

¹Roots Gymnastics Xcel Team Handbook

The Mission of Roots

“To provide a safe and nurturing environment where each individual can make regular progress as they develop as a person and athlete.”

Welcome to the Roots Gymnastics girls competitive team! Please read through this team handbook for all the necessary information in making the transition from our recreational program to our competitive program as smooth as possible.

The Roots’ team coaching staff believes for a gymnast to feel successful, there are three important parts: 1) the gymnast, 2) the parents and 3) the coaches. Good communication between these individuals is very important to each gymnast having a positive experience as a team member. It is important for each member of this communication triangle to engage in behaviors that assist the athletes in reaching their goals. If this relationship becomes strained, it can often lead to an overall negative experience for all those involved. If there are concerns with the athlete’s training, it is important to clarify these with the coaches in an open, respectful, and caring way. The coaching staff will make themselves available for you to discuss any concerns regarding your child’s training at Roots. If a parent has any issues with their child’s training, we encourage them to communicate directly with the coach and not engage in any negative communication with other parents, staff members, or athletes, including their own. This negative communication will not be permitted in the gym or at competitions due to its destructive nature and the negative effects it will have on the team and athletes. We here at Roots take our responsibility as coaches very seriously. We have a huge responsibility in helping develop each athlete by being good role models in their lives. This responsibility is not taken lightly and each team coach is dedicated to enhancing each athletes’ life through their experience in gymnastics.

Competitive gymnastics is a year-round sport. This can be broken down into three equally important time-frames. Summer is an important time when the athletes are gaining confidence in the new skills they have been preparing for during and after their competitive season. Summer practice is required for all team members in Xcel Silver and higher. However, we do understand summer is often a time for family vacations which are also very important. We just ask you to communicate any time your athlete will not be at practice during the summer.

During the fall, gymnasts are often building their routines and improving on the execution of their skills that will be in their routines. This is why transitioning levels during this period is very difficult and most athletes will already know their level by the beginning of September. We also believe school is very important for the athletes, and they must maintain good grades if they are going to participate in team gymnastics. Please communicate if your gymnast needs to miss practice to meet any school needs.

At Roots, our competitive season begins in mid-November and continues through the State Championships in mid-March. Xcel Gold and above gymnasts will also have the opportunity to qualify for regionals (mid-April). During the competition season, it is important that each gymnast is focused on

¹ Updated 8/9/2024

their competition season. **With this, we highly discourage participation in other sports during this time.**

It is important to remember that each child's gymnastics journey is different, and it is a marathon not a sprint. It is common for a gymnast to compete at the same level two years in row unlike school where students are promoted one grade each year.

Competitive Team Philosophy

Based on the foundation laid by Roots overarching philosophy and principles, Roots team program is dedicated to producing top level gymnasts and teammates! We are dedicated to treating each gymnast as an individual with specific needs and goals. While we understand each athletes' goals are different, we do expect the same work ethic and training desire from each of our athletes. At Roots, our team staff is dedicated to running structured programs with a high degree of discipline embedded in them. This is necessary due to the dangerous nature of high-level gymnastics. Although we value athletes' social experiences in the gym, it is important socializing with peers in the team program does not distract athletes from their training as this could lead to potentially dangerous and unfocused situations. The team staff at Roots expects the utmost respect and strong work ethic from each of its team members. We also highly value the importance of working with and encouraging others which means ALWAYS BEING SUPPORTIVE TEAMMATES. We expect our team staff to return this level of respect to the athletes in order to provide a positive and productive environment for the athletes to strive toward their goals.

Roots Competitive Team

Roots competitive team is designed to provide an opportunity for those athletes that want more from their gymnastics experience than recreational classes. Girls are invited to our gymnastics team upon completing level 1 and 2 recreational classes. Girls coming from our recreational program make up the majority of our competitive team program. Participation in our competitive team program requires more dedication and commitment for the child, parents, and coaches.

