

# PHILADELPHIA BOYS' GYMNASTICS TEAM

## HANDBOOK 2019-20

### **EXECUTIVE BOARD: 2018-19**

President: Megan Williams

Secretary:

Treasurers: Augie DeLuca

Competition Registrar: Laini DeLawter

Competition Secretary: Elizabeth Johnson

Webmasters: Jesse Kitzen-Abelson and Fred Turoff

Coaches: Tom Elder, Walt Kenney, Fred Turoff, Antonio Alameda-Lopez, Eric Heller, Lauree Kracht  
Katz, Douglass Johnson, Nenah Fitch, Sebastian Teeple.

### **COMMITTEE CHAIRPERSONS:**

FTI Meet Coordinators: Megan Williams, Elizabeth Johnson and Laini DeLawter

Scholarship Fund: Megan Williams and Fred Turoff

Uniforms: Tali Zeltner

### **WELCOME:**

We would like to welcome you to the Parents' Association (PA) of Philadelphia Boys' Gymnastics (PBG). This Booster Club is comprised of parents of team members. Our main purpose is to organize a cohesive group to financially support our boys and coaches by paying for competition costs and a scholarship program. We raise money through the FTI (Fred Turoff Invitational, formerly Philadelphia Boys' Invitational) and miscellaneous fund-raisers. Parents are required to volunteer in some capacity during the year; in return, the PA will pay for uniforms, meet entry fees, competition coaching fees, and some travel expenses to competitions. The PA also funds a scholarship program.

### **EXECUTIVE BOARD OFFICE HOLDERS:**

Officers of the Executive Board are elected by online ballot for a term not less than a year. Each Officer will receive one month's free tuition annually in return for their service. Our main purpose is to organize a cohesive group to financially support our boys and coaches by paying for competition costs and a scholarship program.

**PHILADELPHIA BOYS' INVITATIONAL:** The PA hosts an invitational meet in late February or early March of each year, on the same weekend as a Temple meet so that we can share facility expenses. This is a major undertaking for us and our chance to produce a top-quality competition. Each PA member family is required to assume some duties for the meet. We generally have five sessions over the entire weekend, and members should expect to work at least one session or to volunteer in some other capacity. This is our main fund-raising project for each year, and it brings in most of our travel and coaches' expense money for the next competition year.

**SCHOLARSHIP PROGRAM:** The PA manages a scholarship fund for PBG tuition that operates on a first-come, first-serve basis, with preference given to competition-level boys. Any family in need of tuition assistance should reach out to Fred Turoff directly.

**FAMILY MAIL and OTHER INFORMATION:** All communication will be done via e-mail if possible. When not possible, envelopes will be handed out at the end of practice to team members.

**WEBSITE:** [www.philadelphiaboysgymnastics.org](http://www.philadelphiaboysgymnastics.org)

**MEET SCHEDULE:** Boys at U.S.A. Gymnastics (USAG) Level 4 and above are eligible for competition. (Lower-level boys are working toward competitive-level skills.) PBG is unique in encouraging every boy who is eligible to compete, and unique in funding almost all competition expenses through the Parents Association. (At most gyms, parents of competitive boys pay all meet entry fees and buy their son's uniform, costs that can reach \$1000s each year.) All boys who compete on the PBG team will compete in all six men's events: Floor Exercise, Parallel Bars, Pommel Horse, Rings, Vault, and Horizontal (High) Bar. They compete against other gymnasts at their USAG level. Athletes are scored individually on each event, and the top three All-Around scores at each level are combined to create the team score. At many competitions, medals are awarded to the athletes with the highest scores in each event and All Around.

Each fall, the coaching staff compiles a calendar of meets in the region that your son can choose to compete in. The competitive season runs from late November through March. The coaches will notify parents of this calendar and ask you to commit to meets before the season begins. (Around the same time, the coaches and PA will host multiple sessions to share information about competition with the boys and the parents, and members of the PA Board will be available during practices or by email/phone to answer questions you may have.) Boys can compete at any meet on the calendar, but many PBG athletes score high enough to qualify for the Pennsylvania State Championship, so parents should keep in mind the special requirements for that qualification (see just below).

In order to qualify for the Pennsylvania State Meet, an athlete must achieve a designated All-Around score and compete in 3 meets, with at least two of them being in Pennsylvania.

If an athlete must cancel a competition for any reason and the Competition Treasurer cannot get your entry fee refunded, you will be asked to reimburse the PA for your entry fee.

**TEAM INFORMATION:** All decisions regarding team membership, placement, competition levels, meet and workout schedules, uniforms, and conduct will be made by coaching staff.

#### **LEVELS OF COMPETITION & INSTRUCTION:**

Pre-team levels 1, 2, and 3 (For beginners)

- Level 4 Compulsory routines, 6 events, ages 6-7, 8-9, 10+, can qualify up to State Championship level
- Level 5 Compulsory routines, 6 events, ages 7-9, 10-11, 12+, can qualify up to Regional Championships
- Level 6 Compulsory routines, 6 events, ages 8-9, 10-11, 12-13, can qualify up to Regional Championships
- Level 7 Compulsory routines, 6 events, ages 10-11, 12+; can qualify up to Regional Championships
- Level 8 Optional routines, 6 events, ages 14-18, can qualify up to Regional Championships
- Level 9 Optional routines, 6 events, ages 12-13, can qualify up to National Championships
- Level 10 Optional routines, 6 events, ages 14-15, 16-18, can qualify up to National Championships
- JD Optional routines, 6 events, ages 14+, can qualify for Regionals and States and can compete in the JD National Meet

Levels 4-7 are divided into two divisions: division 2 is the entry level, and division 1 includes bonus skills that can increase scores. Both divisions are eligible to qualify for States. Athletes are able to move from division 2 to division 1 during a season; in almost all instances, the coaches will make this change before the PBI so that the athlete has a chance to attain a State-qualifying score in his new division.

