



COMPETITIVE TEAM MANUAL

Team Philosophy

To treat gymnastics as a vehicle to teach qualities beyond strength, flexibility, coordination and grace. Crenshaw gymnasts have a long standing tradition of excellence outside of the gym. We take pride in building attributes such as discipline, self-motivation, patience, courage, goal setting and a positive self-image. Crenshaw gymnasts will embrace the concepts of teamwork in a sport that is widely considered an individual sport.

Team Goals

For each athlete to reach her potential, in gymnastics or otherwise. To provide an opportunity to continue gymnastics in college.

Becoming a Spinner

Team members are selected from classes. From time to time gymnasts come to us from different gyms. In this case, the gymnast will be invited to train with our team at which time she will be evaluated for her proper USAG level.

USAG Levels and Mobility

We compete Junior Olympic levels 3-10. Levels 3-5 are Compulsory and 6-10 are Optional. It is our goal to produce confident and successful gymnasts. In order to do this, athletes are placed at a level where they can perform the necessary skills comfortably and safely. If the gymnast cannot perform a skill or routine consistently in practice, she will not be asked or expected to perform them at a meet.

***All-around scores from the year before are not the sole factor in placement.
Coaches will place athletes at levels most appropriate for their specific needs.
Any questions about mobility should be directed to the coaches.***

We are determined to graduate high school seniors through our program. It is our goal to provide these gymnasts the opportunity to continue training at the college level. The most effective way to achieve these goals is to produce happy and confident athletes.

COACHES:

Adam Miller- Head Coach and Program Director

Helen Miller- Assistant Coach

Sharon Bunch- Assistant Coach

Alexandra Ackerman- Team Manager and Junior Coach

Expectations of a Spinner Gymnast

- ◆ Master basics. A strong foundation of basics is the easiest and safest way to advance successfully through the J.O. program and learn more advanced skills.
- ◆ Attend ALL practices, meets, and special events. These special events include Highland Park Show, Gymkhana, mock competitions, camps and clinics.
- ◆ Call the gym in the event of an absence or email Coach Adam.
- ◆ Be on time for workouts and maintain a proper work ethic.
- ◆ Represent Crenshaw Athletic Club. Treat all other gymnasts, coaches, and judges with respect.
- ◆ In order for us to always be accountable for our gymnasts, always ask a coach for permission to get water, go to the restroom or any other situation that requires you to leave the event.
- ◆ Provide and maintain your body properly. Make sure your body is receiving sufficient amounts of food and water. Being overweight or underweight is a danger to you in the gym. Always let a coach know of ANY injuries or illnesses.
- ◆ Always wear appropriate gymnastics attire. Shorts are allowed for three workouts a week. Every Monday you must wear your team practice leotard without shorts. Make sure you do not have jewelry or hair that is not pulled back.
- ◆ Team members must wear practice leotards EVERY Monday as well as to all special events. All gymnasts must keep leotards in proper condition. Ask a coach for the best ways to maintain your leotards.
- ◆ Coaches have the ability to scratch routines or skills in the event of an excessive amount of absences prior to a meet. This is for safety purposes. Coaches may scratch routines or skills if they are not properly warmed up at a competition.
- ◆ Optional gymnasts must attend all State, Regional, and National competitions for which they qualify.

Competition Expectations

- ◆ Always be at least 20 minutes early to your scheduled stretch time. Check in with a coach upon arrival. Upon checking in you will not have contact with parents until the end of the competition.
- ◆ Proper hair and warm ups should be worn at meets. Ask your coaches about the best way to wear hair (Hair buns/short pony/braids)
- ◆ No fingernail polish or jewelry, other than post earrings.
- ◆ In the event of qualifying to a competition's "Finals", you may wear another leotard if first approved by the coaching staff.
- ◆ Optional gymnasts should always have an extra set of grips and a copy of their floor music
- ◆ Gymnasts will be expected to cheer for their teammates and be courteous to other teams.
- ◆ Gymnasts should always stay at their event until the last athlete has finished the event.
- ◆ Gymnasts should always stay for awards and wear their full warm up.
- ◆ All gymnasts should label uniform with their name.

Expectations of Parents

We encourage parents to feel a part of our team. We encourage parents to attend all meets and functions. Just like the gymnasts, you will be representing Crenshaw Athletic Club.

- ◆ Cheer for your daughter, teammates and any good performance you see.
- ◆ Root us on appropriately. Never speak poorly about another gym, coach, athlete, or judge. Feel free to represent CAC with shirts, signs, cheers, etc.
- ◆ Never approach a judge.
- ◆ Never enter the competitive area. Only USAG professionals are allowed under USAG rules.
- ◆ Please do not contact your gymnast or coaches during a competition. The skills being done require as much focus as possible.
- ◆ Please praise your child for her performance. No matter how it went, it took a lot of effort to get there.
- ◆ Please do not coach your child. Questions or concerns can be directed to a coach.
- ◆ NEVER call a host gym in regards to a meet. Direct questions regarding schedule can be directed to Adam.

