



***ANNANDALE & HLWW YOUTH
GYMNASTICS TEAM HANDBOOK***

April 2026

MYgym (Minnesota Youth Gymnastics)

- MyGym uses the current MSHSL Rules & Regulations with some adaptations.
 - There is a 2.0 minimum score on all events and void vaults.
 - Vault: a 5.0 start value for a Squat-on (with or without hands), kick to handstand off.
 - Bars: A flyaway off the low bar will count as a superior element.
 - Floor: Credit for a backward tumbling pass can be given for a two skill pass of difficulty directly connected. (ex. roundoff, back handspring)
 - Floor: Credit for a forward tumbling pass can be given for a one skill pass which contains at minimum a superior front salto. (ex. front tuck)
- Competition season runs from October – December.

The youth team is open to 1st through 6th grade students based on skill readiness, attention and listening skills, and overall maturity. *Gymnasts can not also be participating in JR High or High School Team Gymnastics.*

Skills Needed

Vault:

- Pop Up - Handstand Off
- Front Handspring

Bars:

- Pullover
- Casts
- Front or Back Hip Circle
- Squat on
- Kip (some help ok)
- Long Hang Pullover (some help ok)
- Flyaway (some help ok)

Beam:

- Straight, Tuck, Wolf, Pike, Split, & Straddle Jump
- Full Turn
- Cartwheel
- Dismount

Floor:

- Straight, Tuck, Wolf, Pike, Split, & Straddle Jump
- Split Leap
- Full Turn
- Handstand
- Cartwheel
- Round off Rebound
- Front & Back Walkover

- Front Handspring
- Back Handspring (some help ok)
- Round off Back Handspring (some help ok)

Competition Season/ Practice Schedule

Competition season runs October through December. Team practices will roughly be as follows: November and December, twice per week for 1.5 hours. January will be our off month, and in February we will hold one open gym-style practice per week. From March through October, practices will be twice per week for 2 hours. Your coach will share the specific dates for practices, meets, and special events. Gymnasts should arrive on time, in a leotard with hair up and out of their face and bring a water bottle, and any other equipment recommended by the coach (grips/tiger paws).

Payment/Registration

Registering and payment for the youth team is done through Community Ed at hlww.ce.eleyo.com. We will do our best to keep season and off season costs reasonable for families. Payments will need to be made in full to be eligible to participate in practices and meets.

Communication

GroupMe and Email will be used to communicate with parents and gymnasts throughout the season. Coaches appreciate advanced notice if your gymnast will miss practice or if you have an extended trip planned.

Competition and Warm up Leotard for meets

Gymnasts will warm up and compete in a tank leotard. These will be purchased by families and for the gymnast to keep.

Warm Ups

All gymnasts will be required to purchase a warm up jacket and must wear all black leggings/sweatpants to meets.

Meets

Our club may compete in 4-6 meets in season (October-December) Gymnasts should arrive by 'doors open' time.

Home Meets

When the youth team hosts meets, parents will be asked to volunteer. Volunteer options will range from setting up the night before, helping the day of and/or take down following the meet.

What to bring to a Meet

Gymnasts should bring their warm up/comp leotard, warm up pants and jacket, grips, water bottle, snacks & any braces/other equipment needed.

What to wear to a Meet

Gymnasts should wear their leotard, warm up pants and jacket to the meet. Their hair should be up tight and out of their face. When they compete in their competition leotard, “a one-piece leotard of moderate proportions with matching, clear or skin-colored or black undergarments” is allowed. Bra straps shall not cross or show, but rather follow the recommendations previously noted.

Not allowed: ANY jewelry, glitter and body paint.

Admission

Parents pay all admission fees for themselves. Athletes are covered by team fees.

Transportation

Transportation to meets is on your own. There is no bus.

MYgym Championship Weekend (State Divisionals) Qualification requirements (If Applicable)

- MYgym Championship Meets are typically the last weekend before Christmas
- Host site: St. Cloud Tech HS - St. Cloud Junior Tiger Gymnastics
- The Championship Meets will showcase the top 18 MYgym teams determined by their team average (two highest scoring competitive season meets). The top 6 teams featured on Saturday evening and the next 12 teams featured in one of two meets on Sunday.
- The award ceremony will include both individual event awards and team awards. Age groups will be determined by taking the total number of gymnasts competing in that specific meet and dividing them into four similar sized groups by age

Volunteering

Throughout the season there may be volunteer opportunities for parents/guardians and gymnasts. Volunteers, especially adult volunteers, allow us to have successful gymnastic meets, fundraising events, while keeping our costs low. Many of these events would not be possible without volunteers.

Fundraisers

We occasionally may take part in fundraisers to raise money for our teams! The money raised is used to purchase items needed including equipment and team competition items.

Gymnast Agreement

I will practice good sportsmanship. Act graciously whether you succeed or fail. Appreciate the effort of others, as well as your own.

Respect coaches, gymnasts, and parents. Speak and act respectfully and politely to others.

Respect the program, facilities, and property. Treat all gymnastics equipment with care. Use gymnastics equipment for its intended uses only and only under appropriate supervision. Move gymnastics equipment as necessary for personal or team use and safety. Help to put equipment and mats away daily to keep the gym in order.