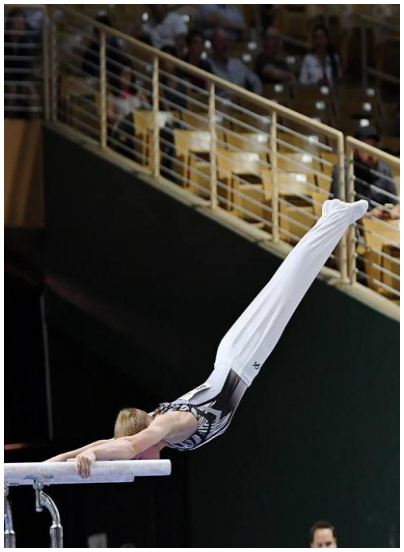

LaFleur's Team Handbook

Welcome to LaFleur's

We would like to personally congratulate each and every one of you for choosing gymnastics for your child. Gymnastics is the greatest overall body conditioning activity that you can have your child involved in. Some of the physical attributes that you will find developing in your gymnast will be: strength, flexibility, kinesthetic awareness, muscular control, muscular endurance and coordination, agility, running speed, balance and grace. In addition to the physical skills there are many important life skills learned in the course of gymnastics as well. Some of the personal attributes we hope to develop are positive self-image, self-motivation, patience, and willingness to sacrifice for personal development, goal setting, courage and enjoyment. It is rewarding to work hard and achieve your goals.

Our philosophy…

Central to our approach to gymnastics is our belief that the journey is the most important goal, not the destination or the result from any competition. At LaFleur's, we strive to provide every athlete with a chance to succeed through the development of long-term life skills such as confidence, perseverance, a love of exercise and sense of accomplishment. We believe very strongly in sportsmanship, respect for others, self respect and the development of a strong work ethic.

Management

LaFleur's address:	W189 N10991 Kleinmann Drive Germantown, WI 53022
LaFleur's phone#:	262-255-9700
LaFleur's fax #:	262-255-9742
Girls Team email:	lafleurgirls@aol.com
LaFleur's website:	lafleursgym.com Facebook.com/#!/Lafleursgym

Tammy Donahue – Owner & Girls Team Director/Level 6 – 10 meet entries
Maya Wickus – Owner & Level 3 – 5 meet entries
Cherie Hart – Xcel Head coach/Xcel meet entries
Jordan Sholtes – Head boys coach/boys meet entries

Tammy's email:	Lafleurgirls@aol.com
Maya's email:	lafleurgirls@aol.com
Cherie's email:	cherie.hart@charter.net
Jordan's email:	Lafleurboysteam@aol.com

Xcel:

Xcel PROGRAM DESCRIPTION
Competitive Season runs January – May
Xcel tryouts currently in May

WHO IS IT FOR?
• Anyone who desires the challenge of optional routines and competition.
• Those wanting participation but with a limited time commitment.
• Those that want a competitive gymnastics experience.
• Those that enjoy and love the sport.

WHY?
• To provide a means and a purpose for continued gymnastics participation.

BENEFITS
• Participants are able to experience optional competition without the huge time and financial commitment necessary for the JO program.
• Fosters teamwork.
• Incentive to improve.

Workout requirements
•Xcel meets for 2 hours, 2 times a week.
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GENERAL REGULATIONS AND REQUIREMENTS

1. Athletes must be registered with USAG.
2. Minimum age of participation in our program is 6 years old. Since this program is an alternative program it CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE JO PROGRAM.
3. A gymnast may compete in ONE State Meet per season.
4. A gymnast does not have to compete all events.
5. A gymnast does not have to have competed previously in the JO program.

Girls Junior Olympic Program Overview

(Level 1 – 10)*Level 1 is pre-competitive

Level 1 tryouts in December
Level 3 tryouts in December

- Competition season for level 3 – 5, September – 1st week in December
- Competition season for level 6 & 7 January – March
- Competition season for level 8, January – March/April
- Competition season for Level 9 – 10, January - May

The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing at more than one level in a year, if she so chooses.