Competitive Team Fees

Monthly Team Fee

Prep Team: \$200.00

Junior 1: \$290.00

Junior 2: \$290.00

Senior 1: \$370.00

Senior 2: \$410.00

Annual Membership Fee

\$100.00 (Junior and Senior Teams) \$50.00 (Prep Team)

Meet Entry Fees

Typically run from \$55-\$140 depending on the competition level, style and venue.

Refunds of Meet Entry Fees

Typically meet entry fees are non-refundable unless otherwise allowed by the host gym. Our policy is to refund travel fees if not already allocated

Leotards and Warm Ups

Leotard and warm up charges change depending on the specific leotard. We try to find quality and sharp looking uniforms without breaking the bank. This has recently been between \$200-\$250 combined. Compulsory level leotards are typically between \$60-\$100. We will also have a yearly "practice leotard" that the girls wear on Mondays and special events. This leotard is purchased twice a year to correspond with Gymkhana and Highland Park Show.

USAG Registration

\$54.00

Optional Choreography

Receiving a floor or beam routine has varying prices depending on the choreographer. Generally floor dance costs anywhere from \$250-500 and beam \$100-250. Hand-me-down routines are usually around half price. These fees should be expected only by Optionals and routines will be kept for two years.

Typically, hand-me down-routines are given to new optionals.

Choreographers are picked by coaches. If you have a preference it must be discussed, approved, and arranged by a coach.

Camps and Clinics

From time to time, coaches will select certain team members to attend State, Region and Nationwide camps and/or clinics. These are to benefit both the coaching staff, the athletes and to expose the gymnast and gym to the broader side of the sport.

Travel Fees

Families are responsible for their own travel expenses. Crenshaws will recommend hotels nearby the host gym.

Crenshaw Athletic Club Women's Spinner Gymnastic Team

Most Frequently Asked Questions

1) Is gymnastics a year-round sport?

Yes. Gymnastics is too demanding to be seasonal. The training year is broken down into many parts. Those girls taking off for any extended period of time will find themselves falling behind quickly. The compulsory levels compete from late August and into December. Optional athletes compete through the winter until the end of the school year. Meets are the girl's way of showing off or performing what they have learned.

2) How many meets do the girls attend?

Generally, the season fill include 5-8 meets including the State Championships. At the upper levels, the girls may even qualify to regionals or nationals. This will extend the season by a couple of meets. Out of the initial 5-6 meets, half are generally local and the other half will be in Texas. We schedule one "out of state meet". This meet changes locations each year and is available to every level.

3) How much do the meets cost?

Every meet will have an entry fee. This fee generally will run from \$50-65+ per Compulsory girl. Optional entry fees will be around \$100. Crenshaws will send the entry fee for the girls to the host team 4-5 weeks prior to the competition. Once the money has been sent, you and your daughter are responsible for paying this fee. There are generally no refunds from the host clubs. Coaches are paid a stipend for each session they coach. This stipend also covers their meals. Other travel expenses are paid for by the girls. The travel, hotel and a stipend for coaches is split among the girls traveling. Breakdown on costs are figured at least five days prior to the meet and parents will pay fees even if they make last minute changes. Crenshaws does not make a profit on any of the traveling meets. Therefore, changes in parents plans will cause the club to lose money on the meets.

4) How much do the uniforms cost?

The team tries to keep the same uniform for a period of at least two years. The only item that we add each year is a traveling t-shirt. A full uniform will include a competition leotard, a practice leotard, a team bag, a traveling shirt and a warmup jacket and pants. Crenshaws will order these items for each girl in the early fall. Cost for these items is around \$200+. Parents will generally order workout grips for their child. We will supply order forms on these items. These additional items may cost \$50. When possible, pre-used items may be purchased from ex-team members. Uniform ordering time is late September. Crenshaws does not make a profit on any uniform ordering.

5) Who governs the competitions?

Crenshaws competes under the rules and guidelines of the USA Gymnastics. This is the organization which fields a team for all of the major national and international meets including the Olympics. A set of compulsory routines, Level 4-Elite are prepared by this organization. Most girls entering the program will begin competition at the Level 4. At Levels 3-5, the routines are an exact set of skills or compulsories. Level 6-Elite involve the girls and coaches preparing their own "optional" routines under certain skill requirements. Each fall our gymnasts join the USAG which will cost about \$54 per year.

6) How are the workouts set up?

