

2018 JO Compulsory Team - Competition Schedule & Expectations

2018 Date	Meet	Host & Location	Levels
August 20	CCISD School Starts	---	
August 24-26	District Qualifier	Above the Bar, League City	All
September 1-2	No Meet	---	---
September 7-9	District Qualifier	Gulf Coast (Dana's), Santa Fe	All
September 14-16	District Qualifier	Stars, Katy	4 & 5
September 21-23	District Qualifier	Reflex, Pearland	All
September 29-30	No Meet	---	---
October 5-7	Levels 3 & 5 District Championship	Pearland Elite, Pearland	3 & 5
October 12-14	Levels 2 & 4 District Championship	Champions (Fun & Fit), Katy	2 & 4
October 20-21	No Meet	---	---
October 26-28	*Level 4 South State Championship	Cypress Academy, Houston	4
November 2-4	*Level 3 South State Championship	Woodlands Gymnastics, Spring	3
November 9-11	*Level 5 State Championship	Pearland Gymnastics, Pearland	5
November 16-18	*Level 4 State Championship	Powerhouse, San Antonio	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			

- Junior Olympic (JO) Team gymnasts are expected to compete in all scheduled meets.
- All gymnasts making qualifying scores for South State & State Championships will be entered and expected to compete. Note that Level 4s have 2 State-level Championships.
- Each gymnast competes in one session for their level at District Qualifiers & Championships
- Block out scheduled meet weekends. Avoid making plans until the final session schedule is out.
 - Final session schedules published 2-weeks prior to each meet
 - Check website [2018 Girls' Compulsory Team](#) and e-mail for your gymnast's schedule
- What if your gymnast becomes ill or injured?
 - Inform Coach Angie and Ellen right away by e-mail angie@abovethebargym.com and ellen@abovethebargym.com
 - Individual entry fees are usually NOT refunded after entry due date. However, refunds are at discretion of each meet director, not Above the Bar
 - No refunds on coaches' fees



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2018 JO Compulsory Meets & Fees ¹		Level 2	Level 3	Level 4	Level 5
Aug 24-26	Above the Bar DQ	\$95	\$95	\$95	\$95
Sep 7-9	Gulf Coast (Dana's) DQ	\$95	\$95	\$95	\$95
Sep 14-16	Stars DQ	---	---	\$95	\$95
Sep 21-23	Reflex DQ	\$95	\$95	\$95	\$95
Oct 5-7	Levels 3 & 5 District Championship (Pearland Elite)	---	\$105	---	\$105
Oct 12-14	Levels 2 & 4 District Championships (Champions/Fun & Fit)	\$105	---	\$105	---
Oct 27-29	Level 4 South State (Cypress, Houston)	---	---	TBD ²	---
Nov 3-5	Level 3 South State (Woodlands Gym)	---	TBD ²	---	---
Nov 10-12	Level 5 State (Pearland Gymnastics)	---	---	---	TBD ²
Nov 17-19	Level 4 State (Powerhouse, San Antonio)	---	---	TBD ²	---
	Annual Gym Registration	\$65	\$65	\$65	\$65
	TOTAL	\$455	\$455	\$550	\$550
	Meet Fees Installment #1 due August 1, 2018	\$152	\$152	\$184	\$184
	Meet Fees Installment #2 due September 1, 2018	\$152	\$152	\$183	\$183
	Meet Fees Installment #3 due October 1, 2018	\$151	\$151	\$183	\$183

- 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 **7/27/18** 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 based on roster of competing gymnasts and estimated age groups
 - Fees include meet entry fees (individual & team), coaches' session fees, coaches' travel, and hotel, as needed, for meets located 50 miles or further from Above the Bar
 - Two coaches are scheduled for each session for all District Qualifier and Championship meets
 - Installment fees do not include South State/State Championship costs since gymnasts must qualify individually for South State/State Championships
- ²All gymnasts qualifying for South State/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). Fees and due dates will be e-mailed to qualifying gymnasts.

USA Gymnastics Membership registration required annually

- New in 2018, parents/guardians complete USAG membership registration and payment online.
- By July 2, 2018 parents/guardians will receive an e-mail from USAG titled "USA Gymnastics Athlete Membership Registration Information" with registration instructions. E-mail ellen@abovethebargym.com if you do not receive the registration e-mail from USAG.
- **Parents must complete USAG registration by July 22, 2018.** Failure to register your gymnast will disqualify her from competing. Late registration will incur \$25 late fee for meet entries.
 - Ensure that your athlete information is correct, especially spelling of name and birth date. Meet entries will pull information from USAG. Errors in birth date will impact age group at competition.
 - Download and save your gymnasts' Membership Agreement and Athlete Membership Card.
 - You will receive a confirmation e-mail upon successful registration of your gymnast.
- \$59 [Athlete Membership](#) is required for gymnasts competing Level 3 and up.
- \$27 [Introductory Athlete Membership](#) is required for gymnasts competing Levels 1 or 2.
- [Above the Bar's Gymnastics Participant Welfare Policy](#) is consistent with USA Gymnastics Safe Sport Policy

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.
 - Bra and underwear 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 or clear drink, dry snack (avoid sticky or crumbly snacks!)
- Arrival time – 30 minutes prior to scheduled open stretch/warm-up.
- Arrive to competition gym ready to go wearing leotard, warm-ups, and competition bag.
- Stretch, Warm-up, March-in as directed by coaches. Stand for National Anthem.
- Event Rotations – lineup for orderly transition, as directed by coaches.
- 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.



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- Awards – everyone stays until completion of awards for their session.
 - Be respectful, pay attention, and cheer for your teammates during awards.
 - Levels 2, 3 & 4 Achievement awards
 - Achievement gymnasts called individually to receive 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 0.00-6.975
 - 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. 2018 is a new leotard year.
- Cost of new uniform pieces are:
 - Leotard \$238.15
 - Warm up jacket \$90
 - Warm up pants \$30
 - Personalized backpack \$50
- 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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2018 Parent & Gymnast Agreement

By signing this form below, I understand that joining Above the Bar JO Gymnastics Team is a commitment through the competition season ending December 2018. I will make every effort to ensure that my child participates in all scheduled training, competition, and team events. Should we choose to withdraw, I understand that 30-days written notice is required. I agree that I am responsible for tuition in the 30-day withdrawal period. I agree that all fees paid to Above the Bar will not be refunded in the event we withdraw or are asked to leave JO Gymnastics Team.

I have read and accept the competition schedule, gymnast & parent expectations, and financial commitment described in Above the Bar Gymnastics Academy's *2018 JO Compulsory Team - Competition Schedule & Expectations*. I agree to support team events and expectations and fulfill all obligations thereof.

Gymnast Name

Gymnast Parent/Guardian, Printed Name

Signature

Date

Sign and return this agreement to the front desk by 7/22/18.
A copy of the signed agreement will be provided to the parent upon request.