

2017 JO Compulsory Team - Competition Schedule & Expectations

Date	Meet	Host & Location	Levels
August 21	CCISD School Starts	---	
August 25-27	District Qualifier	Dana's, Santa Fe	All
September 1-3	No Meet	---	
September 8-10	District Qualifier	Pearland Gymnastics, Pearland	All
September 15-17	No Meet	---	
September 22-24	District Qualifier	Stars, Katy	All
Sep 29 – Oct 1	No Meet	---	
October 6-8	Level 3 & 5 District Championship	Reflex, Pearland	3 & 5
October 13-15	Level 2 & 4 District Championship	Fun & Fitness, Katy	2 & 4
October 20-22	No Meet	---	
October 27-29	*Level 4 South State Championship	Woodlands Gymnastics, Spring	4
November 3-5	*Level 3 South State Championship	Stars, Katy	3
November 10-12	*Level 5 State Championship	Rock Solid, Lubbock	5
November 17-19	*Level 4 State Championship	United Elite, Rockwall	4
*Gymnasts qualify individually to compete at State Championships based on All-Around (AA) score ranking at District Championships			
*An AA in the top X% of Y% from each age group advances to South State/State Championships			

- All JO gymnasts will be entered in 3 District Qualifiers and 1 District Championship meet.
- All gymnasts making qualifying scores for South State & State Championships will be entered to compete. Level 4s have 2 State-level Championships.
- Each gymnast will compete in one session for their level at District Qualifiers & Championships
- Final session schedules usually published 2-weeks prior to each meet; look for e-mail & check website [2017 Girls' Compulsory Team](#)
- Avoid making plans for the weekends of scheduled meets until the final session schedule is out
- If your gymnast has a hard conflict (e.g., family reunion) with any schedule meets for their level, **e-mail ellen@abovethebargym.com by 7/31/17**. The first meet entry is due on August 3rd!
- Meet entries typically due 4-6 weeks in advance of meet date
- What if your gymnast becomes ill or injured?
 - Inform coaches right away and e-mail ellen@abovethebargym.com
 - Refunds on individual entry fees are at discretion of each meet director, not Above the Bar
 - No refunds on coaches' fees



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2017 JO Compulsory Meets & Fees ¹		Level 2	Level 3	Level 4	Level 5
Aug 25-27	Dana's DQ	\$90	\$90	\$90	\$90
Sep 8-10	Pearland Gymnastics DQ	\$90	\$90	\$90	\$90
Sep 22-24	Stars DQ	\$95	\$95	\$95	\$95
Oct 6-8	Levels 3 & 5 District Championship (Reflex)	---	\$90	---	\$90
Oct 13-15	Levels 2 & 4 District Championships (Fun & Fitness)	\$95	---	\$95	---
Oct 27-29	Level 4 South State (WGA, Spring)	---	---	TBD ²	---
Nov 3-5	Level 3 South State (Stars, Katy)	---	TBD ²	---	---
Nov 10-12	Level 5 State (Rock Solid, Lubbock)	---	---	---	TBD ²
Nov 17-19	Level 4 State (United Elite, Rockwall)	---	---	TBD ²	---
	USAG Registration	\$25	\$57	\$57	\$57
	Gym Registration	\$65	\$65	\$65	\$65
	TOTAL	\$460	\$487	\$492	\$487
	Meet Fees Installment #1 due July 31, 2017	\$154	\$163	\$164	\$163
	Meet Fees Installment #2 due August 15, 2017	\$153	\$162	\$164	\$162
	Meet Fees Installment #3 due September 15, 2017	\$153	\$162	\$164	\$162

- On the due dates above, meet fee installments will be charged to each gymnast's credit card on file unless you inform us in writing by 7/31/17 that you'll be paying by an alternate method
- Failure to make meet fee payments may jeopardize a gymnast's meet entry and team eligibility
- ¹Competition fees are best estimates based on expected number of competing gymnasts and estimated age group sessions.
 - Fees include meet entry fees (individual & team), coaches' session fees & coaches' travel (mileage & hotel) for meets located 50 miles or further from Above the Bar
 - Fees do not include South State/State Championship costs since gymnasts qualify individually for South State/State Championships
- ²All gymnasts qualifying for State Championships will be entered to compete. Fees for State Championships will be calculated to include: meet entry fees, State leotard (Level 3 South State, Levels 4 & 5 State), coaches travel & fees. Fees will be divided equally between all gymnasts in a given level who qualify for State Championships (e.g., all gymnasts qualifying for Level 4 South State will be equally responsible for Level 4 South State fees).



