



# Level 4

## Parent Meeting: Competition Procedures

# Stars & Stripes Competition Philosophy

We are a competitive gymnastics team; we measure our work and progress by going on the competition floor to compete. *While winning is not the most important end result, **trying** to win represents what we are striving for.*

*Be better in the end; it's not where we start, but how we finish and the journey taken to get there.*



# The Goal: Productive Competitive Season

Definition of Productive -  
achieving or producing a significant  
amount of result.

- ✓ Growth
- ✓ Confidence
- ✓ Enjoyment
- ✓ Happy, Healthy Athletes AND People



# Gymnast RULES to a Productive Competition Season:

- ✓ **Be Prepared** – understand responsibilities of being a competitive athlete
- ✓ **Embrace Challenges** – it WILL be hard, seek the lessons resulting in growth, wisdom & confidence
- ✓ **YOU have the power** – take charge of the situation, solve problems, create solutions
- ✓ **Set a standard** – expect your best efforts and hold yourself accountable
- ✓ **Be Proud** – take a moment to appreciate how far you have come, including conquering the day, each improvement and growth moment along the way.

A female athlete in a red and white singlet and black shorts is in a starting crouch on a grey track. She is leaning forward with her hands on the ground and her feet in her starting blocks. The background is a blurred track and field area.

# **RULE 1: Be Prepared**

understand responsibilities  
of the athlete

- ✓ Competition Guidelines: Role of the Athlete (refer to Competition Procedure Handbook)
- ✓ Format of the competition: Procedures & Pre Meet preparations

# **Competitions:**

## **Role of the Athlete - Key Points**

Attendance - Athletes must be at all practices the week leading up to the meet, or they will not be permitted to compete.

Competitions are won in practice – athletes need to show readiness by completing necessary assignments in practice and portraying a productive mindset.

Establish a “Pre Meet” Routine – consistency with preparation (in and out of practice).

Sportsmanship – play hard, contribute to creating positive energy (for the team) and graciously handle any and all situations.

# Team Uniform:

- Long sleeve leotard (used at competition)
- Warm up leggings (used during the warm general warm up)
- Zip up jacket & sweatpants (wear to the meet and during awards)
- Slides (wear during meet and at awards)
- Hair pulled back in a bun with matching team scrunchie
- NO NAIL POLISH
- Nude color briefs and a sports bra may be worn
- Warm up leotard (for practice only)





# Compulsory Hairdo: The Bun

Practicing and perfecting the meet hairdo is highly encouraged to ensure a neat, clean look and to avoid unnecessary stress the day of the competition. **ALWAYS** have the hair finished **BEFORE** arriving to the meet.



It is very important that gymnasts' hair is tight and secure to avoid being a distraction. If a gymnast's hair does come loose, the coaches will take care of the hair.





# Items to bring in gym bag:

- Wet wipes or wet wash cloth in zip lock back (to clean up after bars)
- Water Bottle (*water only*)
- *Athletic tape (just in case)*
- *Grips (if used)*
- Snack or snack for after the competition (fruit, granola bar, trail mix, whole grain crackers, string cheese, ½ sandwich, NO CANDY, COOKIES, DESSERTS, ETC.)
- Extra hair rubber bands and/or scrunchie
- Hairspray
- Extra bobby pins, barrettes and rubber bands

*\*It is helpful to have a separate container/cosmetic bag for hair supplies.*

# Adequate Sleep

- Gymnasts should maintain a regular sleep schedule and be sure to get plenty of sleep the night before a competition (even if they don't have any early morning session).
- It is encouraged that hotel arrangements be made for early morning sessions at meet locations longer than a 45-60 minute drive. It helps to avoid the stress of being late due to traffic or getting lost traffic, weather, getting lost, etc.



# Fueling the Body for Competition

- Gymnasts must always have a nutritious meal before competing as well as the days leading up to the competition. They are athletes and to have the best advantage possible, they should ALWAYS be fueling their bodies with adequate nutrients and really learn the benefits of healthy food choices. Meals before competing should be light, but nutrient dense; avoid sugar and processed food. A gymnast must NEVER skip breakfast before a morning session.
- Between the warm up, competition and awards, the meet can be very long. Please provide a small snack in your gymnast's bag for after the meet or if the meet is long they may need it during. This may include fruit, energy bar/ granola bar, string cheese, trail mix, ½ sandwich, whole grain crackers, etc. NO CANDY, COOKIES, OR DESSERTS.
- Many meets offer concessions. Gymnasts should not consume any unhealthy snacks at the venue until after they compete and finish the award ceremony. (Please save the "Maui Wowi" for a treat after the competition, the drink is very large and can be overfilling).



