



DAKOTA STAR GYMNASTICS

Winter Showteam Handbook **2017 - 2018 Edition**

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Our Mission Statement

"It is our mission at Dakota Star to provide a gymnastic curriculum which enhances awareness, hand- eye coordination, flexibility, strength, self-confidence, and a positive self-image in a safe and enjoyable atmosphere for the youth in our community."

At Dakota Star Gymnastics, we believe the sport of gymnastics is beneficial for every child's physical and mental development and that all children have the right to achieve at their own level of excellence. Our program provides a safe and enjoyable atmosphere, which allows every child to experience personal success in the sport, beginning with simple motor skills, promoting spatial awareness, and hand-eye coordination eventually resulting in strong self-confidence and a positive self-image. Our gymnastic curriculum is designed to meet the needs of each child's ability, and each child is encouraged to set their own goals with the help of their coach; whether it is to accomplish a cartwheel, earn a spot on the competitive team, or reach the coveted USAG Level 10.

Order of Importance in Gymnastics Training at DSG

- #1 **SAFETY**
- #2 **LIFE LESSONS & SPORTSMANSHIP:** Responsibility, respect, resilience, perspective, cooperation, problem solving, time management, teamwork, multi-tasking, consequences for poor choices or actions, dealing with disappointment, etc.
- #3 **Gymnastics skills**

To participate in the DSG Showteam:

1. Each gymnast must participate in the try-outs and be specially selected by the coaches to join the group best matching their skill level and accept the performance group level for which the coaches feel you are best suited. Legacy members are not required to try out each year, but must have been selected at try outs initially.
2. Each gymnast must understand that success in Showteam does not necessarily translate to mobility in regular classes and vice versa. Though Showteam is now officially a DSG coach-run program, the classes are in different formats with different skill requirements and are considered completely separate regarding mobility.
3. Each gymnast must attend all regularly scheduled practices, especially those closest to show dates. Contact your coach ASAP if you will miss a practice.
4. Each gymnast must arrive to all shows at the scheduled time. Contact your coach ASAP if you will be late and with your estimated arrival time.
5. Each gymnast must arrive to shows wearing the proper attire (Showteam leotard or DSG shirt with shorts). Also, appearance should seem tidy and well groomed: clean uniforms, hair completely secured away from the face, no visible undergarments (should be the same color as the leotard or skin in case they accidentally become visible), and no jewelry.
6. Each gymnast must accept your own performance and those of your teammates without negative/self-demeaning comments or teasing, exhibiting self-control and good composure after a mistake, fall or mild injury.
7. Each gymnast must be a good DSG representative at shows by being respectful and polite to all game officials, coaches, hosts, competitors, spectators and their associated persons.

Payments to Expect Throughout the Year

Annually:

- DSG Club Membership - \$20 per gymnast due annually on your iClassPro anniversary date.
- DSG Showteam Uniform - \$35 show leotard for girls (may wear all-black spandex shorts over leotard if desired).
- \$15-20 Showteam t-shirt with all-black athletic shorts for boys. (We have a new shirt vendor and are waiting for a quote.)

As Incurred:

- DSG Club Tuition - Based on length of class and dependent on total classes attended per week in any DSG program; paid at the beginning of each month. Red Stars can expect a maximum of \$38 and Blue Stars can expect a maximum of \$40. There is no refund for days missed.

Forms/Fees to Return by Due Date: November 17

Forms:

- DSG Showteam Family Contract
- Uniform fees (if you do not already have the required uniform or yours no longer fits):
 - Girls - \$35 for show leotard (note leo size with coach)
 - Boys - \$15-20 for Showteam t-shirt. The all-black athletic shorts must be obtained on your own. (This payment can wait until we get an official price from the vendor.)
- November Showteam tuition paid in the Parent Portal. If you have a valid credit card on your account, this will be done automatically each month.