At the beginning levels, girls workout three times per week for a couple of hours. As the girls move up to higher levels, Crenshaws will add additional days. Somewhere around Level 6, girls are moved to senior team and will begin working 6 days per week for 3 hours per day. Workouts are physical. Kids will come home with bumps and bruises or "rips" on their hands. We work very hard to insure the safety of each girl and have a VERY LOW accident rate. We believe in prehab to avoid rehab. Kids who are bothered by minor problems in workouts will be allowed to work around these problems.

7) How much do the workouts cost?

Team fees are set up monthly with payment due at the beginning. There is a late fee for payment past the 15th. Beginning levels will pay around \$150-200 per month for 6-10 hours per week. The upper levels will pay \$250-310 per month for 18 hours per week. These fees are generally lower than the state averages. There is a \$5 discount on tuition for those who use our ACH program. Each fall, there is a team registration fee of \$50 and the \$54 USAG fee.

8) How many girls are in a workout with a coach?

The coaching ratio goal is one coach per 7-9 girl.

9) Where do you get your coaches?

Crenshaws is very lucky to have a wonderful staff of coaches year in and year out. Our coaches have had success at the State and National level and have years of experience and education. Every team coach must be USAG certified, Safety Certified, have a background check every two years, and be SafeSport certified.

10) What are the ages of the team members?

The age range on the team is from 6 years to 18 years of age. The beginning levels generally show a 3 year span in ages.

11) How are decisions made concerning my girl's gymnastics?

A great deal of time, not to mention years of experience, go into every decision. Our foremost concern centers around each girl and her continuing to maintain a positive experience at Crenshaws. We welcome questions from parents, but please approach us as though we are all on the same side....your child's!

12) Do upper level girls have trouble doing both gymnastics and schoolwork?

Actually, we have found girls are unable to "put off" doing school assignments and are far more diligent toward getting their work done before their workouts. Our graduating seniors over the past years include college students at Brown, Cornell, Stanford, LSU, Penn State, Nebraska, Oklahoma, University of Texas, Navel Academy, William and Mary, West Point, etc. Gymnastics teaches goal setting and time management. Several Crenshaw men's and women's team members have graduated Salutatorian and Valedictorian from their high school class. Not too shabby!

13) Can my daughter workout at other clubs in Austin?

We do not want our team girls working out with other clubs in the Austin area. Especially without our prior permission. Under these circumstances, girls may be asked to leave the team. We do not have a problem, with coaches permission, in having your daughter workout at an out-of-town team if you are on vacation. Girls may want to attend summer gymnastics camps. Please check with coaches to see if the camp you are choosing will fit your daughter's needs. Coaches may select a college camp to go to as a group. This is to expose your daughter to the collegiate gymnastics scene and expand possibilities of continuing a gymnastics career beyond graduation of high school.

14) What happens if we change teams and leave Crenshaws?

Your daughter is welcome to leave the team program at any time, but the door revolves only one way. If she leaves, unless very special arrangements are made in advance, she will not be given a future place on the Crenshaws team.

15) Is my daughter allowed to do other sports throughout the year?

Especially at the beginning levels, we do not discourage participation in other sports. We are concerned if girls begin to miss too many workouts because they fall behind the group. As girls begin to reach our senior level, we would rather the girls begin to concentrate their energy rather than be a "jack of all trades

16) Is there a formal Parents Club and fundraising?

The team does have a parents' club although it is not as active as other teams. Generally the organization helps to run several meets that are run here at Crenshaws. Most of the parents are opposed to burdening their child with lots of additional fundraising. The Spinner Invitational, a very large boys home meet in February, is the largest source of team income. The money from this meet guarantees that all entry fees and coaches expenses are paid for the girls for State, Regionals and Nationals. This usually amounts to \$60-75 per child per meet. At nationals, it can mean savings of over \$500+ per girl.

17) How involved should I be as a parent?

It is our belief that parents should encourage their child in all of her endeavors without being the push behind the motivation. Kids need to learn to participate from within. Parents who become overly involved tend to expect more out of the sport than often can be gained. The child will sometimes become squeezed between the parent and coach. Coaches push and parents should praise. Parents need to be an oasis that their children can seek. Parents are welcome to occasionally visit workouts to watch for a short while. It is our policy that we would rather not have parents in the gym nightly, especially if there are other classes in progress. The nightly visit by parent is distracting to the gymnasts and coaches. We have even had parents on the floor coaching their children.

18) I understand my child may receive school credit for being on the team at Crenshaws.

Since Gymnastics is an Olympic Sport, boys and girls who are in middle school (starting seventh grade) and above are eligible for receiving P.E. credit for their participation on the team. Over the years, we have worked closely with at least ten area schools. If your child is eligible, please see your school to ask what is required. We will prepare a letter to the school if needed. Every six weeks, we will send a grade to the school for your daughter. Unless we are having absence problems, the grade will always be a 100. (Since the girls workout 3-5 times as much as a regular P.E. class, we feel the 100 grade is more than fair.) There is no charge for this service even though a great deal of time is spent preparing grades.