# Healthy Meal Options to Fuel Young Athletes

## Breakfast

- Greek yogurt with some granola and a banana or any other fresh fruit
- Whole-grain cereal (or oatmeal) with sliced strawberries or other fresh fruit
- Whole grain toast, 2 eggs, and an orange
- 100% whole grain waffles or pancakes with fresh fruit and yogurt

## Lunch

- Turkey wrap with veggies, (dressing), and a piece of fruit (or additional veggies)
- Tuna salad on whole grain wrap (use omega-3 mayonnaise in the tuna salad) with fruit and string cheese
- Salad with field greens, grilled chicken (or hard boiled egg), along with many other fresh veggies and/or fruit
- Brown rice with broccoli

## Dinner

- Grilled chicken with steamed brown rice or quinoa and vegetables
- Whole wheat pasta with red sauce and lean ground beef or turkey along with a salad
- Lean piece of meat, sweet potato, fresh veggies (steamed)
- baked potato with veggies

## Snacks

- raisins, string cheese, yogurt, cottage cheese (try with pineapple or strawberries), fruit (pears, apples, bananas), celery, carrots dipped in ranch dressing or hummus, red, yellow, orange or green peppers sliced with hummus, hardboiled eggs, whole grain bagels, whole grain/rice/bean crackers, smoothies.

# Check in & Award Ceremony

Arrival: First, parents will need to pay spectator fees (usually cash, \$10-\$20) then locate the athlete check in booth. After checking in (not all competition have a formal check in procedure), locate the team and coaches. Once athletes and coaches enter the competition area, parents may find a seat in the spectator viewing area. Coaches will release athletes to parents after the award ceremony.



Awards: Individual awards take place after each session. The award ceremony will last approximately 30-60 minutes. Athletes are typically divided into age groups for individual awards. The age groups may vary from competition to competition. Athletes may receive individual event placements on vault, bars, beam and floor and possibly an all around award which combines all scores. Athletes may also receive a team award which is comprised of the top 3 scores on each event (not the top 3 all around scores). Some competitions may include the top 4 scores.

## Attire and etiquette at the Award Ceremony:

Gymnasts must wear their jacket, sweats and slides, along with their meet hairdo to the award ceremony. Gymnasts are representing Stars & Stripes during the award ceremony and it is expected that they maintain the same grooming standards and sharp appearance required for competition. It is expected that they graciously receive their award regardless of their placement and it is encourage to shake hands or high five their fellow competitors.



