

PIZM WILDCATS GYMNASTICS HANDBOOK

2024-2025

COACHES STATEMENT

- Our student athletes will build positive character traits such as: effective communication skills, selflessness, self-discipline, work ethic, teamwork, accountability, persistence, sportsmanship, confidence, respect, honesty, and leadership that will prepare them for lifelong learning.
- The decision has been made that we will not be making cuts to the team this year. Due to the limited availability of practice space and coaching staff, we may be splitting the team into two teams:
 - Competitive Team (CT)
 - Development Team (DT)
- Juniors and Seniors will not be placed on the Development Team.
- Teams will be determined within the first week of practice.

PROGRAM OBJECTIVES & EXPECTATIONS

- Give 100% personally, academically, and athletically.
 - BE A GOOD PERSON in and out of the gym. You represent our sport and our program.
 - BE A GOOD TEAMMATE and have a positive attitude. Poor attitude is contagious and will NOT be tolerated.
 - IMPROVE as a TEAM and as an INDIVIDUAL
- Personal Qualities:
 - Honesty, Loyalty, Commitment, Respect, Dedication, **NO BULLYING**
 - We are a TEAM, and we need to treat each other as family.
 - Be Positive. Don't talk down or put down your teammates.
 - Be respectful and show good sportsmanship, this includes (no) foul language.
 - Always display appropriate manners. You represent our sport and our program.
- Academic Qualities:
 - Go to class, be on time, be respectful of all staff, teachers, coaches, and employees. IF you're not doing well in class, you won't compete.
 - Makeup quizzes/work can be done before school, at lunch, or another scheduled time between the athlete and teacher. If you have a conflict, contact your coach. NEVER show up late for a practice, using schoolwork as an excuse.
- Gymnast Qualities:
 - Be a GREAT teammate and push yourself to do your best every day.
 - **Watch your routines after EVERY meet and critique yourself.**
 - Take notes on what you can improve on and make the necessary changes to be successful.
 - Show up every day mentally and physically prepared to do the work and work hard.
 - Be on time for all practices.
 - Be Coachable
 - Listen to your coaches, do what you are told, do not talk back, do not roll your eyes, do not speak negatively of coaches or teammates.

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PROGRAM POLICIES

ELIGIBILITY

- Review the MSHSL requirements for all student athletes: <https://www.mshsl.org/>
- Everyone must follow all rules/policies established by the MSHSL.
- Forms and physicals must be completed prior to the first practice, **Monday, November 11th, 2024.**
- Individuals need 10 practices prior to being eligible to compete in the first regular season meet.
- It is of utmost importance that team members are good students and good citizens at all times.
- The practice of sportsmanship is the responsibility of all members of the program.
- **ACADEMIC ELIGIBILITY:**
 - Students must be making adequate progress towards graduation.
 - If a student is not making adequate progress they may jeopardize their opportunity to participate in extracurricular activities of both category I (Governed by MSHSL) and Category II (Non-MSHSL governed) activities.
 - Eligibility will be determined by the "F" list each quarter (1, 2, 3, 4) as follows.
 - One failure (F) : The student will maintain eligibility but must attend the PASS program for the remainder of the quarter, 2 times per week.
 - 2 – 3 Failures (F's) : The student will be ineligible for 2 weeks and must attend the PASS program 2 times per week to maintain eligibility after the two week non-competition period. The student must attend PASS until the end of the semester. If the student does not attend PASS 2 times per week they will lose their eligibility for the remainder of the semester.
 - 4 or more Failures (F's) : Ineligible for the remainder of the semester or next semester if received at the end of a semester.