Requirements for Participation

1. Each gymnast and their families must keep their tuition account in good standing, complete all USAG / DSG requirements, and follow all USAG / DSG rules in the DSG gym and at away competitions, camps, etc.
2. Each gymnast must be with the coaches in the preparation area at the designated meeting time and remain in the gymnast area until their coach permits them to exit for any reason, including bathroom breaks.
 - a. Contact your coach ASAP if you will be late. If your gymnast arrives more than 10 minutes after the scheduled meeting time without prior notice, he/she will likely not be allowed to perform. Please understand that this requirement is for the physical safety of your athlete; it is unsafe to participate without warm-up and stretch. The coaches may have already re-worked the show to compensate for your gymnast's absence.
 - b. Please do not call your gymnast away from the coaches without notifying the staff. Quietly signal the coach to dismiss your gymnast to you. We need to know exactly where the gymnasts are at all times.
 - c. If your athlete is injured during a performance, please wait outside of the performance area within clear sight of your child's coach. Your child will be brought to you as soon as possible.

3. While at the show location, there will be no horse play, running/wandering through hallways, elevated voices, etc. All participants and their families/guests are representatives of DSG and we ask that everyone please be a positive public role model.
 - a. Parents are asked to remain at the show location or have another trusted adult in charge of their child from the meeting time until the end of the performance(s). We rely on you to help keep your child safe and under control.
 - b. The coaches may lead quiet games or discussions with the athletes while waiting for a performance to begin, but please understand that they may be busy preparing themselves or other details for the show.
 - c. Be sure to clean up after yourself and others in the hospitality room, warm-up space, hallways, bathrooms, etc so that we are invited back to perform next time.
4. During practice, communicate with your coaches if they ask you to do a skill that is too difficult or you think you are ready for the next step. Please understand that you may feel ready to move on, but the coaches may notice something you may not be aware of about your prerequisite skill that needs to be fixed before trying the more complicated version. Your safety is our number one priority.

Team Requirements

Because the Showteam's tuition covers only the practice time while the cost of shows and equipment is supplemented by fundraising efforts, each gymnast is asked to participate in specific fundraisers as well as a certain amount of volunteer opportunities at your choice of various fundraising events throughout the year. If you are also a Team family, your efforts towards your Team requirements also count towards Showteam; Showteam requirements are not in addition to your Team requirements. Please note the following requirements for this season per the DSG Board of Directors.

Volunteer Requirements:

- All Showteam gymnasts are required to participate in the following ways:
 - Minimum of four (4) volunteer opportunities, such as taking admissions, working concessions, working a booth, setting-up/tearing down, etc at events like Spooky Spectacular of the Starstruck Meet, helping families collect their delivery items after a fundraiser like Plant Perfect, hauling equipment to performances, etc.
 - Volunteering for the 50/50 raffle during the summer months counts as TWO (2) SignUp.com slots each! For example, if you cannot volunteer at all in the winter, you would only need to sign up for and complete two (2) raffle events to fill your four SignUp.com slots.
 - Only slots filled by adults and children over the age of 14 count towards the SignUp.com slot requirements.
 - Must assist with all scheduled equipment loading dates your family is listed for. Each family is responsible for one date per child in Showteam. These dates do not count towards your two volunteer requirements listed above.
 - If your family volunteers to haul the trailer with your vehicle, that gesture does count towards one of your two volunteer requirements listed above. You may volunteer to haul on dates where you are and also when you are not required to load. Please sign up on SignUp.com to get credit.
 - When you are on the loading schedule, you are also required to assist with set-up during the show, holding mats during the show, and unloading the equipment at the gym after the show. All parents at the show should assist with set-up and mat holding even if they are not on the schedule for the evening.

