



GYMNASTICS

**Cobb Gymnastic
Center Parents Club
Handbook**

542 Fairground Street

Marietta, GA 30060

770.528.8477

cobbgymnastics@bellsouth.net

cobbgymnasticsboard@gmail.com

www.cobbchallengers.com

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INTRODUCTION

Welcome to the Cobb Challengers competitive gymnastics team! Cobb Challengers is a highly competitive program, and the athletes selected for this program are asked to strive to perform to that level at all times. Gymnastics is one of the greatest overall body conditioning activities your gymnast could experience. Some physical attributes you will find developing in your young gymnast will be strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, agility, balance, and grace. Some of the mental attributes we hope to help them develop are self-motivation, tenacity, patience, goal setting, courage, and teamwork.

HANDBOOK AGREEMENT

Dear Parents and Gymnasts,

Welcome to the Cobb Challengers and the Cobb Gymnastic Center Parents Club. We encourage each of you to take an active part in the club. Our main goal is to provide the best opportunities for all our gymnasts. Volunteering your time and talents will help the Cobb Challengers continue to improve and grow.

The purpose of this handbook is to outline various policies that affect the gymnasts and their families and to explain the purpose of the Cobb Gymnastic Center Parents Club. Please read the entire handbook so you can become familiar with the functions and requirements of your team and club. If you have questions about the information contained in this handbook, please contact the program director, Fernando Pizarro.

Please acknowledge receipt of this handbook through your online portal at cobbchallengers.com. This indicates that you have read, understand, and agree to follow the rules and policies of the Handbook of the Cobb Challengers and Cobb Gymnastic Center Parents Club. Failure to agree to follow the rules and policies will result in your gymnast being removed from practice.

Thank you,
CGCPC Board of Directors

TEAM OVERVIEW

Cobb Challengers is a year-round gymnastics training program, supported by the Cobb Gymnastic Center Parents Club. Consistent training is needed to progress through the levels. Our program gradually increases the degree of commitment for each gymnast. The emphasis in the noncompetitive and lower levels is on fun and skill development. We believe that learning in a fun atmosphere is important for the young gymnast to develop a love for the sport. As a gymnast progresses, technique is continually stressed and more emphasis on training skills is added. At the optional levels, emphasis is on serious training and preparation for higher levels of competition. At this level, more demanding skills must be introduced to the gymnast, while maintaining an enjoyable atmosphere.

PARENTS CLUB OVERVIEW

The Cobb Gymnastic Center Parents Club is a nonprofit corporation formed to run the gymnastics program and support the gymnasts financially, physically, and emotionally. The club is run by the Board of Directors, which is made up of officers and board members elected by the parents. The team program is supervised by the program director.

The club is recognized by the Internal Revenue Service and Secretary of State as a 501(c) (3) amateur athletic organization. Because of our nonprofit status, we are required by state and federal law to be open with our records. Club records must be made available to members as required by Georgia law, and our annual information return must be available for public inspection.

The club's fiscal year runs from July 1 - June 30. The Board of Directors presents a detailed annual budget to the membership for approval around the beginning of the fiscal year. Member input is extremely important as this budget serves as our guideline for the year.

HISTORY

Cobb County gymnastics began in April 1971 largely due to Peg Adams, a former coach with Cobb County Parks and Recreation Department. The original instruction was at the Cobb Fairgrounds barn area with the gymnasts at home with nature in the form of all different types of farm animals stabled at the fairgrounds. This unorthodox "gym" was started with nine tufted mats, one set of small parallel bars, and a vaulting buck. In just one year, from such humble beginnings, the gym was able to enter a nine-girl team, ages 8-10, in Junior Olympic competition.

In the fall of 1973, Osborne Junior High School acquired gymnastic equipment that the county used. Coupled with better equipment, and the interest generated by the 1972 Olympics, enrollment in the county program leaped to 130 beginners and 40 intermediates. Also, in 1973, Griffin Middle School became a site for Cobb County Parks and Recreation Department gymnastics. In 1974 Floyd Middle School became another site for Cobb County gymnastics.

In the summer of 1975, money became available for two full-time employees, one of whom was to oversee competitive teams. From there, the program grew from 300 gymnasts and three competitive teams to 1,500 gymnasts and ten competitive teams in 1978.

