



Kentlake Gymnastics

Core Values 2018 Athlete Parent Handbook

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Program Goals:

- Collective team GPA of 3.2 or higher
- Continue the legacy set before us, by producing a competitive gymnastics program
- Create a safe environment for young female athletes to grow in to outstanding members of our community
- Nourish the physical, mental, and emotional aspects of gymnastics
- Build lasting relationships with parents, players, and fans

Staff Philosophy:

We want to cultivate and develop a superior gymnastics program. We believe that athletics provides students with the tools necessary to become successful not only on in the gym, but academically as well as socially. We want to share our passion and knowledge of gymnastics and the leadership and confidence it can create in our gymnasts.

It is important to us that every student athlete has an opportunity to take their skills to any level they desire. We will provide a trusting relationship with athletes and their support systems. We will take every chance to learn about each, and every player, what makes them tick, what breaks them down, and most importantly how to build them up. We will create a positive team environment that is built off of respect, acceptance, and unity.

We want our athletes to learn how to think for themselves, how to rise to the occasion when faced with a challenge, to adapt to unexpected bumps on our path to success, how to thrive off of pressure and have the desire to improve every day. We will foster creativity and instill the belief that everyone is important and has a special role that is crucial for a competitive program. We will achieve all this by having respect for one another, and by living and teaching a set of high moral standards that we will expect from our athletes and represent in ourselves.

Dress Code:

Players are required to purchase a black Kentlake Gymnastics warm up jacket. Gymnasts must provide their own black workout pants or purchase warm up pants at the start of the season. (If there is a financial barrier to purchasing a warm up jacket, gymnasts may check out a loaner warm up jacket that must be returned, cleaned, at the end of the season) Leotards will be provided for the gymnasts and must be returned at the end of the season in excellent condition to avoid a fine. We suggest dry-clean or machine wash delicate cycle **ONLY** do not put the leotard in the dryer. While competing all gymnasts must wear black, white or flesh toned undergarments to avoid scoring deductions. **NO JEWELRY! NO EXCEPTIONS!**

Transportation:

All gymnasts will need to ride the team bus to and from every meet, unless transported by a parent/guardian or pre-arranged with a parent/guardian note **prior** to leaving for the meet. If no bus is provided transportation must be arranged prior to the meet. NOTE no transportation will be provided for in district or Tahoma High School meets. Auburn HS transportation is TBD.

Health/Injuries:

It is important that the athletes are taking care of their bodies. Eating healthy meals, staying hydrated, and sleeping well are just a few ways to keep a young body in check. We want to make sure you are taking the proper steps to heal your bodies when they become injured and sore. Make sure you are seeing the trainer for heating muscles and icing

or taping. Most importantly let the coach know about anything that may be sore or hurting, and definitely if special instructions are given from the trainer or your doctor.

Meet Conduct:

We are representative of Kentlake and we will compete competitively, while maintaining a level of respect to each other, our fans, the opposing teams, the opposing team's fans, and the officials and judges.

- Cheering is encouraged, but only for our players and NEVER anything offensive or degrading towards the opposing teams.
- We will follow all the rules set forth by the WIAA gymnastics rules book.
- NO PLAYER, PARENT, or FAN shall engage with a judge over a decision they have made.
- No cell phone usage at or during a meet unless approved by a coach.
- Injuries attained during a meet will be taken seriously. Please notify a coach if you are hurt or feeling sick, so the problem can be assessed and a solution can be reached.
- If a player has a head injury they will automatically be taken out of practice or a meet until seen and cleared by a doctor.
- If any athlete is deemed to behave in an unprofessional manner during a meet the parents will be contacted and that athlete will be removed from meet participation in the future.

Parents, friends, or fans of any sort may not to engage with gymnasts for any reason once warm-ups have started, throughout the meet, and until gymnasts have been dismissed by coaching staff. We are working very hard on developing the mental and emotional side of gymnastics, this can often cause a gymnast to become distracted, stressed, and out of focus which we taken great efforts to prepare them for. Snacks and drinks from parents, friends, or fans are encouraged however they may be asked to be saved for after meets. We promise your gymnast will not go thirsty during the meet. If there are special circumstances such as hypoglycemia or diabetes, please discuss this with the staff so the special accommodations will be made.

Overall Communication/ JV vs. Varsity:

Placement on teams is determined by physical ability, practice quality and quantity, and overall attitude and demeanor. Bad attitudes and lack of effort will effect placement for all gymnasts, as well as hard work and leadership. We are working very hard to develop responsible student athletes and well-rounded young adults. We want to create an environment where gymnasts feel comfortable speaking with any coach about any concern at any point during the season.

Discussions about placement are always acceptable before or after practice. Concerns from parents about placement will always be appreciated after a gymnast speaks to the coach first. If a gymnast has not approached a coach about playing time, the concern of the parent will not be addressed. After the gymnast speaks with a coach and the player or parent is unsatisfied with the response, then coach, gymnast and parent will then discuss the concern together.

There will never be any repercussions for questions or concerns with placement or anything other issues. We welcome these conversations as long as they are done through the proper procedures first.

