

Parent's meeting: Dec. 2016- January 2017

Vegas Cup – at Bally's – our biggest meet of the year – where you can get most or all of your points.

Vegas Cup Jan 27-29th

We want to represent our team and our competition well. We want our attendees to return next year – so we would like all of you to represent Gymcats and Vegas Cup really well. Be Friendly!

- ❖ **Wear a Gymcats shirt when you work.** Reduced rate T-shirts - \$8.00 if you pre-order by Jan 5th. Email or stop by the front desk to place your order. frontdesk@gymcats.com
- ❖ **Vegas Cup program ads:** Prices are: \$150 full page, \$125 ½ page, \$100 ¼ page, \$75 business card Ads are due Jan 14th (copy ready emailed or delivered to the front desk) You get points too! Each \$25 of ads purchased gets a point. [Sample Ad click here](#) or you can do a business advertising ad – we will have over 1400 families this year.
- ❖ Be prepared for admission fees for spectators Range: \$10 and \$25 per person/session. When not working the meet, you will be charged an admission fee for Vegas Cup – so be ready for that. Our admission fees are \$15/ages 12 and up, \$7 for ages 5-11. We have a special pricing option for parents this year that you can pre-pay. \$30 for up to 4 passes for the whole weekend. Pick up your bands the day of the meet.

Parenting an athlete guide for competitions

- ❖ As a parent behave as you would like your kids to behave. The best education is your behavior.
- ❖ Are you a Great or Nightmare [great or nightmare](#)
How to behave at a competition [Parent behavior](#)
- ❖ **Win proudly but dignified:** Be proud internally & respectful externally to those who are not in the winning position. When a team or individual wins, it is explicit that they are the winners and that they have something to be proud of, thereby making it unnecessary to gloat or be disparaging to others.
- ❖ **No blaming others for loss.** In defeat, we have a tendency to externalize and blame others for our disappointment. When we win we have no problem taking full responsibility for our win.
- ❖ **No trash talk** – It is just a personal and professional NO-NO. There is something to be said for the old saying, “if you don't have anything good to say, don't say anything at all”
- ❖ **Respect for your teammates.** This starts with our coaching staff and you the parents. If you are bad mouthing others in front of your kids, then they think that is acceptable to do. We are the example for our kids to behave respectfully towards one another and we must lead by example

Coaches' corner – a few things the coaches wanted to tell you.

- ❖ **Trust your child's coaches.** When you question every little thing associated with your child's training, you are undermining the relationship between coach and athlete and this is not healthy.
- ❖ **Gymnastics at home can be dangerous.** Please refrain from doing gymnastics at home. Especially watch out for back yard trampolines.
- ❖ **Communicate** with coaches about issues your child seems not to be able to handle. We want to teach them to handle their own issues, but sometimes help is needed.

Other notes for parenting a team athlete

- ❖ **Fan page** on facebook – help us promote your kids – send us ideas for updates on fb/twitter.... Members have posted videos, pictures, congratulations to someone etc. It is a great way for kids to get recognized for all their hard work. Please help us recognize your kids' accomplishments!
- ❖ **FEAT** Free classes for kids with autism – awesome volunteer opportunity for kids ages 10 & up Jan 16 & Feb. 20th
- ❖ **Moving up.** After this season as well as during the season, we make decisions for kids to move up very carefully. We would like EVERYONE to move up to the next level IF they will be successful there. Please never let your kids tell you that coaches don't want to or won't let them move to the next level or work a harder skill. We just want them to be successful and safe and a coach is a tool that each athlete must use wisely to improve, but they're in the driver's seat as to how fast they progress. Not the coach, not the parent.
- ❖ **Nutrition** for feeding a healthy body – [eat this not that](#), [Healthy snacks](#), [Exercise & Hydration](#)
- ❖ **Sleep is very important**—especially for teens who have homework and an early school schedule. Plan ahead to reduce wasted time at night and beauty time in the morning in exchange for more sleep!!