The Women's Junior Olympic Program is divided into three major segments.

1. The Developmental phase: Level 1 is used as a non-competitive and achievement-oriented program. Level 2 is an introduction into competitive program.
2. The second part consists of Compulsory Levels 3, 4 and 5. These levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.
3. The third segment is Optional Levels 6-10. Levels 6 - 8 have difficulty restrictions, while Levels 9 and 10 have no restrictions in the skill choice. Level 6 and 7 have competitive opportunities up to and including State Championships. Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the Jr. Olympic National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

Entry Regulations and advancement

1. In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member.
2. Athletes may not skip any level. They must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: Levels 1- 2)

Men's Junior Olympic Program Overview (Level 4 – 10)

- Competition season for Level 4 December – March
- Competition season for level 5 – 7, January – March/April
- Competition season for Level 8 – 10, January – April/May

The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing at more than one level in a year, if she so chooses.

The Men's Junior Olympic Program is divided into 4 major segments.

4. Junior Olympic Compulsory (Levels 4-7): This is the main program that the gym utilizes. It provides the foundational skills and rules for all competitive levels. Gymnasts can participate as either Division 1 or 2. The difference here is that D1 gymnasts have the option to compete specific BONUS skills that can add to their score. D2 gymnasts can compete ONLY the written routines without bonus. Gymnasts can compete up to State Championships (Level 4) and/or Regional Championships (Level 5-7).
5. Junior Olympic Optional (Levels 8 -10). Gymnasts are required to create their own routines based on skills learned. Routines are scored on execution and difficulty ratings of skills competed and element groups outlines by the code of points known as the F.I.G. (International Federation of Gymnastics). Level 8 is a modified optional level; it follows the same scoring mechanism, but has skill group requirements prescribed by USAG and not F.I.G. Levels 9-10 are purely optional levels based on F.I.G. with increasing difficulty requirements to meet the element group requirements.
6. The third segment is Junior Elite. This is a combination of the Junior Olympic Program with the addition of Technical Sequence routines emphasizing the technique and execution. Gymnasts that go this route are attempting to be prospective National Team Members someday. Competitions are two-day affairs.
7. Junior Developmental. A Modified form of the Optional Program. This was developed to accommodate the gymnast that may not be acquiring the difficulty of skill fast enough to move up into a higher optional level. Difficulty requirements to fulfill element groups are non-existent. It is also for gymnasts that may enter into the sport at a later age and do not want to be competing against children much younger than them.

Entry Regulations and advancement

3. In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member.

Safety Procedures

Clothes and Hair - Girls may wear a leotard, biketard or a T-shirt and shorts for gymnastics. Boys may wear a T-shirt and shorts. Please do not have your gymnast wear a short shirt or cut-off shorts. For safety, we do not allow so tights, hats, belts, or any clothes with rivets or metal decorations. Long hair should be pulled back in a ponytail and jewelry (other than stud earrings) is not allowed. We sell various leotards and t- shirts in our pro shops—be sure to check them out!

Start Promptly - Please be on time for class as we begin promptly. Each class begins with a complete warm up to ensure the entire body is ready for activity and to help prevent injury. This is an essential time for proper preparation and to work on flexibility, strength, balance, and gymnast/coach interaction.

Child Pickup and Drop Off - You do not have to stay with your child if they are in the gym for classes or team, but please make sure we have your current emergency contact information on file. If you choose not to stay for the class, please walk your child into the building and then walk in to pick them up. For various safety reasons, your child will not be allowed to wait for you outside the building. If your child is at the gym for a private, you must stay at the gym. We require two adults present at all times.

Class Observation - Parents, families, and guests are welcome to observe from our convenient, air-conditioned viewing areas. No one but our staff and enrolled students are allowed into the gym at any time. If you need your child, please see the front office for assistance.