Legacy Showteam Membership (Added 2016-17 season)

If you successfully complete all of your volunteer requirements between the beginning of this season and the beginning of the next, your gymnast(s) participating in Showteam this season becomes a legacy Showteam member, meaning he/she will automatically have a spot on one of the teams next season. The office tracks your volunteer time throughout the year and will pass this information on to the Showteam coaches before try outs for the next season. Note that legacy membership only applies to gymnasts who are selected during try-outs and who participate in the entire season during which the requirements are met; non-participating siblings and gymnasts who leave the team mid-season are not eligible for legacy membership. Also, the gymnasts will be placed on the team which best suits their ability level compared to the rest of the team and is not guaranteed to be on the same team as last season. Athletes who need to leave the team or forfeit their legacy spot due to an injury will be allowed to maintain their legacy spot the following season, provided that volunteer requirements have been met for the current season.

Group Selection and Wait-List

Blue Star members have the most advanced and aesthetically pleasing presentation of skills in the Showteam group, and the Red Stars are gymnasts with a good selection of skills that are performed well. The coaches will determine the maximum amount of athletes for each group and post this on the try-out flier; if fewer than the maximum try out, the coaches may divide the athletes between the two groups however they choose. Immediately after try-outs, participating gymnasts will be ranked based on their skill repertoire, form, and attitude. The gymnasts will then be placed in the appropriate group based on their ranking: Blue Stars, Red Stars, or the wait-list. The wait-list order is not made available outside of DSG staff. If a gymnast leaves the Showteam for any reason during the season, their spot will be offered to another gymnast: If a Blue Stars member leaves the Showteam, the top ranked Red Star member will move to Blue Stars and the top ranked wait-list athlete will be offered a spot on the Red Stars team.

Tuition Payment

Tuition must be paid in full before services are received (i.e. before practice is allowed each month). Charges will be placed on your account during the last week of the month and payment will automatically be made within one week of the charge's appearance in the Parent Portal ledger.

- If your autopay information is expired or inactive, we will contact you ASAP and you will be given a one week grace period to change the information; late payments for tuition and other items will incur a \$10 per day late fee.
- If an athlete attends any practices during a month, no tuition will be refunded for that month.

Showteam Uniform Items:

- Girls:
 - Show leotard - \$35. Order from the office. Leotard may change yearly depending on availability from manufacturer.
 - Shorts are to be obtained on your own. They must be all-black athletic shorts with an all-black waist band; girls are not required to wear shorts, but they must wear black spandex shorts if shorts are desired to be worn over the leotard. NO cropped/full-length pants or colored/patterned/slogan shorts; a small 1"x1" brand logo is acceptable.
- Boys:
 - Showteam T-shirt - \$15-20. Order from the office.
 - Shorts are to be obtained on your own. They must be all-black athletic shorts with an all-black waist band. NO cropped/full-length pants, or colored/patterned/slogan shorts; a small 1"x1" brand logo is acceptable.
- Purchased items are yours to keep or may be consigned at DSG for an account credit.

Team Attire

At practice:

DO

- Girls wear a leotard (with or without tight-fitting shorts) and boys wear a tight fitting/tucked-in t-shirt and shorts.
- Wear hair securely away from the face, including bangs and short hairs. Wear a headband or use hairspray if needed.
- Fitness wristbands are allowed.

DO NOT

- Do NOT wear street clothes or leotards with skirts to class. Contact your coach if you have health issues requiring attire that is not included in the dress code.
- Do NOT wear any type of earrings, dermal piercings, belly button piercings, necklaces, or metal, bracelets, anklets, rings, etc.

At shows:

DO

- Arrive at or before the scheduled warm-up time wearing the assigned uniform.
- Arrive with hair securely away from the face, including bangs and short hairs. Wear a headband or use hairspray (no glitter) if needed.
- Remove ALL jewelry with the exception of medical jewelry, and leave it with your parents. Medical jewelry will need to be taped to the gymnast's body before the show begins.

DO NOT

- Do NOT wear jewelry, with the exception of medical jewelry only.
- Do NOT wear undergarments that are visible under your leotard when you move. Panties and sports bras may be worn, but must be the same color as the leotard (no neon or flower prints) and should NOT be cut differently than the uniform. I.e. no racerback bra straps under a U-cut leotard.

