

# Waukesha North / South / West / Catholic Memorial Gymnastics Team Handbook 2022-2023

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## *About the Team*

The team is made up of athletes from the 4 high schools in Waukesha. In years past, the team practiced together at Salto Gymnastics and Waukesha West High School; and then competed as one co-op team. This will be different this year for competition purposes. The WIAA has implemented a new rule that only allows co-op teams to be made up of 2 schools. If teams choose to stay together as more than 2 schools then they forfeit their chance to compete together at the WIAA State team competition. This year the team will split into two in order to be eligible for the WIAA State team competition. We will operate as Waukesha 1 and Waukesha 2 and the teams will be West/South and North/CMH. We will continue to practice and do team events together as one Waukesha team.

There are no try-outs for the team and we will not be making cuts. Competitive experience is strongly encouraged as gymnasts will be motivated to work new gymnastics skills and to compete in meets. Most of the gymnasts joining the high school gymnastics team have many years of previous training experience. This is a competitive team and while working out and learning new skills is part of the experience; our goal is to have every athlete in a competitive meet on at least one event.

You will be asked to set goals and learn routines to accomplish these goals. We stress this is a gymnastics team and not a social club. While we value the friendships and the fun that comes from this team, we expect everyone to be motivated to work hard.

# Frequently Asked Questions

## 1. What is the cost for high school gymnastics?

- \*School Athletic Fee (\$150 for Waukesha School District, CMH is different) – Please take care of all athletic related requirements directly with your respective school.
- \*Gymnastics Team Fee - \$50 (paid to the Waukesha Gymnastics Team). This fee is to off-set the coaches fees for the Wisconsin and National Gymnastics Association, minor equipment upgrades (chalk, floor tape, etc), and miscellaneous expenses (flowers, outings, food, etc).
- \*This year our team has the opportunity to use Salto gymnastics center. This is a great opportunity to train harder skills and also perfect current skills in a low impact environment. These fees are paid with booster club assistance.
- \*Other associated costs: tanks and shorts (approx \$50), warmup jackets (approx \$50) and other team t-shirts (approx \$15), etc. *See the Uniform Section*
- \*All competition entrance fees/transportation fees are paid by the district.

## 2. What do you need to participate?

You need a current physical on file at your school, along with your emergency contact, and other forms before the beginning of the season. **Please get this done before season begins (November 8<sup>th</sup>)**. You also must be academically eligible to compete on our team.

The following forms/documents must be turned in to a coach before you can practice:

- ~ Athletic Department clearance (this is done electronically)
- ~ Gymnast Info / Profile
- ~ Signed Gymnast & Parent Agreement
- ~ \$50 Gymnastics Team Fee (Checks payable to: *Waukesha Gymnastics*)

## 3. When is the high school season?

We begin practice November 8<sup>th</sup> and our first meet is on December 8<sup>th</sup>. The season runs through the second week of February for the JV (Conference) and the first week in March for the Varsity (Sectionals unless there are State Qualifiers).

## 4. Can I do another sport AND gymnastics?

While this is not recommended, we are willing to work around other practices schedules ONLY if the other coach is also willing to work around the gymnastics schedule. This is on an individual basis and needs to be discussed w/ the coaches **prior** to November 8th. Example: poms and gymnastics simultaneously.

## Team Information

The high school gymnastics team is a competitive program. We have a JV and a Varsity team that practice together and compete in a number of meets together throughout the season. We have dual/tri/quad meets that occur on weeknights as well as invites that occur on Saturdays. *Please see the meet schedule.*

Every girl on the team will take part in these meets. If you are not interested or do not feel ready for competitive gymnastics, please share that with your coaches. We will do our best to help you until you until you feel comfortable enough with the skills to compete in a meet.

These are the basic skills needed to be competitive in a high school program.

