



Rochester High School Gymnastics

2023-2024

Rules and Expectations

Coaching Staff:

- **Head Coach:**

Christina Jacobs email chjacobs@rochesterschools.org or (C)507-358-6998

- **Assistant Coaches:**

- o Alexandra O'Connell
- o Eric Kartheiser
- o Kelsi Haley
- o Abbie Deets
- o Isabelle Seeger
- o Sam Fletcher

Websites & Communication:

- o <http://www.johnmarshallrockets.org>
- o <http://www.mayospartans.org>
- o <http://www.centurypanthers.org>
- o Remind RPS Gymnastics @rpsgy

Rules:

1. **School comes first.**
 - a. **Do your homework.** Failure to keep your GPA to a minimal level will result in the inability to compete.
 - b. Be in school. You must be in class every hour of every day. Unexcused absences must be cleared up within 48 hours. Failure to do so will result in you sitting out the next meet.
2. **Come to practice.**
 - a. Missing practice/being late/leaving early is generally unacceptable.
 - b. Acceptable reasons for leaving early/missing practice include illness, academic obligations, or religious reasons.
3. **You are required to come to meets.**
 - a. Unexcused meet absences will result in the inability to compete at the next meet.
 - b. Excused meet absences must be pre-approved, by coach Christina. Acceptable absences may be based on illness, academics, or religious reasons.

- c. Skipping a meet because you do not feel your routines are ready is unacceptable. If you need help or are feeling anxious, please talk to your coach.
4. **No outside teams.** MSHSL does not permit gymnasts to be on another gymnastics team roster during season.
5. **Respect your body.** Eat well. Sleep well. Ice what hurts. Keep your mind in check. Ask for help when you need it.
6. **Injuries.**
 - a. If you are injured, you are required to work with the trainer.
 - b. The trainer and coach have the ability to pull you from a meet or event. If you pull yourself from a meet due to an injury and have failed to communicate with the trainer or coach, you will be unable to compete in the next meet.
 - c. Injuries do not excuse you from practice. You will be assigned duties that will help the team, such as critiquing routines, playing floor music, or helping with administrative duties.
7. **Golden Rule:** No bullying, negative gossip, or any form of negative treatment towards your teammates or coaches, inside or outside the gym will be tolerated. In our gym, you will cheer on your teammates, and you will help them become better gymnasts and people. We respect each other's unique skills and abilities.
8. **Talk to your coaches.** If something is interfering with your practice/competition/life, please talk to a coach. Before you ask your parents to call the head coaches to talk about something that's bothering you, I'd like you to try to talk to myself or the other coaching staff about it yourself.
9. **Dress code:**
 - a. We warm up in **warm** clothes. We run and stretch in pants and a long-sleeve shirt or sweatshirt.
 - b. We train in leotards, shorts, hair tied back and out of your face. For safety reasons, we do not allow baggy shorts or t-shirts on the equipment.
 - c. If you have grips or beam shoes, they are part of your equipment and need to be in the gym with you every day.
10. **We all train and compete all-around** at the discretion of your coaches.
11. **To compete for our team, you must meet minimum requirements on each event.** This is for the safety of the gymnast and the coaches. Routines must be performed independently.
12. **Enter the gym with a good attitude.** We are here to work hard, to learn, to improve, and to have fun. As much as possible, please leave your outside struggles at the door. This gym is a safe space to become the best athlete you can be.
13. **Meet conduct.**
 - a. In order to compete, you must be at the meet during the scheduled warm-up time. Failure to attend the entire warm-up will likely result in the inability to compete for safety reasons.
 - b. During meets, you are to be with your team at all times. Even if you are injured, you are not to be sitting with friends or others. If your team is not competing, you are to be preparing for the next event or cheering on your other two teams.
 - c. Stay after home meets until equipment and chairs are put away. Parents and friends of Rochester Gymnastics are always welcome to assist us in this process.