We will do our best to communicate with the gymnasts about practice changes, meet changes or extreme weather cancelations. Bear with us while we get that information to them first, the new will post on the website any updated

information. We understand because of work and time off accurate and speedy information is important. We will do the best we can to get it all to you as efficiently as possible. **You must subscribe to www.NPSLathletics.org** this site will have all meet schedules, driving directions to meets, any changes to meet schedules, real time scoring as well as additional important information. This is the tool we will use to communicate with gymnasts and parents.

Personal Conduct:

The girls are representing our program on and off the mat, in and out of school, at home and in the community. There is no tolerance policy for vandalism, bullying, underage tobacco use, underage drinking, narcotics, and performance enhancing drugs, danger or reckless activities. Bad behavior and use of poor judgment will not be tolerated. Continued defiance or behavior that brings down the morale of the team will not be tolerated. Gymnast will be dismissed from the gymnastics team if they are unable to uphold the FALCON Core Values at the coaches' discretion. Everyone makes mistakes, but this is a smart group of girls that know the difference between right and wrong. If any of the listed above are concerns, this program is not for you.

Participation:

A gymnast must have 15 practices before she is eligible to compete. A gymnast must be at practice the day before a meet to be eligible for that meet. Gymnast must follow Kentlake student athletic handbook for guidelines outlines for academics and attendance at school to participate in practice and games.

Practice time starts at 2:45, 1:00 on Wednesdays, so gymnasts can take care of any academic issues before practice. A missed practice for making up a test or working on a project without a note from the teacher is considered unexcused. Missing practice for any other reason and not notifying a coach is unexcused. Extenuating circumstances approved by the head coach may be considered excused and not help against a gymnast's eligibility and will be determined on a case by case basis. Coaches must be informed at the start of practice and then student may return to their educational excused absence.

Attendance Policy

All athletes are expected to attend all team events. We understand that things happen both school and non-school related that may affect your ability to attend all practices or meets. Realize that we will have practices over Veteran's Day, Thanksgiving, Winter and Mid-Winter Breaks.

In the event of an unexcused absence:

1st unexcused absence or tardy during a meet week, loss of competition event

2nd unexcused absence or tardy during a meet week, loss of all competition events

Gymnasts must be present the day before a meet in order to participate in that meet.

A gymnast who does not attend school due to illness must return and complete one full practice before returning to meet participation. Remember if you are not in school you may not practice. School related absences due to field trips are considered excused absences.

Profanity and Professionalism at Practice:

It is the expectation that each athlete will remain respectful to themselves, their team and their coaches during practice. A professional, positive attitude is vital to the team's success. Gymnasts are expected to use school

appropriate language. If profanity becomes an issue an athlete will be given a verbal warning and their name will be written on the board. If the profanity persists and more than 2 additional reminders are given the gymnast will be asked to leave practice and the parent will be notified.

Remind.com and NPSL.athletics.org :

Coaches will not communicate directly with athletes. Athletes are expected to use Remind.com and download the app on their phones. If they do not have a phone or can not download the app they are expected to register for remind.com and check it on a daily basis. All gymnasts are expected to check their school email daily before practice. If an athlete needs to communicate with a coach they will use remind.com or their school email. Parents can find the most up to date communication on NPSLathletics.org. Parents and gymnasts are expected to subscribe to the site in order to receive the most up to date communication. Forms, calendars, meet information and more can be found on this site.

Varsity Letters:

Varsity letters may be earned by varsity level gymnasts by attending 90% of all practices, earning a 3.0 GPA or above, and competing in 3 standard meets plus the league gymnastics meet. All other athletes will be receiving a Junior Varsity Letter.

Kentlake Falcons Athletics-Core Values

The Kentlake Athletic Program has developed a list of Core Values that are to be at the center of all Kentlake Athletics, essentially what it means to be a Falcon Athlete.

F – Family. Positive talk. Be aware of others' needs and help them with it. Be the first to praise others and be the last to brag or draw attention to yourself. Don't separate yourself from others, treat everyone as an equal.

A – Attitude. Be positive in your actions. Be positive whether winning or losing. Look for good in all situations.

L – Leadership. Be prepared, have high standards, bring out the best in others, be selfless, putting others first.

C – Commitment. Success is always a direct by-product of the work ethic of your team; teams are successful when the athletes prepare hard every day.

O – Ownership. Accept and take responsibility while setting high standards. Your word is good; you take responsibility for all choices. Your actions reflect your standards and you can be trusted.

N – Never give up. 100% effort is given until the end of the game, regardless of the score; all-out effort at all times, on the field of competition and in the classroom.

S – Sportsmanship. Be humble in victory, gracious in defeat. Treat opponents, officials, teammates and coaches with respect. Obey the rules and be honest on and off the field.

I have read, understand and will abide by the
Kentlake Gymnastics Athlete and Parent
Handbook.

Athlete _____ Date _____

Print Name _____ S/N _____

Parent/Guardian _____ Date _____

Print Name _____