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USAG Membership

- Each year, competing gymnasts must complete registration form for USAG
 - Fill out Athlete Membership Information, Athlete Membership Agreement, and Signatures
 - Check the box for New Athlete or Previous Athlete (we will look up numbers)
 - Gym will complete Member Club Information
 - Do not fill out Payment Information. Registration fee is included in competition fees. Gym will register and submit payment information for all gymnasts together.
 - **Return completed form to the front desk by 7/31/17**
- Membership period is August through July 31st each year
- Read about membership benefits at https://usagym.org/pages/membership/pages/info_athlete.html
- Registration forms are at the gym or print your own at the links below. Use the correct form for your level. Do not fill in payment information. Above the Bar will register all gymnasts online.
 - **Level 2** [2017-2018 USAG Introductory Athlete Membership Form](#)
 - **Levels 3 and Up** [2017-2018 USAG Athlete Membership Form](#)

Gymnast Expectations for Competition

- Prepare for competition the day before by eating nourishing meals, drinking plenty of water, and getting to a good night's rest.
- Hair – single tight bun to one side behind an ear. Smooth fly away hairs against head with lots of hairspray. Use leotard scrunchie at base of bun.
- Nails - no colored nail polish on fingers or toes. Clear polish is acceptable. No make-up. Judges can take deductions for infractions.
- Uniform – competition leotard, warm up jacket & pants, competition bag, and black flip flops.
 - Levels 2 & 3 will wear capri pants with warm up jacket
 - Levels 4 & up will wear long warm up pants with jacket
 - If bra or underwear is worn with the leotard, they must be completely covered by the leotard. Deductions are taken for visible bra straps.
- What to pack in competition bags - grips, wrist bands, athletic tape, pre-wrap, band-aids, tissue, extra elastic hair bands, bottled water, dry snack (like Goldfish, trail mix, etc., nothing sticky or crumbly!)
- Arrival time – 15 minutes prior to scheduled open stretch/warm-up.
- Arrive in complete uniform – leotard, warm-up pants and jacket zipped up, competition bag.
- Stretch & Warm-up – in leotard only; warm-ups & flip flops in competition bag.
- March-in – in leotards, only. Lineup smallest to tallest. Stand for National Anthem.
- Event Rotations – lineup for orderly transition, as directed by Coach.
- Behavior expectations during competition. Stay focused on competition while waiting your turn. Watch your teammates and cheer them on!
- Levels 3, 4 & 5 Placement
 - Safety spotting is always provided, but coaches will not assist with skill completion during competition.
 - Gymnasts are expected to execute all required skills in competition without a coach's assistance.
 - If a gymnast is unable to safely complete any skill or routine in competition, she will be scratched from the event.

- Awards – everyone stays until completion of awards for their session.
 - Girls wear full warm-up with zipped jacket.
 - Be respectful, pay attention, and cheer for your teammates during awards.
 - Levels 2, 3 & 4 Achievement awards
 - Achievement gymnasts called individually to receive achievement ribbons for each event & All-Around medal
 - Blue ribbon for 9.00-10.00
 - Red ribbon for 8.00-8.975
 - White ribbon for 7.00-7.975
 - Yellow ribbon for 6.00-6.975
 - Levels 3, 4 & 5 Placement awards
 - Placement medals awarded for each event to 50% of each age group based on event score
 - All-Around medals awarded to all gymnasts by age group based on combined event scores

Parent Support for Competition

- Support your gymnast with positive encouragement and only expect them to do their best. Let the coaches do the coaching.
- Give kisses and hugs before sending your gymnast to join her team on the floor for warm-up. After that, no contact with your gymnast during the meet. The coaches will take care of them on the floor.
- NO FLASH on your camera during competition. Flash photography is not allowed during competition as bright bursts of light can disorient or distract gymnasts and judges. Flash is allowed during awards ceremony.
- Cheer for your gymnast and her team mates!
 - However, avoid words or phrases that sound like coaching such as “run,” “tight,” “straight” and variations of those words.
 - Even the coaches cannot coach while a gymnast is performing her routine.
 - Judges may take deductions for coaching during competition.

Competition Uniform

- Competition uniform is customized for Above the Bar and includes long-sleeved leotard, warm up jacket and pants, and backpack. All uniform pieces are ordered by Above the Bar.
- Warm ups and competition bag can be used each year; they are not changed.
- Competition leotard design is changed every 2 years. 2017 is the 2nd year for current leotard.
- Cost of new uniform pieces are:
 - Leotard \$120
 - Warm up jacket \$90
 - Warm up pants \$30
 - Personalized backpack \$40
- Fees for uniform pieces are not included in meet fee installments.
- A separate e-mail billing statement with payment due date will be e-mailed for uniform fees.



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2017 Parent & Gymnast Agreement

I have read and accept the competition schedule, gymnast & parent expectations, and financial commitment described in Above the Bar Gymnastics Academy's *2017 JO Compulsory Team - Competition Schedule & Expectations*. I agree to support team events and expectations and fulfill all obligations thereof.

Gymnast Parent, Printed Name

Signature

Date

Gymnast Parent, Printed Name

Signature

Date

Gymnast, Printed Name

Signature

Date

Sign and return this agreement to the front desk by 7/31/17.
A copy of the signed agreement will be provided to the parent upon request.