

KAATS GYMNASTICS HANDBOOK 2024 - 2025

Welcome to the KAATS Gymnastics Team Program

Your athlete has demonstrated the desire to learn and succeed in gymnastics. By joining our team program, you are accepting the responsibilities and commitments inherent to a highly competitive athletic program. Gymnastics is unlike other sports! It takes years of year-round physical training to become highly competitive. We pride ourselves in exceptional athletes who are also great people that show the world how determined and dedicated they are to their goals and dreams.

KAATS Gymnastics Team Mission: At KAATS Gymnastics, our mission is to provide a strong technical foundation of gymnastics skills for each level of gymnastics, so that each individual gymnast can reach their fullest physical potential. In teaching our athletes to execute great athletic feats we strive to teach self-motivation, determination, teamwork, time-management, pride in themselves and their teammates, and self-confidence. We are the place for positive hard work!

KAATS Gymnastics Team Philosophy: Our program focuses on positive technical corrections nearly every turn with a set progressive curriculum that allows our gymnasts to consistently try to be the best gymnast they can be. Our goal is to help the gymnast reach their goals – whether it be just to do well in their competitive level or to reach a higher goal of competing at the college level. The USAG Team program follows the USAG DEV and XCEL programs and the rules and policies that are set by the National Organization (USAG) and the Minnesota State Gymnastics Board.

At KAATS Gymnastics our focus on physical and mental preparation for the USAG Optional levels (6-7-8-9-10) and All Xcel Levels Bronze – Silver – Gold – Platinum and Diamond will focus on pushing the gymnast's individual goals and physical abilities to their maximum potential, while holding our gymnasts to a high standard of technical quality. Our upper-level gymnasts are well prepared to represent KAATS at the state, regional, and national levels! As the XCEL gymnasts will compete at the State and Regionals for XCEL Gold – Platinum and Diamond only.

What is different about KAATS Gymnastics from other gyms?

- *Our coaches are highly educated and continually update their knowledge, safety and spotting skills.
- *Communication, Communication, Communication!!
- *A positive work ethic in our coaches and athletes.
- *Teamwork, team unity, and pride in our coaches and athletes is a daily lifestyle!
- *Safety and preparation of the gymnast is always our priority!
- *High mobility standards for consistent, well prepared all-around success
- *We are always working towards the gymnast's final goals in gymnastics
- *3 words: technique, execution, repetition
- *Our staff is committed to help the gymnasts to reach their goals!
- *We have the best Staff! We all have the same goals which is to help the girls have a safe and continued sense of belonging and to feel comfortable and feel welcomed to the KAATS Family!

LEVEL DESCRIPTIONS

KAATS Gymnastics follows the USAG DEV Guidelines regarding levels of competition. Each level offers new challenges in skill development, strength, and flexibility. Gymnasts progress at their own rate through the program advancing as they master new skills. Our program is designed to help each gymnast become an All-Around competitor.

DEV Optional Levels (6-7-8-9-10)

Optional levels refer to the fact that each gymnast has their own floor and beam choreography. USAG sets rules for floor routine construction, but coaches and gymnasts work together to create routines that showcase each gymnast's strengths yet continued to build on their gymnastics foundation. These gymnasts compete around the state, regional and potentially National Competition (9-10) The competition season can run from December through May.

Levels 6-7-8

These are the beginning optional levels where each gymnast must attain 10.0 start value on each event in order to be eligible to compete. These levels may qualify to the state competition, and then qualify to Regionals by achieving a specific score set each year by USAG at the state meet.

Levels 9-10

These are the advanced optional levels where each gymnast must meet specific criteria within their routine to set a “base score” Then the gymnast must also be able to add difficulty through advanced skills and combinations to achieve the highest start value possible. Level 9’s can qualify for state, regions and westerns competitions by achieving certain scores and rankings. While Level 10’s may qualify for state, regions, and nationals by also achieving certain scores and rankings.

XCEL Program

The XCEL Program really ramps up the intensity of the girls training compared to recreational classes. At these levels the girls are introduced to strength and flexibility and specific skill work in preparation of competition. They increase repetitions, proper technique and conditioning to help their journey to a successful season. At the silver levels they have the same base routines on beam and bars and floor all having the same floor routine. Whereas the gold/platinum and diamond will have their own floor/bar/beam routine choregraphed specifically to each gymnast.

KAATS Gymnastics Team Fees

Monthly tuition – all tuition is due on the specified dates for your level. All XCEL athletes must pay on the 1st of each month and all Dev athletes must pay on the 13th of each month. Tuition must always be on or before the date, meaning that if the scheduled date doesn't fall on the day that your gymnast trains it needs to be paid before the scheduled date! All tuition is non-refundable. Monthly tuition remains the same regardless of attendance, vacations, injuries and other non-gymnastics activities, camps, birthday parties etc. Tuition is based on approximately 47 weeks a year of training divided into 12 payments. We reserve the right to add, cancel and make up practices as necessary for the greater benefit of the team. KAATS does not offer refunds for any reason, nor do we pro-rate for missed training sessions. Monthly tuition is determined by considering all costs of the total program and not a per hour charge. Tuition must be paid to practice. Team is a year-round financial commitment.

Sibling Discount – Families with two or more competitive gymnasts on team will receive a 10% discount off the cost of the lesser of the two monthly tuition fees

Notice of departure – When choosing to leave KAATS written notice by the prior monthly tuition payment is required. An exit conference between the parent/gymnast is required.

