

2013-2014 GYMNASTICS TEAM INFORMATION

Please return the following forms to the Booster Club Locker by **July 8, 2013**

- UNIFORM WORKSHEET
- OPTIONAL ITEMS ORDER FORM *(if placing an order)*
- CONTACT CARD
- GYMNAST & PARENT PLEDGE
- VOLUNTEER FORM
- FIRST PAYMENT *(due immediately)*
- USAG ATHLETE REGISTRATION FORM *(payment is included in your competition costs and will be paid on your behalf, do not mail or fax the form. Returning members: if you do not have your athlete member number, Coach Kathy will fill it in for you as well as the gym member number)*
- RAFFLE TICKETS & MONEY DUE BY JULY 3, 2013



**GYMNASTICS & DANCE
BOOSTER CLUB**

405 Woodlawn, Friendswood, TX 77546

2012-2013 Board of Directors

Kim Girouard, President

Vacated, Vice President

Kim Humlicek, Secretary

Kathryn Thompson, Treasurer

Dear Team Member and Parents:

Welcome to the AA Gymnastics Team!

For those new to the team, the Booster Club's main purpose is to support the team. Everyone on the team are automatically members of the booster club. The Booster Club collects and pays competition fees and uniform fees on behalf of each team gymnast. As well as organize and pay for the following:

- ★ Fundraising and Corporate Sponsorship opportunities
- ★ Holiday Party and Hayride
- ★ Yearbook
- ★ Annual Team Banquet and Awards
- ★ Annual Team Community Service Event
- ★ Season Kick-off Party
- ★ Big Sister/Little Sister Program
- ★ Award stickers for lockers

Our Bylaws and Articles as well as the contact information for our Board of Directors is available on the Booster Club page of the website. If you ever have questions, please contact us.

Good Luck and have fun this year!

Sincerely,
The Board of Directors
AA Gymnastics Booster Club

Booster Club Mission Statement

It is the mission of the AA Booster Club to support AA Gymnastics & Dance Competition Teams through recruiting, encouragement and financial backing. To increase community participation through individual and corporate sponsorships. To provide team members with fund raising opportunities to assist with annual expenses.



2013/2014 ATHLETE MEMBERSHIP APPLICATION

Levels 1-10

Member Club/Registered Business register/renew online at usagym.org and save \$5/athlete.

Membership will expire July 31, 2014.

ATHLETE MEMBERSHIP INFORMATION

NEW ATHLETE REGISTRATION PREVIOUS ATHLETE MEMBER NO. _____ All fields marked * are REQUIRED

Please Email my membership number and password

*First Name _____ MI _____ *Last Name _____ *Sex: _____ *Citizen: Yes No

*Mailing Address _____ *City _____ *State _____ *Zip _____

*Email Address _____ Telephone _____ *Date of Birth _____

CLUB INFORMATION

Club Name AA GYMNASTICS & DANCE TRAINING CENTER State TX Club No. 23799

Contact Name Kathy Alva Contact Email coachkathy@aagymnastics.net

PROGRAM INFORMATION Required – Write the level(s) that apply on the line provided under the discipline

Women's Artistic Level _____	Men's Artistic Level _____	Acrobatic Level _____	Rhythmic Level _____	Trampoline/Tumbling Level _____	Group/GymFest/TeamGym Level _____
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ATHLETE MEMBERSHIP AGREEMENT

Signature is required for acceptance of membership

In consideration of my membership in the United States Gymnastics Federation (USA Gymnastics), and my participation in USA Gymnastics sanctioned events, I agree to be bound by each of the following:

1. Readiness to Compete: I will only participate in those USA Gymnastics competitions for which I believe I am physically and psychologically prepared to compete. Prior to participation in USA Gymnastics events, I will have practiced my exercises, and will perform only those exercises which I have accomplished to the degree of confidence necessary to assure I can perform them by myself, without injury.

2. Medical Attention: I hereby give my consent to USA Gymnastics and the Host Organization of any USA Gymnastics sanctioned event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation and emergency medical services as warranted in the course of my participation in USA Gymnastics sanctioned events.

