

# Competitive Gymnastics' Team Brochure

## Lock Haven Branch YMCA (LHBYMCA)



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## About the League and Team

### League

Allegheny Mountain Gymnastic League

### LHBYMCA Competition Teams

A and B league

### LHBYMCA Exhibition Team:

Pre-Team

### AMGL Season

December – March

There are four teams included in the AMGL which provides the opportunity for every team to compete against one another twice throughout the season (home and away).

A championship meet concludes the season. The host site is rotated yearly between the teams in the AMGL.

Gymnasts who are in their freshman year of High School become eligible to earn scores for the PIAA State Competition and High School Invitationals.

### How to Become a Member of the LHYMCA Gymnastics Team

**Try-outs.** Level three progressive gymnastics program or invitation to new prospect class in the **spring**. The head coach attends one of the spring classes to evaluate if there are any gymnasts ready to move up to the team. In order for a gymnast to attend tryouts, they must be in Progressive Level 3 classes at the YMCA or by invitation to the new prospect class in the spring. The head coach will notify potential gymnasts and parents who are ready to try out. *Try-outs are held on Fridays of March, April and May by appointment only. \*A waiver is required for anyone wishing to try-out.* Parents are welcome to attend try-outs. Contact Head Coach, Becky Conklin for more details.

### Financial Team Requirements

\*A nonrefundable participation fee is required and set by the Parent Association by March 31 and due prior to fall session.

**Fundraising.** Fundraising requirements can contribute to the participation fee. The two main fundraisers are through program ads and Kiwanis ticket sales.

**LHBYMCA membership.** Required by the National Y-USA to participate on the team. Youth Memberships cost \$12.75/month. If paying by cash, payments can only be made in 3 or 6 month increments. Check, Savings, Credit or Debit cards are automatically drafted from the bank account on 1st or 15<sup>th</sup> of every month. Contact Membership Director, Beth Bartlett for more information at, [bethb@lockhavenymca.org](mailto:bethb@lockhavenymca.org), or 570.748.6727 ext. 108.

**Monthly Team Dues \*as of February 1st, 2021:** A and B Team: \$82.50/month, Pre/C Team: \$60.50/month. Monthly team dues are due by the 1st of every month. If payment is not received by the 10th, participation in practices and competitions will be denied until payment is made in full. Automatic monthly withdraw is available and preferred. Membership and monthly team dues will be turned over to collections if remain unpaid past 90 days. This can affect your credit score.

**Refund policy.** Be sure you understand the financial and participation commitment required for the LHBYMCA gymnastics team. Refunds will be granted for medical purposes ONLY. Monthly Team Dues are what reserve your child's spot on the team. Going away on vacation does not warrant dues to be unpaid or a refund for the dues already paid.

## Practice Information

Practices are year-round and separated into four separate sessions with at least two separate weeks off during the year. Gymnasts wishing to participate in fall and spring sports can do so and still compete by participating in the entire summer session. There will be **NO** practices on all major holiday and Y closings.

**Practice attendance.** Practice is mandatory! If a gymnast accumulates 3 unexcused practices between the beginning of the summer session and the end of the season, he/she will sit out 1 competition. A and B team members **MUST** attend the entire practice the Friday before a meet and complete all tasks given by the coaching staff in order to compete the next day. If tasks are not met the team member will not compete the next day. Emergency/family situations will be taken into consideration by the Head Coach. *Please provide the coaching staff with any vacations or planned absences during practice time.*

**Practices are CLOSED to parents and visitors.** Parents are welcome to attend the first and last 15 minutes of practice to discuss any issues with the coaching staff. Requests to watch practice can be made in advance to the coaching staff but are not guaranteed. \*Gymnasts are required to sign in at the front prior to every practice!

### Summer Practice Schedule

**A and b team.** Monday, Wednesday and Friday: 8:00a– 11:00a

**Pre-team.** Mondays and Wednesdays: 8:00a– 11:00a

\*Set up begins tentatively at 7:45am. \*

\*\*Practice schedule may vary in the off-season. \*\*

### Competitive Season Practice Schedule

**A and b team.** Monday, Wednesday and Friday: 3:00p —6:00p

**Pre/C team.** Monday and Wednesday: 3:00p -6:00p

\*Set up begins at 3:00pm

## LHYMCA Gymnastics Team Parent Organization

The board of the parent organization will meet as needed. Meetings are held at the LHYMCA meeting room on lower level. To stay informed with what's going on, parents are encouraged to attend the parent meetings when they are scheduled as it is your responsibility to keep up with what is happening or changing. *\*Parent meetings will be held bi-annually with the parent organization board.*

The board secretary will communicate through email regarding any information from the meetings. The board secretary will inform parents when their bi-annual meeting will be.

\*All team parents, regardless of team, are asked to help with home meets. Some of the responsibilities of home meets include: concession stand, 50/50, working the scorer's table, admissions, being a beam timer, etc.

\*Every team member must provide a concession stand item.

## Meet Day

Arrival time for competing gymnasts is 8:00am. All meets for A and B team begin at 9:30am. Pre/C Team members are required to attend home meets to run and flash scores. Those performing a presidential performance will be notified in advance for arrival time. \*Arrival time and meet start time may change depending on equipment set up, inclement weather and gym availability for either team.

## Communication between Coaches and Parents

Monthly calendars and handouts are given to gymnasts during practices. These handouts include: directions to meets, upcoming evenings, specific information parents need to know.