In July 1977 the Cobb Gymnastic Center was built at 542 Fairground Street in Marietta. This facility is a Butler building containing an open area of 8,000 square feet with a tile floor, 40'x40' carpeted spring floor, concession stand, viewing area, offices, and restrooms. Gymnastic equipment now includes uneven parallel bars, balance beams, vaulting horses, high bar, rings, safety and landing mats, and trampoline. In 1985 we added a 3,600-square-foot room for instructional programs handled by the Cobb County Parks and Recreation Department, as well as facilities to train our gymnasts on the harder and riskier tricks necessary to further their levels of competition.

The Cobb Challengers have been the competitive branch of the Cobb County Parks and Recreation Department. Effective October 1, 1985, the Cobb Gymnastic Center Parents Club assumed the responsibility for the competitive programs in cooperation with Cobb County Parks and Recreation, which handles the instructional levels. Team competition is offered at Cobb Gymnastic Center at all competitive levels from beginners on the training team to the advanced levels.

The Cobb Gymnastic Center is managed by Dianna Nulty, supervisor for the instructional gymnastics program offered by Cobb County Parks, Recreation, and Cultural Affairs. The Club, which is the competitive program, is run by the Board of Directors. The teams and coaching staff are supervised by the Program Director, Fernando Pizarro. The head coach for the men's gymnastics program is Christophe Voisin.

COBB CHALLENGERS USAG PROGRAM STRUCTURE OVERVIEW

Developmental Levels

Developmental Team is intended to provide young gymnasts with the necessary fundamental training needed for competitive gymnastics. This training team is “by invitation only” and is for young athletes who have shown potential to be a team level athlete, and wish to develop the strength and skill necessary to try out for a Cobb Challengers competitive team.

The developmental levels are as follows:

Mighty Might - This level is designed for ages 3 to 4 ½, challenging young athletes to a more advanced style of preschool gymnastics.

Hot Shots - This level is designed for ages 4 ½ to 6, providing longer hours in the gym defining fundamental gymnastics on all four events: beam, floor, bars and vault.

Pre-Team - This level is designed for ages 6 to 8, in preparation for competitive gymnastics and to transition into Compulsory/Xcel level competition.

USAG Xcel Program

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Women’s Developmental Program to attract and retain a diverse group of athletes. The USA Gymnastics Xcel program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels with the opportunity for a rewarding gymnastics experience. The program allows a wide choice in skills to meet requirements so selection may be based on an individual athlete's strengths.

The focus of the Xcel program is sportsmanship, leadership, teamwork, and fun. The emphasis in the Xcel program is on correct technique, form, and performance. Xcel has levels Bronze, Silver, Gold, Platinum, and Diamond, with difficulty progressing in each level. All levels of Xcel are considered Optionals, allowing gymnasts to perform routines that meet specific requirements instead of requiring specific skills at each level.

USAG Women’s Developmental Program

Cobb Challengers trains gymnasts to compete throughout levels 3 through 10 in the USAG Women’s Developmental program. Athletes train year-round, approximately 10 to 30 hours per week, depending on their level. Cobb Challengers gymnasts have competed statewide, regionally, and nationally with continual success occurring at every level.

USAG Compulsory

Levels 3, 4 and 5 are the "Compulsory" levels of USAG. Gymnasts assigned to these levels all have the same routines and requirements. The gymnast must be proficient in the skills necessary

to perform the routines which are designed by USA Gymnastics. Levels 3 through 5 have the opportunity to qualify for State meets.

USAG Optional

Levels 6 through 10 are the "Optional" levels of USAG. Each event is individually choreographed for the gymnast. Optional levels 6 through 10 have the opportunity to qualify for State/Regional competitions. Level 9 has the opportunity to qualify for Eastern National Championships, and Level 10 for the National Championships.

International Elite Program

The Elite gymnast is a very unique type of athlete, one that is self-driven, and has the mental and physical ability to push beyond normal athlete limits. Before Cobb Challengers will accept an athlete into the elite training group, a process is followed to discuss the goals, the full scope of the responsibilities, the time & financial requirements, and the sacrifices by both the athlete and the family that will ultimately be made. We are very selective in this process as progress in this type of training can only be achieved by those who are committed and dedicated to this task.