### Skills event by event

**Vault:** A front handspring vault

**Bars:** Kips, back hip circles, front hip circles and flyaway dismounts

**Beam:** Cartwheels, split leaps, full turn, jump connection and dismount

**Floor:** Round off back handsprings, front handsprings, front tuck or back tuck and a leap pass

**Every girl does not have to compete on every event.** The JV team is made up girls who range from beginner to about level 6. The JV line-up changes from meet to meet to include the most gymnasts (it is possible to for a gymnast to compete an event at one meet and then not at the next to include other teammates). The Varsity team is made up of the highest level gymnasts; these gymnasts have prior competitive experience from levels 7-10. Most of the girls on the Varsity can do giants on bars, full twists on floor, twisting or flipping on vault, and roundoffs or back handsprings on beam. Similar to the JV, many of the Varsity gymnasts do not compete in the all-around. It is also possible to be a part of the JV and Varsity at the same meet on different events. Each of our squads; Waukesha 1 and Waukesha 2 can compete a total of 10 girls on each event, 5 on Varsity and 5 for JV.

Spots at meets/invitationals will not be handed out based on seniority. We do not believe in favoritism and will only choose the BEST individual on each event to compete in each meet. **The line-up is determined through work at practice, attitude/work ethic, and scores at meets.** We will make every effort to include as many team members in each meet as possible. A gymnast may only compete in 1 or 2 events to allow for a teammate to compete. Effort at practice and attitude in the gym weigh heavily when deciding the line-up. Do not assume that good scores or talent will automatically earn a spot. The line-up WILL change from meet to meet so be prepared to work hard at every practice.

**\*\*One important thing to note:** During our competitive season, girls may continue to workout with another team, and can compete in 2 "club" meets during our season. If this is something you are looking to do – either at a club or Y, we need to work through the approval process together. We need to get approval from the athletic directors and the WIAA well in advanced. If you want this option, please have these conversations with the coaches on or before November 8<sup>th</sup>.

# Attendance Policy

The attendance policy has been clearly outlined so there are no grey areas. The gymnastics team and athletic directors will strictly adhere to this policy and will contact parents and school administration as necessary.

**Practice is mandatory not optional.** If you are to miss practice, a coach needs to know in advance. Absences are best communicated by parents via email or text. This way I can assure parents' know where their children are. Gymnasts may notify absences as long as they fit the specified parameters below.

The only excuses that will be accepted this year are reasons that you would give to get your child excused from school - doctors appointment, sickness, etc. If you are at school during the day, you are expected to be at practice. Too much homework is not an acceptable reason to miss practice. There is plenty of time to complete homework when not at school, sleeping, or at practice. We understand that gymnasts are not only gymnasts. There are family responsibilities, jobs and school activities. When arrangements are made **ahead of time**, we try to find ways to accommodate different commitments. However, remember you made a commitment to your teammates and to your coaches. We have a specific time we are allowed to use the facilities. Everyone has busy schedules and it would be near impossible to change practice times or schedule extra time to accommodate everyone individually. Everyone has to miss a practice occasionally, but having a weekly schedule conflict (like work or another activity) is hard to work around. Please clear your schedule for the entire season. Make sure you can honor this level of commitment before you join.

## **See below for the instances that WILL jeopardize your status on the team.**

\* **UNEXCUSED ABSENCES** to meets or practices will not be tolerated.

Examples include, but are NOT limited to:

- ~ Missing practice or meet without call/text/emailing Coach (no call-no show)
- ~ Having your friend/sibling tell Coach you are missing
- ~ Invalid excuse (didn't like practice, too much homework, another sports event, etc)
- ~ If you have to question if your excuse is valid, assume it's not.

Consequences:

**1<sup>st</sup> unexcused absence** – Coaches will call/email parents

**2<sup>nd</sup> unexcused absence** – Coaches will have a meeting with gymnast and parents to assess commitment to the team

**3<sup>rd</sup> unexcused absence** – Coaches, Athletic Director, gymnast and parents will meet to determine if this sport is the right fit.