Class Distractions - Concentration and class control are very important for safety and skill development. We ask that family and friends do not distract the gymnasts while in class. For the younger students, we understand that observation is very important. Younger students love to be watched, and they will look out at their families to make sure they can be seen. We understand this and so to keep distractions to a minimum, please wave or blow a kiss to your child and then signal them to return their attention to the class.

Supervision - If you have other children with you, please supervise them at all times. Please help us keep LaFleur's Gymnastics a safe place by not allowing children to stand, climb, or jump from the cubbies, chairs, tables and other furniture, etc. No running or horseplay is allowed in the halls or waiting areas.

Report All Injuries – Please immediately report any injuries to a coach or staff member.

Lost Items - Please do not leave any valuables unattended. LaFleur's Gymnastics is not responsible for any lost or stolen items.

Food and gum are not allowed in the gym

No Smoking - Smoking is not allowed anywhere in the building.

Behavior Problems may result in suspension or dismissal from team.

Team Training Fees

Team fees are due on a monthly basis. The fees are based on 48 weeks per year. We generally close about 2 weeks per year, usually during holidays and certain key meet weekends. That leaves 2 weeks per year of unpaid gym time for you to use as vacation/family time. Hence, there are no fee reductions for missed workouts except in the case of long-term injury/illness. Prices are based on a 12 month period. Your spot-on team or in a certain group may not be available if you take time off.

- Payments to hold spots during extended leave
    - If you choose to take a month off or more, after the two weeks for family time included in your tuition, for vacation or travel purposes, we will hold your spot-on team for 30% of the tuition cost. The tuition is based on full groups and this helps cover our costs while you are gone because we are leaving the spot open for your return instead of filling it.
- Payment during injuries
    - For serious injury requiring a cast, surgery….one month will be at no cost. After the initial month:
        - Pay 30% of their fees for strength only. We do want to get the gymnast back to strength as soon as possible, it makes their return to full gymnastics come sooner and safer.
        - Pay 60% of their fees for strength and starting events but not staying for the entire practice.
- There are no refunds for any training received. If a team member is suspended or dismissed from team because of inappropriate behavior such as bullying or harassing a team member; if a team member decides to quit gymnastics or if a gymnast is injuried, billing will be suspended or modified from that point forward.

Boys Meet fees

Competition schedules will be handed out mid-Summer. All meets listed are very strongly recommended as your gymnast puts a lot of time into the sport and there are typically six or seven competitions in the season for them to test themselves and show what they've learned. If you do not wish to participate in any particular meets, you must do so on the form that you return to the coaches. Meet refund deadlines are typically December 1st. Any time after that date there is little guarantee of an entry refund. If they meet will not refund us because it is after the deadline for refunds we will not be able to refund you. This policy even includes all injury and illness.

Fees generally run between $65-$150

Boys Team Uniforms and Additional Fees

Your will be required to purchase a team uniform in order to compete. Uniforms consist of Competition Shirt (singlet), Pants, and Shorts. Warm-ups are to be worn to meets for warm-ups and while waiting to compete on a given event if they are cold, and also for any earned awards. If you are interested in buying a used uniform, we can help you locate one. We try to keep the same uniforms and warm-ups for three years. Level 4's do not purchase warm-ups, they get sweatshirts; this keeps cost down for new gymnasts trying out competitive gymnastics.

Other fees for the season:

***prices subject to change.**

USAG membership fee: $57 (2016) You are required each year to join USA Gymnastics. It is the organization that governs and insures our competitive program and competitions. Membership is renewed/joined in July 31st each year.

Coaches fees: $130 (2018/2019) Fee changes every year based on the number of boys on our team. Coaches fees pay for the time coaches spend at the meets each weekend

Coaches Travel: Coaches Travel fee is to cover gas/rental cars, hotel, meals and airline tickets when needed. Travel fees will be assessed and divided immediately after a destination meet to all of those families attending that meet.