Hopes Division

Cobb Challengers Hopes training teams are an upper-level basics development program that focuses on athletes who have shown all of the physical & mental capabilities required to train at an accelerated and rigorous pace towards upper-level/Elite gymnastics. In gyms across the country, gymnasts that are involved in similar programs benefit from specialized training, close monitoring of individual development, and a stronger base of development for future success. Generally, only about 0-2% of Cobb Challengers athletes working towards the competitive path will be selected for this program.

The Hopes division is meant to provide a competitive experience for the potential elite bound athlete in an Elite style competitive environment. These levels also begin to separate the true Elite potential athlete and are used as a talent opportunity and identification program by most gyms training athletes in the Elite-bound program. HOPES athletes are not classified as Elite gymnasts, and to achieve that title they must qualify as either a Jr. Elite or Sr. Elite level gymnast.

These athletes will compete at various meets based on their progress toward fast-track development requirements at the USAG Head Coach's discretion, and will be required to "test out" of certain Junior Olympic levels to display proficiency and training determination.

PAYMENT POLICIES

Registration Fee

A registration fee is charged when a gymnast joins the program and at the beginning of each fiscal year. This amount covers individual insurance for the gymnast which is obtained through USAG. A gymnast who joins the program after January 1 will not be charged the registration fee again until the following fiscal year.

Tuition

Monthly tuition is due by the 1st of each month. If payment is not received by the 5th, a 10% late fee must be included with payment. Your gymnast will not be allowed to practice or compete until payment is made. Invoices are not sent out. It is the family's responsibility to make payments. A statement is emailed to each family by the 15th of each month. You may also ask Christophe to print a statement or check your account at any time during the month. A \$20 service fee will be charged for any checks returned for insufficient funds.

A tuition discount is given to families who have more than one gymnast enrolled in the Challengers program. A 12% family discount will be applied to each gymnast who qualifies for this discount.

Refunds are not given for classes missed due to absences, vacation, holiday periods, etc. Makeup classes for individuals cannot be scheduled due to the nature of gymnastics instruction.

When a coach cancels practice for an entire team, a makeup class will be scheduled. The exception is for classes canceled due to holiday gym closure, or classes canceled due to a current meet.

MEMBER REQUIREMENTS

Home Meet Requirements

The responsibility for hosting home meets is shared by the parents of all gymnasts. The Cobb Challengers have a reputation for hosting quality gymnastic meets, which is made possible by the support of our parents and gymnasts.

The opportunity to host meets is very beneficial to the Challengers program and our gymnasts and families. Home meets provide substantial revenue for our program and allows our gymnasts to compete in their gym. Helping at home meets allows parents to learn more about gymnastics and to meet and become acquainted with other members of our club.

Because our home meets are so important to our program, very specific requirements have been established to ensure smooth-running, successful meets. Each family is required to work a certain number of sessions for each meet, determined on a meet by meet basis, depending on the number of sessions being held. New training team families will be required to work only half of all member requirements for the first year.

We generally host 2-4 meets during a competitive season. The home meet schedule will be provided to you early in the season, as soon as the meets are scheduled. The volunteer sign up will be sent via SignUpGenius a few weeks before the meet, as final preparations are put in place. Please note these meets on your calendar so you will be available to volunteer when the link to the SignUpGenius is sent out.

Gym Work Days

The gym needs to be cleaned, equipment repaired, etc. on a regular basis. There is an agreement between Cobb County and the Parents Club that we will hold 4 workdays per year. Workdays are usually held on Saturday mornings and last 3 hours. Families are required to attend at least one workday per year.

Club Meetings

Cobb Challengers Gymnastics Parents Club is run by parents, and parent input is essential. Club meetings are generally held twice a year. Your participation is welcome at all meetings, but you are required to attend at least one club meeting.

Charges for not meeting the requirements

Charges for not meeting club requirements are as follows:

- \$100 per requirement if opting out of the work sessions for a home meet
- \$50 for opting out of a gym work-day session

ATTENDANCE & PARTICIPATION POLICY

Gymnastics requires consistency and dedication. For a gymnast to realize their goals and be successful in the sport, they need to be at every practice. However, there may be times when a gymnast's health, family life, or education make this difficult. Please speak with your gymnast's coach if you find yourselves trying to make decisions about this topic.

Attendance Policy

The expectation for attendance is 100%, and the minimum requirement is 80%.

Should your athlete be in a position to not meet these expectations for whatever reason, please discuss this with your gymnast's coach. Each situation will be evaluated on a case-by-case basis.

