**Camden County High**

**GYMNASTICS**

**TEAM INFORMATION PACKET**

**1. Coaching Staff**

**Head Coach:** Ashton Barker – abarker@camden.k12.ga.us

**Assisant Coach:** Kelsey Schwertfeger – knschwertfeger@gmail.com

**2. Paper Work**

Athletes must turn in the following to Coach Barker by January 12th to tryout.

- Sports Physical Examination Form

- Insurance Form

- Gymnastics Team Rules

**3. Tryout Schedule**

Tryouts will be Friday, January 13th from 3:30-5:30pm and Saturday, January 14th from 9am-12pm at the Camden Rec center.

Fitness Requirements

 30 Push ups

 30 V-ups

 10 Pull-ups

 1 minute handstand hold

 1 mile run

 100 yard sprints

To be considered; a gymnast must be able to adequately and safely perform the **required skills on 2 of the 4 events**:

*Vault*: Front handspring

*Bars*: Glide kip and flyaway

*Beam*: Cartwheel-cartwheel and full turn

*Floor:* Round-off-back handspring tuck and switch leap

The Team roster will be limited to 10 high school gymnasts and 5 middle school gymnast who best meet the above qualifications.

Gymnasts will be selected based on the above fitness and skill requirements, as well as, work ethic, ability to work well with others, ability to accept developmental criticism, attendance, grades, behavior and attitude.

**4. Fundraising**

T-shirt sale: Took place in November to all high school gymnast who came to the meeting.

**Additional Costs** (Estimated amounts)

There is a participation fee of $315 for high school and $175 for middle school. That will cover a team leotard, practice/travel gear, 2 t-shirts & 3 months of practice in Camden County Recreation Center facilities. All high school gymnast will need to purchase a new leotard this year.

Backpack &/or duffle bag (optional purchase)

Team pictures (optional purchase)

**5. Parent Involvement**

Parents will be asked to volunteer for the following throughout the season: bringing snacks and drinks for away meets, setting up the gym on March 10th for our home meet (usually dads to help move equipment), run the concession stand on March 11th for our home meet, and help organize the banquet.

**6. Transportation**

Transportation to meets, hotel fees, and meal money will be provided to team members.

**7. Banquet Information**

The banquet will be at the beginning of May. Information will be provided later in the season.

**8. Practice Times and Location**

Practice will begin Friday, January 20th, 2017. Practice will be Mondays and Fridays from 3:30-5:30pm and Saturdays from 9am-12pm at the Camden Recreation Department. This is a **Spring sport** which means we practice and compete during Spring Break.

**9. Program Philosophy and Goals**

The sport of gymnastics is fun, exciting, and demands a lot of hard work. The CCHS Gymnastics Teams are no exception. We are dedicated to helping you improve your individual and team performance throughout the season in a positive and supportive environment. Our goal is for each gymnast as an individual, and all of our gymnasts as a team, to perform to the best of their abilities and work to their full potential. As a member of the team, we are asking you to make some important commitments. These responsibilities include commitments:

*To yourself*: To strive for excellence

To give 100% at all practices and meets

*To your team and your school*:

To be supportive of all team members

To represent Camden County High School with pride and appropriate behavior

*To your coaches*:

To listen, respect, and cooperate with all coaches at all times

To give your full effort and work to your full potential at all practices and meets

**10. Attachments to this packet**

- Team Rules

**CAMDEN GYMNASTICS**

**TEAM RULES**

**2017**

1. Monthly calendars will be given out with practice times. **Gymnasts are expected to be at all practices and on time**. You will be excused for the following:

a. Sick from school with a doctor’s note

b. Pre-arranged\* medical

c. Family emergencies

d. Pre- arranged\* college visit

**e. NOTE: Jobs are not excused absences**

**\*Athletes MUST contact me before the missed practice or it will be counted as unexcused**

**\***Excused absences will result in extra conditioning to make up for missed practice time.

\*Club gymnast will be excused but must provide a practice schedule.

2. Unexcused absences result in the following:

1st time = Warning and extra conditioning

2nd time = Out of the next meet

3rd time = Dismissal from the team

3. Tardy to practice will result in extra conditioning.

4. We are a team first and individuals second! All gymnasts must support their teammates.

5. Cell phone will be collected at the beginning of each practice and meet. They will be given back at the conclusion of practice/meets.

6. Behavior/attitude problems will be dealt with by:

1st time = verbal warning and extra conditioning

2nd time = parent contact, and out of the next meet

3rd time = dismissal from the team

7. **If you are injured you still must attend all practices and meets**. The coach must be notified of all injuries. Do NOT be scared to say if something is hurting you. To be excused from an entire practice athletes must have a doctor’s. To return to practices athletes must have a doctor’s note fully clearing them.

8. You must maintain a GPA 2.5

9. You must follow all school rules. Consequences for having detention, ISS, bad report from a teacher are as followed:

1st time = verbal warning and extra conditioning

2nd time = parent contact, extra conditioning, and out of the next meet

3rd time = dismissal from the team

**Gym Rules**

1. No nails, no jewelry, hair up tightly (nails can be painted).
2. No cell phones.
3. No gum at practice or meets.
4. Respect all coaches and athletes present in the gym.
5. Gym attire: leotard, t-shirt, athletic shorts, tank top, sports bra. No pants, sweats, or baggy clothing. **\*Note: always have tennis shoe in your gym bag!**

**SPECIAL RULES FOR COMPETITIONS:**

14. If you have an absence that is unexcused or due to illness the day before a meet, you will not compete.

15. The day of a meet you **must be at school in all 4 classes in order to compete**. If we complete on Saturday you must be present to all 4 classes on Friday. /

16. **Gymnasts must stay with the team at all times during meets**.

Camden Gym Cats are at all times representatives of Camden County High School, their teammates, their coach, and indeed, their community. Gymnasts are expected to conduct themselves appropriately and lead by example. Gymnasts must conduct themselves in a fitting and proper manner. **Behavior which is dangerous, illegal, disruptive to the team, or unbecoming of a student athlete will be addressed by the coach and/or the administration, and may result in probation or dismissal from the team. Each case will be examined on an individual basis.**  This most certainly includes, but is not limited to, any behavior which constitutes an athlete to be suspended from school- if this is the case, any athlete falling in this category may be subject to dismissal upon a formal review.

\*Pre-arranged means that the coach knows about it **before** practice starts! A parent/athlete must contact Ashton Barker at 912-601-2098 to notify of an absence, including an illness absence from school. Leave a voicemail message if necessary. Or email at: abarker@camden.k12.ga.us

**LETTERING REQUIREMENTS:**

To earn a letter, a gymnast must meet the following criteria:

Compete in at least 60% of the scheduled meets.

Maintain a positive attitude and demonstrate sportsmanship throughout the season.

Demonstrate a strong commitment to gymnastics, the team, the team’s goals, and individual improvement throughout the season.

**\*\*COACH’S DISCRETION MAY BE USED\*\***

**-** The coach may award a letter due to extenuating circumstances.

**-** Letters may be denied due to attitude/disciplinary problems.

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**Camden Gym Cats**

As a member of the 2017 Camden County High School Gymnastics Team, I understand that our program has decided to set a higher standard of acceptable behavior for its student-athletes. All student-athletes within our program will follow the behavior regulations and consequences set forth in the 2016-17 Camden County High School Athletic Handbook.

**Please sign and return to Coach Barker by the first day of tryouts (January 13th)**

I have read the team rules and agree to abide by them during the 2017 gymnastics season.

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Print Gymnast Name Date

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Gymnast Signature Date

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Parent Signature Date