Compulsory routines are set forth by USAG and are a set of specific skills in a predetermined order. Every gymnast at a particular compulsory level must perform the same routines.

Optionals are routines individually designed by the coaching staff, according to specific required skills set by USAG, and the special capabilities of the gymnast.

**TEAM PRACTICE:** Each team is assigned precise days and times for practice. It is extremely important to attend all of those specific practices, because not all events are worked in each session. The coaches design a weekly, specific-event schedule to ensure the gymnasts spend the necessary time to develop their skills on each event.

Gymnasts are expected to be on time and properly prepared (enough sleep, good nutrition, gear and attire) for each practice. Attire for practice will be:

- Gym shorts (freedom to stretch, secured at waist, no side pockets recommended)
- Stretch pants for Pommel Horse
- T-shirt (full length, in good shape, long- or short sleeved, tucked in)
- Socks or bare feet

Handguards = grips, wrist supports (if needed)

Basic rules during practice and competition:

NO cell phones on the mat  
NO food, drink, jewelry, or gum on the gym floor  
NO foul language  
NO loud or obnoxious behavior  
NO back talk, tantrums, or disrespect  
NO diapers on the athletic equipment  
Show positive attitude toward coaches and teammates  
Accept and complete all assignments given, to the best of ability

Any deviation or disregard of rules can result in daily or meet dismissal.

If problems persist, further action will be taken (can be a conference with parents), including possible permanent dismissal.

If any problems or situations arise that may affect your son's concentration, health, or emotional well-being during a practice, please inform the coaches before a practice.

**HANDS:** Rings, Parallel Bars, and Horizontal Bar are hard on a gymnast's hands, which must be cared for. Practice times must be built up slowly to toughen hands and prevent rips. Ripped hands are not an excuse for missing part or all of practice. If rips do occur, keep the affected area clean and moist. Some common aids are taping, lanolin, Preparation H, Neosporin, A&D ointment, etc., to help in healing. (Athletic tape may be available for purchase, at cost, from Fred.) Parents may want to consider ordering grips for Rings and Horizontal Bar, which help protect the athletes' hands. Please consult a PBG coach for more information about grips.

**INJURIES:** Coaches must know of all injuries — of any kind — to a gymnast. If your son is experiencing sore wrists and ankles, check with his coach.

### **COMPETITION UNIFORM:**

Each boy who competes with PBG will be issued a uniform, on loan, for the season. In return for the uniform, parents are asked to leave a \$100 deposit that they will get back when they return the uniform. A new uniform style may be selected as often as every two years. Gymnasts must compete in the uniform chosen for the competition year.

Each uniform will include:

- 1 Team Warm-up Suit
- 1 Competition Body Suit (Jersey)
- 1 pair Tumbling Shorts
- 1 pair Competition Pants
- 1 pair (at least) plain, clean socks to match pants color – parents to provide the socks
- 1 Team Bag

Every competing athlete should have a uniform by September 1.

**GENERAL MEET INFORMATION:**

*[The following was written mostly by Joe Strank for the Atlanta School of Gymnastics Boys' Gymnastics Team, where he worked previously. It is quite informative for parents. —Fred T.]*

General Stretch:           The time gymnasts have to warm-up and stretch prior to apparatus warm-up (20-30 minutes)

Timed Warm-ups:       The time gymnasts have to warm-up on each event in an organized rotation (60-90 minutes)

Competition:            The time the gymnasts actually perform their routines and are judged (2-3 hours)

For GYMNASTS:

- Gymnasts are expected to be at competition site 15 minutes prior to General Stretch.
- Gymnasts are expected to remain with team after competition and until all awards are presented or they are dismissed by coach.
- Gymnast's contact with parents or family will be at a minimum, and with coach's permission only.
- The behavior of all team members at meets is expected to be orderly, courteous, respectful, attentive, and positive. Members are encouraged to cheer for their teammates. No contact with judges allowed, except common courtesy.
- Gymnasts must stay with their rotation group at all times, until dismissed by coach.
- Gymnasts must remain in competition attire to receive awards, or until dismissed by coach.

For PARENTS:

- Parents should never approach a judge before, during, or after a competition regarding a score or judging decision. Contact coach, and coach will address the issue, if warranted.
- Parent discussions regarding a gymnast's performance, score, or actions will occur at an appropriate time, and never in front of the gymnast.
- Parents, we are all in this together, please show good sportsmanship, respect, excitement, support, and congratulations to all gymnasts--be a good example for the kids.

Welcome, again, to the PBG Parents' Association. We are delighted that your family has joined PBG. We plan to make your son's experience a positive and challenging one, and to have you be an integral part of our organization. Feel free to contact the Executive Board or Fred Turoff, the program director, if you have any questions.

Sincerely,

| Megan Williams, President