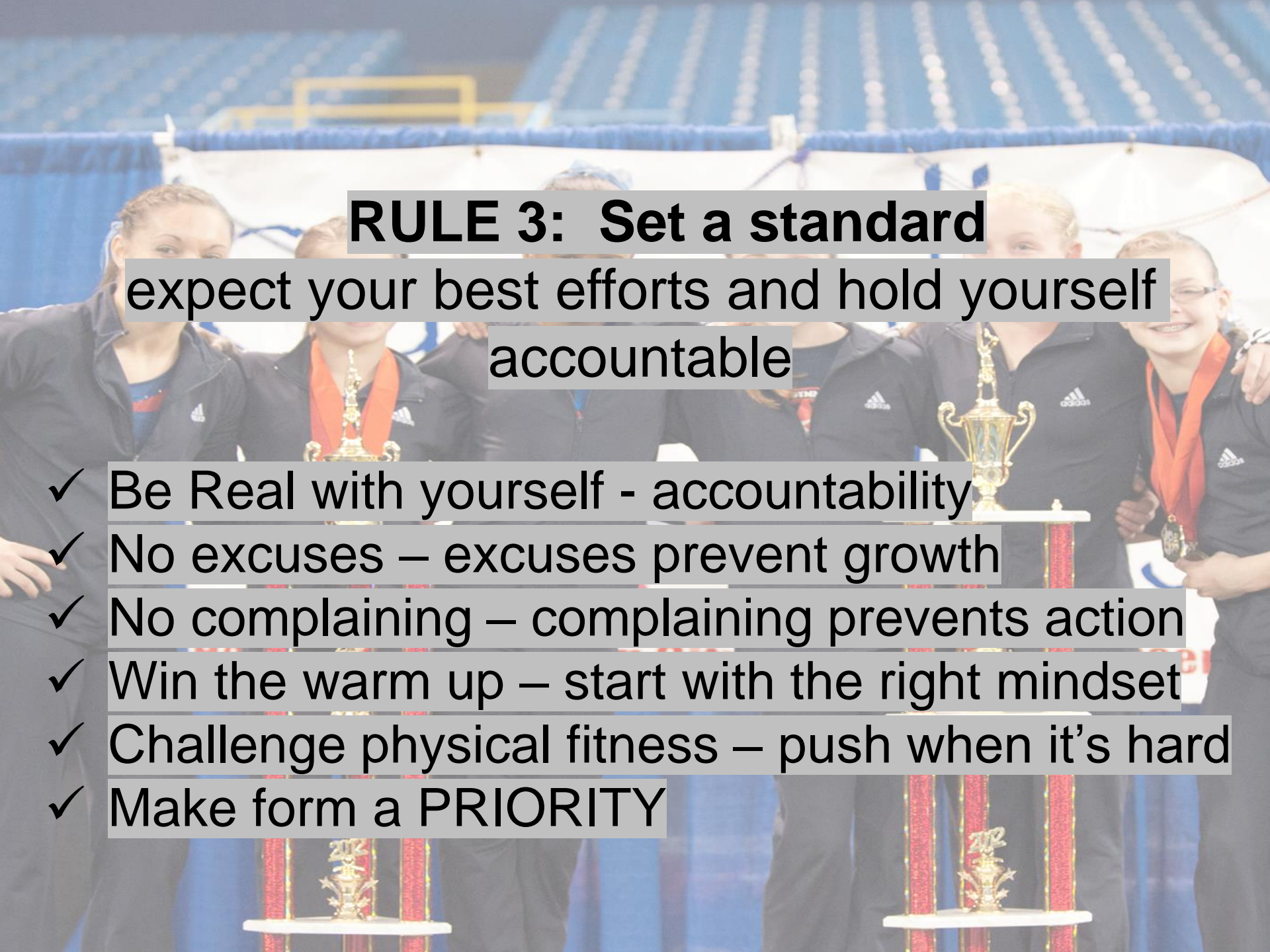


## **RULE 2: Embrace Challenges**

it **WILL** be hard, seek the lessons resulting in growth, wisdom & confidence.