Girls Meet fees

You will be automatically entered in all meets on the schedule. If you do not wish to be entered in a certain meet it is your responsibility to communicate that to Tammy for optional meets, Maya or Amy for compulsory meets and Cherie for Xcel meets. Schedules for level 3 - 5's come out in June, for level 6 – 10 the schedule comes out in August and for the Xcel in October.

Fees for level 3 - 5:	$35 - $70 per meet
Fees for levels 6 -10:	$75 - $140 per meet
Fees for Xcel:	$50 - $120 per meet

Girls Team Uniforms and Additional Fees

Your will be required to purchase a team uniform in order to compete. We require only the leotard they wear during the competition. The warmups and anything extra is NOT required. If you are interested in buying a used uniform, we can help you locate one. We try to keep the same leotards and warm-ups for three years, except level 3 which gets a new style every year. Level 2 & 3 leotards average $60, Xcel we try to keep around $75, level 4 – 7 we try to keep between $100 - 130 and level 8 – 10 leotards cost between $180 - $230.

Other fees for the season:

***prices subject to change.**

USAG membership fee: $57 (2016) You are required each year to join USA Gymnastics. It is the organization that governs and insures our competitive program and competitions. Membership is renewed/joined in July 31st each year.

Coaches fees: $95Xcel (2017), $205 Level 3 – 10 (2016) Coaches fees pay for the time coaches spend at the meets each weekend

Coaches Travel: Coaches Travel fee is to cover gas/rental cars, hotel, meals and airline tickets when needed. $95 for level 3 – 5 & Xcel, $220 for level 6 – 7 and $290 for level 8 – 10. This is for the entire season. We will estimate the cost of travel for the season each year, it is divided by all team members on a level scale. At the end of the level 10 season if there is money left in the Coaches Travel account refunds may be made equally to each team member. The season starts each September and ends in May.

(This is any example from 2016. Prices subject to change)

Meet Payment Worksheet

Name: _____Example 2016 Season_____ Level: ___3___

EXAMPLE

Attending? Yes or No	Date	Meet & Location	Cost	Meet fee
	Sept. 12 & 13	Judges Meet @ Scamps – Kenosha	3's = $37 4's = $42	37
	October 3 & 4	Swiss Turners – West Allis	3's = $37 4's = $42	37
	October 17 & 18	LaFleur's	3's = $37 4's = $42	37
	October 31 & Nov. 1	Midwest Twisters – Hartland	3's = $37 4's = $42	37
	November 14 & 15	M&M Gymnastics – New Berlin	3's = $37 4's = $42	37
	November 21 & 22	Salto – Waukesha	3's = $37 4's = $42	37
	December 5 & 6	STATE MEET hosted by WCGC – location near	3's =$70 4's = $70	$70
			Total Meet Fees	292
			Coaches fees for sessions at the meets	$205
			Travel fees for coaches (gas, hotel, meals & air)	$90
			USA Gymnastics Membership Cost	$57
			Minus any Booster Fundraising currently in account	
			+ $10 Credit Card Service Charge	
			Total Due by August 1st	$644

Please return this sheet on or before August 1st.
Checks should be made out to <u>LaFleur's.</u>
Credit cards need to be run through Tammy.

Thank you!

LaFleur's Team Member Obligation

All Team members are required to volunteer hours to help run our home meet or state meet when we are hosting. The requirements are as follows:

Girls Level 3 – 6, Boys, Xcel:	1 session per family or volunteer on a committee
Girls Level 7 – 10:	2 sessions per family or 1 session and 1 committee

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*You may buy out your hours for $40 per session you are required to work. Money will be donated by LaFleur's to the booster club for concessions or wherever the board feels it will best serve the athletes. All profits form the concessions and $1 per person at the gate is donated to the booster club for the help at the meet.

Booster Club

All girls and boys' level 3 – 10's and Xcel girls are all members of LaFleur's Booster Club. The booster club is run independently from the gym but LaFleur's supports and helps shape their policies. The booster club provides opportunities for fundraising, helps run our home meets, runs the banquet and gives support to our athletes.