3. Waiver and Release: I am fully aware of and appreciate the risks, including the risk of

catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in a gymnastics event. I release USA Gymnastics, the Host Organization, and sponsor(s) of any USA Gymnastics sanctioned event, along with the employees, officers and directors of these organizations (collectively the "Released Parties"), from any claims, losses or damages arising from or in any way connected with my participation in the event, including claims, losses or damages arising from or occurring as a result of the negligence of any one of the Released Parties, but not including claims, losses or damages occurring as a result of the intentional or reckless conduct of any one of the Released Parties.

4. Online Member Search: I understand that the information provided will be listed on the USA Gymnastics online search: Athlete name, Athlete member number, Date of birth, Club number, and State. This information will be password protected and USA Gymnastics will use its best efforts to limit access to professional members of USA Gymnastics and club owners. USA Gymnastics does NOT release individual members' information to third parties.

Signature of Gymnast _____ Date _____ Primary Medical Insurance Carrier _____

*** Required for any athlete who is not yet 18 years old:** As parent or legal guardian of this athlete, I hereby verify by my signature below, that I fully understand and accept each of the conditions listed in the Athlete Membership Agreement for permitting my child to participate in any USA Gymnastics sanctioned event. I release the Released Parties from any claims, losses or damages arising from or in any way connected with my child's participation in the event, including losses or damages occurring as a result of the negligence of any one of the Released Parties, but not including claims, losses or damages occurring as a result of the intentional or reckless conduct of any one of the Released Parties. Whenever possible, USA Gymnastics suggests both parents/guardians be required to sign below, and the parent/guardian(s) should keep a copy of this form.

*Signature of Parent/Guardian: _____ in the state of _____ *Date: _____

*Signature of Parent/Guardian: _____ in the state of _____ *Date: _____

Club Representative Signature – I have checked this form and verify that all sections have been successfully completed and to the best of my knowledge are correct. I understand that failure to complete any section will result in delayed processing of this form. I have a copy, or original (if processed online), of this form on file at my club.

*Signature of Club Representative: _____ *Date: _____

NOTE: Normal processing time is 3-4 weeks from the date of receipt in our office. Please do not fax any form more than once. Duplicate faxes may result in duplicate charges to your credit card. When faxing groups of applications, please use a fax cover sheet indicating the total number of applications submitted. RUSH processing is an additional \$25 and guarantees membership number availability in our database and/or online membership search. If RUSH processing, your membership will be available within three business days of receipt in our office. Same day turnaround on RUSH processing requests cannot be guaranteed. Max RUSH fee for groups of 5-20 is \$100, 4-6 weeks card delivery.

PAYMENT INFORMATION

Credit Card _____ Card # _____ Exp. Date _____

Print Cardholder Name _____ Signature _____

Cardholder Phone _____ Email (for receipt) _____

PAYMENT TOTALS

Make checks payable to USA Gymnastics

Membership Fee: \$54

RUSH Fee: \$ _____

Donation Total: \$ _____

TOTAL PAYMENT \$ _____

Membership fees are NON-REFUNDABLE and NON-TRANSFERABLE. Athlete Membership registration fee is \$54 when submitting form via fax or mail. Full Payment required for processing. Please print clearly, and double check credit card information for accuracy.

Return completed form and payment to: USA Gymnastics, 132 E. Washington St. Ste. 700, Indianapolis, IN 46204 or by fax: 317.692.5212 Attention: Member Services

Office Use Only

Number _____

Rec'd Date _____

Payment Amt _____

Check No. _____

Email sent date _____

Approval _____

By _____ Other _____

Booster Club will pay on your behalf.

2013-2014 Gymnastics Team Uniform Worksheet

Name:			
Level:		email:	
	Qty	Price	Total
Required by All Team Members			
Team Tank Leo		\$ 35.00	
Team Shorts		\$ 22.00	
Team Jersey		\$ 35.00	
Team Warmup Top		\$ 35.00	
Team Warmup Pants		\$ 25.00	
Level 1-2 Team Bag		\$ 15.00	
Level 3-7 Team Bag		\$ 40.00	
Required by Levels 3-7			
Long sleeve Leo		\$ 90.00	
Required by Levels 4-7			
Grips (<i>required new each year</i>)	1	\$ 45.00	45.00
Optional Items			
Logo Shirt + any personalization			
Bling Shirt + any personalization			
Bling Hoodie - personalization included			
Team Jersey \$35 personalization included			
Car Decal			
Yard Sign			
Grip Bag - personalization included			
Other			
Total Uniforms/Optional Items			\$

Please attached optional order form if ordering items.