ATTENDANCE

- If you are absent from school **due to illness for any part of the day** you are NOT permitted to come to practice or competition on that day. **If you are absent from practice the day preceding a meet, you should expect to not compete. Coaches can discuss with the AD on a case to case basis to determine otherwise.**
- Students absent from school for **EXCUSED** reasons other than illness, must be in school by 12:00 noon and stay for the remainder of the day to participate in any extracurricular activities scheduled that day.
 - Exceptions due to extenuating circumstances must be approved by the Activities Director and/or Principal. Administration has final say on the disciplinary process and penalties to potentially be served. Administration has the ability to suspend participants from events, depending on the severity of the disciplinary issue.
- Students are required to attend school the day following a competition.
 - Anyone absent from school the morning after a competition forfeits their position in the lineup and will not participate in the next competition.
- Unexcused absences are **not** tolerated.
 - The first unexcused absence from practice will result in suspension from the next competition.
 - A second unexcused absence from practice will result in suspension from the program until a meeting can be held with the parent/guardian, coaching staff, and Athletic Director to address the issue.
 - Any additional unexcused absences from practice will result in dismissal from the program.
 - Practices missed due to detention are unexcused.
- All absences must be communicated to the Head Coach in advance.
 - School events, sickness, funerals, and other circumstances that cannot be avoided will not count against the attendance policy.

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- o If you go home sick, or otherwise miss a practice or event, CALL OR E-MAIL A COACH. It is NOT ACCEPTABLE to tell another teammate or team manager.

PRACTICE SCHEDULE AND TIMES

- Varsity and varsity alternates are required to attend ALL scheduled practices unless otherwise specified by the coaching staff.
- Junior varsity gymnasts will not attend practice on Wednesdays.
 - o Wednesday practices are for varsity and varsity alternates only.
- The Development Team will follow an alternate practice schedule, **which will be determined as needed.**
- All gymnasts are expected to arrive prior to practice start time
 - o Be dressed in appropriate attire
 - Leotard, grips, necessary braces
 - NO baggy or loose fitting shorts, shirts
 - o Have ankles or otherwise taped
 - o **Come nourished and hydrated (eat and drink something)**
 - o Have hair tied back and away from face.
 - o Ready to start ON TIME!

PRACTICE EXPECTATIONS

- All gymnasts are required to participate/practice on all four events (floor exercise, balance beam, vault, and uneven bars).
 - o Gymnasts with event restrictions must provide documentation from a physician and obtain approval by the Head Coach.
- Gymnasts are not required to wear grips on the uneven bars; however, rips (tears of the skin on the hands) will not be an excuse to sit out.
- Cell phones will be placed in the designated gym location and to only be used with permission.
- Be Coachable
 - o Listen to your coaches, do what you are told, **be honest**, do not talk back, do not roll your eyes, do not speak negatively of coaches or teammates.
 - o Always follow coaches' instructions and respond appropriately to coaching
- Warm-up & Stretching: Pay attention and follow the captains' lead.
- NO HORSEPLAY!
 - o Gymnastics is an activity always requiring active concentration!
 - o Anyone goofing around will be asked to leave rather than take up space and time on equipment.
- Come to practice ready to work.
 - o Stay focused and help your teammates stay focused as well.
 - o Be ready to perform when it is your turn.
- Remain active while waiting your turn on the equipment. Conditioning, flexibility stretches or drill work should be done during this time. NO SITTING!
- When the coach addresses the group, be silent, pay attention, and respond where appropriate.
- Attempt advanced skills only under the supervision of a coach.
 - o If you want to learn a new skill, you have to tell your coaches and we can work on the proper skill progressions.
 - o If you need spot on a skill, you need to ask a coach.
- Ask the coach if you need to leave the practice group.
- Clean up after yourselves.
 - o Bars/chalk area

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- o Dressing area
- o Equipment, tape, ice bags, & clothing
- Coaches' room is off limits to ALL gymnasts unless instructed to enter.
- Injuries should be brought to the immediate attention of one of the coaches. Anyone that sees a doctor during the season must have written permission from the doctor before resuming practice/competition.