Supports and Braces

- Supports and braces for weak, recovering, or mildly injured body parts are allowed during practice and shows, excluding boots, casts, and splints. If your athlete needs a restricted support or brace, they are not allowed to practice or perform. Depending on the estimated recovery time given by your physician, his/her spot may be given to an athlete on the wait-list at the discretion of the coaches. Legacy membership will still be available to athletes who need to leave the team due to an injury.

Attendance Expectations

During the performance season, it is imperative that all gymnasts attend most, if not all, practices. This ensures that they maintain the proper level of strength and endurance, learn the performance routine(s), and continue to learn the progressive skills necessary to advance their performance level. It is highly recommended that a Showteam member not miss more than 3 practices throughout the entire season.

- Absences from practice:
 - All absences must be emailed to the DSG email address (dakotagym@hotmail.com) with the specific reason for the absence: For example, "Suzy won't be at Showteam practice today because she went home sick from school today." If you do not contact the club before class, the absence is considered "unexcused."
 - This process lets the coaches know if there is a family or health issue they should be aware of and that your child is still committed to participating on the Showteam.
 - Two unexcused absences from practice will result in your gymnast losing his/her spot on the Showteam.
- Absences from shows:
 - If your athlete is unexpectedly unable to attend a show, please contact the Showteam Head Coach immediately so that the coaches may adjust for the absence. The show will likely need to be altered to compensate for your athlete. As much advance notice as possible is appreciated as this allows the coaches to come up with a suitable adjustment and the best way to present the changes to the other gymnasts.

- If you know in advance that your gymnast will miss a show due to a pre-planned obligation, please tell the Showteam Head Coach as soon as you are aware of the conflict.
- One unexcused absence from a show will result in your gymnast losing his/her spot on the Showteam.

Social Media and Email Contact

Please follow us on Facebook, Twitter, and Instagram for fun updates on events in the gym and on SnapChat to monitor your child's activities at practice (SnapChat may or may not be available during Showteam practices). Make sure you check your email for information and updates from the coaches between show and practice dates.

If your family has special circumstances or living situations, please make sure we are aware of everyone who needs to be contacted. Add all relevant persons to your Parent Portal account as that is where emails will be sent and phone numbers stored.

Snack Shop Charge Program

Showteam gymnasts are allowed to "charge" their snack purchases in the office for before or after practice snacks when they forget to bring their own. Each snack is \$0.50 and will be recorded by the office assistant. Each month, your child's snack charges will be billed with their tuition in the Parent Portal. Please discuss this process with your gymnast, make sure they understand your expectations, and how much you will allow them to charge; DSG will not police your child's snacking habits.

Health and Medication

If your child claims to be injured or sick, the DSG coaches and staff will not force them to continue practice. It will be left up to the parent to decide whether the child is being truthful about their ailment and to take action towards the child's behavior outside of the gym. DSG will not be liable for forcing a child to practice in poor health or against their will.

DSG's staff members will not dispense medications of any kind to any gymnast; this is not only our policy, but the law. Your child can bring his/her own medications and take them on his/her own in cases of diabetes, disease, sicknesses, aches, or asthma. If your child has health conditions for which a doctor has prescribed medications, please let us know: The health and success of your gymnast is very important to us.

Showteam Pictures

Showteam pictures will be taken in conjunction with the Braves Team pictures when possible out of respect for Phyne Photography for donating the sitting. If a wait-listed gymnast is added to the team after pictures are taken, he/she will unfortunately not be included in that year's photo. Details will be distributed when a date is set. Wear your Showteam uniform.

Safety Policies During Severe Weather or State of Emergency

If school is cancelled due to severe weather, DSG will not be open; watch Facebook for official updates.

If there is severe weather while your child is already in class:

- In Midco Gymnasium location – We are awaiting an official emergency situation policy to be released by Mandan Park District for this facility. Currently, the expectation would be to convene in the concourse or lower level restrooms during extreme weather. State-of-emergency information will be released when it is available.