This amount is due by July 15, 2013. Please write all checks to AAGBC

2013 Optional Items Order Form

If you are ordering items, please turn in this form with your uniform worksheet

Name: _____

Email: _____

Logo Shirt - \$15

Meet shirt for parents, grandparents, siblings, etc. Also great for team to wear to school on spirit days. Available in purple, gray or black tshirt. Personalization available.

- Black Purple Gray Size YS YM YL AS AM AL XL XXL
 Personalize back – additional \$10

Personalization _____

Bling Shirt - \$30.

The bling shirts are designed for moms, grandmas, aunts, etc. to wear to meets. Shirts are available in semi-fitted Bella shirts (black only) and regular style tshirts (black or purple). Personalization available.

- Size YS YM YL AS AM AL XL XXL
 Regular T shirt Black Purple
 Semi-fitted Bella shirt Black only
 Personalize sleeve – additional \$10

Personalization _____

Bling Hoodie – \$60 (youth sizes) \$65 (adult sizes)

Black Full-zip jackets are cotton/poly with a large rhinestone logo on the back. Personalization is free, includes rhinestone “Team” on the front left chest and rhinestone name on the left front chest.

Size YS YM YL AS AM AL XL XXL

Personalization _____
name

Team Jersey - \$35

Just like the team wears. Moms, siblings, etc., can also get one to wear to meets. Personalization free. Sizes run small, order up a size.

Size YS YM YL AS AM AL XL XXL

Personalization _____
name

Car Decal \$5

- White Vinyl Silver Glitter

Yard Sign \$10

- Yard Sign

Grip bag \$22

Team purple velvet grip bag with a cordlock. Will fit 2 pair of grips (rolled up). Personalization is free, embroidered AA Gymnastics Team and gymnast’s name.

Personalization _____



Available in black, purple, or gray

Logo Shirt

\$15

Additional personalization available



Bling Shirt

\$30

Additional personalization available



Bling Hoodie

\$60/\$65

Personalization included



Team Jersey

\$35

Personalization included



Car Decals

\$5

White vinyl or Silver Glitter



Yard Sign

\$10

Design may vary from shown



Grip Bag

\$22

Personalization included

2013 Compulsory Competition Costs

Level 1 & 2 \$685 + uniforms

June 15 - \$175 due ♦ July 15 - Uniform payment
 August 1 - \$150 due ♦ Sept 1 - \$200 due ♦ Oct 1 – remaining balance due

Level 3 \$1,010 + uniforms

June 15 - \$250 due ♦ July 15 - Uniform payment
 August 1 - \$250 due ♦ Sept 1 - \$300 due ♦ Oct 1 - remaining balance due

Level 4 & 5 \$1,085 + uniforms

July 1 - \$250 due ♦ July 15 - Uniform payment
 August 1 - \$250 due ♦ Sept 1 - \$300 due ♦ Oct 1 - remaining balance due

- ▶ Checks for competition costs and uniforms should be written to AAGBC and not included in checks written to AA Gymnastics for tuition. You may also pay thru PayPal on the Booster Club's website.
- ▶ Please put all booster club payments in an envelope and place in the Booster Club Locker
- ▶ The Booster Club treasurer will issue a statement approximately a week before each due date showing all credits, payments and charges made to date.
- ▶ The payment plan is only for convenience, you may make full payment at any time.
- ▶ Please make payments on time according to the schedule. *If you need a little extra time to make a payment, please contact the Treasurer as soon as possible. We time these payments to coincide with payments being made on behalf of the gymnasts*
- ▶ All meets are mandatory. However, we respect that occasionally family obligations will take precedence. Please let us know as soon as possible if you will not be able to attend a meet. Refunds/credits can only be given for meets not attended due to family obligations or injury **if the meet fees haven't already been paid to the host gym.** *Refunds cannot be given after meet fees have been paid to the host gym (meet fees are paid 4-6 weeks prior to each meet).*



