



# **TEAM HANDBOOK 2022-2023**

Miyagi Gymnastics Academy  
3116 Olympic Way, Auburn, CA 95603  
(530) 888-6569 [www.miyagigym.com](http://www.miyagigym.com)  
Email: [miyagigym@gmail.com](mailto:miyagigym@gmail.com)

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# WELCOME

At Miyagi Gymnastics Academy, our goal is to develop gymnasts of all levels to their fullest potential. The mission of the Miyagi Team is to develop self-disciplined, motivated, dedicated, and confident athletes who can apply these traits to everyday life. Our team staff is committed to building the whole athlete.

Miyagi Gymnastics Academy is proud to offer a nationally recognized Development (Junior Olympic) Program and an Xcel Artistic Gymnastics program. We have gymnasts competing in Levels 3 through Level 10 and Xcel Silver through Platinum.

Being a part of the Miyagi Team is a family commitment. We strongly believe it takes a village, and we thank you for allowing us to be a part of your child's life.

We look forward to watching your gymnast grow and excel this season!

# TEAMS

## **Development Program**

(Formerly Junior Olympic Program)

### **Overview:**

For many years, Miyagi Gymnastics has had a very strong Development Program. The program is governed by USA Gymnastics. The Development program consists of levels 1-10. Level 1-2 are the introductory levels and emphasizes the importance of having a solid foundation of basic skills. In order to advance to the next level, the gymnast is required to be able to perform a set of skills safely and consistently, receive a minimum score in a competitive setting and reach the required age before being allowed to train for the next level. This system helps ensure the safety of all gymnasts and teaches athletes at a young age that success does not happen overnight but comes with hard work and persistence.

The competitive levels are broken down into two basic parts - Compulsory and Optional

**Compulsory:** The Compulsory levels consist of Levels 3 through 5. These levels generally focus on building a strong foundation of basic skills. It is crucial to the success of Development Program gymnasts that they master the skills that the Compulsory levels require. The skills gymnasts learn within these levels are the basis for every other skill they will do in their gymnastics career. If a gymnast does not have strong fundamentals, not only will that increase their chances of injury but it also decreases their chances of making it to the upper levels. Level 3 through 5 gymnasts are given opportunities to qualify up to State Level competitions.

**Optional:** The Optional levels are levels 6 through 10 and are considered the upper levels of gymnastics. Level 6 gymnasts can compete up to the State Championship level. Levels 7 through 10 offer additional competitive opportunities such as Regional, Eastern/Western, and National Championships. After a gymnast successfully completes level 10, they can attempt to qualify for the Elite/Olympic level.

Learn more about USA Gymnastics Development Program here:

[https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2021/08\\_devprogram\\_100521.pdf](https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2021/08_devprogram_100521.pdf)

### **Development Program Mobility:**

We want all of our gymnasts to be successful within their ability. Some gymnasts mature and grow faster than others. The gymnast must pass Miyagi Gym's skills testing and score requirements below in order to begin training at the next level.

Training at the next level does not guarantee the gymnast will compete at that next level. The skills being trained at each level must be attained and

performed on competition settings to be allowed to compete at that level safely and successfully. Staff will evaluate all students throughout the year to determine readiness to compete at each level. Staff evaluates all students throughout the year to monitor their growth in all events before determining if a gymnast is ready to move up a level. The following are the age and score mobility requirements for each level:

## **LEVEL & AGE DIVISIONS**

### Levels 1-2

- Developmental Levels (Skill & skill sequence evaluation).
- No age restrictions for non-competitive programs.

### Level 3

- Ages 6+
- State qualifying score is 34.5AA at any sanctioned meet.

### Level 4-5

- Age 7+
- State qualifying score is 34.5AA at any sanctioned meet.

### Level 6-10

- State qualifying score is 32AA at any sanctioned meet.
- Regional qualifying score is 34AA at State Championships
- For level 9, Western National Championships qualifying score is a 37AA at Regional Championships.
- For level 10, National Championships qualifying is based on the top All-Around scores at Regional Championships.

## **Xcel Program**

### **Overview:**

The Xcel program is a path for gymnasts of all levels who wish to improve their skills and compete in a fun, stress-free environment. Unlike many other sports such as baseball or soccer, the traditional training program for competitive gymnasts requires years of training before the athlete can start competing. Progression in the Development Program is slow and steady. Until they reach the compulsory levels and start competing, gymnasts often do not directly see how much their hard work is paying off. This can be discouraging for many athletes. The Xcel program was designed to keep gymnasts involved and excited about the sport every step of the way!

Competing in a gymnastics competition is a fun and rewarding way for gymnasts to show how far they have come since they started. Unlike the Development Program, the Xcel program allows gymnasts to start competing almost right away by lowering the skill requirements for the entry levels. The program also has more advanced levels. Being an Xcel gymnast is ideal for entry-level gymnasts and older gymnasts looking for a fun activity to help them stay in shape and be involved in gymnastics without consuming all of their time. Every level will have its own Miyagi-designed routine and will compete with those routines through the Regional Championship level.

There are five divisions in the Xcel program including Bronze, Silver, Gold, Platinum, and Diamond. Every division includes its own set of optional rules where there are only four to five routine requirements per event that the gymnasts choose to compete. Each gymnast can have their routine choreographed to fit their personality and emphasize their individual strengths.

Learn more about USA Gymnastics Xcel Program here:

[https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2021/06\\_xcelprogram\\_091021.pdf](https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2021/06_xcelprogram_091021.pdf)

**Xcel Program Mobility:**

Bronze (comparable to L1-2)

- Minimum age 5 years old

Silver (comparable to L3)

- Minimum age 6 years old
- Must attend two competitions in a season to qualify for State.
- Must score 34AA at State to advance to Gold.

Gold (comparable to L4)

- Minimum age 7 years old
- Must attend two competitions in a season to qualify for State.
- Must score 34AA in Gold to advance to Platinum.

Platinum (comparable to L4-5)

- Minimum age 8 years old.
- Must attend two competitions in a season to qualify for State.
- Must score 32AA in Platinum to advance to Diamond.

Diamond (comparable to L6-7)

- Minimum age 9 years old.
- Must attend two competitions in a season to qualify for State.

# TEAM COMMITMENT

**The team is a full-year commitment from June 1, 2022 to May 31, 2023.**

Regardless of a child's current skill level or age, anyone can start training to be a competitive gymnast. However, being a successful gymnast takes time, hard work, determination, and a whole lot of mental toughness.

## **Team Practices:**

The first step to becoming a successful gymnast is making a solid commitment to your training workout. Training consistently will help build strong techniques and master required skills. Team practices consist of warm-up, conditioning, skills on events, and flexibility. Gymnasts will rotate on different events during each practice.

Team schedule changes based on the local school calendars. During the warmer summer months, we try to adjust to morning practices whenever possible. Parents do not need to register their gymnasts into classes on the parent portal. Team members will automatically be entered into their assigned team practice online by the coach and office staff.

## **Developmental Program:**

Team members begin training at 4 hours per week and progress to 20+ hours per week at the higher levels. Team members compete in 5-8 competitions per year. These hours are approximate and subject to change based on number of students, staff availability, and overall training needs.

- Level 2: approx. 4-6 hrs per week
- Level 3: approx. 10 hrs per week
- Level 4: approx. 12 hrs per week
- Level 5: approx. 16 hrs per week
- Levels 6 - 10: approx. 20 hrs per week

## **Xcel Program:**

Team members train 4-12 hours a week and compete in 4-7 competitions throughout the season. These hours are approximate and subject to change based on number of students, staff availability, and overall training needs.

- Silver & Gold: approx. 6 - 10 hrs per week
- Platinum & Diamond: approx. 10-13 hrs per week

## **Attendance**

The gymnast must maintain the required attendance as per the Level requirement. Missed workouts before a meet may result in missing the meet (for safety reasons). The gymnast must not be late for workouts or they risk missing important warm-ups, drills, and stretching. The coach and office must be notified before tardiness or absence, regardless of the reason.