In the event that there is an extreme situation during class, please DO NOT leave with your child without first notifying her coach. Your child's safety is important to us.

Standards and Expectations

These standards and expectations for both athletes and parents are meant to reinforce our #2 goal of instilling important life lessons and sportsmanship qualities in each athlete and family that participates in our program: (Responsibility, respect, resilience, perspective, cooperation, teamwork, multi-tasking, consequences, dealing with disappointment, no one is perfect/everyone is different, etc).

Respect towards coaches means...

- ...following direction the first time it is given, without argument, complaining, negotiating, back-talk, rolling of eyes, or sassy remarks.
 - Being timely after a direction is given shows responsibility, initiative, drive, and commitment to becoming a better athlete. This is an important skill to have as a student and as a future employee.
 - Being polite and agreeable in the face of a disliked activity shows maturity, understanding of the complexity of the sport, and suggests that the child will be a positive, hard-working addition to the work-force someday. Rude or obstinate athletes will not be given the opportunity to sully the experience of the athletes who are willing to work, and will be asked to leave the gym for the remainder of the class; being dismissed from class may also result in the child losing his/her spot on the Showteam.
- ...being humble and patient when challenged by a new skill, a level change, or any other unforeseen variable in the gym.
 - The Showteam coaches have the final say in any gymnast's position on the Showteam, regardless of skills accomplished or time spent in a certain level. Variables used to evaluate gymnasts are skill completion, skill quality, strength, focus,

- attitude, willingness to work, and respect for coaches. Patience and hard work are important in a difficult sport like gymnastics, and an upgraded status must be earned by exercising both of these qualities.
- Even though an athlete may practice advanced skills at practice, he/she will not perform those skills until the coaches determine that she meets all of the DSG standards and can perform the desired skill safely and successfully.
- Some gymnasts may take years to move through levels while some athletes may move through multiple levels in one season; some gymnasts work extremely hard with little gain while some athletes may advance quickly with little effort. Though this doesn't seem fair, that is the unfortunate reality of physical sports.
- ...conducting one's self with discretion, consideration, and poise when in the DSG facility or dealing with DSG staff, particularly in front of children (your child, children in your child's class, or other bystanders).
 - If you have developmental concerns about your gymnast or want an update on his/her progress, please discuss this with the Showteam Head Coach directly; the coach will meet with you 1:1 in a private setting if desired. Because other parents and the Board of Directors do not coach your gymnast, all practice questions and concerns should be brought directly to your coaches first.
 - DSG does not support verbal abuse, defamation of character, belittlement, or poor manners directed at ANYONE, DSG affiliated or otherwise, and profanity is NEVER acceptable.
 - If you have a problem with a coach, please follow the appropriate chain of command to ensure the problem is resolved. Approach the coach in question privately first to make them aware of your concern, then the Showteam Head Coach with Showteam coach issues or the Program Director with issues pertaining to the Showteam Head Coach, then the Board President with issues that have not been addressed or resolved by the heads of staff. Please be aware that if you choose not to bring issues to the attention of the people involved, the problem cannot be fixed and you become an enabler of the problem. Please help us make DSG a better place.
- ...trusting in the coaching philosophies of DSG's coaches.
 - Please trust that the coaches will not force anyone to do anything they are not physically or mentally ready to do; often, a child is physically ready far before they are mentally prepared. If the coach decides he/she is not ready, understand that it is for your child's safety. Forcing a child to do a dangerous skill before they are ready can cause, at best, a bad experience that creates a mental block preventing him/her from trying it again and, at worst, a catastrophic injury that could physically prevent him/her from living a normal life.
 - Please contact your coach with questions before voicing concerns or negative feelings in front of your athlete. If it is insinuated to a child, or they overhear a conversation you have with someone else, that their coach is "not good enough," he/she will not trust his/her coach and his/her gymnastics will suffer. Be mindful of the conversations that take place around your child or that your child has access to (your phone, email, etc).
 - Please be aware that all clubs and coaches are different, and so are all gymnasts and parents. There are often many different correct answers to the same question. If the coaching philosophies of DSG and its staff are in strong contrast to your vision for your athlete and he/she agrees with you, please consider exploring other options that may suit you and your gymnast better, whether that is another gymnastics club or another sport. We ask that you respect our differences without negative talk, unless our practices are unsafe for your child. We may not be the right match for you, but that doesn't mean our coaches or philosophies are wrong.
- ...reserving the coaches' private phone numbers for urgent, PERFORMANCE related situations only and not calling or texting after 9:00 p.m. If the situation/question can wait until the next working day, please leave a message in the DSG office or send an email to dakotagym@hotmail.com.
 - If your athlete will not be attending a show last minute, call your coach ASAP.
 - It is not appropriate to contact your coaches on their personal number for tuition questions, Public Hour questions, routine questions, fundraisers, etc. It is appropriate to contact them personally if you will miss an upcoming show before the next working day, if your child is severely injured outside of class, or if there is something inappropriate going on between gymnasts during class and you want to set up a private meeting.
 - Please be aware that our coaches may coach multiple DSG levels and teams, have full-time jobs outside of the gym, are raising their own families, are competitive gymnasts with rigorous practice and meet schedules, or are college/high school students with homework and school activities. Please respect their private time.

