



## **Team Handbook**

**2017 - 2018 Edition**

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### **MHS School Song**

Here's to Mandan, Here's to Mandan –  
Let us boost our dear old High!  
Raise the song both loud and long –  
And let it reach up to the sky.  
Loyal classmates, loyal classmates,  
We depend on each of you:  
Prove to our old High that  
we are one and all true blue!  
Let's give a rah! rah! rah! rah!  
Mandan High is on the floor today.  
Let's give a rah! rah! rah! rah!  
Team! And cheer them on in every way.  
Let's give a rah! rah! rah! rah!  
Black and White, don't let our colors fall!  
For we are with you every freshman, sophomore,  
junior and senior - - - One and All!

# Order of Importance in Team Level 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**

## Requirements for Competition

### Forms, Fees & Tasks to Complete by Friday, 11/13 - BEFORE practice is allowed.

FORMS AND FEES ARE ALL ONLINE! Go to My School Bucks to get started.

- o MHS Activities Fee: \$50, Concussion Course Completion, MHS Responsibilities and Obligations Form, etc.

### Return to coach before 1<sup>st</sup> practice:

- o Completed Physical Examination/Clearance Form
- o Medical Care Release Form
- o MHS Braves Gymnastics Team Family Contract
- o Extra-curricular activity schedules for November-February (Band, choir, school clubs, other sports, etc.)
- o Create family account in the DSG Parent Portal and/or update credit card information for snack charging.

### Fees & Tasks to Complete by Friday, 3/2 - BEFORE receiving team awards.

- o Return all uniform items to the head coach (long-sleeve leotard, tank leotard, jacket)
- o Pay off any remaining snack charges

## MHS or NDHSAA Mandated

1. Before the first meet of the year, each gymnast must attend at least nine (9) practices to be eligible for the competition.
2. Each team member must be eligible academically according to MHS Activities Department policies (updated 2015):
  - Every Monday before practice, the students must present their grades to the coaches via their iPads.
  - Senior High School STUDENT Athletes
    - Passing grades must be maintained in a minimum of **all but one** academic subject on a weekly basis or they will be ineligible for the entirety of the following week.
    - Must be a "Student in Good Standing" in regards to the proper progression towards graduation. (Take the amount of senior high semesters completed times a minimum of 3 credits.)
  - Middle School STUDENT Athletes
    - Passing grades must be maintained in **ALL subjects** on a weekly basis in order to participate in any activity involving another school regardless of the team/group of which that student is a member.
3. Each team member must be eligible regarding behavior, health, and attendance according to MHS Activities Department policies:
  - You have attended at least nine (9) practices before competition, with no unexcused absences.
  - Have a current Physical Examination form and NDHSAA-approved Athletic Pre-participation Health History Screening completed by a qualified health care professional on file with the Activities Office. These screenings are valid for one year only and must have been completed after April 15<sup>th</sup> to be valid for this school year.
  - You have competed in a sport less than 4 years as a high school student and are under 20 years old.
  - You are an amateur in the sport in which you are competing or have not competed under an assumed name.
  - You have not used or had in your possession tobacco, alcohol, or illegal drugs.
  - You have attended more class days than you have missed this semester.
  - You have not transferred schools without a corresponding move by your parents within the past 180 days.
4. MHS Participation Fees
  - All participating athletes will pay a participation fee. Middle school athletes who participate on this senior high team are to pay the senior high fee. Students are eligible for refunds up to two weeks into the activity with a signed note from the head coach and athlete supplied to the Activities Office. Fees will be refunded pro-rata for students withdrawing due to serious injury or illness with a signed note from the head coach supplied to the Activities Office. Students suspended from the activity for disciplinary reasons, absenteeism, or violation of NDHSAA or MHS rules will NOT receive refunds.
    - **MHS Athletics Fee:** \$50 made out to MHS and turned in to the head coach before first official practice. Students who have already met the maximum individual or family fee for the school year or are eligible for the following discounts should notify the head coach to confirm exemption from the fee:
      - Senior High Individual Fee Maximum: \$125 per student per school year.
      - Middle School Individual Fee Maximum: \$75 per student per school year.
      - Family Fee Maximum: \$250 per family per school year.

- **Uniforms:** \$0 - Uniforms are currently supplied by the high school as no cost to the athletes and include a tank top warm-up leotard, long-sleeve competition leotard, and jacket. These items are to be worn only to school on meet days, at meets, and special events as instructed by the head coach. Pants are to be obtained on your own and must be full length, all-black athletic leggings or pants with an all-black waistband. The full cost of all replacements due to damages or lost items are 100% the responsibility of the athlete assigned to those items. Unauthorized or inappropriate use of the uniforms will result in disciplinary action, which may include being **benched for the next competition**.

