

Chisago Lakes High School



Gymnastics

2018-2019

Athletic Handbook

To All CLHS GYMCATS GYMNASTS AND PARENTS,

Your child is about to become a part of the Chisago Lakes High School gymnastics family, a group rich in tradition. For years Chisago Lakes High School athletes have performed with dedication, skill, intensity, and desire. Our athletes of all sports have performed well at both the high school and college level. More importantly, the vast majority of them have become contributing members of the community and caring members of their family. High school athletics can be a wonderful and exciting educational opportunity. It is our hope that your child will seize that opportunity, run with it and make the most of it. There are both positives and negatives in athletics. Each athlete will experience both sides of the coin and will hopefully benefit from their experiences. The most important part of this is that the student athlete understands that the TEAM comes first. We must do whatever is necessary for the TEAM to succeed.

This booklet contains information regarding policies, practices and regulations that govern the gymnastics program at Chisago Lakes High School. I believe that this information will help answer many of your questions regarding the gymnastics program at Chisago Lakes High School.

I look forward to your association with the athletic program at Chisago Lakes High School. Thank you in advance for your help and cooperation.

Go Gymcats!!!!

Coaches:

Brett Kjos

Ed Wakefield

Stacey Williams

Chisago Lakes High School Gymnastics
Team Rules

1. Attendance:

- You must be at practice! Practice times are listed on the calendars you receive and posted on the team web page (Under Construction) — not knowing what time we have practice is not an acceptable excuse.
- Missed practices cannot be made up. (Please see lettering policy on next page)
- Missing practice may result in the athlete NOT COMPETING for JV or Varsity — you must be at practices and fully committed to the sport if you want to be a part of the competition teams -- athletes who cannot meet this requirement are still welcome to be a part of the program, but will not compete.
- You need to bring a note in order to get an excused absence. We need to know in advance if you are not going to be at practice, and this does not mean 15 minutes before the practice you plan to miss!
- An excused absence includes: illness, religion conflicts, family vacation, staying late at school with a teacher, etc. *NOTE: EXCUSED & UNEXCUSED ABSENCES WILL BE DEALT WITH ON A CASE-BY-CASE BASIS AND BY THE COACH'S DISCRETION
- An illness that develops at 3:00pm is not excused. If you are absent from school all day, you are excused from practice.
- An unexcused absence includes: homework, babysitting, work, haircuts, dates, not feeling like coming to practice, other sports or being injured. If you are injured, you must still attend all practices.
- If you need to see the trainer, you should go directly after school and come to practice as soon as possible. Any injury must be reported to the coaches immediately. Taping, icing, etc. can be done at practice rather than the training room when possible.
- One unexcused absence will result in a phone call and/or meeting with parents.
- Two unexcused absences will result in dismissal from the team.
- Gymnasts who are late to practice will be dealt with accordingly by the coaches, and can/will be subject to the same disciplinary actions as listed above.

2. Tryouts:

Minimum Requirements:

1. VAULT: handspring (or equivalent)
 2. BEAM: cartwheel and/or back-walkover, back-tuck/front-tuck dismount/any superior dismount.
 3. BARS: kip, fly-away dismount (or any dismount equivalent)
 4. FLOOR: round-off back-handspring back-tuck, two front skills connected (front walk-over to front tuck, front walk-over to front-punch, etc.
- Recommended to have 3 out of 4 requirements to make either competition teams
 - Exceptions can be made based on coach's discretion
 - Conducted the first week of practice
 - JV & Varsity Teams will vary throughout the season based on current skill levels, attitudes, etc. This is based on coach's discretion and determined on a case-by-case basis.

WE ARE ONE BIG FAMILY/TEAM! — there are not rigid JV & Varsity squads because of the above-referenced information.

3. Practice:

- Practice times:
 - School Days (Monday - Friday) 2:45 - 5:30 pm
 - Non-School Days (Staff Development Days, Vacation Days etc) 9:30am - 12:30 pm. Will vary throughout season.
 - Practice Location: Chisago Lakes Middle School.

4. Meets:

- You must be at practice the day before a meet or you will not be eligible to compete at the meet. You must attend at least one-half day of school the day of the meet to be eligible to compete. There are a few exceptions to this rule, but this will be dealt based on the discretion of the coaching staff, and on a case-by-case basis.
- Away Meets: Gymnasts must ride the bus to and from away meets unless discussed with the coach prior to the meet. If an athlete does NOT ride the bus home a parent must sign off approving this.
- Home Meets: Gymnasts and parents (if available) are required to stay after home meets conclude to help put the gym back in order. No exceptions.
- We may need parents to cover concession stands at our home meets. TBD.
- Athletes will be responsible for their own food at any away competitions. This can include a packed lunch/snack or money for the concession stand (if available).