Respect towards each other means...

- ...supporting all teammates, regardless of skill level, social status, parental involvement at DSG, town lived in, school attended, etc. Each member of our Showteam deserves equal respect from each Showteam gymnast and family. Everyone is to encourage and support each other in becoming great athletes. Any person who commits a bullying offense against a DSG member at the facility, at school, at home, in public, or on social media, will be required to give a public apology to the victim.
 - Never critique, compare, or criticize any gymnast's performance, including your own, anywhere in the DSG facility or at meet locations.
- ...never quarreling, name-calling, or making crude remarks to anyone in our facility, at home, in public, or on social media. As our mission statement claims, we strive for an enjoyable atmosphere at DSG and intentionally disrupting that enjoyment for any other person is unacceptable. Any offending person will be required to give a public apology to the victim and possibly the entire Team, depending on the severity of the action.

- ...never intentionally create a dangerous situation or cause injury to another DSG member through action or inaction. Any attempt will result in severe disciplinary action, which may include the offending child's permanent removal from the club (NO REFUNDS for tuition, uniforms, or other payments will be given).

Respect towards the club and facility means...

- ...when making comments at shows, you are aware of the people around you and are speaking respectfully. As representatives of DSG, your family's comments may influence how others view the DSG program as a whole. We want everyone to be positively inspired by DSG members and affiliated spectators.
- ...parents and spectators are not allowed to enter or cross the DSG gymnastics area during or after practice unless invited to do so by the coach for a specific reason. If you need to communicate with your child or the coach during class, please ask the office assistant or another employee to assist you without distracting classes.
- ...gymnasts are not allowed in the gymnastics area without their coach. While in the gym, they should respect the space and equipment as if they purchased it with their own money.
 - Do not intentionally damage the equipment, carpet, paint, etc.
 - Make sure equipment used by you is returned to its proper home, unless someone else is using it immediately after you. If you don't know where it belongs, ask your coach.
 - Do not leave water bottles, supports/braces, headbands, or used tape, pre-wrap, or icepacks in the gym. Throw them away, take them home, or put them in their designated space. The staff is not responsible for what happens to these items if the gymnasts do not take care of them.
 - Do not waste the expensive pre-wrap, tape, or chalk provided for the gymnasts by making jewelry, balls, pictures, or marking things/taping themselves without permission. Disregard for moderation will result in the loss of pre-wrap/tape/chalk privileges, requiring the offending child to provide their own supplies for their own use.
- ...parents and gymnasts are not allowed in the DSG office unattended. If you need something, please ask the staff to help you. Particularly when we host events, please do not remove supplies (tape, scissors, chairs, etc) without replacing it in its correct spot immediately after use.

Respect towards the Showteam means...

- ...parents and DSG affiliated spectators attending shows must observe good sportsmanship and respect towards the host, officials, host and travelling coaches, and other spectators. If negative behavior is expressed, the hosts, officials, or your coaches may ask you to leave the performance site. Rude and obnoxious members are not a positive representation of DSG values and that type of behavior shows a lack of pride consistent with not wanting to represent DSG by being on the Showteam; members with poor behavior at shows may lose their spot on the Showteam.
- Examples of inappropriate behavior:
 - Booring players or referees during play, during breaks, or before or after the game.
 - Making negative comments about the game, the players, the host, the performance, our gymnasts, DSG, etc.
 - Screaming/cheering so loudly that the officiating process is disrupted.
 - Being inside or too close to the marked game space when it is not time to perform.
 - Playing, running, etc on the bleachers or in the hallways.

Respect towards the process means...

- ...understanding that the amount of practice days signed up for, attended, AND the level of participation your gymnast puts forth is directly proportionate to the amount of months it will take for your gymnast to reach his/her goals. Even with a high level of participation and determination, a large portion of your child's advancement also depends on his/her natural athleticism, ability, and both mental and physical maturity. A certain amount of time in a level does not mean that a child should be ready to or has earned the right to move to the next level. Please note that, under the supervision of current Team coaching staff at DSG, being able to "chuck" a skill does not mean that a child "has" that skill; if the staff deems the child's performance unsafe, they will make the child rework the skill into a safe and acceptable version.
- ...understanding that each athlete is responsible for his/her own gymnastics. The coaches are here to give direction, guidance, and correction and to physically assist the athletes who are actively interested in learning. The coaches are not here to force children to be gymnasts. If your athlete chooses not to follow direction or complete their assignments, they are choosing to slow their advancement. The consequences of these choices are an important life lesson that children should learn at an early age, before they enter the "real world."
- ...employing healthy eating habits. This doesn't mean that kids can't have treats, but that treats and unhealthy food options should be consumed in moderation to keep our athletes safe and healthy.
- Stress healthy snacks such as fruit, vegetables, and yogurt to avoid unnatural weight gain. Avoid fat-free, low fat, low carb, and low calorie snacks as athletes do need those things, but make sure they are not empty calories or "bad" fats found in cheap snack items, greasy chips, and fast foods.
- Be aware that each athlete is different and there are some things that you cannot out-train. Girls will already struggle with balance and awareness when they gain height and hips, so keeping their diet healthy will help minimize their struggle with their weight. Heavier athletes have a harder time lifting, moving, and spinning themselves.
- Please be aware that under-eating is just as dangerous, or even more so, than over-eating. In worst-case scenarios, this can lead to severe eating disorders. Refusing food or purging can cause weakness, fatigue, and brittle bones/joints, which can lead to serious injury.



POST THIS INFO ON YOUR FRIDGE:

DSG Holiday Closures — NO PRACTICE!

DSG is closed for ALL classes and regularly scheduled events, including Showteam, Pre-team, Team, and Braves classes, Public Hour, etc.

2017 Oct. 31 Halloween
Nov. 23 Thanksgiving Day
Nov. 24 Thanksgiving Travel Day
Dec. 24 Christmas Eve
Dec. 25 Christmas Day
Dec. 26 Christmas Travel Day
Dec. 31 New Year's Eve

2018 Jan. 1 New Year's Day
Jan. 18-19 Braves Starstruck Meets
Jan. 20-21 Starstruck Meet
April 2 Easter Monday
May 28 Memorial Day
July 3 Independence Day Eve (Art in the Park)
July 4 Independence Day (Parade)
July 5 Independence Day Travel Day
Sept. 3 Labor Day

Practice Schedule

November-December:

- Red Stars = Friday 5:15-6:15 p.m.
- Blue Stars = Friday 6:15-7:30 p.m.