ANNUAL TEAM MEMBERSHIP FEES

- *Dues cover but **not limited** to the costs listed below
- *All coaches membership yearly fees
- *All coaches safe sport training
- *All coaches Background check
- *All coaches Safety & Risk Management Class
- *All Coaches Tough Coaching/Emotional Abuse Training
- *All coaches Partial Travel Fees/Hotels/Parking/food
- *State and Regional and National Conferences/Clinics

Uniforms/Routines/Meet Schedule

Uniforms: KAATS Gymnasts are required to purchase a team uniform and other apparel. Leotard are designed by Kathy and are used for approximately 2/3 years – KAATS Warm-up Jackets are also designed by Kathy and are used for 2/3 years – all gymnasts must purchase their own all black cotton long ankle length leggings – no designs on them – plain black.

Back packs will be available for purchase but are not required - all gymnast must have a backpack of some sort to take whatever they need to take with them to meets!

Routines: XCEL Silver will have the same routine choreographed by Kathy – Cost: \$30.00/gymnast checks made out to Kathy

XCEL Gold/Platinum/Diamond & DEV 6-7-8-9-10 will be choreographed by Kathy – all routines are typically used for 2 years.

Cost: \$150 checks made out to Kathy

ALL appointments are one hour and will be scheduled with Kathy

Sign up for times will be located on the office door

MEET SCHEDULE

A meet schedule will be sent out once it has been finalized. Each gymnast is expected to compete in all meets unless you let me know ahead of time – as I must register all gymnasts sometimes 3 months in advance on the USAG website for each meet we attend. Meets dates are usually schedule over a weekend with different levels of gymnasts and we don't find out the final schedule until 2 weeks before the meet. If your gymnast becomes injured prior to the meet you aren't guaranteed a refund. Refunds are dependent on the meet director of the competition. Gymnast must also attend all practice the week of the competition – and all practices 2 weeks before the State Regional Westerns or National Competitions.

MEET GUIDELINES/PARENTS/GYMNASTS

Parents: It is very important to KAATS that our parents in the stands are a positive example of good sportsmanship! We want our parents to be loud and proud but never obnoxious, rude or unsportsmanlike! All KAATS parents are to stay in the stands until the meet is fully complete – there is most likely plenty of seating available and it shows good sportsmanship displayed by the KAATS Organization, thank you!

*Provide your gymnast with a nutritionally sound meal prior to the competition as well as something healthy (not messy) to snack on if needed during the competition. Please also provide a bottle of water.

*No energy drinks prior to or during the meet

*See to it that the gymnast arrives at least 15 minutes prior to the meet warm-up time. During this time the gymnast should get checked in, use the rest room, hand off shoes/jackets to parents and be out on the floor ready for warmups.

*Parents are not allowed on the competition floor for any reason. Also, the gymnasts are not allowed to go into the stands to talk with parents.

*Parents are not allowed to approach judges

*No Flash Photography

Gymnasts: KAATS gymnasts will remain in the gym and cheer on the other gymnasts still competing until the meet is complete!

*Gymnast will arrive 15 minutes early to check in

*Gymnasts will remain with their coaches for the entire meet, in full uniform and are required to sit through all awards

*Gymnasts need to support each other and not compare scores with each other – we have also had many meets when I don't let the girls see their scores as I feel it sometimes can affect their performance. All gymnasts have good and bad meets – we need to let me know it's ok! One upset gymnast can have a trickle-down effect on the others – so we teach support to all in hopes of having a positive meet!

* No cell phones on the meet floor – or during awards

*Gymnasts need to arrive with their leotard pulled up - also make sure they have the correct bra for the leo!

*Gymnasts are not allowed to wear finger/toenail polish and they are only allowed to wear one set of stud earrings

*Gymnast hair needs to be pulled up tight as to not have to take it down to redo -it cannot touch the floor when they do a handstand!

Mobility

* Mobility, or moving up a level is determined by many factors including:

*Current skill level

*Mental readiness/toughness

*Work ethic/ability to work independently

*Physical strength

*Success at current level

*Attendance

*Physical Ability

*Attitude in and out of the gym

We want our gymnast to go into new levels and be successful! It is not always about being in a higher level or being with your friends – its about being your best at the level you are at! Each year the skills are getting harder to learn and takes time to perfect. It is very normal to stay in a level for 2 to 3 years if needed.

You need to trust that we always want what is best for your gymnast and our decisions on their level are based on that theory – not friends, not groups and not favorites!

Mobility Scores:

Silver/Gold: N/A

Platinum/Diamond: 32.00

Level 6/7/8 – needs 32.00, Level 9/10: 34.00

Qualifying scores:

To state

Level 6-8 32.00 Regions 34.00

Level 9-10 32.00 Regions 34.00

Bronze State 34.00

Silver state 34.00

Gold state 34.00 Regions 34.00

Platinum/Diamond State 32.00 Regions 33.50

KAATS TRAVEL MEETS

If you choose to attend a travel meet you are responsible for any additional fees that go with that meet –

EXAMPLE:

Maybe a travel meet is out of state

All fees will be divided between all the girls attending the meet –

Hotel – Flights – food and Coaches fees

This does not include the actual Meet fee that you need to pay to enter the meet – all fees depend on how many girls attend and how many coaches need to attend – and fees will be split accordingly -

EXTRAS –

* No practice make ups

*Try to leave issues outside the gym come in ready for a great practice!

*Be honest with your conditioning and practice assignments

*If you need to be taped, come in early

*Homework – school comes first, just let us know if you need to come late or leave early

*Social media please do not post anything with KAATS attire on when posting anything on social media, remember these posts never truly go away!

Acknowledgment of Reading & Understanding the Handbook

Please sign and return this page back to Kathy once the athlete and their parents have read and understand the entire handbook.

Athlete Sign: _____

Parent Signature: _____

Date: _____