19) After my daughter graduates from High School...

There have been cases where a gymnast continues working out with the club after she graduates from High School. Each case is considered on an individual basis. If a child stays with the team through the twelfth grade, she will be granted a "lifetime" membership to the health club at Crenshaws. Athletes interested in college will receive full support from the program director and staff. Additional information on college may be found at this end of this packet.

20) Should my daughter choose to leave the team...

We appreciate those children who make a commitment for the main portion of the year. However, children may leave at any time as long as parents give the office a **30 day written notice** of their intent to withdraw from the team. If a child just drops from the team, the parents still owe for that 30 day period.

21) What if I have additional questions?

Adam is generally at the club every afternoon during the week. Please feel free to call and have your questions answered. Gymnastics team is not for all girls and their parents. Crenshaws likes to surround itself with people who are supporters. If you are unable to get comfortable with the policies and workouts with the team, this program may not be for your child.

Benefits of college gymnastics

- **Tuition, room, board, books, fees**--if you are awarded an athletic grant-in-aid, you have a one year contract for the school to provide these expenses. Everything else listed below is usually provided both for scholarship and walk-on athletes
- **All training and competition equipment, apparel, expenses**--all expenses associated with training and competing are paid by the school
- **All medical/rehab expenses**--most schools consider the parent's insurance to be the primary provider with the school being secondary insurer, which means your insurance kicks in first and then the school picks up the rest so that parents and athlete have no out of pocket expenses
- **Athlete Student Services**--every school provides some level of academic and life skills support beyond the normal counseling services offered to students and may have separate study areas, computer labs, and libraries
- **Sense of identity**--can be a tremendous help in adapting to college life, particularly at larger universities where individuals can often get lost on their own
- **Next level of life skills**--student-athletes are highly sought after by employers because they have learned critical skills like teamwork, time management, planning, goal setting, etc

Differences from club

- **13 competition date maximum**--you must do at least 9 meets but no more than 13
- **Ability to event specialize**--most gymnasts continue to train all four events but few will actually compete All Around...most will focus their time on the events where they have the greatest chance to compete and contribute to the team
- **Different motivation/responsibility change your perspective**--your performance no longer just affects you, it impacts your team and your school
- **Institutional identity/support**--you will be part of the entire family of the athletic department and develop relationships with other student-athletes as you all represent the school

Recruiting—what should prospects do

□□ Freshman and Sophomore years

- Begin evaluating schools and figuring out what□things are important to you--ruling some out is just as helpful as□picking some you like
- Start considering major options and what sorts□of things you would like to study
- Start to plan for unofficial visits as early as Fall□of your junior year
- Contact schools to get an early read--you may□call directly to coaches or have your coach□initiate the contact

Recruiting--Junior Year

□□ Junior year--this is the year it happens now

- Sign up for ACT or SAT as early as possible to get an early score available for more academically rigorous schools
- Register with NCAA Eligibility Center and Amateurism Center
- Video by Fall--your tape should have 1 or 2 competitive routines from each event and some footage□of skills you're training and close to competing; use technology and send YouTube links
- Write/phone/email in September to establish contact, let schools□know you're interested, and get on their mailing lists
- Continue or start visit process--there is no limit on unofficial visits so visit as many as you□can to start getting an idea of the types of campuses, distance, and other factors that will matter to you
- Make your list of what is important to you and evaluate each□school based on those criteria
- Be prepared to get pressured for commitment, with pressure□increasing as the year moves forward
- Verbal Commitment--NOT legally binding and can happen at any□time; other schools should back off afterwards

☐☐ Be available after July 1--coaches will start making telephone calls on July 1 and will plan to ☐ visit your gym after July 15 so don't plan any family trips during this time period if possible

Child's Name _____

Crenshaw Athletic Club Girl's Team Signature Page

Publication, Video, and Internet Consent and Release Agreement: Members of the Spinner Gymnastics Team are occasionally asked to be a part of gym publicity, publications and/or public relations activities. For example, pictures and articles about the program may appear in the Crenshaw Athletic Club Newsletters or local media. Our team has a strong social media presence on Facebook, Instagram, and Twitter that is used to promote and applaud the progress of the athletes as well as connect and expose prospects to college programs. Please indicate and sign below whether or not your child's name, voice, verbal statements, or portraits (video or still) may be given to the media or to appear in Crenshaw Athletic Club and coaches' publications, videos, or the gym's website.

I grant permission as outlined above

I do not grant permission as outlined above

My signature verifies that I have read this consent policy. A copy of this form is available for my asking.

Signature _____ Date _____