Missing practice due to illness

While attendance is important, a gymnast should not attend practice when ill. Please refer to the following chart to know when to stay home and when to return to the gym.

Illness...	When to return...
Tested positive for Covid 19, or exposed to someone with Covid 19	Follow current CDC guidelines for quarantine and isolation.
Fever over 100.4	When you have been fever free for 24 hours without medication.
Diarrhea or vomiting	When 24 hours have passed since the last episode
Head lice	After appropriate treatment
Pink eye (redness, itching, and/or pus draining from eye)	Until symptoms have resolved or you have been cleared by a doctor
Strep throat or other bacterial illness being treated by antibiotics	Until antibiotic has been given for 24 hours

Missing Practice Due To Injury

Despite our best efforts, injuries can happen in gymnastics. If your gymnast is injured, collaboration between the gymnast, coach, and medical team is important. Unless an athlete is injured to a point where their physician completely removes them from all physical activity, the athlete is required to discuss a modified practice schedule with their coach to continue performing whatever limited actions are approved by their physician. Each situation will be evaluated on a case-by-case basis.

Missing practice due to Academics

School/Grades must be a priority for the Cobb Challengers athlete; however, so must be attendance and progression at practice. Time management is essential for a competitive gymnast.

There may be times when school assignments or tests might mean a shortened practice for your gymnast. If your gymnast needs to miss practice, or a portion of practice, to ensure their homework is completed, please inform their coach as early as possible. If they will miss only a portion of practice, please coordinate the absence with your gymnast's coach to determine which part of practice is best for them to miss (i.e. come in early/leave early or come in late/leave on time).

Please note that continuous conflicts between practice and school workload may result in the athlete being removed from the team to better manage their school workload.

Pre-Approved absences due to academics include standardized testing (ACT/SAT tests), and mandatory attendance at an event scheduled outside normal school hours.

In the event of inclement weather, practice will be canceled when the Cobb County schools are closed. However, if conditions improve later in the day and the coach feels practice is possible, the coach will notify the team parents. Practice is not canceled due to normal school holidays, teacher work days, etc.

Make-ups due to absences

In general, if a family decision is made to miss scheduled practices, there are no scheduled make up days.

Importance of the Attendance Policy

CGCPC has this strong attendance policy for the safety of the athlete, and so the athlete can achieve their goals. Gymnastics is a year-round sport and one that requires the athlete to commit to a certain level of practice for them to safely progress.

When an athlete is placed on a team, their coach makes a commitment to them that they are going to do everything in their power to have them ready for competition. In return, the athlete is asked to do everything in their power to have themselves ready to compete at their best.

By accepting a position on a Cobb Challengers team, the athlete is making a commitment to their teammates that they are going to do everything in their power to help the team be successful. To follow through on that commitment, the athlete needs to be at practice.

Cobb Challengers limits the number of athletes that are accepted onto each team, and often your gymnast is being awarded a position on the team over another athlete. As such, they are making a commitment to the club that they will fulfill the responsibilities of the team position which was awarded.

Workouts are planned for a full year in preparation for competition; similarly, competitions are scheduled for the season in a manner that allows qualification to succeeding levels or meets. Missing

any consecutive workouts or meets will put a gymnast out of phase with the rest of their team and could hurt their advancement in progress, level, or competition.

Attendance Policy Infractions

Cobb Challengers is extremely strict regarding attendance for the team athlete. In extreme cases, habitual attendance infractions may result in removal from competition, their assigned level, or the team.

NOTE: Removal from the team for attendance issues does not absolve the family of their financial commitment. Please see the financial obligations section contained in this handbook for further details.

Exclusivity in training

Gymnastics training for the Cobb Challengers athlete is exclusive to this club. Please communicate with your coach when training at another gym, camp, clinic, or open-gym while training/competing and/or representing this facility without prior approval from the coaches.

SCHEDULES

Schedule Policy

Cobb Challengers team schedules are subject to change and it is not guaranteed that the stated schedule will remain constant throughout the entire time frame noted. Schedules can change based on numerous criteria such as equipment/rotation space availability as well as coach availability. When feasible, we will attempt to afford every team family affected by a schedule change an appropriate amount of time to plan for a non-scheduled change, but some circumstances beyond our control may cause an immediate change. Makeup practice will be made available if possible.