**Any further unexcused absences and you will no longer be a member of the gymnastics team for this season.**

\* **EXCUSED ABSENCES** can also be detrimental to your gymnastics team status.

Missed Practice

- ~ If you must miss a practice, Coach should know as soon as possible.
- ~ Only valid excuses will be accepted by a parent or by the individual gymnast.  
Examples include but are NOT limited to (doctors appointment, sickness, funeral, field trip, church outing, etc).
- ~ **You must attend practice the day before a competition AND you must be present for the entire school day of a meet or you will not be able to compete in that meet. We will make few if any exceptions to this rule.**

~ \*\*It is understandable that life sometimes gets in the way. In the event that you need surgery, have a family emergency, get sick, etc; that requires many days of absence – Coaches will work with you individually.

### Missed Meet

If you must miss a meet, regardless of the reason, coaches must know ASAP. If it is an unexcused absence, you will not compete in the next meet but rather cheer on your team. Every member of the team plays a role and if you are not in attendance the team is missing your role. We will make few exceptions to this rule so please contact coaches ASAP if you foresee an issue.

### Consequences

**1<sup>st</sup> excused absence** – Understandable

**2<sup>nd</sup> excused absence** – Understandable

**3<sup>rd</sup> excused absence** – Coaches will call/email your parents.

**4<sup>th</sup> excused absence** – Coaches will have a meeting with you and your parents to assess your commitment to the team

**5<sup>th</sup> excused absence** – Coaches, your school Athletic Director, you and your parents will meet to determine if this sport is the right fit for you.

**Any further excused absences and you will no longer be a member of the gymnastics team for this season.**

\*We are aware sicknesses and other life events can happen during the season. We will work with gymnasts/families on an individual basis should something arise.

**\*Tardies** can also be detrimental to your gymnastics team status.

~ Tardiness delays equipment setup, stretching, etc. and affects the team. If a trend is noticed, parents and athletic directors will be contacted as necessary.

~ You may be given additional conditioning if you are late.

# Expectations & Responsibilities

## **1. Attend Practice every day**

Practice is mandatory. Each gymnast is expected to attend practice every day. Practice times are established. It is the gymnast's responsibility to be at practice on time.

Gymnasts may need to make choices about other activities. If we are to be the best team we are capable of being, we need to practice together on a daily basis. Having girls missing for various reasons only distracts from our goals.

Make sure you arrive at the gym with plenty of time to accomplish everything necessary (icing, taping, changing, using the restroom...) before practice time. If you have to be taped (ankles, knee, back, etc) this **NEEDS TO BE DONE BEFORE PRACTICE**. Plan your travel time accordingly! There are many things that can be done such as setting up equipment and stretching that get delayed when gymnasts are late.

## **2. Make school your first priority.**

YOU are responsible for allocating adequate study time to complete all schoolwork, while still allowing practice time. **Too much homework is not an acceptable excuse for missing practice.** With all of our practice times in the evenings, there is plenty of time before practice for homework to be completed. **Use your time wisely!**

If you are struggling in school, please talk with the coaches. We understand special situations arise and can work with those on an individual basis. If you are in danger of becoming ineligible (due to grades), please let us know so we can work together to raise your grades. We would rather hear it from you than from your athletic director.

**3. Cell phones are not to be used at practice.** If you need to call/text/etc, take care of that before or after practice. There may be instances where rides need to be coordinated; those will be addressed on an individual basis. Parents, if you need to get a hold of your athlete during a practice, please contact one of the coaches, or the facility. **At no time are cell phones allowed on the gym floor or in the hallway; and should be turned off, silenced, or on vibrate.** These can be very distracting and will take time away from practice. We hope this isn't necessary, but if issues arise, cell phone policies may be enforced.

## **4. Wear a leotard at practice**

Leotard is normal practice attire. Leggings and fitted shirts (such as Under Armor) may be worn over leotards for practice but not in place of a leotard. The beginning of practice is often very chilly so extra clothing may be worn. Once stretching is complete - all t-shirts, sweatshirts, sweatpants, and other baggy type clothes are to be put away.