Sept. 14	TX Classic Invitational, Discover, Houston	Level 1-5
Sept. 21	District Qualifier, Reflex, Pearland	Level 4/5
Sept. 28	District Qualifier, AA Gymnastics	Level 1-5
Oct. 5	Judges Cup Invitational, WGA, Woodlands	Level 1-5
Oct. 19	Level 3 & 5 District Championships, Dana's Gymnastics, Santa Fe	Level 3 & 5
Oct. 26	Level 1, 2, 4 District Championships, Olympic Dreams, Beaumont	Level 1, 2, 4
Nov. 2	Level South State Championships, Capital Gymnastics, Austin, TX	Level 5
Nov. 9	Level 3 South State Championships, Stars Gymnastics, Houston	Level 3
Nov. 16	Level 4 South State Championships, Juergens Gymnastics, Atascocita, TX	Level 4
Nov. 23	Level 5 State Championships, Infinite Bounds, Plano, TX	Level 5
Dec. 14	Level 4 State Championships, Metroplex Gymnastics, Allen, TX	Level 4
The above schedule is subject to change		

2013-2014 GYMNASTICS TEAM

TEAM MEMBER

LEVEL

NICKNAME OR OTHER NAME PREFERRED

BIRTHDAY

ADDRESS

PARENT NAME(S)

PHONE #1

PHONE #2

EMAIL1

EMAIL2

Do we have your permission to include this information on a team roster that is distributed to all team members? Yes No

 Mercan Astor 2014

The treasurer will prepare statements approximately 1 week prior to payment due date. Where to you prefer to receive your statements and payment reminders?

Place in team folder

Email to me at _____

Comments:

TEAM HANDBOOK

Can be downloaded from the team page of our website.

www.aagymnastics.net

Parent & Gymnast Pledge

Parent Pledge

- I hereby pledge to provide positive support, care and encouragement for my AA Team Gymnast by pledging the following:
- I will encourage good sportsmanship by demonstrating positive support for the coaches and all team members at every workout and meet. I will extend this sportsmanship to other teams at all competitions.
- I will support the coaches and instructors who work with my gymnast and agree to discuss any issues relating to my child in private, not during a workout or meet.
- I will support providing a fun and healthy environment for all of the gymnasts by keeping the focus on the gymnasts and through positive, constructive communication.
- I will support the coaches, instructors and director in decisions regarding workouts and level placements.

I understand that if I fail to behave in the above manner and become a distraction to the team, I will be asked to leave the workout or meet.

Parent Signature

Date

Gymnast Pledge

- I will demonstrate and encourage good sportsmanship from my fellow team members and coaches and parents at every workout and meet.
- I will attend every workout and competition and if I can't, I will notify the coach.
- I will listen and participate at every workout.
- I will treat my parents, coaches, teammates, and the parents of my teammates with respect.
- I will extend that same respect to competing teams.
- I will do my best in school and I will remember that placement on the Gymnastics team is an opportunity to learn and have fun.

I understand that if I fail to behave in the above manner and become a distraction to the team, I may be dismissed from the team.

Gymnast Signature

Date



2013-2014 SPONSOR FORM

Thank you for considering to sponsor the AA Gymnastics Team. Our team gymnasts are dedicated and talented athletes who train 9-18 hours per week year-round, and compete at USA Gymnastics sanctioned events. We are currently seeking sponsors to help defray the costs of competitions and uniforms.

Sponsorship provides an opportunity to publicize your business to a large audience. The members of our gymnastics team represent a fraction of the total gymnastics, tumbling and dance students that attend the AA Gymnastics & Dance Training Center. AA hosts a variety of events during the year including USAG district meets, skills shows, birthday parties, and summer camps. Your sponsorship is not only an investment in the lives of these young athletes, but an investment in your business.

