out

\*Front Tuck, Front Tuck

\*Full Turn

\*Front Handspring step out into roundoff combo

\*Split Leap 150 degrees plus a jump following

## BEAM

\*Split Jump 120 degree | Wolf Jump

\*1 Acro skill with flight (Back handspring, dive cartwheel)

Or series with or without flight (cartwheel X2, Back walkover X2)

\*Split Leap 120 degree

\*Full Turn

\*Back Tuck, Front Tuck off end



# Required Skill Sheet: Diamond

## VAULT

\*Vault Table: Front Handspring | Round Off on 1/2 off

## BARS

\*Kip on Low Bar and High Bar

\*Clear Hip circle 45 degree angle

\*Second circle skill not the mount/dismount (Free hip on high bar)  
Minimum of B value

\*Tap swings

\*Release, pirouette, or second circle min 45 degrees, min B value

\*Dismount: Fly Away

## FLOOR

\*Min 2 leaps, jumps, hops. Any split 150 degree

\* 2 different Saltos

\*2 Separate Acro connections, with min 2 flight elements

\*Full Turn

## BEAM

\*Dance series with 2 skills

\*1 Acro skill with flight (Back handspring, dive cartwheel)

\*1 series with or without flight (cartwheel X2, Back walkover X2)

\*Full Turn

\*1 jump/leap that reaches a 150 angle

\*Salto or arial dismount

Salem Gymnastics Center Code of Conduct

1. All gymnasts should be approaching fellow gymnasts and coaches with kindness. Words matter, and being able to use them in a productive manner is another important aspect of being a good teammate. If a gymnast is being consistently rude to others on the team or to their coaches the athlete will have a short window to turn this behavior around and if it still persists the gymnast may not be able remain a part of this team if we have exhausted all options.
2. Refusal to do a certain skill, event, or conditioning which is a necessary form of learning with regards to the sport may result in a gymnast not being able to continue. This is not in reference to fears when learning new skills. This is specifically with regards to not accepting a physical spot or a complete refusal to reasonable requests made by their coach.
3. When we are at competitive meets it is imperative that our team stays together. When athletes of other teams are competing it's important not to be disruptive or overly loud. We need to show respect to others.
4. During awards and walk in, please remain in your SGC leotard or uniform when you go up on the podium. We want to represent as a united front.
5. We all know that meets can go on for a long time, but part of being a competitive athlete is staying with your teammates until the entire meet is finished, and that includes the awards ceremony even if your child is not up for an award.
6. While we all know that it's easy to get frustrated with people you spend a ton of time with, it is important not to disparage teammates, coaches, or the gym while at practice, in the stands, or on social media for any reason. Please be supportive of the place you are training, and keep things positive. This is for parents and athletes.
7. As an SGC gymnast you are not to friend any SGC coach on social media, or have any outside one on one contact. The parent is the only person that should have contact outside of the gym.
8. If your gymnast does not attend the practices right before a meet weekend, unless there is a strong reason the gymnast will not compete that meet and the meet fee for that meet will not be refunded.

X \_\_\_\_\_ X \_\_\_\_\_  
Gymnast Signature Parent Signature

**2023-2024 COMPETITIVE MEET & FEE SCHEDULE  
IMPORTANT DATES TO REMEMBER/MEET DRESS CODE**

**USA MEMBER NUMBER:**

\*USA GYMNASTICS MEMBERSHIP NUMBER MUST BE OBTAINED BY **OCT 31ST** FOR BRONZE LEVEL AND UP. YOU WILL RECEIVE AN EMAIL PROMPT TO GO THROUGH USA GYMNASTICS TO RECEIVE THIS NUMBER.  
FEE: \$75 TO \$100 DEPENDING UPON LEVEL

**INDIVIDUAL PACKAGE INSTALLMENTS :**

PLEASE BE MIND-FULL OF THE PACKAGE INSTALLMENT DUE DATES. THE FEES WILL BE AUTOMATICALLY PULLED FROM THE CARD YOU HAVE ON FILE FOR YOUR TUITION ACCOUNT ON THESE DATES.

**JUNE 15      JULY 15      AUG 15      SEPT 15      OCT 15      NOV 15      JAN 5**

**HOME MEET SCHEDULE:**

HOME MEETS ARE ALWAYS ON SUNDAYS.

- 1.**BOO FEST:** THE SUNDAY BEFORE HALLOWEEN
- 2.**WINTER WONDERLAND:** 2ND SUNDAY IN DEC
- 3.**SNOWFLAKE INVITATIONAL:** 2ND SUNDAY IN JAN
- 4.**SPRING FLING:** 3RD SUNDAY IN MARCH

**AWAY SPRING MEET SCHEDULE:**

1. AWAY MEETS START THE 2ND OR 3RD WEEK IN JAN
2. MEETS WILL BE SPREAD OUT FROM JAN-MARCH
3. DATES ARE SCHEDULED BY SEPTEMBER WITH EXACT TIMES TBA.
4. STATE MEET IS ALWAYS THE WEEKEND BEFORE OR AFTER SPRING BREAK
5. REGIONAL MEETS ARE NOT BILLED AHEAD OF TIME BUT ARE BILLED JUST BEFORE STATE. FEES ARE DUE RIGHT AFTER STATE.
6. END OF SEASON CELEBRATION IN EARLY MAY

**MEET SEASON DRESS CODE.**

This next season we will be requiring a meet season dress code. This will have hair, Leo, uniform, attire requirements. we will be putting out pictures and an explanation page, be sure to keep an eye out for that

**2023/2024 COMPETITIVE MEET SEASON FORM**  
**\*You will Need a Separate Form for Each Gymnast**

**Parent Name:** \_\_\_\_\_ **Phone#** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**Gymnast Name:** \_\_\_\_\_ **Gymnast Level** \_\_\_\_\_

**Package #:** \_\_\_\_\_

Pre-Team (pkg1), Bronze (Pkg2), Silver (pkg3), Gold, Platinum, and up (pkg 4)

**Please Initial:**

\_\_\_\_\_ I have read through the handbook as it pertains to my gymnast.

\_\_\_\_\_ I know that if I have any questions I can email Tracy at  
[mysalemgymnasticscener@gmail.com](mailto:mysalemgymnasticscener@gmail.com)

\_\_\_\_\_ I agree to check my email spam account to be sure I am not missing important information. SGC uses e-mail, text, our private Facebook page [Salem Gym Catz Crew](#) and flyers on the team board at the gym as our primary means of communication. I understand SGC will not be responsible for communication errors if I do not keep my information up to date and check them from time to time.

\_\_\_\_\_ I agree to pay for the package I have signed up for on the dates that payments are due, and that failure to do so may result in my child not getting into a meet or not getting a Leo or Uniform on time.

\_\_\_\_\_ I understand that if I leave the gym after offering a 30 day notice that only funds that have not been sent off will be refunded even if my gymnast is no longer at the gym.

\_\_\_\_\_ I understand that this constitutes a financial agreement that whatever package I choose I will honor all payment deadlines and my last payment will be Jan 5 or sooner for the full amount.

X \_\_\_\_\_ **Parent Printed Name**

X \_\_\_\_\_ **Parent Signature Date** \_\_\_\_\_