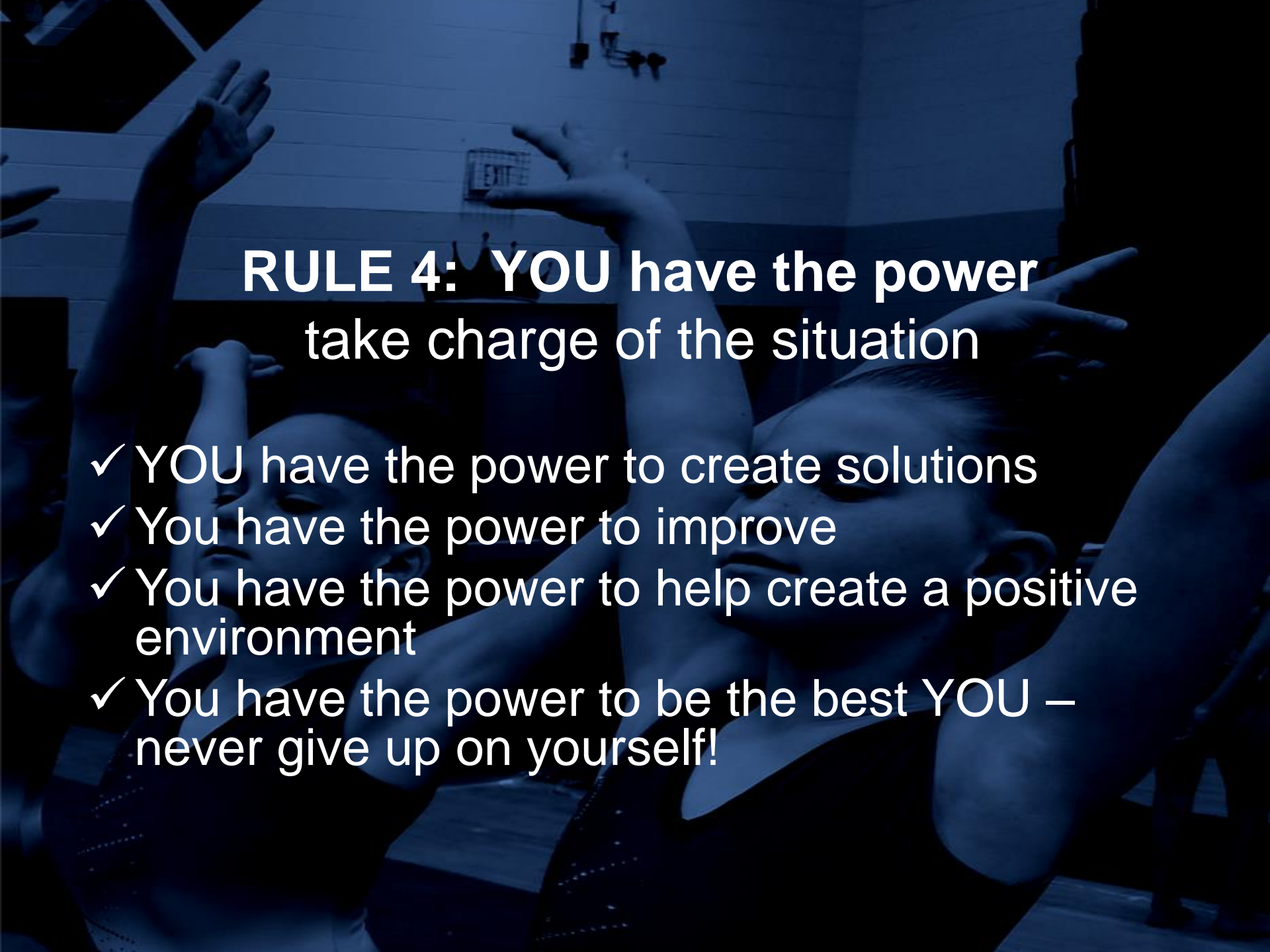
- ✓ Raised expectations – continuous improvement
- ✓ Fear – face fears, cannot avoid
- ✓ Tired – juggling school, practice and competitions.
- ✓ Physical discomfort – conditioning, aches & pains throughout the season
- ✓ Disappointment – things don't always go as planned or how we wanted





