

# ALL ABOUT COMPETITION

*Tips and Guidelines for a successful  
competitive year with Queen City Gymnastics!*

2009-2010

## Queen City Philosophy on Competitions

Our goal is to place each athlete at a level where she will be both challenged and successful. Although winning is not everything, striving to win is important. Through persistence, repetition and consistency, an athlete will progress over the 4-6 months of competition. We expect ups, downs, struggles, accomplishments, success and failure during her competitive season. Most importantly, we focus on the emotional development that will help build a strong, experienced, competitive athlete.

### The Do's of Competition

- **Arrive Early.** have your child find her coach immediately.
- **Look Great.** Have your child well groomed, dressed in her leotard and warm-ups, with a high, TIGHT ponytail.
- **Encourage** her to have fun, concentrate and do her best - leave the coaching tips to the coaches.
- Give her a hug and a congrats at the end of the meet, no matter how she placed or scored.
- Help us by reminding your child to focus on the goals that she and her coaches have discussed - **not on scores.**
- Once your child is on the competitive floor, allow her to focus on her coaches and her routines. Please refrain from distracting her or communicating with her even during bathroom breaks.
- Support Queen City coaches, athletes and parents. **Negative bleacher talk is unacceptable and can be harmful.**
- Gymnasts are allowed to wear one pair of stud earrings.
- Remove all nail polish from fingers and toes.
- All briefs must be nude or match the leo. Bra straps must never show.
- All tape must be white or nude.
- When accepting awards, warm ups are to be worn without sleeves hanging from the bottom of the jacket.

### How a Meet Works

- **Check-in Time:** This is the time that the athletes will report to the meet site. After check-in athletes should find their coaches as soon as possible.
- **Open Stretch:** The athletes are given a 20-30 minute time frame of general stretching, a team warm up and meeting. Athletes must not be late.
- **Timed Warm Up:** At meets athletes are given a certain amount of time per athlete to warm up on the event according to their level. Depending on the competitive format, the athletes might warm up all 4 events and then compete. Or, they might warm up and compete one event at a time.
- **Awards Ceremony:** At the conclusion of the meet, the athletes are dismissed to their parents. They will be expected to attend the awards ceremony, immediately after compilation of all of the scores.

Meets generally take 4-5 hours. Parents can expect competitive times and days for a meet 1-2 weeks in advance.

# QUEEN CITY GYMNASTICS

## Commitment

Beginning with Level 4, it is important for parents and athletes alike to be dedicated to our training schedule. The training program developed by the coaching staff is designed to offer each athlete the best opportunity to reach her training and competitive goals. **Any deviation** from the training schedule or activity overloading by the gymnast, causes inconsistency, frustration, takes away from her role as a team member, and breeds a “catching up” attitude; all of which increase the possibility of burnout or injury.

Outside activities are essential during the formative years and we encourage them. However, too many activities, or activities that conflict with the training or the competitive season can inhibit the athlete from performing her best.

Commitment from the athlete as well as her family is imperative for a successful experience. Each advancement throughout our program will require additional effort and dedication. **Our athletes learn early on that dedication to a training program and sacrifice for one’s goals are respectable character building qualities that will guide them in their quest for excellence.**

## Competitions

Competitive gymnasts are expected to compete in all regularly scheduled meets for their level, unless otherwise approved by the Lead Coach/Departmental Leader.

Queen City Gymnastics is a competitive team. Our athletes train hard for six-seven months in preparation for the competitive season. While every athlete is a priority, we will be on a strict training schedule during the competitive season. This training schedule is designed to help our athletes peak at the appropriate time of the competitive season. Athletes who are not on our regular training schedule should not expect the same results as the athletes who are. Queen City Gymnastics does not offer athletes the opportunity to train for a year in place of competing.

Meet entries are being sent to the competitions. Please understand that there are deadlines to be met to ensure a spot in the competitions. If a gymnast cannot compete due to illness, injury, or family emergency and becomes a scratch the meet entry may not be refundable.

## Respecting the Meet Officials

Most meets are run by a group of parent volunteers. Sometimes problems arise in areas from age groups, to awards, running behind schedule, etc. We ask that you always show respect and gratitude to all meet officials.

Parents are not allowed to speak to judges at any time (including bathroom breaks). Officials are not allowed to discuss scores, deductions, etc. and trying to engage them will often result in the coaches receiving a reprimand.