### **Dress Code:**

In order to maximize your child's success and minimize the risk of injury due to a distraction or hindrance caused by clothing, it is necessary that each student participating in practice adhere to the following dress code:

- Leotards, spandex shorts, or leggings.
- No baggy pants can be worn.
- No jewelry of any kind is to be worn during class.
- Long hair should be pulled back securely away from the face to minimize distraction and maximize safety.
- Gym bag with grips, tape, and pre-wraps are required for every practice.

### **School**

At Miyagi Gym we believe in encouraging students to become well-rounded individuals in all aspects of life and education. Sports can offer huge developmental advantages in a child's life but we believe school work must come first. Miyagi team gymnasts must maintain at least a "B" average in school to remain on the team.

### **Practicing At Home:**

Practicing skills and passes at home is not recommended. Gymnasts run the risk of getting injured. However, gymnasts can practice their choreography and steps at home to better prepare for team practice.

### **Competition Seasons:**

<u>Competition</u>	<u>Level</u>	<u>Season</u>
Xcel	Regional	Jan - Apr
Level 2-6	State	Aug - Nov
Level 7	Regional	Jan - Apr
Level 8	Regional	Jan - Apr
Level 9	Western National	Jan - Apr
Level 10	JO National	Jan - Apr
Elite	International	Apr - Aug



# GYMNAST RESPONSIBILITY

## **As a member of the Miyagi Gymnastics Team:**

- Come to the gym prepared to work out with your mind on gymnastics.
- Attend all practices, competitions, and special events.
- Arrive on time and stay until practice is over.
- Work hard and try your best, always.
- Always show cooperation and respect for yourself, other team members, and coaches.
- Do not have a poor attitude or talk back to your coaches. Poor attitudes affect everyone in the group and will not be tolerated.
- Be coachable. Listen and apply corrections to the best of your ability.
- Understand that a correction is not a bad thing, it is to help you get better and help you achieve your goals.
- Communicate with your coach! If you don't understand something, ask questions.
- Be ready to work with any Miyagi Gym or guest coach. Every coach has something to offer and learn from and being able to adapt to different coaching styles and methods will make you a stronger overall gymnast and person.
- Work through fear and frustration. This is one of the biggest and hardest lessons you will learn in this sport. Lean on your coaches and teammates for support and be supportive of your teammates who are going through the same.
- Trust the process. Gymnastics requires strength, flexibility, and coordination at a higher level than many other sports. A lot of conditioning, stretching, and drills are required before being able to execute a skill well.

## **Pre Workout**

- If gymnasts arrive early for a workout, they must remain quietly in the waiting area or by the locker area. They are not to disturb coaches or other gymnasts who are practicing.
- Absolutely no horseplay, running, etc., is allowed anywhere in or outside of the gym. No one is to use the equipment before their scheduled practice time.

## **During Workout**

- Gymnasts must ask their coach's permission anytime they leave the training area.
- Any discussion with parents must be before or after practice unless it is an emergency.
- No phone calls or texts are to be made during practice unless it is an emergency.
- A phone may be used with the coach's permission as a training tool to help the gymnasts see their skills.

## **Post Workout**

- The gymnast must participate in gym clean-up time. This will often be the last 10 minutes of the workout.
- Do not leave anything behind in the gym that cannot fit in your locker.
- All gymnasts are to wait in the waiting area to be picked up. Absolutely no waiting outside of the gym without your parent/guardian or a staff member present.

## **Gym Area**

- As the leaders in the gym, gymnasts must practice respect for the gym, equipment, bathrooms, and common areas.
- Gymnasts must help keep the gym clean by picking up any trash. Even if it is not yours.
- No food, drinks, or gum in the training area.
- Do not keep anything that can spoil or attract pests in your locker.
- Keep the locker and break areas tidy.
- Do not leave clothing or shoes in the gym area. Any clothing left in the gym risks being thrown out at the end of the day.

## **Disciplinary Procedure:**

In the event of poor attitude, talking back, unwillingness to participate/listen to direction, or any disrespect to others in the gym including to coaches or teammates:

- Gymnasts will receive one verbal warning.
- A second incident will result in the gymnast sitting out for the remainder of the rotation.
- A third incident will result in the gymnast being sent home for the day.
- If the problem persists, a formal conference will take place between the coaches, the parents, and the gymnast.
- In the case that the problem is still not rectified, the gymnast will be removed from the team.