January-February:

- Red Stars = Friday 5:45-6:30 p.m.
- Blue Stars = Friday 6:30-7:30 p.m.

Volunteer Requirements:

- All Showteam gymnasts are required to participate in the following ways:
 - Minimum of four (4) volunteer opportunities, such as taking admissions, working concessions, working a booth, setting-up/tearing down, etc at events like Spooky Spectacular of the Starstruck Meet, helping families collect their delivery items after a fundraiser like Plant Perfect, hauling equipment to performances, etc.
 - Volunteering for the 50/50 raffle during the summer months counts as TWO (2) SignUp.com slots each! For example, if you cannot volunteer at all in the winter, you would only need to sign up for and complete two (2) raffle events to fill your four SignUp.com slots.
 - Only slots filled by adults and children over the age of 14 count towards the SignUp.com slot requirements.
 - Must assist with all scheduled equipment loading dates your family is listed for. Each family is responsible for one date per child in Showteam. These dates do not count towards your two volunteer requirements listed above.
 - If your family volunteers to haul the trailer with your vehicle, that gesture does count towards one of your two volunteer requirements listed above. You may volunteer to haul on dates where you are and also when you are not required to load. Please sign up on SignUp.com to get credit.
 - When you are on the loading schedule, you are also required to assist with set-up during the show, holding mats during the show, and unloading the equipment at the gym after the show. All parents at the show should assist with set-up and mat holding even if they are not on the schedule for the evening.

Legacy Showteam Membership (Added 2016-17 season)

If you successfully complete all of your volunteer requirements between the beginning of this season and the beginning of the next, your gymnast(s) participating in Showteam this season becomes a legacy Showteam member, meaning he/she will automatically have a spot on one of the teams next season. The office tracks your volunteer time throughout the year and will pass this information on to the Showteam coaches before try outs for the next season. Note that legacy membership only applies to gymnasts who are selected during try-outs and who participate in the entire season during which the requirements are met; non-participating siblings and gymnasts who leave the team mid-season are not eligible for legacy membership. Also, the gymnasts will be placed on the team which best suits their ability level compared to the rest of the team and is not guaranteed to be on the same team as last season. Athletes who need to leave the team or forfeit their legacy spot due to an injury will be allowed to maintain their legacy spot the following season, provided that volunteer requirements have been met for the current season.



Showteam Family Annual Contract

DO NOT sign this contract unless you have read the entirety of this season's handbook, understand all of the fees, policies, expectations, and fundraising requirements therein and fully intend to abide by these rules. Being informed helps to eliminate issues that could come up during the season. If you have questions, please ask the Head Coach before the due date.

Gymnast: "I have read and understand all of the rules, policies, and fundraising requirements listed in the Dakota Star Gymnastics Competitive Handbook. I understand that these rules and policies are in place so I can enjoy gymnastics with my friends and coaches as well as to ensure my safety and success at practice and at meets. I fully intend to follow these rules, policies, and requirements throughout the upcoming year."

Gymnast's Name (Please print clearly)

Date: ____ / ____ /20__

Gymnast's Signature

Parent: "I have thoroughly read and understand all of the rules, policies, and fundraising requirements listed in the Dakota Star Gymnastics Competitive Handbook, both those directed at me and those directed at my gymnast. I am aware of and understand the fundraising contributions my family is responsible for. I also understand that by signing this contract, I am stating that I, my gymnast, and any immediate or extended family that become involved with DSG on behalf of myself or my child agree with and fully intend to follow these rules, policies, and requirements throughout the upcoming year. I also understand that I am waiving my right to dispute any fees, rules, policies, and requirements listed herein."

Parent/Guardian's Name (Please print clearly)

Date: ____ / ____ /20__

Parent/Guardian's Signature

Date: ____ / ____ /20__

2nd Parent/Guardian's Signature

DUE November 17!