

Parents

As coaches and parents ourselves, we understand how impressionable high school females are and how strong of an impact coaches make on the development of these young women. If you equate the U-High gymnastics program as the employer of your child and the coaching staff as the bosses, our expectations will be more understandable.

STUDY TABLE

We never lose sight of the reason the girls are at U-High, and that's academics. We are the only athletic program in the League that requires all athletes to have a C or better in all classes at all times and follows this requirement with mandatory academic assistance. At any time a grade drops below this minimum, the gymnast is **REQUIRED** to attend study table with Tracy twice a week after practice. This is not optional and can not be waived by a parent. During our season, we take many hours a week away from homework and study time. This is why we make every attempt to assist these young women with their academics and reduce the stress related to competitive sports, school work, high school life, and family. Grades are checked both prior to and throughout the season. Dialog is maintained with teachers and parents in order to assist the gymnast in raising her grades.

While study table is mandatory for many gymnasts, it is open to all U-High gymnasts. There are many times when there are five subjects being worked at once by a dozen girls. The upper class assists the newer students with their homework, major projects, and studying for tests.

RESPONSIBILITY

We believe gymnastics serves a bigger purpose than just the athleticism of the girls. To be able to perform, by yourself, in front of your peers and others, with all your faults documented and posted by judges takes extreme courage. Gymnastics has the ability to create strong, independent and confident young women, our future generation. In that capacity, we maintain an open and trusting environment with our gymnasts. They learn to trust others, trust themselves, and accept the fact that their actions may have consequences for other people. They must learn to work together even when they may not necessarily like someone. We equate it to their future life. They may have jobs in the future where they don't like their co-workers, but they still must find a way to work with those people in a respectful environment. All girls are required to leave their "issues and baggage" at the door and be a positive asset to the program.

In addition, we stress the fact that the gymnast is the one who is in the gymnastics program, not the parent. Communication from coaches is to the gymnast and not the parent. It is the gymnast's responsibility to disseminate any pertinent information to the parents. Parents are not to contact coaches unless it is an emergency or a situation that needs adult intervention. Gymnasts will be held accountable to the program, not the parents. Please note that as a parent, you could cause disciplinary action against your daughter by not supporting her in program requirements. It will be the gymnast who will suffer the consequences of rule violations.

ATTENDANCE

The U-High gymnastics program starts at the beginning of November and continues through the State Tournament the third weekend of February. We work out 5-6 days a week for 1 ½ to 3 hours each day. This includes winter break periods and early dismissal days. Gymnasts are given the workout schedule at the pre season meeting and on the first day of practice. This schedule is posted on the U-High website as well as taped to the door for gymnasts to review. All gymnasts, regardless

of skill level, are required to attend all practices/meets for the entire duration of the event. This includes any gymnast with an injury. It is the gymnast's responsibility to make sure she has transportation to and from practices regardless of start and finish times. There will be no excused absences for, "I didn't have a ride", "I had to babysit", "I fell asleep", "I didn't have your phone number," etc. The head coach's phone number is listed in the phone book. As stated previously, gymnasts know work out date and times as early as October. There is plenty of time to make necessary arrangements.

The only guaranteed excused absence is illness. If a gymnast is home from school due to illness, she may not attend practice. In accordance with our philosophy of responsibility, all gymnasts are required to personally call a coach to let the coaching staff know the gymnast is ill. Parents are not to call for their gymnast unless she is so ill she is unable to make the call herself. Please read the Policies link on the U-High website for more details. We ask all families to plan vacations accordingly to reduce/eliminate conflicts with gymnastics schedules. It becomes a safety issue when gymnasts miss practices. If a gymnast would like to request time off for a family trip out of town, she must put her request in writing and submit it to the coach a minimum of one week prior to the vacation. This does not guarantee approval of an excused absence. The note is not to come from parents. It must come from the gymnast.

INJURIES

We pride ourselves on the limited number of injuries that occur in the U-High program. Gymnastics is a very demanding sport on a young woman's body. There is impact, flight, friction, stress, and more that is done to a body during even one move. We DO NOT EVER work through an injury. Injuries need to heal prior to any other activity. For example, if a gymnast complains of sore shins, all impact related activities are immediately eliminated from her workout. She spends substantial time on therapy designed to heal the shins and on gymnastics activities that do not have "pounding" action. Once the shins are healed, she may return to light workouts and increase activity as appropriate.

PRESSURE & INTENSITY

As with any sport, there is pressure and intensity to succeed. This is also true in the U-High gymnastics program, ALTHOUGH, we do not believe success can be achieved without enjoyment. While it is not fun to lose, it is not fun to win either if the road to victory is so intense you can't enjoy the ride. Gymnasts will be spotted if necessary until a point where both she feels confident as well as the coaches that she can throw a move without assistance. Most of the time, the coach achieves this confidence prior to the gymnast. Until the gymnast believes enough in herself to throw the move completely alone, the coaching staff will be there. We don't count, yell, threaten or punish any gymnast who does not trust her own ability. This belief in oneself must be reached through encouragement, safety, and trust. There is no such thing as punishment pushups in our program for not throwing a move. We want these young women to develop confidence in themselves, trust in their own ability, and strength in their determination to achieve their goals.