# PARENT RESPONSIBILITY

## **As a parent or guardian of a competitive athlete at Miyagi Gym:**

- Remember what time practices and meets begin and end, and be on time.
- Check your emails regularly. This is our main form of communication.
- Contact the office to alert the coaches if you will be absent or late for any reason.
- Do not compare the progress of your child to that of others'. Everyone's gymnastics journey is different. Some kids progress faster than others. Comparing your child to another child will only make the feel superior (not an attractive quality), inferior (not useful in developing self-esteem), or not loved for who they are (not good for your long-term relationship).
- You can disagree with your child's coach. You can even be really angry at your child's coach. But if you choose to speak poorly about the coach to your child, you've just undermined your child's ability to learn from and have respect for the coach.
- Don't gossip in the gym. Be a good, constructive member of the community. If you have a problem with something, go speak to the person who can do something about it.
- Please refrain from "hanging out" at the gym during workouts. It is distracting to the practice and can create extra undue pressure for your child in an already high-pressure sport.
- Do not undermine that coach by trying to coach your child on the side. Your role is to support, love, and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or skill selection. This will not only serve to confuse your child but also prevent the gymnast coach bond from forming.
- Gymnastics is an expensive sport. If you, as the adult in the family, make the choice to have your child involved in the sport you may not hold the cost of the sport over her head. Absolutely hold her accountable to attend practices that she asked to be enrolled in and even to finish the commitment she made to the classes or team, but don't turn that commitment on money. Instead, emphasize respect and honoring commitments.
- This is your child's activity and your child's experience. Support your child along the way but let your child own their journey.
- Do not goad a child struggling with the snide offer of "quitting." Do not promise a grand reward for qualifying for championship meets, overcoming a fear, or obtaining a certain score as a means to motivate. Do not name call, withhold affection, or storm out of the competition if your child does not do well.
- You are the steward of your child's health, safety, education, and general well-being. Gymnastics can and should be a wonderful contributing factor to your child's development. As a parent, it is up to you to assure that it is so.

## **M.A.T.S**

Parents must abide by the rules and regulations set up by the parent Booster Club (MATS). These rules include participation in fundraisers. Failure to be a MATS member in good standing will result in suspension from Miyagi's Team.

# FINANCIAL COMMITMENT

Tuition will be processed with Auto Pay on the 1st of each month. We require a valid card on file for tuition and fee processing.

## **Monthly Team Tuition:**

\$181- \$397 for 4 to 20 hours per week. Hours depend on level.

Tuition is based on 4 weeks a month or 48 weeks a year. Because of this, monthly fees will not be prorated due to missed practices because of vacations, holidays, competitions, or exhibitions.

Miyagi Team is a year-long commitment. Tuition is due each month, regardless of attendance. Tuition ensures your enrollment on the Miyagi Team and cannot be paused due to illness, injury, or scheduled conflicts. If you decide to take a break, you will not be a part of the team and your spot is no longer guaranteed.

An unpaid balance that is 30 days overdue, may terminate your child's participation in any competitions. Unpaid balances which are 60 days overdue, may terminate your child's participation in all gym functions including practices and meets.

*\*\*In case of an injury that occurs while in the gym, at a meet, or outside clinic/camp, your tuition may be prorated to reflect recovery and modified activities. These situations will be addressed as needed.*

## **Annual Team Registration:**

\$350 per year per family

Billed on June 1st. These fees cover the following:

- Member/Association Fees (Nor-cal Fee)
- Team Coach USAG Membership Requirements to attend meets.
- Administration expenses for team coordination and meet entry.
- This fee includes the team equipment fee which goes towards helping with the general wear and tear the team places on equipment with high use and team chalk.