5. Eligibility:

- You will not use alcoholic beverages, tobacco, or any other controlled substances. You have signed off on the MSHSL form stating that this is for the entire year, including summer.
- You must maintain scholastic eligibility. Athletes must be making satisfactory academic progress to be eligible for competition/practices. Academics will always take precedence over athletics.
- IF YOU GET HURT AND ARE CONSISTENTLY MISSING PRACTICE DUE TO YOUR INJURY, YOU MUST SEE A DOCTOR OR ATHLETIC TRAINER. This is a requirement included for your safety and the protection of your coaches. You will not be allowed to practice and/or compete until the coach has a doctor's note indicating the conditions of your return.
- COACHES MUST BE NOTIFIED OF ALL INJURIES! No injury is "too small" to be ignored! This is also for your safety and the coach's safety!
- Athletes must have a positive and respectful attitude to coaches, staff and teammates at ALL times. This includes BOTH at practice and outside of practice. Any violation of this will be handled on a case-by-case basis and on the coach's discretion. Disciplinary action is also based on coach's discretion, but could result in, but is not limited to, suspension, expulsion from the team, one-on-one meetings with athlete and/or parents, etc.

6. Season Fees:

- Each athlete is required to sign up and pay our CLHS athletic fees PRIOR to our first practice.
 - High School Athletic Fee: \$185.00
 - Middle School Athletic Fee: \$110.00
- Sign-up is completed on the CLHS Activity Webpage.
- YOU MUST HAVE AN UP-TO-DATE PHYSICAL (Every 3 years) in order to be eligible to compete.

- Miscellaneous Fees: Not covered by school. (Around \$100) Covers the purchase of a warm-up leotard, warm-up jacket etc. Fundraising may help cover some of these costs.
- Food/Meals for away meets. Athletes are encouraged to pack a meal for all away competitions, or bring money to purchase food while traveling.
- Grips (\$30-\$50). These are used for bars and it is strongly encouraged that each athlete has a pair, but it is not required

7. Varsity Lettering Requirements:

- Attendance: All parts of the attendance requirements listed above must be met.
- A team member must not miss more than 5 practices. (Extended illness will be taken into account with a physician's note.) A combination of three late arrivals and/or three early releases equals one absence.
- Attendance is required at 100% of the meets (arrangements may be made with the head coach in the event of extenuating circumstances.)
- No more than one unexcused absence (practice or meets) is acceptable. The athlete may be cut from the squad if more than one unexcused absence occurs.
- Points: A gymnast must accumulate 22.5 meet and/or place points in order to receive a varsity letter. These may be accumulated in several ways:
 - A gymnast will receive one point in each meet where she competes at least one event varsity (limit one point per meet.)
 - A gymnast will receive one point in each meet where her score is used as part of the team score. This means scoring as one of the top four individuals on the team in her event (limit one point per meet.)
 - Meet place points are earned as follows:

Dual Meets:

- a. 1st - 5 pts.
- b. 2nd - 4 pts.
- c. 3rd - 3 pts.
- d. 4th - 2 pts.
- e. 5th - 1 pt.

Large Meets/Invitationals:

- 1st - 10 pts. 6th - 5 pts.
- 2nd - 9 pts. 7th - 4 pts.
- 3rd - 8 pts. 8th - 3 pts.
- 4th - 7 pts. 9th - 2 pts.
- 5th - 6 pts. 10th - 1 pt.

- Bonus points may be earned for exceptional attendance: no more than 4 absences = 2 bonus points, perfect attendance = 4 bonus points.
- Being selected for the Section Competition Team and/or qualifying for the state meet as an individual is an automatic varsity letter.
- Attitude is everything. No letter will be awarded to an athlete, regardless of other requirements met, if she displays a poor attitude towards coaches, teammates, opposing teams or judges.

- If a gymnast does not finish the competitive season for any reason, the coaching staff will determine if a letter should be awarded. If an injury occurs, the gymnast is still to report to practice every day.
- Managers will receive an automatic varsity letter as long as their commitment, time and dedication to the team is exceptional.
- All letter-earners must be approved by the coaching staff. Coaching staff will have the “final say” and ultimate authority in all decisions made with regards to lettering, and this will be handled on a case-by-case basis.

8. Other:

- Gymnasts will be required to have a positive attitude towards gymnastics, coaches, judges, other gymnasts, and parents. We are all working together to make this the best experience for gymnasts and the team. This means setting and striving for your goals, making an effort to master new skills, allowing input from your coaches and captains, and speaking and acting respectfully to all people. Any issues with regards to respect and/or attitude will be handled by the coach’s discretion and on a case-by-case basis.
- Gymnasts will be required to bring any/all concerns to a member of the coaching staff. No coaching staff will have a parent meeting until this requirement has been met. If a gymnast has addressed her concerns with a coach and the concern remains unresolved, then a parent meeting may be held, but the gymnast will be REQUIRED to attend.