Sincerely,
AA Gymnastics Booster Club
Board of Directors

Team Member Name: _____ Sponsor Name: _____
[] Business [] Individual

Company Name: _____

Address: _____

Email: _____ Phone: _____

SPONSORSHIP LEVELS

Gold Sponsor - \$500+

Banner with company info will hang in our gym, name /link on our website, 12" x 18" team poster

Silver Sponsor -\$250-\$499

Name listed on banner with other silver sponsors, name/link on our website, 8" x 11" team poster

Bronze Sponsor - \$100-\$249

Name/link on our website, 8" x 11" team poster

Sponsorship Purpose:

We would like for our donation to be used for the team gymnast named

We would like for our donation to be split equally among the entire Gymnastics Team.

Payment Options:

Checks: Made payable to The AAGBC (mail to: AAGBC, Attn: Treasurer, 2821 Everett Drive, Friendswood, TX 77546)

Credit Cards: Made through Paypal on our website at www.aagymnastics.net [click Booster Club].

**Per IRS guidelines, donations made to the entire team are tax deductible and will be split equally among all team members. Donations to individual team members are not tax deductible.*

THANK YOU for supporting our team!



Name: _____ Email: _____



Please consider volunteering...

ACTIVE PARENT PARTICIPATION IS CRITICAL TO THE SUCCESS OF THE BOOSTER CLUB!

TEAM PARENT – Team parents represent their level team members and parents, help keep a record of scores from each meet, help with the 9.0/9.5 Club locker labels, and notify other parents of sudden changes in meet schedules if necessary.

- Level 1 Team Level 2 Team Level 3 Team
 Level 4 Team Level 5 Team Optional Team

BOOSTER CLUB COMMITTEES: *Please consider helping the board members on one of the following committees*

- Fundraising Ideas, organization, implementation
- Uniforms Sizing & Distribution
- Yearbook *Help take and organize pictures at meets and other events*
 Level 1 Level 2 Level 3 Level 4 Level 5 Optional team
- 9.0/9.5 Club Awards Prepare and help team moms place awards on lockers
- Awards Banquet Event location/catering Decorations Coaches Gifts Team gift bags
- Parties Season kick-off party Holiday party & hayride
- Sponsor Recognition Prepare and order banners for our sponsors
- Publicity Send photos and info to local newspapers with team news, awards, etc.

BOOSTER CLUB BOARD OF DIRECTORS - *Nominations are now being accepted, voting will take place, by ballot, in July. All team parents are eligible for a board position. The Board serves during the calendar year after the election. Note: being on the board does NOT required a large time commitment. The board meets 2-4 times per year (to plan awards banquet, to set the budget and other items). Most communication is done through email.*

- **President** - Call and preside over Booster Club meetings, preside over annual awards banquet and , serve as liaison between the Booster Club Board and team members and coaches,.
- **Vice President** - preside at Booster Club meetings in absence of President, oversee fund raising initiatives, serve as liaison between Booster Club board and team parents
- **Secretary** – Keep Minutes at Booster Club meetings and prepare and send correspondence (email) as necessary to conduct the affairs of the club.
- **Treasurer** - maintain fiscal affairs of the club including checking account, individual account records of each team member, develop yearly budget, and work with coaches to determine competition costs.

I would like to serve as _____

I would like to nominate: _____ *for* _____

**AA GYMNASTICS BOOSTER CLUB
2013-14 COMMITTEE LIST**

BOOSTER CLUB BOARD

President	Kim Girouard
Vice President	Jackie Gibson
Secretary	Anne Wittman
Treasurer	Kathryn Thompson

TEAM PARENT(S)

Lead	Natalie Hoskins (Cara)
Level 1/2	Marissa McCoy (Canaan)
Level 3	Beth Stanfield (Bailey) & Evelyn Oubre (Marissa)
Level 4	Natalie Hoskins (Cara) & Shadi Moghaddas (Niki/Nilo)
Level 6	Carrie Keathley (Caroline)

FUNDRAISING

Chair: Corinne McAlpine Co Chair: Kathryn Thompson
Committee: Anne Wittman, Chris Nallie-Courtney, Beth Stanfield, Shadi Moghaddas