Known schedule changes

Twice per year, practice schedules will be evaluated and potentially changed:

June - Summer schedule (See note below regarding summer practice.)

August - Back to school schedule (typically released in July)

Summer Practice (June/July)

Teams will have some practice times moved to the daytime hours during the summer months with all attendance policies still being in effect. If you know your personal schedule will not allow you to get them to/from the gym during the day in the summer month, please start planning for other arrangements as soon as possible (i.e. potential carpools, etc.). The summer schedule is typically released in May.

Transportation and Pick Up

Transportation to and from the gym is the responsibility of the parents. Gymnasts must be picked up promptly at the end of practice. Parents should come into the gym to pick up the gymnast. We cannot allow the gymnasts to wait outside to watch for their ride. This is to ensure the safety of the gymnast. They may stand inside the door and watch for you. If a coach must stay with a gymnast 15 minutes or longer after practice has ended for the evening, a \$20.00 fee will be charged to the parents.

Private Lessons

In general, it is our opinion that our athletes all have sufficient practice hours for skill enhancement and achievement; however, situations do arise where a private lesson is warranted.

While you may always inquire with your gymnast's coach about private lessons, our staff has been instructed to only do private lessons for CGCPC athletes in the following circumstances:

- Short term concentration/corrections on a certain required skill that has eluded the athlete during normal practice
- Long term scheduled private lessons for the advanced athlete to work future requirement progressions that they are unable to perform in normal class due to time/curriculum limitations.

Private Lesson Policy

- Private lessons are not an acceptable form of substitution for regularly scheduled practice.
- Your gymnast must be currently enrolled in a class at CGCPC
- Your payment account at CGCPC must be current
- The athlete must be displaying an acceptable work ethic during regularly scheduled practices.

All private lessons must be coordinated and approved by your gymnast's team coach; regardless of which coach you wish to perform the private lesson with (i.e. assistant coach, or coach on another team). We want to ensure that any training plans the coach has in place with the athlete are not accidentally disrupted by a private lesson with another coach. It is also just a simple matter of courtesy to your gymnast's primary coach. The private lesson must be held at a time that does not interfere with normally scheduled practices.

If your private lesson is scheduled at a non-business hour time where there will be nobody in the gym but the coach and the athlete, parents are required to stay in the gym for the duration of the private lesson.

Primary coaches, at their sole discretion, may rescind their approval for a different coach to do private lessons with the athlete if they feel the private lesson is impacting proper progressions or athlete approach/attitude in normal practice. Private lessons and payment for the lessons are coordinated directly between the coach and the athlete's parent/guardian. CGCPC cannot be held liable for any injuries sustained during a private lesson. At the coach's discretion, a waiver may be required.

Private Lesson Payments

Please see your coach to find out how much they charge and the payment method preferred (Cash, Cash-app, etc.).

TEAM PUBLICITY POLICY

Cobb Challengers Gymnastics and/or its representatives may submit articles, advertisements, and/or photographs to newspapers, other publications, the internet, social media pages, and other news media concerning teams or individual gymnasts from time to time. The prime purpose of these submissions is to recognize team and individual achievements; although, the use of these photographs remains unlimited. Individual and family permission for these submittals is inherently granted when an athlete joins our team and the waiver of rights regarding this policy is included in your registration paperwork.

Maintaining Amateur Status & NCAA Eligibility

To maintain USAG eligibility and potential NCAA eligibility, the athlete is at no time allowed to accept financial compensation for participation in the Cobb Challengers Gymnastics Team or as a result of their participation in Gymnastics. If your gymnast is ever in such a position, please bring that to the attention immediately, and before entering into any agreement. For more information please refer to NCAA rules and regulations.

MEET & COMPETITION SPECIFIC ITEMS

“Making lineup” & Scratching Events

All CGCPC competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition. In addition, the gymnast must be in good health and have completed all assignments and attendance requirements to enter competition.

During the competition season, coaches may scratch a gymnast from specific events for several reasons:

- Excessive missed practices prior to the meet
- The athlete is not ready to compete that event
- The athlete has a minor injury that could risk their safety on that event.
- The athlete starts having a history of balking on skills during a meet or practice
- Serious or recurring violations of gym rules.

Please note that scratching after warm-ups is a “meet time decision” for a coach and is not done lightly. If your athlete is scratched at a meet, the coaching staff will typically be unable to talk to you right away during the meet but will follow up with you as soon as possible to make sure you have all of the pertinent information. Scratching an athlete from an event is at the sole discretion of the athlete’s coach.