Rules and Polices for the Athlete

The following actions show respect to yourself, your teammates and LaFleur's and are expected of our entire team.

1. Attend and be on time for practice.
2. Arrive at the gym ready to participate with the proper attire, hair pulled back, jewelry off, well rested and ready to go.
3. You are expected to work hard and try your best. This is all we will ever ask of you and what you should demand from yourself.
4. Treat the other gymnasts with respect, be kind to all gymnasts in each group and do not brag or boast.
5. At no time will any behavioral misconduct towards teammates be tolerated at LaFleur's. (Including, physical and verbal/emotional abuse, bullying, hazing and harassment.) Such matters could lead to suspension or dismissal from LaFleur's team.
6. Ask permission to leave the gym. This applies to leaving practice early, going to the restroom or talking to a parent. In doing so you show respect for your coaches and everyone knows where you are.
7. Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, to your parents and most importantly to yourself.
8. Provide your body with the proper food and drink. You want to fuel your body with nutrition that will help it perform at its best.
9. Tell your coach when your body is telling you to stop or slow down. If you are sick, injured or have pain, we need to know. Pain is a way your body tells you something is wrong.
10. Wait inside the building for your rides.
11. Turn off your cell phone. No cell phone calls without your coach's permission.
12. We want the gym to be a happy, motivating and uplifting place to be. There is no place in our gym for rude or belittling comments, displays of anger or talking back to coaches.

Rules and Policies at a meet…

1. Always have your USA Gymnastics membership card.
2. Arrive at the competition venue 10 – 15 minutes before open stretch starts.
3. Find your coach as soon as you arrive.
4. Gymnasts should be well groomed. Hair should be pulled up and away from the face and the team uniform should be on.
5. Accept your place in lineup and the scores that you receive with dignity and without comment. There is NO place for crying and uncontrolled emotions during a meet. Remember you are part of a team. Your teammates need you to be in control and supporting them with positive energy.
6. Be courteous and respectful of all meet officials.
7. Stay with the team until all competitors have finished and your coach has dismissed you.
8. Always stay for awards dressed in your LaFleur's uniform. As an athlete you have an obligation to stay for all the awards.
9. Accept any award you receive with courtesy and gratitude. Congratulate other athletes. Remember, you not only represent yourself but LaFleur's as well.

Guidelines for parents

Parents play a huge role in the development of a successful gymnast. Here is what you can do to help your child achieve their gymnastics goals:

On the physical side it is your job to ensure that your young athlete gets enough sleep, gets proper nutrition, gets to and from the gym on time, has the proper equipment and does rehab when needed.

The emotional side is just as important. It is your role to provide unconditional love, encouragement and support. It is the coach's job to be demanding and make corrections; yours is to cheerlead.

It is though the following guidelines that you show respect for your child and the effort they are putting into their sport. Anything less is a disservice to your child and will limit their opportunity for success.

1. Please come to your child's coach if you have any problems or concerns. We cannot help solve problems or explain certain situations if you do not come to us. Complaining to other parents cannot solve your problem.

2. Parents perform their role at home and outside the gym area. Within the gym, coaches and administrators play their roles. Please do not coach your child.

   When a parent starts to coach their child, they actually interfere with the very performance that they are trying to help improve. The gymnast can only concentrate on one part of their performance at a time. If a parent is telling a child to "keep your legs straight", or to "run faster", they are directing the child's attention away from what their coach is telling them. The child cannot make two corrections at once so either they do both poorly or focuses on one and not the other. No matter which choice they make someone is going to be upset with them. Coaching your child puts them in a no-win situation. It's unfair to them and to the coaches.

   In addition, you would be interfering with the development of the coach/athlete bond which is critical to any long-term success in the sport. The gymnast must be able to trust their coach and rely on their coach to direct their training.

   Finally, do you really think that we do not notice that their legs are bent?! Of course, we notice! If we are not working to improve their appearance it is because we are working on something more important at this point in their training.