14. **Appreciate our fans!** Please wave, wink, and smile at them during meets. When the meet is over, feel free to say hi and thank them for their attendance. Then report to the floor for awards. **You can leave when all equipment is put away.**
15. **Ride the bus.** Athletes need to ride the bus to and from meets. The bus will ***depart from and return to Friedell only.*** A schedule of departure times will be provided at a later date. Parents need to be prompt in picking up your daughters once we arrive back in town. We will always return to ***Friedell.*** Your daughter will call you about 20 minutes prior to our arrival back at Friedell. Should an exceptional circumstance arise, a travel release **must be submitted 48 hour prior to dismissal from school to the athletic office** in order for your athlete to have permission to NOT ride the bus.
16. **Fundraising.** Our team is responsible for paying for new uniforms, meet fees, and for new equipment. It is your responsibility as a member of this team to participate in these efforts. This year we will be holding a few fundraisers. We appreciate your willingness to support our fundraising efforts.
17. **Equipment Care:** We worked really hard to raise funds for our new leotards. They are ***very*** expensive. You are solely responsible for all care/cleaning of the garments during the season and returning them at the end of the season. Please take time after meets to clean them appropriately. The directions say to hand wash in cold and hang to dry, It also states no harsh detergent or fabric softener or dryer sheets. Using these will result in the rhinestones falling off. Please be mindful of that. We will not get new uniforms for a long time. Help keep them looking nice.

Lettering Criteria: A gymnast may letter by achieving one of the following criteria:

- Any athlete who competes on the varsity team in 6 meets
- Seniors who compete in all home and away meets
- Any athlete who achieves a score of 8.2 or higher six times throughout the season in any event
- Any athlete who competes in the section meet ***and*** her score gets used towards our team score
- Any athlete who earns state honors

In addition to the above skill criteria, ALL gymnasts are expected to complete a minimum of 4 volunteer hours, preferably at our minicamp fundraiser events, however, if students are volunteering for another organization, documentation of time can be submitted. Letters may be denied due to disciplinary problems or missing equipment. You must turn in your uniform to receive your letter.

Other Awards:

All-Conference honors are awarded to the top finishers at the Big 9 Conference meet in February. All section is determined by averaging your top 5 scores. All State Honorable Mention and All State Honors are awarded from the Minnesota Girls Gymnastics Coaches Association. To qualify for this honor, gymnasts average their top six scores on each event and meet a standard set forth by the MGGCA. All State Elite is awarded to the top 5 gymnasts (A & AA) in the state of MN based on all-around scores.

Parents:

The coaching staff wants to provide an opportunity for your children to practice **autonomy, dedication, teamwork, and goal setting.** Please join us in asking your daughters to talk to the coach(es) about an issue twice before you decide to become involved. Please join us in asking your daughters to commit to their teams and their practices both in attendance and attitude. Please join us in asking your daughters not to gossip negatively about their teams, teammates or officials in person or via social

media. Please don't approach judges. By doing so, you put our teams in jeopardy of losing team points. Your support is vital to the success of our team. We appreciate you!!

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Gymnast & Parent Commitment and Communication Agreement

Please read and discuss the information outlined in the Rules and Expectation document. Sign and return the signature page only to the coaches by Monday, Nov. 13, 2023.

We have read and discussed the above information and agree to support the rules and expectations.

Gymnast's Signature: _____ Date _____

Parent/Guardian's Signature: _____ Date _____

While we make every attempt to communicate on a regular basis through the JM athletic web site and/or twitter, there may be times when we communicate via phone or email. Please also provide the following information for the coaching staff in an attempt to keep open lines of communication.

Gymnast's Name: _____ School/Grade: _____

Email: _____ Phone: _____

Parent/Guardian #1: _____ Phone: _____

Email: _____

Parent/Guardian #2: _____ + Phone: _____

Email: _____

Thanks for your support! We are looking forward to a great season!