UNIFORMS

Co Chairs: Kim Girouard, Kathryn Thompson
Committee: Kim Humlicek, Anne Wittman, Natalie Hoskins, Kim Scott, Jackie Gibson, Rhonda Davidson, Shadi Moghaddas, Chris Nallie-Courtney, Beth Stanfield

9.0 CLUB

Chair: Rhonda Davidson
Committee: each levels' team parent will assist with locker stickers

PARTIES

Chair: Kim Girouard Co Chair: Kerry Anne Cianciolo
Committee: Ellaine LaBorde, Carrie Keathley, Beth Stanfield, Shadi Moghaddas, Natalie Hoskins, Anne Wittman, Marissa McCoy

SPONSOR RECOGNITION Chair: Jackie Gibson

AWARDS BANQUET

Chair: Anne Wittman Co Chair: Beth Stanfield
Decorating: Ellaine LaBorde, Kim Humlicek
Gifts: Natalie Hoskins, Ellaine LaBorde, Carrie Keathley, Leah Hinajosa
Awards: Coach Kathy, Kathryn Thompson

YEARBOOK

Chair: Kathryn Thompson
Committee: Christina Sauer, Shadi Moghaddas, Anne Wittman

MERCHANDISE

Chair: Kim Girouard Co Chair: Jackie Gibson

Publicity

Co-Chairs: Kerry Anne Cianciolo, Cheryl Vaught



USAG Level Changes

The Junior Olympic Committee of USA Gymnastics has been working on a revised compulsory and optional level program that will go into effect on August 1, 2013. The new program will offer five levels of compulsory gymnastics which are the starting point for all athletes and five levels of optional gymnastics for all abilities. The program is designed to provide the athlete with a safe and successful path to becoming the best athlete that she can be. The skills in the compulsory routines are essential learning blocks for all future skills and the requirements in the optional levels allow athletes to compete confidently while they learn and develop skills for more advanced levels. As with any new program there are some changes that everyone needs to be aware of. Due to the addition of a new optional level and taking away the old level 1, we now have a new name for each of the old levels that you have been used to.

New 2013 Compulsory Levels

Current Level 2 is now Level 1

Current Level 3 is now Level 2

Current Level 4 is now Level 3

Current Level 5 is now Level 4

Current Level 6 is now Level 5

New Optional Levels

Level 6 is the new added optional level

Level 7 is similar to current level 7

Level 8 is similar to current level 8

Level 9 is similar to current level 9

Level 10 is similar to current level 10

So what does this mean for the athletes especially at the compulsory level and how they determine level for the start of the new season in August? All athletes should work with their coach to determine the best level based on skill development and competitive success. It is very important to realize that it may seem like a current level 5 is repeating a level when a coach wants them to compete at level 5 next year however they will be actually moving UP a level. If a coach determines that it would be best for an athlete to remain at their current level it may seem like the athlete is moving DOWN a level as a current level 5 that opts to do another year of level 5 will now compete at level 4 however the skills at the NEW level 4 will be very similar to the old level 5. What is important to keep in mind is that the athletes should not let the level name interfere with competing at the level that is best for their skill and competitive success.

I sincerely hope that this letter has answered some of the questions and concerns that you may have about the new upcoming program. We are all excited to see the new compulsory routines (along with new music!) and to begin competition in the fall of 2013. The new routines will be introduced to the country at the National workshops which will be held the first week of June 2013. This only gives the athletes and coaches a few months to prepare for competition so next summer will be very busy !*

Get a Grip on your Rip

Rips are a common in the sport of gymnastics. Everyone gets them from the beginner to the elite level performer. For the novice gymnast, rips normally occur because the gymnast's grip on the bar is too tight through fear or lack of familiarity with the skill. Advanced gymnasts usually rip because they allow an excess of callous to develop on their hands.

A rip is a separation of the upper layers of skin in the palm of the hand from lower layers of blood rich tissue. An excessively tight grip or callous buildup allows the skin to bunch up as you are swinging around the bar. The force of the swing pulls the upper layer of skin away from the lower layers causing a pocket to form which may become a blister or fill with blood. Whichever occurs, you can be sure that a rip is imminent. A rip can be as disabling as a big injury.