Scratching as a disciplinary action is very uncommon and is only used for serious, or recurring, violations of gym rules. Please note that if the gymnast is suspended from a competition due to poor attendance, incomplete assignments, a poor work ethic, negative attitude, balking, or any other reason, the entry fee is not refundable if it has already been paid. The coaching staff has the final say in all

competitive program matters, including coaching technique, skill implementation, and athlete discipline.

Meet etiquette for athletes

- Conduct yourself with grace and courage during competition. Accept all scores in a positive manner and learn from any mistakes.
- Ensure you are in the proper attire, your hair is done appropriately with no unapproved bows/ribbons/etc. and no jewelry. Your hair cannot be a distraction and may not touch your nose or face. Talk with your coach if you do not understand how your hair needs to be done for a meet. Your coach will make the final decision on hair and makeup.
- During awards, gymnasts are to pay attention, and also wear their competition leotard and team warm-ups proudly. All gymnasts must be in their warmups for awards, which means jackets and pants on with the jacket zipped up.
- It is highly recommended that all gymnasts stay until awards are over.
- Congratulate members from the opposing teams when they do well; you will probably see many of these gymnasts again over the years, and quite possibly might develop some new friends along the way!
- Gymnasts should not leave the meet facility without their parent or guardian.
- Gymnasts should not go out to the stands during competition to socialize with friends and family.
- Never speak negatively about another club, coach, gymnast, or judge. If they are displaying a disrespectful attitude towards you, remove yourself from the situation and inform one of your coaches so they can handle the situation accordingly.

Meet Etiquette for parents/spectators

It is the philosophy of Cobb Challengers that the coaches, the gym administration, the parents, and the gymnasts are all part of the team and each has a role to play. Having a strong cheering section does wonders for team motivation and gives pride to the team. As parents of the Cobb Challengers Team, you represent the gym and your fellow team parents. Listed below are general guidelines for competition situations:

- Cheering for our team members: Cheer loud and often, but please do so in a courteous manner to other athletes who may be competing.
- Cheering for other athletes: Feel free to cheer for gymnasts from other teams. This shows great sportsmanship and is an excellent example for us to set not only for our kids but for other parents/spectators as well.
- Show your support: Show your support by proudly wearing your spirit wear!
- Negative talk: Never speak negatively about our club or athletes, another club, coach, gymnast, or judge while in the stands at practice or a meet.
- Restricted Areas: Under USAG rules the only adults allowed in the competitive area are the judges, those helping run the competition, and USAG professional members. Competitors are not

permitted in the stands until after the awards ceremony.

- Talking to the meet officials: Under no circumstances is a parent or gymnast ever to approach a judge or meet official before, during, or after competition to comment on, complain about, or even ask about a score. Failure to adhere to this policy can lead to our team being disqualified from the meet.
- Contacting your gymnast: Please do not contact or talk to your gymnast once they are on the competitive floor, doing so risks not only distracting your gymnast but risks having our entire team (or the entire meet) disqualified under USAG regulations.
- Injury Situation: Please do not rush out onto the floor if you think your gymnast may have been injured during warm-ups or competition. Please wait for your coach to give some indication that you should come into the competition area before doing so.
- If you will not personally be at the meet, please communicate transportation arrangements clearly with your gymnast, and provide them with an emergency number in case you are not available.

Team Attire Requirements

All competitive CGCPC team members are required to purchase certain uniforms and minor personal equipment for the training & competition seasons. All athletes are required to wear the same uniforms, as designated by CGCPC coaching staff for the level assigned. Self-purchased uniforms will not be acceptable attire for competition meets, and if the assigned uniform is not purchased your gymnast will not be allowed to compete.

Parents will be given an opportunity to approve of leotard and warmup size before an order is placed. Gymnasts will have an opportunity to try “sizers” before ordering.

Once a year, CGCPC will facilitate a “gently used” item resale between parents. All used items must go through CGCPC for inspection prior to being accepted for resale to assure they are still in acceptable condition. Should you choose to purchase an item directly from another parent, you do run the risk of CGCPC declaring the item unusable, or ill-fitting, and being required to purchase an appropriate item.