## **5. Communicate your needs to your coaches clearly.**

If you need something from your coach (spot, watch something, new skill drills, etc) please ask. Coaching time is very limited so if you need something, you need to ask.

If you are injured in the gym or elsewhere, you must let your coaches know the extent of the injury and any restrictions you might have. This must be done as soon as possible. Please do not wait until halfway through a practice to let us know what is bothering you.

## **6. Support your teammates.**

Every gymnast is expected to attend all of the meets on the schedule even if they are not competing (except for Varsity only invites). If you have conflicts on the days of the meets, the coaches expect to be notified well in advance. See attendance policy.

Negative words or actions toward another teammate will not be tolerated. Everyone has their share of high school drama. Please deal with it on your own rather than dragging the team into a dispute. If you have a personal issue with someone on the team, you are expected to resolve it individually or with the coaches.

## **7. Honor your commitment to your teammates**

Along with being a student athlete comes some responsibility. Each of you will sign an athletic code for your individual schools that outlines exactly what your responsibilities are. Please take this seriously. It is expected that all make choices that will not only benefit yourself, but your team.

Each school's athletic code has specific behaviors that are prohibited. Please do not engage in these behaviors during the season (including but not limited to: alcohol, drugs, disorderly conduct, etc). When members of a team become ineligible due to code violations it not only hurts the individual, but it brings down the rest of the team. I would hate to see that happen after all the hard work that's put into a season. **Please make smart decisions, not dumb mistakes.** If the coaches discover poor decision making, we are REQUIRED to notify the school. Please do not put yourself, your teammates, or your coach in that position.

## **8. Show respect and common courtesy to others.**

This begins with the way you treat your coaches and teammates. Please treat others the way you want to be treated. Your behavior not only reflects on you, but the entire team you are representing. So please show courtesy to opposing teammates and parents. Choose your words carefully and think before you act.

This also applies to treating your coaches with respect. We will respect each one of you and your opinions; and in turn hope you will do the same. **Remember we are still the coaches.** It is likely you will not like some things we have to say throughout the season. We are all a team and work as a team, but ultimately the coach oversees it all. If you have a comment/concern/complaint with a coach, please direct that to the coaches.

We also need to show respect to the facilities at which we train. We are grateful to be able to have the ability to train at club gyms. We have a limited space and need to share the space with the other teams. It is expected that all gymnasts have respectful behavior while in our gym or any other competition facility.

## **9. Use the bathroom or locker room to change for practice**

We understand it is often easier to just change by your belongings; however please do this out of courtesy to others in the school/gym.

## **10. Social Media**

We understand that there are a variety of circumstances for why you might have a previous connection to a coach and therefore might follow them on different social media platforms. However, it is expected that during the competitive season, gymnasts and their coaches do not follow each other on any social media platforms. Gymnasts and coaches may communicate through group texts, the team GroupMe messaging platform, or through the team facebook page. Private messaging within

these platforms should always have a parent or additional coach looped in within the message chain. This is to ensure the safety and protection of the gymnasts and coaches.

# Meet Information

## **What is a high school gymnastics meet like?**

There are a few different kinds of competitions in high school. In all meets, you will be judged by 1 judge for the JV or 2 for judges for the Varsity. Many of the judges are the same as the judges used in USAG/YMCA meets. Scoring is similar to optional gymnastics with a different code of points. (Don't stress about the code; your coaches will make sure you have the best routines you are capable of.)

**Dual Meets** ~ These meets typically take place on a weeknight and are against one other team. Both the JV and Varsity compete in these meets. The JV and Varsity compete at the same time, but on different events. Warm-ups are usually 1-2 hours before the meet. Gymnasts can and many will compete in events for the Varsity and the JV in the same meet. These meets last approximately 2 hours.