## Gymnastics Team Culture Mandated

- Violating MHS eligibility standards will result in being **benched for the next competition** on the FIRST offense.
  - Being **benched** means that the gymnast **will stay home from the competition and will not receive a letter.**
- Each team member must be able to complete full routines on each registered event during the week of the meet at which they plan to compete. A full routine is that which the Head Coach has approved. Any changes made to the routine throughout the season must be approved before they "count" as part of the full routine. If a skill is being performed dangerously or the gymnast refuses to follow the recommendations of a coach, it will not be allowed in competition; if the skill is competed with disregard to the coaches' instruction, regardless of whether or not it was completed successfully, that gymnast will be **benched for the next competition**. Please understand that this rule is for the inherent safety of your athlete.
- Each team member must accept scores and corrections without criticism or self-demeaning comments, exhibiting self-control and good composure after a fall or mild injury. Tantrums and tears can result in team score deductions, so they WILL result in being **benched for the next competition**.
- Each team member must arrive to meets with the appropriate uniform and equipment; the gymnasts must dress for school on meet days as instructed. 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 nude), no jewelry, and no colored nail polish. Failure to present appropriately will result in the loss of that gymnast's competitive spot for the day, or at the next competition if she is not on the roster for the offending day.
- Each team member must remain in the competition area with the coaches at all times unless direct permission has been given to go elsewhere (bathroom, concessions, parents, bus, etc.). DO NOT EVER leave the building without a coach. Failure to stay within a safely supervised area will result in being **benched for the remainder of the current competition and not being allowed to travel to the next competition**; repeat offenses will result in removal from the team. Safety first.
  - Parents, please do not call your gymnast away from the competition area to bring them beverages, give medication, talk about the meet, etc. We need to know exactly where the girls are at all times and it is often beneficial to allow the gymnast to focus on the competition without distraction or (unintended) pressure.
  - Parents, if your athlete is injured during competition, please wait outside of the competition area within clear sight of your child's coach. Your child will be brought to you as soon as possible.
- Each team member must be courteous, respectful and polite to all bus drivers, meet officials, coaches, hosts, competitors, spectators and associated persons. Being courteous and respectful includes keeping voices at a low volume and actions mature and appropriate while we are travelling in the bus or others are warming up and competing. Obnoxious and rude behavior will result in being **benched for the remainder of the current competition**. Only one warning will be given.
- Each team member must be honest regarding the severity of any injury, especially those involving a bump to the head, which occurs during gymnastics, at school, or at home. Further aggravating the injury rather than allowing the body to heal properly may result in additional missed competitions due to causing a more severe injury.

## Dakota Star Gymnastics Mandated

- In order for MHS athletes to practice in the Dakota Star Gymnastics facility, our athletes must maintain a good working relationship with the club. The athletes must each have a family account created in the DSG Parent Portal (Go to [www.dakotastargymnastics.org](http://www.dakotastargymnastics.org) and click "Create Account" on the Home Page, then follow the prompts; if your athlete participates in DSG classes during the off-season, you have already completed this requirement). This process includes a waiver, photo release, and provides the coaches with easy access to all of your contact information in case of an emergency. DSG will not allow your athlete in their gymnastics area without an account in the DSG Parent Portal. During the off-season, MHS gymnasts may sign-up to practice their skills at DSG in preparation for the next upcoming season. Contact the office for current tuition fees, practice times, and other requirements.
- If your athlete wants to charge snacks, you must have a valid credit card attached to your Parent Portal account. Snacks will be charged either monthly or once the total is over \$5. Failure to pay this bill before the State Meet will result in the withholding of end of season awards, including lettering awards, until payment is received.

3. Use of profane language, vulgar or “adult” conversations, and defiant or distracting attitudes and actions are expressly prohibited inside the DSG facility. Remember that there are young children around you and that you are role models by default; those young athletes look up to you and aspire to be you someday, so be sure to represent yourself well.

## Team Requirements

### Volunteer and Meet Requirements

1. Because Dakota Star Gymnastics does not charge MHS a rental fee to host the gymnastics program at DSG’s facility, each gymnast is asked to participate in or volunteer for as many DSG fundraisers as possible during the MHS season. Each athlete is **REQUIRED** to volunteer for at least one DSG fundraising event (excluding the meet) unless the team hosts its own fundraiser benefitting DSG. This contribution is a lettering requirement.
2. Each team member is **REQUIRED** to participate in set-up/tear-down/during any DSG hosted meet weekend in which MHS participates. This contribution is a lettering requirement. Please note the following details for this requirement:
  - Volunteer a minimum of 3 collective slots total per family towards the success of the event. These requirements must be filled using DSG volunteer slots on SignUp.com:
    - This can be accomplished by helping with pre-meet rearranging of equipment and cleaning, volunteering for jobs (admissions, concessions, etc) during the Braves OR club meets, or helping with pre-meet rearranging of equipment and cleaning.
    - Braves team members age 14+ or a parent may volunteer for SignUp.com slots during club sessions. DSG volunteers often staff the Braves meet to allow you to enjoy the Braves meets while your gymnast and her team compete, so Braves volunteering at the DSG meet is a kind way to return the favor.
    - If your family has a conflict with volunteering for the meet, contact the Head Coach ASAP to make arrangements. Failure to make arrangements ahead of time will result in the athlete being **benched for the home meet(s) and the following meet**.
  - **Parent Recognition Night:** We will host this event during our largest home meet of the season (January 19 MHS vs. BHS/CHS/LHS/GF) and will recognize the entire team and their parents during march in. Plan to arrive by 5:15; official details will be released closer to the event. Parents, please make a concerted effort to attend in support of your athlete.