## **USA Gymnastics Annual Membership Fee:**

\$60-\$85 per year

The membership fee of approximately \$60-\$85 is paid by the parents directly to USA Gymnastics. Every gymnast that competes in the USAG system is required to have a current athlete membership number. This registration may only be done by the parent or legal guardian and must be renewed every year. Step-by-step instructions on how to register can be viewed at:

[https://usagym.org/PDFs/Member%20Services/howto\\_parent.pdf](https://usagym.org/PDFs/Member%20Services/howto_parent.pdf)

**Competition Fees:**

These fees cover expenses to attend up to 5 invitational meets. Competition fees are made up of meet entry fees, coaches' travel, expenses, session pay, and any other costs associated with competing for the season. The total cost for the season is estimated and divided among competing gymnasts to come up with a flat-rate fee for each gymnast. Coaches' fees will not be itemized, are not tied to any one specific meet, and are non-refundable. The amount will vary each year depending on the projected yearly meet season budget and the number of total kids competing.

State, Regional, and National entry fees/coaching expenses and additional off-season meets are not likely to be covered by these fees. Additional payments may be required upon qualification and/or decision to attend off-season meets.

JO Compulsory Team Members (Level 2-5) - \$1100

Payment Schedule:

- July 1: \$550
- August 1: \$275
- September 1: \$275

JO Optional Team Members (Levels 6-10) - \$1560

Payment Schedule:

- July 1: \$560
- August 1: \$250
- September 1: \$250
- October 1: \$250
- November 1: \$250

Xcel Team Members (Silver-Diamond) - \$800-\$1060

Payment Schedule:

- July 1st: \$540
- August 1: \$130
- September 1: \$130
- October 1: \$130 (exclude if only doing 3 meets)
- November 1: \$130 (exclude if only doing 3 meets)

**Competition Apparel:**

Approximately \$210-\$400 per year for new members. New team members must order all apparel. Returning team members will be charged only for any additional items that need to be ordered or replaced.

This fee is paid once items are ordered in the Fall. Please keep in mind these fees are approximate. Prices may vary slightly. Uniform fees cover the approximate expenses:

- Team Leotard - \$125-\$225
- Jacket & Pants - \$80-\$150
- Gym Bag - \$30-\$50
- Gym Shoes: \$20-\$50

**Fundraising:**

The Team Parents Booster Club (MATS) may pay some of these costs. What MATS pays depends on the availability of funds generated through fundraising and what the members have voted to pay for. Regardless of what the MATS members have chosen to pay, these costs remain the primary responsibility of the Team Parent.

**Privates:**

Private lessons are scheduled on an as-need basis. Private lessons are great for gymnastics that are close to a skill or struggling with a particular part of a skill. Sometimes a one-on-one session may be enough to create a breakthrough for a gymnast. If you are interested in private lessons you may discuss it directly with the coach. All private lessons must be confirmed through the office and paid for at the time of the private.

**Private – One Student**

\$60/Hour During Gym Hours

\$90/Hour During Non-Gym Hours

**Semi-Private – Two Students**

\$40/Student Per Hr During Gym Hours

\$50/Student Per Hr During Non-Gym Hours

# COMPETITION DETAILS

## **Meet Types:**

### **Invitationals:**

Invitationals are meets attended by the entire team. A gymnast will have the opportunity to qualify to State Championships at any invitational. Qualification is based on an All-Around Score that is determined by Norcal Gymnastics State Board.

### **State Championships:**

State Championships can be held within California. At State Championships, gymnasts at Level 7 and higher and Silver and higher can qualify for Regionals by scoring a specific All-Around Score at the State Championship meet.

### **Regional Championship:**

NorCal is part of Region One Gymnastics. Other states in our Region include Southern & Northern California, Arizona, Nevada, and Utah. Regional Championships can be held in any of these states. We typically know where this meet takes place at the beginning of the season.

## **Competition Schedule:**

All competitions (dates and locations) will be posted on the Miyagi Gymnastics website under Team Calendar. Check the Team Calendar often, as it will have the most up-to-date session times. An email may not always get sent out right away.

<https://www.miyagigym.com/team/team-calendar/>

The official meet schedule for session times will not be given until two weeks prior to the meet. Please do not contact a meet host for any information. Please do not call or email to ask if we received the information yet. We do not want to assume session information. We will provide you with all the information including session times once we receive it.