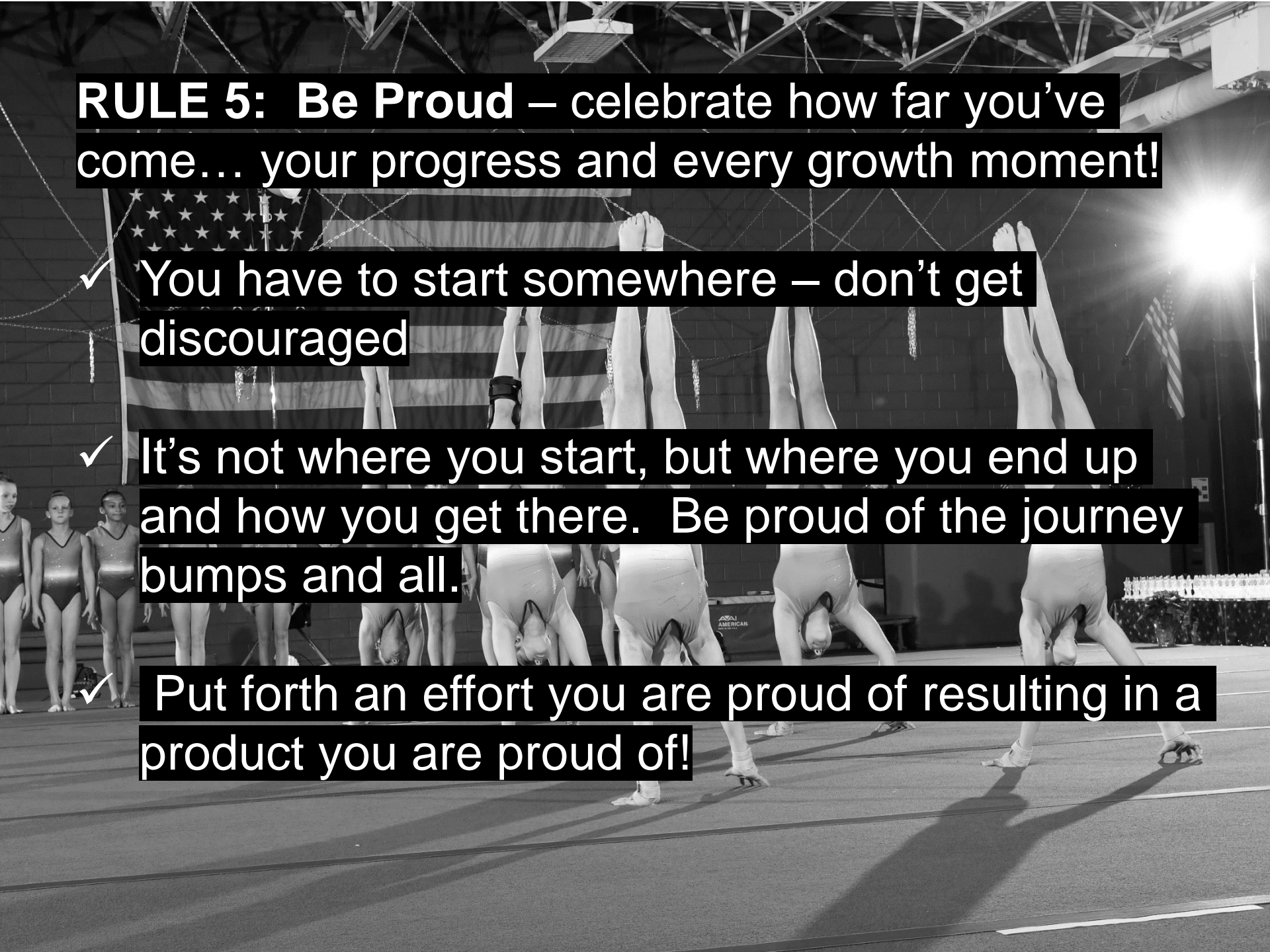
## **RULE 3: Set a standard** expect your best efforts and hold yourself accountable

- ✓ Be Real with yourself - accountability
- ✓ No excuses – excuses prevent growth
- ✓ No complaining – complaining prevents action
- ✓ Win the warm up – start with the right mindset
- ✓ Challenge physical fitness – push when it's hard
- ✓ Make form a **PRIORITY**



## **RULE 4: YOU have the power** take charge of the situation

- ✓ YOU have the power to create solutions
- ✓ You have the power to improve
- ✓ You have the power to help create a positive environment
- ✓ You have the power to be the best YOU – never give up on yourself!



**RULE 5: Be Proud** – celebrate how far you've come... your progress and every growth moment!

- ✓ You have to start somewhere – don't get discouraged
- ✓ It's not where you start, but where you end up and how you get there. Be proud of the journey bumps and all.
- ✓ Put forth an effort you are proud of resulting in a product you are proud of!



# What are the Judges Looking for?

**YOUR MISTAKES!!!!!!!!!!!!!!**

## **Vault: CLEAN FORM**

- The run
- Body position on board
- Body position on table (and time on the table)
- Repulsion, distance/height off table
- Landing

## **Uneven Bars: CLEAN FORM**

- Form/technique
- Shapes
- Cast angles
- Swing height
- Landing/Dismount

## **Balance Beam: CLEAN FORM**

- Presentation
- Handstands
- Leap/jumps, height and angles
- Form/technique

## **Floor Exercise: CLEAN FORM**

- Tumbling (form/technique)
- Jumps/leaps, height and angles
- Presentation
- Form/technique

A group of nine young women, likely a swim team, are huddled together in a circle on a grey surface. They are all wearing matching blue one-piece swimsuits with red accents on the back and sides. They are smiling and looking towards the camera. The text "ENJOY THE RIDE!" is overlaid in the center of the image in a bold, black, sans-serif font. In the bottom left corner, there is a small, partially visible logo with the number "01" in a stylized font. A red and white striped caution tape is visible in the top right corner.

**ENJOY THE RIDE!**