COMPETITION

- Gymnasts who are absent from school the day of a meet or the practice preceding a meet will not compete in that scheduled meet, unless otherwise arranged due to unforeseen circumstances that will be discussed with coaching staff.
- Coaches will distribute competition time competitively; therefore competition time is **not** guaranteed.
- Playing time is contingent upon adherence to the Wildcat Code, Program Objectives, Expectations, and Policies.
- Competition lineups for conference meets allow for 13 competitors per event.
 - o Five competitors per varsity event.
 - o Eight competitors per junior varsity event.
 - Alternates will be identified in the event a varsity gymnast becomes injured and is unable to compete.
- Competition line-ups will be **posted** prior to competition as soon as they are available.
- All gymnasts listed on the competition lineup will dress and march in for that competition, unless otherwise noted by coaching staff.
- Only gymnasts listed in the competition lineup will travel to away competitions, unless otherwise noted.
 - o Non-competing gymnasts are **encouraged** to attend all away competitions but must provide their own transportation **and remain in the spectator section during the meet.**
- **ALL gymnasts are REQUIRED to attend home competitions.**
 - o All gymnasts are expected to arrive at KAATS no later than 3:55 PM (unless otherwise noted)
 - o **ALL gymnasts are required to assist with pre-meet setup.**
 - o **ALL gymnasts are required to stay and assist with all post-meet cleanup.**
 - **Any gymnasts leaving prior to the completion of cleanup duties will jeopardize their position in the competition lineup.**
- Gymnasts are required to wear the designated competition attire.
 - o Jewelry, body paint and non-infused glitter are not allowed per MSHSL rules.
 - o **NEW: gymnasts are allowed to wear one stud earring per ear for competition**
- Coaches will provide an exact time, in advance, that the team needs to **BE READY** to warm up for competition. Any gymnast not ready (hair done, warm-up/competition attire on, taped, etc.) when they are expected to be on the floor **may** result in forfeiting their position on the lineup for that meet.

TRANSPORTATION & BUS POLICY

- A shuttle will **NOT** be provided to transport student athletes from school to the gymnastics practice facility. Families are responsible to arrange their own transportation to all practices.
 - o Please review the Driving/Riding Permission form
- Bus departure times for away competitions will be communicated in advance.
- Gymnasts are NOT allowed to drive to away competitions. Anyone violating this rule will not be allowed to participate in the competition.
- It is preferable that participants ride the bus back to Pine Island/Zumbrota-Mazeppa from away events.
 - o If a gymnast needs to ride home with their parent/guardian, the *parent/guardian* will need to sign out with the **Coach who has the sign-out sheet** before leaving.

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- o A gymnast needs approval from the **AD** to ride home with another parent **PRIOR** to the meet starting.
ZM - Tony Brown tonyb@zmsch.k12.mn.us
PI - Brian Menk brian.menk@pineisland.k12.mn.us
- Coaches and students are to make sure the bus is clean and not damaged after every competition/event.

SOCIAL MEDIA GUIDELINES

- Competing for the Wildcats gymnastics team is a privilege. Student-participants are held in the highest regard and are seen as role models in our communities. As leaders you have the responsibility to portray your team, your group, your coaches, your directors, our school, and yourselves in a positive manner at all times.
- Student athletes should be aware that third parties, including the media, faculty, future employers, and college officials, could easily access your profiles and view all personal information. This includes pictures, videos, comments, and posts. Inappropriate material found by third parties affects the perception of the student-participant and our school. This can also be detrimental to a student-participant's future options (i.e. college, profession). Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions of the following, though this list is not meant to be all inclusive:
 - o Photos, videos, tweets, retweets, comments, or posters showing the personal use or possession of alcohol, drugs, and tobacco.
 - o Photos, videos, tweets, retweets, comments, or posters that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
 - o Photos, videos, tweets, retweets, comments, or posters that condone drug-related activity. This includes, but is not limited to, images that portray the personal use of marijuana and drug paraphernalia.
 - o Content online that is unsportsmanlike, derogatory, demeaning, or threatening toward any individual or entity (examples: derogatory comments regarding our school, another school, coaches, or teammates; taunting comments aimed at a student-participant, coach, or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent, or illegal activities (examples: hazing, sexual harassment/assault, full or partial nudity, inappropriate gestures, stalking, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Everything you post is public information - any text or photo placed online is completely out of your control the moment it is placed online - even if you limit access to your site. Information (including photos, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of Pine Island/Zumbrota-Mazeppa High Schools. Remember, always present a positive image and do not do anything to embarrass yourself, the team, your family, or Pine Island/Zumbrota-Mazeppa High Schools.
- Protect yourself by maintaining a self-image of which you can be proud of for years to come.