- ❖ **Teammate squabbles:** Kids will have disagreements, fights and poor behavior at times. These kids are works in progress and are learning how to interact with the help of our coaches. Kids do not need parent involvement each time their child is upset. Help them grow and gain the tools of dealing and coping.
- ❖ **Communication:** We are a large team and do lots of internal communication about your kids to all staff who works with them, but it's not possible to do regular communication with you about their progress. We will contact you if there's a problem that needs intervention from you after attempting to handle it with your child fails. Someone complained that they don't get feedback and aren't allowed to watch workout. First of all if you'd like to ask for special exceptions on watching a workout now and then, please feel free to ask. **Second if you would like individual feedback via phone, email or in person meeting, please contact us and make yourself available weekdays before 3 and we'd be happy to let you know about your child's progress.**
- ❖ **Attendance:** Team is a serious level of commitment. It is a lot of time, money, and energy. In boys, girls and cheer teams attendance is a must. When kids have low attendance, progress is slowed, fears increase, strength sometimes doesn't keep up with kids' growth and discouragement often sets in. Attendance is one of the most important things towards success in our sport. Also important is attending on time – missing the beginning of workout leaves your child without important warm ups and also makes planning workout rotations difficult. If late – please notify ahead of time. If absent, call in WITH THE REASON when missing, if 11 and older, they should call themselves. Do not have another child tell the coaches they are missing.
- ❖ **Pain and injuries** your child might be experiencing – 3 types of pain 1. Normal/good pain – some pain is good or ok and some pain is not. We have to help our kids deal with the good pain and listen to the bad pain (therefore stop) Some normal and expected pain in gymnastics is: - wrist pain when doing a lot of handstands - back pain when doing a lot of bridges - hand pain when swinging a lot of bars - leg pain when doing a lot of leg conditioning - stretching pain when working flexibility 2. Some common growth pains especially in kids between 8 and 14 are – **Severs** and **Osgood's** – Sever's is a very common heel pain and Osgood's is a very common knee pain – These are syndromes that can be managed – and before brushing off your child's complaints – check with a coach or the front desk and we can tell you of ways to have your child deal with these syndromes. – 3. Acute or overuse Injuries - Kids must learn to listen to their bodies for other pain – so they can know when to stop. Some pain absolutely should not be pushed through. Once your child recognizes the difference, the safer and stronger an athlete they will be. Coaches have some experience with this but ultimately the child has to learn which pain is which and **BE ABLE TO COMMUNICATE THIS WITH COACHES**. Please don't give your kids the excuse that they are just too shy or too afraid to communicate or are just pushing through the pain because they are “so tough” – that is not acceptable for the athletes we are raising. We are raising personally responsible gymnasts which include this type of communication.
- ❖ **Running to the doctor:** Many parents schedule a doctor's visit at the first mention of pain from their child. This is sometimes necessary but often times parents and kids are looking for that magic cure/answer from the doctor. Usually if something is hurting, the first step is to stop doing what is hurting them, do strengthening of the areas around that part of the body and use ice/ibuprofen/rest. Another thing that parents should look out for is other reasons that are causing this pain outside of the gym, i.e. P.E. class, other activities etc. And sometimes even psychological issues can affect a child including fear of skills, fear of failure, or a lack of motivation.
- ❖ **Expect your kids to do their part** – if your child is having pain – expect them to be diligent with icing after practice, doing activities that won't aggravate their pain, such as when they have heel pain – it is very detrimental to walk around the mall for 3-4 hours – it will definitely increase their pain. Do stretching exercises that will help manage the pain etc. Make them responsible for taking action in helping to heal and deal with their pain.
- ❖ **Remember to teach the 3 P's:** if your child learns these 3 and practices them there is no stopping them in life.... Personal responsibility, Perseverance, Positive. Check out the website for more articles on these. <http://www.gymcats.com/parentguide.html>