Prevention is the key.

Before You Rip After every workout wash your hands with soap and water, then rub hand lotion into the front and back of your hands. Do not put lotion on before workout. Prevent excess callous from building up by rubbing the affected areas with a pumice stone. To find the areas of excess callous, soak the hands in water for about ten minutes and you will be able to notice areas on the palm that retain a whitish color while the rest of the skin stays pink. Use the pumice stone only as necessary. Excessive use will cause the hands to be constantly sore during workouts. Rub hand lotion into your hands at night before going to sleep and, if necessary, when you get up in the morning. Always keep your hands moist.

When You First Rip Remove the excess skin carefully. A sterilized pair of nail clippers (to prevent infection) should work nicely, then wash with soap and water. Don't put hand lotion on a fresh rip. Martin advises that you cover the rip with some antibiotic ointment rather than Vaseline so the injured area has a chance to breathe. Some pharmacies carry products called "Second Skin" or "NuSkin" that comes in patch or liquid form and may be placed directly over the rip. Before going to sleep that night, put some antibiotic ointment on the rip and cover your hand with a sock or glove with the fingers cut out to keep the ointment off the sheets and out of your eyes. This treatment should continue until the rip is covered with new skin.

After You Have Ripped Once new skin has covered the rip, continue using hand lotion as described above. If the rip is allowed to dry up, the skin will crack and you will continue to rip in the same spot. Sometimes rubbing Chapstick over a drying rip can also prevent cracking. If you must workout again, after ripping do not cover the rip with the sticky side of the tape. Instead lay a small piece of tape sticky-side up over the rip so it comes in contact with the tape you are using to protect your hand.



On nights when you have particularly hard workouts on bars and your hands are hot and throbbing it is a good idea to soak them in cool water or hold ice cubes in your hands until they melt. This will help the inflamed tissues to cool off.

Just before a competition you can deaden the pain of a rip by keeping an ice pack on it for ten minutes. This will help keep your concentration on the routine instead of the pain of the rip.

How To Parent a Champion

Am I doing the right thing with my aspiring gymnast?

Many parents are plagued by this question as their daughter progresses through gymnastics. What means are available to the parent to ensure their child's success in the sport? The following is a collection of thoughts from the parents and coaches of many gymnasts over the last several years.

Parents love to be involved. Setting up a carpool, organizing a picnic, or even helping to run a meet, is essential to let your child experience the sport in its entirety! Your child is learning that here is an activity that is important to both child and parent. However, you must beware the pitfalls of becoming over-involved. Try to remain the “support mechanism” for your child, you are there to help ensure that they are learning the right lessons, to help ensure that they are taking part. But at all costs, avoid becoming a spokes-person for your child. Teach your child to deal with situations head on, rather than expect the parent to “fix” whatever comes up. Remember, most importantly, that you are the supporter and the sport belongs to your child. The games belong to your child. The workouts and practices belong to your child. The career belongs to your child. You are an observer, a supporter, and the biggest fan.

Many parents blur the lines between supporting their athlete, and working to help their athlete's career. This brings up the concept of coaching at home. Skill development is the responsibility of the coach. If you find yourself telling your child that she is performing a skill incorrectly, or if you find yourself suggesting that your child take some time to practice at home, then you are coaching. If you are spotting a skill in your living room, you have crossed the line. If you find yourself coaching your child from the parent section of the gym, then you have crossed the line. If you see your daughter practicing a handstand, and challenge her to a contest, then you are engaging her on her level, and in her sport. This is appropriate! (Try not to injure yourself though!)

One of the most important parts of dealing with an athlete is accepting the program in which he or she is enrolled. You wouldn't sign a child up for a math program, and then confuse her by telling her that things aren't being taught right. Similarly, in gymnastics, you may be involved in a program that stresses certain aspects of gymnastics (i.e. flexibility, or strength, or repetition). It is important that you understand the approach, so that you can be on hand to explain to your child why things are being done in certain ways. There is nothing wrong with telling your child to “ask your coach ‘why?’” There is, however, a problem with telling your child that she shouldn't have to do things a certain way.