3. Please stay in the waiting area and out of the gym. Or may we even suggest go run some errands. Sometimes it is more enjoyable to watch practice only once in awhile. You will notice more progress and give your child time to grow independently in their sport. For privates we require two adults in the building at all times.

Frequently asked questions:

Who's in charge?

At LaFleur's we really consider our coaching staff a team. Part of our success is that we all work together and have the same coaching philosophy. If you have questions about the Junior Olympic program email Tammy or Maya (compulsory director). If you have any questions about the Xcel program email Cherie.

Tammy Donahue – Owner
Maya Wickus - Owner
Cherie Hart – Xcel program Director
Jordan Sholtes – Boys Program Director

How do we decide who's moving up?

We understand that everyone would like to move up each year but that is not reasonable. Mastering skills at each level is very important. Skills in the lower levels are the building blocks of this sport. Also, learning how to compete with confidence, perfecting form and fine tuning the small parts of the routine will only help you in the long run. Each gymnast's journey through the levels will be at a different pace and that is okay.

Gymnastics is not a race. The best advice we can give the parents is DO NOT compare your child to others- just enjoy their journey and accomplishments. Their experience and yours can be so much more enjoyable if you look at it through their eyes and not your own. Goals and dreams should always be the gymnast's, not the parents.

When do we decide girls team move-ups?

For level 3 - 5, letters with their level for the next competition season are handed out in April. We typically know levels at this time, however there are borderline girls that are given until the end of June. Gymnasts that are borderline will have their parents contacted by one of the coaching staff. Level 1's tryout for level 3 in December.

For all optional levels, we decide by September 1st. There may be a rare exception to this where we decide later. Those exceptions will be communicated with the parent and gymnast.

When do we decide boys team move-ups?

For all levels, we try to decide by September 1st, however there are borderline gymnasts that are given until October 1st. There may be a rare exception to this where we decide later. Those exceptions will be communicated with the parent and gymnast.

How do we select workout groups?

Every March all the coaches start giving their input and suggestions for workout groups. Groups are put together by physical strength, skill level, attitude and fear level. We spend a lot of time considering what's best for each individual as well as what is best for our highly competitive program. It takes about time and everyone's input to complete this task. Then, we finalize all the workout times and hours that each group works out. Every year we hand out the summer schedule by the end of April or May and fall schedule by the end of June or July.

How do we select groups that get extra hours?

Occasionally we add groups our hours that differ from others at the same level. Why? When we have extra hours to offer, we will take a group of gymnasts we feel are the *most ready to work at an excelled speed*. The coaches look at everyone and narrow down whose physical strength, aggressiveness, fear level and attitude are ready for an extra push. Scores from their competition season have little to do with our decision. We know some feel this is unfair, but we feel it's best to move everyone at the pace that they are ready to move. Some move fast, some move slower. This does not mean we do not see potential in the other gymnasts, sometimes taking one's time and building confidence and proper basics will help them move further up later in their gymnastics. Our job is to recognize who needs what.

When can we talk to the coaches?

Communication has always been a tricky part of our program that we continue to try to improve. We feel we serve the gymnasts best by being on the floor coaching and avoid taking the time to talk to parents during practice. If there is an emergency or a pressing issue that needs to be talked about, of course we will leave the floor. Please remember, we are not always able to stay after practice without advance notice. We will be trying to send more information through email and also be giving you our email addresses so minor questions can be taken care of right away. Also, we will have conferences in May. Conferences will be over a week's period for all levels. We will have certain times and days for each coach and sign-up sheets will be in the lobby.

General questions:	lafleurgirls@aol.com
Tammy's email:	tammydonahue19@gmail.com
Maya's email:	mwickus25@gmail.com
Jordan's email:	jsholtes3@gmail.com
Cherie's email:	cherie.hart@charter.net
Amy's email:	bepositive34@icloud.com
Ryan:	Rnewman21@hotmail.com

What does my gymnast need for practice?