AWARDS

- To receive any post season award, the participant must finish the season as a member of the program.
- Any participant receiving an MSHSL violation during the season of play cannot receive all-conference honors and loses their captaincy for the season.
 - o Definition of a season is beginning with the first day of practice through the last game/event.

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- All conference points are assigned to 1st – 5th places in each of the four events of a varsity conference meet. The top 15-point totals in the conference establish the All-Conference Team.
 - Southeast Gymnastics Conference: PI/ZM, Byron, Caledonia/Spring Grove/Houston, KM/Triton, (LaCrescent-Hokah), Stewartville/Chatfield.
- **REPLACE WITH UPDATED VERBIAGE ADDED 2/12/25:**

All Conference gymnasts will be determined by placing in the Conference Championship meet. We will take the top three all around gymnasts. We will then take the next highest finisher on each event that has not already qualified All Conference. This is done two more times for each event for a total of 15 gymnasts. There can also be a hardship All Conference. This is for a girl who is injured during the season who more than likely would have been all conference. Head coaches will vote on this, and it must be unanimous.

 - Southeast Gymnastics Conference: PI/ZM, Byron, Caledonia/Spring Grove/Houston, KM/Triton, Stewartville/Chatfield.
- Letters will be awarded at the discretion of the coaching staff with consideration of the following guidelines in mind:
 - Juniors & Seniors in good standing who have been with the team for at least one season.
 - Competes on varsity for at least half the season.
 - Contributes to the team's success as determined by the coaching staff.
 - Has not violated any rules set by the MSHSL, the co-op districts or Wildcats program expectations and policies.
 - Sustains a gymnastics-related injury that prohibits further competition at the varsity level, provided she continues to attend practices and competitions as able.

THE WILDCAT CODE - PARTICIPANTS

- Participants should always be on time and prepared for all team events and practices.
- Participants are asked to notify their coach of any absences, injuries, illness, etc.
- Participants must uphold MSHSL eligibility rules as well as all ISD policies.
- Participants must bring a positive attitude to every situation.
- Participants should put the team's needs over their own.
- Participants will put forth full effort at all times.
- Participants will demonstrate good sportsmanship at all times by his/her words and actions.
- Players must maintain passing grades in all classes.
- Participants will follow the grievance procedure in the following order;
 1. Allow/Encourage participants to communicate with their appropriate level coach.
 2. Parents and participants need to make an appointment with the appropriate level coach.
 3. Parents, participants, and appropriate level coaches need to make an appointment with the head coach.
 4. Parents, participants, appropriate level coach and head coach are encouraged to make an appointment with the Activities Director.
- To ensure this process is solution-focused, these steps **must** be followed.

THE WILDCAT CODE - PARENTS

- Parents will support The WILDCAT Code for Participants.
- Parents will be supportive of athletes, coaches, and officials.
- Parents will recognize that they play a pivotal role in helping to create a supportive and positive experience for their child and his/her teammates.
- Parents will respect various coaching decisions and trust they are made in the best interest of the participant and the team.

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- Parents will follow the grievance procedure in the following order;
 1. Allow/Encourage participants to communicate with their appropriate level coach.
 2. Parent and participant need to make an appointment with the appropriate level coach.
 3. Parent, participant, and appropriate level coach need to make an appointment with the head coach.
 4. Parent, participant, appropriate level and head coach are encouraged to make an appointment with the Activities Director.
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Athlete & Parent Certificate

Any gymnast failing to follow the following Program Objectives, Expectations, Policies or MSHSL rules jeopardizes their practice privileges, competition time, and ultimately their position on the team.

I have read, understand and agree to abide by the policies and expectations outlined in this PIZM Wildcats Gymnastics handbook. I understand that this form needs to be signed and returned BY the first day of practice in order to practice that day. This handbook is available on the gymnastics page of the Pine Island Public Schools website:

<https://www.pineisland.k12.mn.us/activities/athletics/gymnastics>

Date: _____

Parent/Guardian Signature: _____

Gymnast Signature: _____