If gymnasts have consecutive weeks of competitions that interfere with practice schedules, modified practice schedules will be made as we see fit. You will be notified once the sessions are confirmed. These changes are to benefit each gymnast. We understand it may be a small inconvenience. We will give you as much notice as possible.

## **Attendance Before Competitions:**

All gymnasts are required to attend every practice the week of a meet. Special circumstances may call for an excused absence. If a gymnast misses practice for any reason other than special circumstances, we may not allow her to compete. This is for the safety of the athlete. Please discuss meet-week absences with the team head coach.

## **Preparations For Competitions**

- No driving more than 2 hours the day of the meet. We highly recommend booking a hotel the night before.
- Avoid strenuous activities 24 hours prior to the meet.
- Eat healthy food. Avoid junk.
- Get plenty of sleep.

## **What To Expect At A Competition**

1. Plan on getting there early. Parking may take a while and you may need to walk a distance from parking to the venue.

2. Arrive on time, fully prepared with hair done, leotard and warmups on, gym bag stocked, and grips in your gym bag. Tie your daughter's hair really tight with lots of product. You won't be able to touch it again.

3. There are usually parking fees and entry fees for spectators at meets held at convention centers and hotels. Please bring cash just in case the venue does not take credit cards

4. On arrival, your gymnast will check-in and proceed to the competition floor to find their coach and/or fellow gymnasts. Remember to give each other a big hug at the beginning to last the entire meet.

5. Spectators proceed to find their seats.

6. Gymnasts will stretch and warmup together.

7. Miyagi gymnasts will march in together as a team.

8. Gymnasts will rotate to all four events over the course of the meet. The order of events are: Vault > Bars > Beam > Floor. They might start at any event, but will always rotate in this order. For example: If the gymnast starts on beam, they will then compete floor, vault, bars.

9. Gymnasts will have a warmup period prior to each event. You will know when your child is competing as they will salute the judge before and after their routine or event.

10. Come ready to cheer for your gymnast and her team! Also, if you see an amazing routine from another gym, cheer for them as well! The gymnasts feel much more confident with lots of support from the crowd. Please keep all vocal support encouraging and positive, not distracting.

11. Gymnasts are encouraged to remain at the meet until awards have been completed.



## **Age Divisions**

Gymnasts are split into age divisions at Local/Invitational, State & Regional Championships. A gymnast's age is determined by how old she will be as of December 31st of the year in which the competition takes place.

## **Traditional Meet Structure**

Check In:	30 minutes prior to open warmups
Open Warmup:	15-20 minutes (depending on session length)
Lineup & March In:	5-10 minutes
Competition:	4 hours max (from start to finish)
Awards:	30 minutes (approximately)

## **Judging**

- There are up to 2 judges at each event (usually).
- Start Value is determined by the Special Requirements being fulfilled in a routine.
- Not all routines will start at 10.00.
- Scores are arrived at independently and then the average of the two scores becomes the official score.
  - Sometimes Judges will need to conference if the score is out of acceptable range.
  - For example Judge 1 = 8.8, Judge 2 = 9.0, Final Score is 8.9

## **Awards:**

Awards are based on the percentage of gymnasts in each age range. Usually the top 7-10 gymnasts will get an award. This is at the discretion of the meet host. Gymnasts are to remain in the award area with their team until the conclusion of the awards. It is not permitted to leave early or sit with parents, family, or friends.

# MEET ATTIRE

## **Uniform:**

- Gymnasts are expected to arrive wearing their competition leotard, warmups pants, jacket, and black flip-flops with their gym bag.
- Only wear nude color bra/underwear or nothing at all. Gymnasts will be deducted points if their underwear is showing.
- No jewelry whatsoever allowed.
- No nail polish on hands or feet.
- Please write your gymnast's name on each article of clothing.

