



Above the Bar Gymnastics Academy

Building Champions in Life!

2018 - 2019 Boys Gymnastics Team

Competition Schedule, Meet Fees & Expectations

2018-2019 Date	Meet	Location	L4	L5	L6	L7	L8	L9	L10
December 8	Above the Bar Mock Meet	Above the Bar Gymnastics 431 Columbia Memorial Pkwy Kemah, TX 77565	30	30	30	30	30	30	30
January 4 - 5	Galveston Island Winter Beach Blast	Galveston Convention Center 5600 Seawall Blvd Galveston, TX 77554	122	122	122	122	137	137	137
January 18 - 20	RD761 Invitational	Leonard E. Merrell Center 6301 South Stadium Lane Katy, TX 77494	---	---	---	141	151	161	161
February 1 - 3	Houston National Invitational	NRG Center, Hall E Houston 77054	115	130	130	155	155	155	155
February 15 - 16	Kingwood Klassic	Atascocita HS Gymnasium 13300 Will Clayton Parkway Humble TX 77346	121	121	121	121	121	121	121
February 23 - 24	Peachtree Men's Invitational	Riverside Military Academy 2001 Riverside Drive Gainesville, GA 30501	---	---	---	180	180	180	180
March 1 - 3	Townsend Cup Invitational	Pearland Recreation Center 4141 Bailey Road Pearland, TX 77584	110	110	120	120	120	120	120
March 9	Thornton's Invitational	Home Town Heroes Park 1001 E League City Pkwy League City, TX 77573	117	117	127	---	---	---	---



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March 16 - 17	Texas State Championships	Alvin High School	---	---	---	---	125*	125*	125*
March 23 - 24	Texas South State Championships	Pearland Recreation Center 4141 Bailey Road Pearland, TX 77584	120	120	120	120	---	---	---
Above the Bar Annual Team Membership			65	65	65	65	65	65	65
2018 - 2019 JO Boys Team Bundled Competition Fees			800	815	835	1,054	1,084	1,094	1,094
Installment #1 due 10/20/18			200	204	209	264	271	274	274
Installment #2 due 11/17/18			200	204	209	264	271	274	274
Installment #3 due 1/15/19			200	204	209	263	271	273	273
Installment #4 due 2/16/19			200	203	208	263	271	273	273

*Gymnasts competing Technical Sequences at select meets will have an additional \$25 fee.

The **Championship meets listed below are NOT included in bundled meet fees.** Gymnasts must individually qualify for Region 3 championships at State. Levels 8 & up qualify for JO Nationals at Region 3. Meet fees will be calculated once the list of qualifying gymnasts is known.

April 5 - 7	Region 3 Optional Championships	Rockwall High School	Qualifying Levels 8 & Up	---	---	---	---	TBD	TBD	TBD
April 12 - 14	Region 3 Compulsory Championships	Galveston Convention Center 5600 Seawall Blvd Galveston, TX 77554	Qualifying Levels 4 - 7	TBD	TBD	TBD	TBD	---	---	---
April 30 - May 5	Junior Olympic National Championships	Reno, NV	Region 3 Qualifiers	TBD	TBD	TBD	TBD	TBD	TBD	TBD



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Meet Expectations & Fees

- Gymnasts are expected to compete at all scheduled meets according to their level
 - If Coach Kayvin determines that a gymnast isn't ready for a competition they will not be entered; he'll inform the gymnast and parents
 - **If you have a hard conflict with a meet date, e-mail ATB-boys-team@abovethebargym.com at least 8 weeks in advance of Meet Date**
 - If advance notification is not provided, your gymnast will be entered in the scheduled meets and you will be responsible for total meet fee
 - If advance notification is provided prior to entry submission, your account will be credited the individual entry fee. You will still be responsible for the coaches' fee, which is equally distributed between all Team gymnasts
- Meet fees include individual & team entry fee plus coaches' fees (session fee, travel, and lodging & meals, as applicable).
 - Coaches' fees calculated for each meet are divided equally between all Team gymnasts
 - Meet directors may charge different individual entry fees based on level
- Meet session schedules usually aren't released until 2 weeks prior to a meet
 - Block out your weekend for scheduled meets
 - Meet session schedules will be posted to our website at <http://abovethebargym.com/boys-jo-gymnastics/>
 - E-mail will be sent when schedules are posted
 - Gymnasts compete in 1 session in a meet
 - Sessions include warm-up, march-in, competition, awards
 - Plan approximately 4-hrs for each meet
 - Parents transport gymnasts to meets

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
- Uniform for competition – boys will need competition bag, all uniform pieces, AND black, cotton athletic socks
 - Arrival & March In – warm up pants & jacket worn over step-in competition shirt, black shorts; black slide shoes
 - Floor Exercise (FX) – step-in and black shorts
 - Pommel Horse (PH) – step-in, pommel pants, and black socks
 - Still Rings (SR) – step-in, pommel pants, and black socks
 - Vault (VT) – step-in and black shorts
 - Parallel Bars (PB) – step-in and black shorts
 - High Bar (HB) – step-in and black shorts
- What to pack in competition bags – grips & wrist bands, athletic tape & pre-wrap, band-aids, bottled water, dry snack (like Goldfish, trail mix, etc., nothing sticky or crumbly!)
- Arrival time – 15 minutes prior to scheduled open stretch/warm-up.
- Stretch & Warm-up – in uniform as directed by Coach
- March-in – in warm up pants with jacket zipped up. Lineup as directed by Coach. Stand for National Anthem, right hand over heart.
- Event Rotations – lineup for orderly transition, as directed by Coach.



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- Behavior expectations during competition. Stay focused on competition while waiting your turn. Watch your teammates and cheer them on!
- Awards – everyone stays until completion of awards for their session.
 - Gymnasts wear full warm-up with jacket zipped up.
 - Be respectful, pay attention, and cheer for your teammates during awards.
 - 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 his 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 only during awards ceremony.
- Cheer for your gymnast and his team mates!

Communication

- We communicate information by e-mail
- If you haven't received e-mail about Boys Team matters, please e-mail ATB-boys-team@abovethebargym.com to ensure we have your preferred e-mail address
- If you have any questions or concerns, please see the front desk or e-mail Kayvin@abovethebargym.com or ATB-boys-team@abovethebargym.com



2018 - 2019 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 **2018-2019 Boys Gymnastics Team - Competition Schedule, Meet Fees & Expectations**. I agree to support team events and expectations and fulfill all obligations thereof.

Parent, Printed Name

Signature

Date

Gymnast, Printed Name

Signature

Date

Sign and return this agreement to the front desk by 10/20/18.

A copy will be provided to you upon request.