USA Gymnastics has developed three distinct competitive programs: XCEL, Developmental, and Elite. The Xcel program is considered a competitive team program with less time demands. The Developmental Program comprises levels 1-10 and make up the majority of the gymnasts that train and compete in the United States. The Elite program is the most rigorous of the programs and is designed to develop athletes that will represent the USA in international competitions. Less than %1 of gymnasts ever participate in the Elite program.

At Roots, our chosen path is the XCEL program which we feel leads to athletes experiencing the most appropriate and enjoyable gymnastics experience. The XCEL program is designed to allow the athlete to participate in other extracurricular activities (outside of competition season) while still being able to maintain and make progress in their gymnastics and Roots has had many athletes that have been successful in their gymnastics goals and reaching goals in other activities. The PreTeam makes up our preparatory group. Gymnasts who are invited to join our team program begin by joining our PreTeam. Our Silver and Gold groups make up our introductory competitive team levels.

The Platinum and Diamond levels are considered transitional levels from more basic competitive gymnastics to higher level optional skills. The requirements in these levels are designed to help the athlete perfect the basic elements that will make subsequent development through gymnastics more

successful. Our staff provides the safest and most positive environment for the athletes to move through these levels at their own pace. A gymnast typically competes in one level per season. However, it is not uncommon for a gymnast to spend two seasons at the same level to become proficient at the skill requirements for the levels.

Level Advancement

Although there are a variety of circumstances and variables involved in an athlete moving through the levels, Roots coaches employ a fair and consistent method for level advancements. We are continually trying to improve our policies on athletes moving up levels to make this a less ambiguous process. With this, our primary goal in level advancement is to place each athlete at a level where they will be successful in building their confidence in gymnastics competition. Another major factor involved in this process is the safety of the gymnast. At Roots, we try to mitigate danger by not placing a gymnast at a level that adds undue stress on them while they are competing. The subsequent section of this handbook is designed to provide a general guideline of what is used to determine level advancements. This is and always will be tailored to each individual gymnast and what the coaches feel is best for the success of each athlete. Each athlete will be placed at the level they will be most successful at while still challenging them. This decision will be made in September and the gymnast will stay at that level throughout the competitive season.

XCEL (Requirements to advance to the following levels)

Pre Team:

- Meet all basic skills, strength, and flexibility requirements of our Level 2 Starlight

Silver:

- Be able to safely perform all Silver requirements which include but are not limited to:
 - o Roundoff Back Handspring on floor
 - o Vertical handstand on beam
 - o Front Handspring over mat stack for vault
 - o Squat on dismount on bars

Gold:

- Meet all skill requirements for Gold which include but are not limited to:
 - o Kip on Bars and Squat on jump to high bar
 - o Roundoff 2 BHS and Front Handspring on floor
 - o Front Handspring on Vault with a springboard
 - o Cartwheel and 1/1 turn on beam.
- Score a minimum of 35.00 in at least 2 meets as a Silver.

Platinum:

- Complete two seasons as a Gold or score above a 36.00 at multiple meets in their first Gold season.
 - o Must score 35.00 at multiple meets in the second season.

- Meet all skill requirements for Platinum which include but are not limited to:
 - o Flyaway on bars, Clear Hip, and Cast above horizontal on bars.
 - o Back Tuck and Front Tuck on Floor
 - o Back Walkover and Back Tuck dismount on beam
 - o ½, ½ vault

Diamond:

- Compete 2 seasons as a Platinum and score at least a 35.00 at 3 meets.
 - o Safely meet all requirements to start at a 10.0 on all events.

Competition Policies and Guidelines

Roots sets a priority on rewarding the effort and accomplishments of our gymnasts by giving them the opportunity to participate in many great competitions. Many of these meets are local and held in the state. We also give the athletes the opportunity to participate in some larger meets that are held in various parts of the country. The following information can be used as a guideline to the Roots' rules regarding competitions and make it easier for everyone to enjoy the competitive experience. At Roots, our policy is that we do not change the level of a gymnast after November of that competitive year and most levels will be determined and not changed in September.

Overview of Competition

Roots only participates in competitions that are sanctioned by USA Gymnastics which allows our athletes to qualify on to the State Championships if they obtain the minimum all-around score at these competitions. Xcel Gold, Platinum and Diamond athletes may also qualify on to regional competitions by obtaining the required all-around placements/scores at the state championships. Invitational meets will make up most of our gymnasts competitions.

Preparation for Competition Season

Each fall a tentative competition schedule will be created for the season. This will be distributed to the parents at an all team meeting from the team administrator along with a competition packet outlining all of the fees included with the competitions. Meet information will also be distributed throughout the season. Meets may be added, dropped, or rescheduled after the original schedule is distributed. The original schedule is merely a guideline for the upcoming season.

Typically, meets are held Friday-Sunday. We have no way to guarantee and have no say when our teams will be competing during each meet. We typically do not find out when our team will be competing at each until approximately two weeks before the competition and we will make this information available to everyone as soon as we know. **Please do not call or contact a meet host about times or dates.** We never know when our athletes will be competing, so please leave all of the days of the meet open.

Meet Guidelines

Gymnasts must meet certain guidelines and criteria in order to compete at each upcoming competition. This includes but is not limited to skill consistency and competence, physical health, attitude, and attendance. Some of the reasons athletes may not be able to compete all of the events at a meet

include but are not limited to; practice attendance, inadequate meet preparations, lack of required skills on each event, illness, injury, tuition and/or meet fees due, or inappropriate behavior while representing Roots in or outside of practice. Roots coaches also set skill requirements that each gymnast must meet during practice to participate in upcoming competitions. Each gymnast knows these requirements before the competition weekend. If you or your child is not clear on these requirements, please feel free to talk with your child's coaches. In an instance that your athlete does not participate or partially participates in a competition, meets fees WILL NOT be refunded unless another gymnast can take her place at the meet. The goal of all the coaches is to have every athlete participate in every meet but this is not always the case. It is more important for the athlete to be safe and feel prepared going into each meet rather than participate with a high level of anxiety and stress on them.

Rules for Competitions

The following are Roots' rules for participating in competitions:

- 1) All athletes are expected to arrive at the competition site at least 15 minutes prior to their designated warm-up time. Athletes are responsible for bringing any items they will need during the competition (i.e., grips, wristbands, braces, Tiger Paws, hair ties, tape, etc.)
- 2) Competitors will stay with their team throughout the **entire** competition. After the meet is over, the athletes will be released to their parents.
- 3) Athletes must stay on the competition floor and be respectful to other competing athletes until the final competitor of the meet is done.
- 4) Roots competitors need to remain in their competition uniform from the beginning of warm-ups until the end of awards. All gymnasts are required to wear their full warm-ups for awards.
- 5) Gymnasts are not allowed to have their phones on the competition floor during the meets.
- 6) Athletes need to be responsible for bringing their gym bags to all the meets. They also need to make sure they have all of their personal belongings before leaving the meet.
- 7) Briefs worn by the athletes must be the same color as their leotard or a nude color. If they are any other color it will incur a deduction.
- 8) Hair and make-up need to be fixed before the start of warm-ups.
- 9) If there is a scoring error or error in the athlete's age group, please bring it to the attention of the coach, not the meet administrators.
- 10) There is absolutely no flash photography at gymnastics competitions as this is dangerous for all of the athletes.
- 11) Parents are not allowed to talk with any of the meet staff for any reason. If there is an issue, please bring it to the attention of the coaches.
- 12) Coaches reserve the right to scratch a gymnast from specific events or the entire meet if they are concerned about the safety of the gymnast. Examples that may apply to this are missing practices before a competition, gymnasts' fear which impedes from completing assignments, injury that inhibits the gymnast from performing safely, inability to complete daily assignments necessary for competition, etc. This policy is in place for the safety of the gymnast as meets create uncertainty which may increase the potential for injuries to occur.
- 13) Parents are responsible for transportation to the gymnastics meets. The athletes must be at the competition, ready to compete at least 15 minutes prior to the start of open warm-ups. Please plan accordingly if a gymnast is traveling with another family.

- 14) The awards ceremony is a very important part of the competition experience. All Roots athletes are required to attend the entire awards ceremony in their warmup jacket and leggings, whether they receive an award or not.

2024/2025 Meet Schedule:

November 2 - Early Bird Meet - Roots Gymnastics

December 6-8 - Judges Cup - Golden Triangle Gymnastics in Great Falls

January 17-19 - Glacier Challenge - Flathead County Fairgrounds in Kalispell

January 23-26 - Pikes Peak Cup - Colorado Springs, CO (OPTIONAL)

February 15-16 - Heart of the Rockies - Roots Gymnastics

February 20-23 - Great West Gym Fest - Coeur d'Alene, ID

March 2-8 - Mismo Magical Meet - Frenchtown SnowGlobe Classic – Post Falls, ID

March 22 -24 State Championships - Belgrade

April 25 - 27 Regional Championships - Salem, OR (OPTIONAL)

Practice Schedule

Fall/Winter/Spring Xcel Schedule:

Pre Team - Tuesday and Thursday 4:00 - 6:00 pm (4 hours per week)

Silver - Monday, Wednesday and Thursday 4:00 - 7:00 pm (9 hours per week)

Gold, Platinum and Diamond - Monday, Wednesday and Friday 4:00 - 8:00 pm (12 hours per week)

Summer is a very important part of the athlete's training as it is the time when most new skills are acquired. We do know that it is also an important time for families to take vacations. However, we urge you to make every attempt to attend as much summer practice as possible. This is often the difference between a child getting the skills for the next level or not.

If your child is going to miss or be late, please email or text the coach as soon as possible. It is important for each athlete to develop and maintain a consistent workout schedule to obtain the most out of the Roots Team Program. Please help your athlete develop good work habits such as being on time, consistently coming to their selected schedule, and showing up to practice prepared and ready to work.

Private Lessons

There may be times in your gymnast's gymnastics career that some extra one on one attention may be warranted to help them with a skill they are struggling with. One of the options in these situations is to schedule a private lesson with a coach to work extra on the skill they are struggling with. This gives the opportunity for a coach to work more specifically with the gymnast without other distractions. It is up to the parent what coach they schedule the private lesson with. At Roots we believe that the gymnasts can benefit from working with a combination of coaches and that each coach has something to share with the gymnasts. However, it is very important that the child's primary coach is in communication about

any private lessons with their athletes and another coach. Private lessons are never substitutions for regular practice and will be denied if a gymnast has missed their main practices. Please communicate with your child's primary coach about any private lessons they will be participating in.

Injury Policy

Our office staff and coaching staff make every effort to work with athletes through injuries. If a gymnast will be completely out of the gym due to injury, there will not be a charge on the account for that time frame. We do encourage athletes to return to the gym as soon as possible, even if it is for limited practice time that includes strength, flexibility and allowable skills on non-injured parts. Once a gymnast has returned to practice, if she is only participating for limited hours and not yet participating on the gymnastics apparatus, the account will be charged 25% of the monthly tuition. When the gymnast begins to rejoin her group on one or more of the apparatus, the account will be charged 50% of the tuition until full practice is resumed. Or as an alternative the account will be charged the number of hours they are in the gym.

Roots Athlete Code of Conduct

As a member of Roots Gymnastics Team, each athlete is expected to conduct themselves in a manner that positively represents the Roots organization, Roots coaches, and Roots team. The behavior and actions must show respect for your coaches, teammates, and our gym. The following requirements are expected of all team members:

- Team members must report on time for training and check-in with their coach upon arriving to practice. Being on time and prepared for warm-up shows respect and sets a disciplined tone for the training day. A proper warm-up is important to prevent injuries so missing warm-ups can be dangerous for the athletes. Being on time is very important.
- Athletes must check-in and inform the coaches if they will be leaving the training gym or event at any time. It is very important that the coach knows where the athletes are at all times because they are our responsibility when they are in the gym. **Athletes are not allowed to leave practice for any reason without letting the coaches know.**
- Athletes may only spend a very short time in the cubby area. This is often when irresponsible behaviors occur and our coaching staff cannot properly monitor them in this area. If an athlete is in the cubby area for an extended amount of time without informing the coach as to why, they will be given one warning before disciplinary action will be taken.
- Athletes may not use their phones during their scheduled practice times. Practice times are for training not for checking texts or social media. If an athlete needs to use their phone, they may ask their coach and will need to use it while being monitored by a coach.
- Practice mutual respect with teammates at all times. Cruelty or disrespect to other members of the Roots family will not be tolerated and disciplinary action will be taken immediately. If the actions continue, the athlete will be removed from the Roots team.
- Please notify the coaches if your athlete is going to be late or miss practice. This will assist the coaches in the daily planning requirements, goals, and objectives. It also demonstrates a level of respect for the team program. If your athlete needs to leave practice early, please inform the coaches so they can plan accordingly.
- All team members must listen to, respect, and adhere to the daily training plans and assignments outlined by the coaches. Disrespect and/or negative attitudes will not be tolerated.

Major violations may include cheating on assignments, lying, unproductive effort, and improper tone of language or body language when addressing teammates or coaches.

- The use of any Roots facilities is a privilege for all our team members. It is the responsibility of the athletes to maintain the cleanliness of these areas after use.
- Always ask to be excused from an event no matter what the reason so the coaches know your location.
- Be a positive example and role model for all gymnasts younger than yourself. You are setting an example for them and your behavior has a strong effect on how they develop as people and athletes.
- Report any injuries to the coaches immediately. It is essential to guide in each athlete's training that the coaches know if there are any injuries. The coaches cannot know what is wrong if it is not communicated.
- Communicate any questions or concerns directly to the coaches. The coach is often the best person to help solve any issues that arise during your athlete's experience as a Roots team member. If the issue is not able to be easily dealt with, the coach may set up a parent meeting to discuss options to help resolve any problems that are occurring.
- Understand that it is important to monitor all social media accounts of the athletes. Roots athletes represent themselves, their families, and Roots with what they choose to post. All athletes are expected to keep social media posts positive and appropriate. Any violation of this policy will result in an immediate meeting with their parents and may include expulsion from the team.

If an athlete violates any of these conditions, consequences may include but are not limited to:

- A verbal warning will be given to correct the misbehavior.
- The gymnast will be asked to go home for the day.
- IF the problem persists, further disciplinary actions will be taken including:
 - The coach may request a meeting with the parents.
 - The gymnast may be suspended from the team for a period of time or may be scratched from a competition.
 - The gymnast may be asked to leave the program if we cannot get her to conform to the expectations of the team, coaches, or gym.

Thank you for your understanding and help in creating a more positive learning environment that encourages your children to develop into positive and successful adults.

Roots Team Costs and Fees

Roots Gymnastics team tuition is paid monthly and due by the 20th of each month. While you are not required to maintain a credit card on file with the front desk, doing so ensures on time payments of tuition.

Roots Gymnastics has an annual registration fee and it is due in full on the anniversary month in which enrollment began. The fee is not prorated and is not refundable for any reason.