Do you know what your gymnasts' goals are? Your daughter's goals might be quite different than you expect. Does she plan to pursue the sport in college? Does she plan to move to a new level next year? Does she plan to learn specific skills? If she has no answers, than she may need help developing some goals. Keep in mind that goals can and do change. Ask often! If she has specific goals, be sure that you are aware of them, so that you can be prepared to celebrate when they are achieved, and prepared to console when times are tough. Knowing your daughter's goals will help you to understand what she is going through.

“Effort vs. Results.” Are you the type of person who celebrates victories, or are you the type who celebrates a game well played? Can you recognize the difference between a competition where your daughter fell from the beam 3 times, yet wins the meet, and a competition where she performs her best routines, but places 3rd? Sports, inherently, celebrates results. However, to insure that sports are helping your child to develop, you must recognize her efforts. You must recognize improvement. You must recognize her successes, in every form, not just in blue ribbons and gold medals. A good competitive environment will teach your daughter that results – first place finishes and trophies – are byproducts of effort and commitment.

So how is it done? Look around you. Find the children who are well-adjusted and enjoying gymnastics, and take note of their parents. Talk to your daughter's coaches, they do have a “plan,” let them do their job. Provide a consistent, focused force in your child's life, and be your gymnast's number one fan. Remember that unless she is competing for a collegiate team or in the Olympics, then your daughter has more on the line than high scores. She's developing the skills that she will need in life.

Beware the pitfalls of the overexcited parent. You must keep your perspective on the sport, and protect your daughter.

And remember: whatever she does, if it's her very best, make it good enough for you.

By: Brian Bakalar

Big Sister Little Sister Program

Who?

Our "big sisters" are from the level 3 and 4 teams who have at least 2 years of competition experience. Our "little sisters" are girls from the level 2 and 3 teams who are new or have 1 year of competition experience. The Level 6 and 7 team girls will match up to support each other (their season doesn't begin until January).

What?

The "sisters" should exchange notes of encouragement before each meet during the regular competition season as well as during South State and State Championships.

In the past, the girls have attached candy, stickers, or a small gift (less than \$5 please!). We know how busy everyone can get during the season, but it is very important to at least write a note of encouragement for every meet. *It's always disappointing when a girl is watching everyone read notes of Good Luck and they don't have anything.*

In December, the Booster Club will host the Annual Holiday Party and Hay Ride. We do not draw names or exchange gifts as a team, however, the big and little sisters have traditionally exchanged gifts (*under \$25 please*) during the party.

In addition, some have exchanged small gifts for special days (birthday, holidays, etc).

Notes and items can be given to your big/little sister before workout on Thursdays/Fridays. Please check which days your big/little sister attends workout. Some of your little sisters may not attend workouts on Friday.

When?

Not all levels will attend the same meets, so check the schedule to see if your big/little sister is competing. After the regular season, the Level 3-4 girls may qualify for meets that are not part of the Level 2 season (i.e. the South State and State Championships) and it's especially important to wish them good luck for these meets.

If possible, please try to support your big/little sister by attending at least 1 of her meets during the season. It means a lot to the "little sisters" to have their "big sisters" cheer them on at a meet! As well, the "little sisters" can learn a lot from watching their "big sisters" at a competition.

Why?

The idea of the Big/Little Sister Program is to help the girls bond as teammates, ease competition anxiety and encourage good sportsmanship.

The note/gift exchange is only part of the program. We hope the girls can form a supportive friendship that includes encouragement throughout the season.

The information on the other side will help you get to know your big/little sister as well as let you know some of her favorite things.

Good Luck and have fun this season!

My Name _____

Information about my Big/Little Sister

Use the spaces below to find out more about your big/little sister.

HER NAME _____

HER BIRTHDAY _____

LEVEL _____

YEARS ON TEAM _____

CELL #? _____

Her Gymnastics Info

favorite event _____

favorite skill on bars _____

favorite skill beam _____

favorite skill on floor _____

hardest event _____

hardest skill _____

most excited
about this season? _____

Most nervous
about this season? _____

Her Other Favorites

color _____

candy _____

celebrity _____

Please keep this form so you may refer to it during the year.