For personal budgeting purposes, please plan on purchasing a new leotard every year based on the athlete’s growth patterns.

Team Travel Policies and Procedures

From time to time during the year, we will be attending competitions outside the state. The gym will distribute meet information and host hotel information as soon as we receive it. Gymnast families are responsible for making all of their own travel arrangements, but the gymnast must be at the specified location by the specified time for them to compete.

- Optional gymnasts may have up to 2 in-season travel meets outside the state, and up to 3 post-season travel meets typically outside the state.
- Compulsory gymnasts may have one in-state, overnight travel meet or one travel meet outside the state.

- If you are not traveling to the meet, you are responsible for finding a chaperone for your gymnast. Due to insurance liability reasons, the athlete's coach can not be designated as a chaperone.
- The chaperone is to be provided with a Medical release form and all pertinent information along with enough money to cover all costs (i.e. meals, the share of the hotel room, share in car rental cost and incidental items).
- The gymnast will respect the chaperone's advice and guidance.
- It is the parent's responsibility to notify the coach of the designated chaperone.

Unfortunately, attending travel competitions may require the gymnasts to miss some school time. We highly recommend discussing your gymnast's gymnastics endeavors with their school teachers, counselors, and principal to provide them with a better understanding of his/her gymnastics future, as well as to maintain a proper working relationship with them for missed school time. CGCPC will always attempt to find travel meets which will limit the amount of missed school time, but meet schedules are at the discretion of the meet host

COMMUNICATION

We have an open communications policy on our team with gymnasts, parents and coaches, and typically hold a minimum of one to two formal conferences with each gymnast and her parents per year depending on the level assigned. Situational or other meetings can be arranged upon request. Communication with the coach can be through text, email and the Band App.

ATHLETE NUTRITION

CGCPC does not promote that a gymnast should “diet”, or have a specific "body shape" to be a gymnast. We do not subscribe to the “perfect” gymnast physique philosophy; however, we do highly encourage the athletes to maintain proper nutrition to allow their body to perform and recover properly.

Gymnasts require optimal nutrition to fuel physical training for athletic performance gains. No one specific nutrition plan or set of foods will be appropriate for all gymnasts, as dietary needs depend on age, height, weight, gender, physical activity levels, and existing medical conditions. In general, a healthy, well-balanced diet is ideal to maximize energy and recovery needs. CGCPC highly recommends each athlete's family consult with a physician or health professional to determine their athlete's individual health needs.

TEAM SELECTION AND MOVE-UP PROCESS

Athletes will be constantly evaluated throughout the practice and competition seasons in their current level regarding possible placement for the following season. Coaching staff will select and place athletes into the appropriate levels for the following season based on numerous criteria such as:

- Skill, ability & potential
- Strength and flexibility
- Self-discipline & personal work habits
- Attendance & Commitment

This list is not all-inclusive but is a good indicator of the types of items coaching staff will review with every team gymnast in our program. Coaches will make every effort possible to ensure the gymnasts are provided the opportunity to succeed and continue their movement through the competitive levels; however, many criteria are completely dependent on the athletes themselves to work hard, follow directions, and continue to refine their physical and mental abilities.

SAFE SPORT STATEMENT

Consistent with the mission and guidelines of USA Gymnastics, the Cobb Challengers Organization is committed to ensuring the safety of all members of the Cobb Challengers program – gymnasts, staff, and coaches. The organization will continue to take any reports of misconduct seriously, and act quickly and thoughtfully to resolve the situation and restore order and productivity to our gym.

As an effort to remain proactive and compliant with the USA Gymnastics Safe Sport Guidance, we would like to ensure that everyone is aware of the anti-bullying policy. Please review the link below from USA Gymnastics that provides information on how to recognize, reduce, and respond to bullying: https://usagym.org/pages/education/safesport/articles/2017_0101.pdf

Our goal is to continue a positive, cohesive, and motivational environment for our teams. We encourage parents and coaches to discuss this policy with your gymnasts.

If anyone witnesses or experiences bullying at our gym, please adhere to the following protocol for the most immediate resolution:

1. Contact your team coach. If written communication is preferred, please expect a response between 24/48 hours.
2. If a suitable resolution is not met or further action is required, please contact Program Director, Fernando Pizarro.
3. Issues needing further attention should be addressed to the board (cobbgymnasticsboard@gmail.com) and will be added to the upcoming monthly board meeting.