1. All girls' levels should have a gym bag with two 1 pound weights for her wrist/ankles and a jump rope. Make sure that the jump rope is the right size and of decent quality.
2. Proper gym attire. Girls must wear leotards must for practices. Tight bike short are optional but NOT preferred. Boys must wear form fitting shirts and shorts. No baggy or oversized clothes.
3. Grips… Girls will be fit for grips in level 4's and up. Boys will usually need them after level 5. If their hands are large enough and their skill level ready to handle grips, we will require that they buy them. It is a safety measure especially as their body weight changes. Grips cost approximately $54. Whether they have grips or not has no bearing on their level.

How do meet entries and refunds work?

Girls compulsory meet schedules are handed out in June and we start entering meets August 1st. We always enter you in the meets unless we hear otherwise from you. For the compulsory season we can get a refund up to 30 days before the meet. Within 30 days of the meet you are responsible for the meet fees even if you become injured or sick. All fees must be paid before a gymnast is entered in any meet. The following is from the Wisconsin USAG Rules and Policies (We will always refund you for our home meet):

Entry Fee Refund Policy for Wisconsin State policy for refunding Compulsory season meet entry fees is 30 days prior to the first day of a weekend competition. Full refunds will be given for any reason up to that date. No refunds are required to be given for any reason within 30 days of the meet. Optional and post-season Compulsory meets set their own refund policy to be published in their meet information. State Meets – No refunds for any reason within 30 days of the first day of competition.

Meet schedules for girls' level 6 – 10, all boys levels, & Xcel are handed out at the end of August and we start entering meets mid-September. Refunds for the optional season are usually available through December. However, nothing is guaranteed. Each meet can set their own refund deadline. That means regardless of injury, illness or even dropping from gymnastics altogether, we may not be able to get a refund and YOU ARE RESPOSNIBLE for the meet entry fee. The local meets are easier to get refunds but again nothing is guaranteed. ***If you have a conflict or are not traveling to certain meets, it is your responsibility to talk to Tammy or Jordan by September 5th or you will be entered.***

A Fact Sheet for

YOUTH SPORTS PARENTS

HEADS UP CONCUSSION

This sheet has information to help protect your children or teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness *(even briefly)*.
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

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National Center for Injury Prevention and Control

GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

Plan ahead.

What do you want your child or teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

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To learn more, go to www.cdc.gov/HEADSUP

To Register for team, you will need to do the following:

1. Go to:

https://www.iclassprov2.com/parentportal/lafleursgym/register

Or go to our web page and click the registration button.

You will need to make an account and sign the online waiver. You will be sent an email after you make an account saying you have been added to your invited workout group (sometimes these emails go your junk mail – we are working on that!). You can also log in and see this on your account when we add you, so if you don't see an email check your account.

Billing will be monthly as before. We will be setting up an ACH or you can leave your credit card information on your account and it will be charged each month. We will also accept checks or cash, but those payments MUST be paid in full by the 5th of each month. After two late payments, your only choice of payment will be to provide your credit card or do the ACH.

Should you ever need to discuss billing please talk to Tammy.

2. Sign form stating you read this packet and agree to LaFleur's policies. Also, fill out the medical information on the form and return to the office.
3. Fill out the booster club form and return to the office.

LaFleur's Girls and Boys Booster Cub Contact Form

Team Member's name	Level:		
Birth date			
Home phone			
Home address			
Mother's name		Cell phone	
Father's name		Cell phone	
Home Phone number			
Parent's Email address			
Email address of athlete for level 9 and 10's only (if they have one)			

Gymnast Name:_____

Parent's Names: _____

We have read the team handbook and agree to LaFleur's team policies.

Parent Signature: _____ date: _____

GYMNAST MEDICAL & EMERGANCY INFORMATION

Contact Numbers:

Please put a number next to the order you would like to be called if necessary.

_____ (Mom's Cell)

_____ (Dad's Cell)

_____(Child's doctor)

If you cannot contact someone at the above numbers, please call:

_____@_____

_____@_____

Please list any medical conditions or allergies we should be aware of: