

Simley High School Gymnastics Expectations 2009-2010



Practices

- Gymnasts are to be organized for practices and meets while striving to the best of their ability.
- Season begins Monday, November 16 and ends on Saturday, February 27.
- All forms and fees must be turned in prior to working out or trying out.
- Practices are daily and are in the Simley North gym. Gymnasts are responsible for full practice time. (please give Walsh a note if unable to attend all or part of a practice)
- Work towards independent work habits at all times in the gym and use the coaches' guidelines as minimum to follow.
- Remember higher-level gymnastics skills require increased athletic ability.

Work Hard!

- Please report any injuries to the coaches and our athletic trainer. We believe in the rest now-play stronger later theory. (Injured gymnasts are to attend practices to condition and help out)
- Wear a leotard, hair in a pony tail before practice and bring water bottle. (No Jewelry or Gum)
- Wednesdays are "Leotard only days" to prep for meet night.
- Gymnasts are responsible for all gymnastics equipment set up and put away. (Parental help is also encouraged)
- Bring a Great hard working attitude to each and every practice! Be respectful and expect respect from others!

Tryout Process

- Each gymnast will have five practice sessions in which the coaches will assess the skill level on vault, bars, beam and floor, attitude, effort and trainability of all gymnasts.
- Mrs. Walsh will have a personal conversation in her office with each gymnast on Wednesday to discuss possible placement on Training Team, JV Team or Varsity Team.

Absence Policy

- Gymnasts are to be at all scheduled practices, unless they are absent from school.
- Absences must be cleared with Mrs. Walsh (306-7082) by phone, email or a note from parent or teacher.
- Unexcused absences such as detention, work & baby-sitting are not acceptable.
- As a general coaching philosophy:
Family First, School Second and Gymnastics Third! Simple.
- Gymnasts may take one mental health day at their discretion. Must notify Walsh "in person" prior to practice. (Please don't send someone else to tell Walsh!)

Consequences for Unexcused Absences:

- 1st time warning for no competition, 2nd time no competition in the next meet & 3rd time dismissal from team. Name goes in "the bucket" on each occasion.

Tardy Policy

- If arriving late to a practice, you are required to bring a note from an adult to be excused.
- If arriving to a meet after the designated warm up, you will not participate due to safety concerns.
- Consequences for unexcused tardies, results in "running" the amount of time tardy, plus the general run time and name goes in "the bucket".

"The Bucket" Policy

- If a gymnast has an unexcused absence, unexcused tardy or any other disappointing behavior during practice/meet or in general gymnastics travel time, her name will be placed in “the bucket.”
- Names will be drawn at random from “the bucket” to decide who will carry the board/kit/mats for each meet. It will be that gymnast’s responsibility to and from that particular meet.

Competition

- All decisions concerning competition are up to the coaches.
- Gymnasts work hard to earn spots for competition. The “best” gymnast may not compete if her practice sessions do not warrant participation; unfortunately both the team & individual suffer as a result.
- Gymnasts must perform prerequisite skills prior to more difficult skills. To execute a skill the coach must watch and approve the skill at a practice, in order for it to be performed in a meet situation.
- Unsportsmanlike conduct will result in being excused from the meet.
- Gymnasts not competing should attend meets, show support and assist as needed.
- If a Parent or Gymnast has a concern, please talk to Mrs. Walsh away from the meet/practice time. If any issues are unresolved, a meeting can be set up with Gymnast/Parent/Coach and Athletic Director.

Lettering Expectations

- Must be out for the entire standings with coaches, team and school.
- Sportsmanship is Critical on the Simley Gymnastics Team at all times!
- Must compete or is the alternative in 4 varsity meets.
- All-Around competition increases lettering opportunities.
(Ex. You’re and AA in 3 varsity meets – lettering chances increase)
- Must uphold team expectations and Minnesota High School League rules throughout the entire season.
- Manager letters after completing 1 year of managerial duties.
- Unusual situations are left up to the coaches.



Issued Equipment

- Gymnasts will be issued school owned leotards, warm-ups and locks. Please be very responsible with the care of all materials. Gymnasts will turn in all equipment to Walsh at the end of the season. Fines will be assessed for missing, lost or damaged items.
- New this season, the girls will turn in all leotards after meets for washing to Ms. Young and they will also hang their warm-ups up on their hangers on a special hanging rack. This is to prevent damage and keep all items in top condition.

We have read, understand and will follow the Simley Gymnastics’ Expectations for the 2009-2010 Season:

Daughter Signature _____ Date _____

Parent Signature _____ Date _____