## **Hair and Hygiene:**

- All Miyagi team members need to look unified. Gymnasts should always maintain good hygiene and arrive with clean hands, feet, and faces.
- We expect all gymnasts to arrive with their hair already done. It is not the coach's responsibility to put your gymnast's hair in a bun. If parents need help, please reach out to another parent or our staff to find another parent that can help.
- Neat and clean buns are always the best competition hair. Ponytails, pigtails, etc., are not acceptable. Refer to the bun tutorial below for instructions:

<https://www.youtube.com/watch?v=Ulx8qwKkF58>

- Gymnasts are expected to wear the official scrunchy that came with the team leotard.
- Hair clips, hair nets, rubber bands, etc., must be the same color as the hair. No bright-colored clips or other hair accessories that can be distracting.

## **Gym Bag:**

- Place everything you will need for the meet in your team gym bag.
- Snacks: a small, clean & healthy snack may be packed. Keep it simple.
- Water is the only liquid allowed in the gym bag.
- Grips, tape, and pre-wraps are required to be in your bag at every meet and practice.
- Brush, extra clips, hair ties, etc.

# MEET ETIQUETTE

## **Meet Rules:**

- Gymnasts are to remain on the competitive floor from the beginning of open warmups to the end of the awards ceremony.
- Gymnasts are discouraged from adding scores during a meet (on paper or in their heads).
- No flash photography during the meet ever.
- Parents are not allowed on the competitive floor at any time, for any reason. This includes cases when there is an injury. Due to USA Gymnastics Policy, only professional members, officials, and gymnasts are permitted on the floor.
- We expect all Miyagi Gym spectators to be courteous and respectful, and never be discouraging or negative towards other gyms or gymnasts. We teach our gymnasts to support and cheer for all other girls in their group, not just their team. We expect our spectators to do the same.
- It is never acceptable to approach a judge, meet host, team parent of the host gym, etc., with a complaint. We are guests in their gym/venue. If there is a serious issue, please bring it to the Miyagi coach first.
- Do not approach the coaches during the meet to discuss your gymnast's performance. If you want to discuss her performance, please make an appointment AFTER the competition.

## **USAG Spectator Rules & Regulations:**

Meets are sanctioned by USA Gymnastics; therefore, all participants must abide by the Woman's Program Rules and Policies.

As a spectator, you are a guest of the gym hosting the meet. You are required to pay the entrance fee to the facility and abide by the rules of the meet host. Please respect their facility, stay off all equipment, and control all children. No smoking is allowed within 50 feet of the facility.

1. Spectators are not allowed to enter the "field of play" (competitive area). They must use the area designed for the public.
2. Any videotaping must be done from the spectator seating or designated area. No person may stand on the field of play to record routines.
3. Please check the light on your video camera and turn it off. Outlets are for official use only, no video camera, cell phone, battery chargers may be connected.
4. If food is allowed in the spectator area, please place all trash in the acceptable.
5. Parents will refrain from loud cheering or negative behavior. A reminder to all spectators: please do not bring personal defense chemicals or sprays into a meet site. The safety of our gymnast is of the utmost importance.
6. At no time will any parents approach or speak with to any meet official or judge. Any problems should be directed to your Team Staff only.
7. Spectators should support your gymnast and the others for their efforts and accomplishments.

# MIYAGI GYMNASTICS ACADEMY TEAM CONTRACT 2022 - 2023

By signing below, I acknowledge that I have read and understand each section outlined in the 2022-2023 Miyagi Gymnastics Academy Team Handbook. I agree to abide by all rules and policies and will help my child follow them at all times.

I also understand all Miyagi Gymnastics Academy Team financial requirements. I agree to assume these responsibilities for all payments of my gymnast's tuition, team fees, and any additional payments required.

I hereby certify that I am the parent or legal guardian of the listed gymnast and have the full legal authority to enter into this team contract. I accept this agreement and waiver and sign freely and voluntarily. We are committed to the Miyagi Team for the entire 2022-2023 season.

**Gymnast Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Gymnast Signature:** \_\_\_\_\_

**Parent/Legal Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Legal Guardian Signature:** \_\_\_\_\_



Miyagi Gymnastics Academy  
3116 Olympic Way, Auburn, CA 95603  
(530) 888-6569 [www.miyagigym.com](http://www.miyagigym.com)  
Email: [miyagigym@gmail.com](mailto:miyagigym@gmail.com)