

Parent's meeting: Jan. 2019

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

Vegas Cup Jan 25-27

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 10th. 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 17th (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 1000 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 – take a quiz ☺

- ❖ <https://www.momtastic.com/parenting/536195-quiz-kind-sports-parent/>
- ❖ <https://www.advantage4parents.com/quizzes/sports-parent-quiz/>

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. Also look out for “suggesting” over and over again for your child to practice. It needs to be their idea.
- ❖ **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

- ❖ **Social Media** Interact on snapchat, Instagram, fb and twitter. We think your kids are awesome, help us promote their greatness.
- ❖ **FEAT** Free classes for kids with autism – awesome volunteer opportunity for kids ages 10 & up Jan 21 & Feb. 18th
- ❖ **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.
- ❖ **Pain and injuries** When your child is in pain, it is imperative that they communicate to coaches so we can modify the assignment. We should first try to eliminate the items hurting your child before having to go to a doctor's appointment.
- ❖ **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>