**Tri Meets** ~ Like duals, these meets typically take place on a weeknight but are against 2 other teams. Both the JV and Varsity compete in these meets. The JV and Varsity will warm-up and compete on the same event. The JV will compete first, followed by the Varsity. Warm-ups are usually 1-2 hours before the meet begins. These meets last approximately 2-3 hours.

**Quad Meets** ~ Quads are very similar to tri meets, just with another team. These meets typically take place on a weeknight and are against 3 other teams. Both the JV and Varsity compete in these meets. The JV and Varsity will warm-up and compete on the same event. The JV will compete first, followed by the Varsity. Warm-ups are usually 2 hours before the meet begins. These meets last approximately 2-3 hours.

**Invitationals** ~ These meets typically take place on Saturdays and are usually only for Varsity, although we do have a few JV/Varsity invites. These meets typically have between 6-10 teams in them. It is in these meets that gymnasts and teams earn trophies and medals. Many of these meets use a capital cup format where warm-ups take place as the meets goes on with competition following. These meets last anywhere from 3-5 hours... sometimes far longer than that.

## **Who competes at meets?**

Both the JV and Varsity teams will compete 5 gymnasts on each event. Therefore, a total of 10 gymnasts compete on each event at every dual/tri meet for each team (for 2022-2023, that means we could have a total of 10 Varsity and 10 JV between our two teams). Determining who competes on each event is finalized by the coaches the week prior to the meet. The team is given the line-up as soon as it is completed. For invites, team line-up will be announced the Monday prior as the lineups are to be turned in 1 week prior to the meet. *See the Team Information Section for how the line-ups are determined.*

## **Transportation to Meets**

The school provides the vans/buses for transportation. It is expected that every gymnast on the team will attend the meets, whether they are competing or not (the only exception is Varsity Invites).

Gymnasts are expected to ride the bus/van with the team to and from every gymnastics meet. We take a lot of equipment every meet and each gymnast will have a rotation in carrying equipment. **If there is an extenuating circumstance where a gymnast needs to ride home with their parent, a signed note must be presented to the coaches BEFORE a gymnast gets on the bus the day of the meet.** This will only be approved on an individual basis and only with a valid reason.

Unacceptable examples include, but are NOT limited to:

“I don’t feel like dropping my gymnast off”

“The meet is closer to my house”

“My daughter has too much homework”

\* The only time a signed note will not be a requirement, is in the event of a serious injury that requires the gymnast to be removed from the meet immediately.

We will not make exceptions for parents driving their gymnast to a meet. All gymnasts are required to ride with the team to the meet. There will be no exceptions.

In the event a gymnast/parent has made transportation arrangements with the coach, the gymnast must stay until the entire team is done competing. *See attendance policy.*

## **Responsibilities at a meet**

Gymnasts are expected to attend ALL dual/tri/quad meets. **If you must miss a meet, your coaches need to know immediately.** Gymnasts who miss a meet without appropriate arrangements will need to have their team status evaluated. Please check your calendar to clear any conflicts. *See attendance policy.*

All gymnasts (competing or not) are expected to wear their team warm ups at EVERY meet. It is your responsibility to come to every meet prepared. Your team warm up is as important as your competition leotard. Girls that are not competing do not need to wear their leotards but need to wear their team warm ups. *See the Uniform Information Section for the team warm up details.*

Your coaches have certain expectations for you at every meet. These expectations come from our belief that you are at a meet, not only to perform, but to support your teammates. Whether at the JV or Varsity level each of you is a part of our team and your behavior should reflect this. During the meet, you need to take care of your own performance first. When you are not performing, you are there to support your teammates. That means you will be at each event cheering on your team whether you are performing or not. There is usually time when our team is not performing for you to take care of any other business you may have (talking to parents in bleachers, concessions...). Make YOUR team YOUR priority.

