

University High School Gymnastics Program Guidelines

*“Determination and desire have no meaning
without purpose and direction” JFK*



TEAM MISSION: Through gymnastics, athletes will learn to identify, strive for and accomplish both individual and team goals while challenging personal visions in a team community.

Gymnastics is a sport of strength, grace, elegance, and endurance. All elements will be coached and trained at an appropriate skill level for each athlete. Whether beginning or advanced, each participant is valued and contributes to the advancement and spirit of our gymnastics team program.

COACH PHONE NUMBERS:

Tracy Duncan – 251-3346 cell, 924-2904 home

ATTENDANCE:

Practice: All team members are expected to be on time for and consistently attend entire practices. You must be in attendance at school all day to attend practices. Practice times may vary and will be listed on the master calendar that each gymnast will receive.

Meets: All team members will attend all meets. You will be dressed in competition warm-ups and/or leotard regardless if competing or not. You must attend school all day to be eligible to compete. If you miss one or more periods on the day of a meet, permission must be obtained from administration to participate.

ABSENCES: An excused absence from school OR a pre-arranged absence with the coach is considered an “excused” absence. If you are going to be late for a legitimate reason, or if you do not attend school due to illness, you must notify a coach prior to practice/meet that day. Any other absence will be considered unexcused (i.e. No-call, No-show). It is the coach's discretion when determining the legitimacy of a tardy or absence. Any absences not due to illness must be requested, in writing and submitted to a head coach one week prior to the requested absence. The Head Coach will make a determination as to whether the absence will be approved or declined. If the request is denied and the gymnast still misses the practice or meet, it will be considered a No-call, No-show and the appropriate discipline will be enforced.

First Unexcused Absence = Probation

Second Unexcused Absence = Dismissal from the Team

TRANSPORTATION: Transportation to and from practices will be the responsibility of the gymnast. All gymnasts **WILL RIDE THE BUS** to and from meets. Exceptions will be made **ONLY** through the Driver Approval Form completed and approved by administration **PRIOR TO DEPARTURE**. Gymnasts are required to travel back to the school on the bus after meets unless this completed form is presented to the coach.

UNIFORMS: Competition leotards and warm-ups will be issued to each team member. These are for meets only and are not to be worn to practice or to school. Instructions for laundry and care will be provided when issued. School policy will be followed for any damaged or lost items.

PRACTICE ATTIRE & POLICIES: Gymnasts will adhere to school dress code policy. Full leotards will be worn. Baggy/loose fitting pants/shirts will only be allowed during warm-up and conditioning due to safety. There will be no cell phones allowed in the practice gym or at meets.

- **Jewelry: WIAA policy prohibits jewelry of any kind during competitions. To reinforce this policy, all jewelry will also need to be removed prior to any practice.**

LETTER CRITERIA: To earn a varsity letter, a gymnast must compete at the varsity level at least four times and have her score count toward the team score at least two times. This can be on any event. It is the coach's discretion to award a letter outside this criteria.

SUBSTANCE USE: Please remember you have signed the Pride Code. Good health is essential to optimal athletic performances. Adhering to the code demonstrates complete and absolute commitment to your individual health and wellness. Violation of any aspect of the code demonstrates a lack of interest in your personal health and total disregard for the concept of being a team member. Suspected violations will be confronted and taken very seriously. **PLEASE** ensure you understand the policy. Ask questions! Be proactive! Promote pride for our team and our sport.

SPECTATOR SPORTSMANSHIP: It is our expectation that U-High spectators who attend meets in support of our team will model excellent sportsmanship behavior **AT ALL TIMES**. We expect this from each athlete on the floor, and the same guiding principles apply to those cheering us on!

COMPETITION ROSTER: Selection of gymnasts for competition (both varsity and junior varsity) will be at the discretion of the coaches. Criteria will include, but not limited to, such areas as attendance, skill, attitude, effort, and ability to perform under pressure.