Competition Fees

Roots Booster Club collects fees associated with competition that are outlined each year before competition season in your Competition Packet. These fees include meet registration fees, coaches travel expenses, etc and are paid directly to the Booster Club. They can be paid via cash, check or credit card. If paying by credit card, please note that a processing fee will be assessed. Competition Packet payments may be paid in two or three equal installments. Due dates are:

Two Payments:

September 1st

November 1st

Three Payments:

September 1st

November 1st

January 2nd

Competition Packets are computed each year and are based on many factors including travel costs, number of athletes per level and which meets we are attending. The deadline to commit to the upcoming competition season is August 31st. **After this deadline, you are responsible for ALL coaches fees for the season even if your athlete is injured, ill or otherwise does not complete or finish the season (by your own decision or not). Meet registrations that have not been previously paid are subject to a refund.**

Optional meets will often be made available to gymnasts. This is a meet which is not included in the competition packet for that competitive season. There will be set deadlines for these meets. You will need to let the Team Administrator know of your intention to compete. The registration fee for the gymnast and the coach's fees for these meets are in addition to the normal competition packet.

If your athlete qualifies from State Championships on to Regionals, please note the fees for those qualification meets are not included in the competition packet.

Competitive Team Gear

In the months of July and August each year, the Team Administrator will begin sizing gymnasts for competition gear. There are certain items that are mandatory as part of the competitive team and other items that are optional.

Competition Leotards are mandatory. This is what your gymnast will wear to every meet. For Pre Team, these leotards are tank leotards and can also be used at practice. The price range is \$45-\$60 for these leotards. Xcel Silver and Gold leotards are long sleeve leotards with a price range of \$200-\$250. When possible, we always work to match a gymnast in need of a new leotard with one who has outgrown their leotard. "Used" competition leotards are sold for 50% of the original price and must be in great condition. Gymnasts are permitted to wear plain, black shorts during competition, if they feel more comfortable. Please make sure they have no white logo or writing on them.

Roots team warm up jackets and pants are mandatory for all levels except Pre Team. The price range for warm up jackets is \$75-\$125. For the upcoming season, we will be using plain black leggings for warm up pants.

We also have team backpacks that are optional. These have the Roots logo as well as the athletes name embroidered on them. Cost of these is around \$45-\$60.

Other optional gear that will be available at different times include competition bows, sweatshirts, sweatpants, t-shirts, practice leotards, etc. Emails will be sent detailing cost and order deadlines.

Roots Booster Club

The mission of Roots Booster Club is to provide the opportunity for all athletes in competitive programs at Roots Gymnastics and Dance to fundraise to help offset the cost of competition, gear and team fees. Any funds raised through the Booster Club can only be used towards fees incurred at Roots Gymnastics. Families are not able to “withdraw” these funds to use for personal travel to competitions, etc.

There are various fundraising opportunities throughout the calendar year. This includes hosting gymnastics meets, running Kid’s Day In, wreath sales and much more. Participation in the booster club is not mandatory. Roots Booster Club is a not for profit corporation, not a 501(c) 3. Therefore, funds raised by each family are credited to their Booster Club account.

There are Booster Club Board meetings held once a month and gym wide Booster Club meetings held every 2-3 months or as needed. If you would like more information, please contact the front desk for the current Booster Club Board information.

Conclusion:

Thank you for taking the time to read and review each portion of this handbook. This document will help guide you in becoming a successful Roots’ team member. Your input is super important to all of the Roots’ staff and coaches. If you have any concerns or questions at any point please feel free to contact the coaches. Thank you for trusting us with your child’s journey in gymnastics here at Roots!

Coaches Contact Information

***Feel free to contact coaches if you have any questions or concerns about your athlete’s experience at Roots. Here are the primary contact information for the coaches:**

XCEL Program Director and Head Coach: Erin Beaudette: Text or Call- 406.370.6292; Email- erinbeaudette97@gmail.com

XCEL Silver Coach: Sara Carlson Text or Call - 406-550-2166 scarl75@msn.com

Facebook Team Informational Page: Roots Girls Competitive Gymnastics



HANDBOOK ACKNOWLEDGEMENT

I have read the 2024-2025 Roots Team Handbook and I fully understand the rules, policies, and the tuition and competition fee commitment of being a competitive team member at Roots.

Gymnast Name: _____

Gymnast Signature: _____ Date _____

Parents Signature: _____ Date _____

Email (For Team Emails): _____

*Please Complete this form and turn it into the front office for our records. Thank You!!