**\*\*Per WIAA rules, cell phones are absolutely not allowed on the competition floor at any meet. There will be deductions taken if a judge is aware that a gymnast or coach is on a cell phone. Please be aware of this and use the hallways if necessary. \*\***

# Parent Expectations

**1. Booster Club Help.** We are very fortunate to have 4 booster clubs to request money from. The team parent reps will contact the parents of their respective schools to meet our fundraising requirements. As a team parent, you will be required to work some fundraising events (mostly concessions). We would not function as a team without the assistance of the booster clubs – your participation in their fundraising events is vital to the success of our gymnastics program.

CMH ~ Tim Norgal  
NORTH ~ OPEN  
SOUTH ~ Jen Stillman  
WEST ~ Heather Andersen

A huge thank you to the parents who have agreed to represent the gymnastics team for their respective booster clubs. However, this is not a one-man show so all parents WILL be required to work fundraising events.

**2. Volunteer at our home meets.** We have home meets that require MANY people to help set up the floor and tear down all the equipment. It takes over an hour to set up the floor and the carpet is very heavy. We need many parent/friend volunteers to make this work. Each gymnast will be required to have one volunteer at set up OR tear down for every meet. We may also need volunteers to work on the floor (flashing scores/timing routines). More information to come.

### **3. Help with Team Dinners & Team Snack Days**

We hold team dinners each Friday before a weekend meet. We also had parents provide meet day snacks for weekday meets. More information to come.

**4. Treat the coaches, gymnasts and other parents with respect.** Communication should be done in a mature manner. If you have any questions/comments regarding your daughter, please bring this up directly to the coaches. We won't discuss another gymnast with you, so please don't ask. The school district and coaching staff will not tolerate any disrespectful behavior. If parents need to talk/meet with the coaches, please set up a mutually agreed upon time. There are many things going on before and during practice, so the coaches are not always available before or after. Scheduling an agreed upon time is the best way to ensure issues are attended to properly.

**5. Cheer on your athlete!** They love to see you in the stands supporting them. Try to be at every meet to show your support! Mark your calendars for Parent Night as we celebrate you and all you do.

## Uniform Information

This is our 2<sup>nd</sup> season with our NEW competition leotards. The leotards are owned by the gymnastics team. Gymnasts will be loaned a leo in the beginning of the season and expected to return the leo at the end of the season.

### Here are washing suggestions:

- ~ Turn the leo inside out before washing.
- ~ If possible wash them in a very mild liquid detergent (Woolite or baby detergents).
- ~ Always wash the leo in cold water. Hot water makes the colors bleed.
- ~ Some companies recommend hand washing. I recommend against that since soaking the leo can cause the colors to bleed. The leo can be washed on the gentle cycle with like items.
- ~ Leos should be hung to dry. If absolutely necessary (like the morning of a meet) the leo can be thrown in the dryer for a short time on very low heat (delicate cycles are best).

### Team warm-ups:

- \*Warm-up jackets (new this season) - \$50ish
- \*Warm-up shorts (same as last season and keep until you need new) - \$35ish
- \*Warm-up tank (same as last season) - \$25ish
- \*Team tshirt (new every season) - \$12ish

We alternate getting a new warm-up jacket one season and a new tank the next. This should help reduce the costs from season to season.

We believe it is important to present ourselves as a unified team when attending meets. **Warm ups will be worn to every meet whether you are competing or not.** There will be no exceptions to this rule.

## Season Awards

Awards will be given from your respective school for your efforts during the season. These awards are presented at our end of the year banquet. The guidelines for these awards are as follows:

### **Varsity Letter**

Competition in more than 50% of varsity meets. Varsity competition on only 1 event will count as competition in that meet. The number of events varsity in any given meet will not factor into percentage of meets. Competition at the sectional and/or state meet will also qualify for Varsity lettering. Senior athletes with gymnastics team participation for 4 years will be awarded a varsity letter regardless of competition level (assuming the season is ended in good academic standing).

### **JV Letter**

Competition in at least one meet at the JV or Varsity level and finish the season in good academic standing.

### **Participation Award**

Finish the season as a member of the gymnastics team.