### NEW! Varsity and JV Divisions for MHS Gymnastics

For many reasons, including the wide range of ability levels MHS allows on our team, the inherent complexity of gymnastics and its competition formats, and the way state qualification is tabulated in NDHSAA gymnastics, the coaches and Athletic Director have decided to create an official JV division for our gymnastics team. Last season, it was brought to our attention that there were issues throughout the team, from the advanced athletes as well as the newer team members, regarding competition rosters and athlete rotations, so we decided to break the athletes into groups based on their individual ability levels. This is in order give the team it’s best chance to score competitively and also to incentivize skill advancement. The Varsity and JV athletes will still practice/ travel together and have the same team expectations; however, JV athletes will primarily compete at meets where their skill level division is included.

Since we can generally only compete a maximum of 8 athletes at “Varsity only” meets, our Varsity division will include 8 athletes and the remainder of the team will be JV athletes. Each gymnast will have the opportunity to prove their skill level during the first two weeks of season, similar to try outs for other sports teams, with the division rosters officially being decided for the first week of December practices leading into our first meet. In the event of a serious injury, previous seasons will be considered.

If we are missing Varsity level scores on an event or in the all around at a “Varsity only” meet, we will pull JV athletes up to Varsity for that competition. We try to schedule as many meets as possible with a JV option, but these meets are less common than “Varsity only” meets since MHS is one of the few teams in the state large enough to have a JV squad. Please note that if an athlete competes one or more events in the JV division, all of their events must be in the JV division at that meet.

### Attendance for Practice and Meets

1. Before the first meet of the year, each gymnast must attend at least nine (9) practices to be eligible for the competition.
2. During the competitive season, it is required that all gymnasts attend all 5 practices per week with the only exceptions being school events that result in a grade (band/choir concerts, etc) or a family emergency (someone in the hospital, etc). This ensures that the athletes maintain the proper level of strength and endurance along with continuing to learn the progressive skills necessary to compete safely and successfully while building a strong team atmosphere.
3. Any unexcused absence or unexcused late arrival automatically **benches the athlete for the next competition**. This policy will be strictly enforced, even in the event of team score disqualification due to the gymnast’s missing event

score(s). An excused absence is defined as one that the gymnast's coaches are aware of on or before the day of the absence; late notices will NOT erase an unexcused absence.

- Athletes who are dismissed from school before 3:30 must be ready and on the floor by 3:45 on Wednesday-Friday class days.
- Athletes who are dismissed from school after 3:30 must be ready and on the floor no later than 4:00 on Wednesday-Friday class days.
- If an athlete needs to be tardy due to a legitimate reason, such as taking a test after school, please contact the coaches just as you would for an absence. We had many unnecessary tardiness issues during the 2016-17 season, such as shopping a sale before a store closed for the day. Learning priorities and to plan ahead is important.
- **Absences from practice:**
  - All absences or late arrivals must be called in to 701-663-1174 or emailed to dakotagym@hotmail.com with the specific reason for the absence.
    - Example: "Suzy will be 20 minutes late for Braves practice today because she has a dentist appointment."
    - Example: "Sally will miss Braves practice Friday because of a graded band performance at the football game."
    - Notification in advance tells the coaches that the parents know that their child wasn't at practice; teens may be truant or simply make poor choices. This also lets the coaches know if there is something they should be aware of, such as a health concern, family issues, mild-severe injury, problems at school, excessive homework, etc. This information may aid in the way they coach your child until the gymnast is back to 100% physically and/or mentally.
  - Absence notices must be made BEFORE the absence; this year, no late notices will be accepted and the absence will be treated as unexcused. An unexcused absence will result in being **benched for the next competition**. Telling the coach before your child is absent is giving a reason, but afterwards is an excuse.
  - Practices the week of a meet are considered mandatory. If your child is too ill to practice, she is likely too weak to compete. At the discretion of the coaches, your child may be removed from the competitive roster for that week for her safety.
    - Injured or ill gymnasts should supply a doctor's note explaining the condition as well as its estimated recovery period and should continue to attend practices (when they are no longer contagious) to morally support their team or with an individualized conditioning schedule created for them by their coach if their condition allows.

## Practice Attire

### DO

- Wear a leotard, with or without tight-fitting shorts.
- Celebrate #NoShortsFriday: do not wear shorts over your leotard on Fridays. This is to get comfortable in leotards without shorts since you do not get to wear shorts in competition.
- Wear a sports bra.
- Wear hair securely away from the face, including bangs and short hairs. Wear a headband or use hairspray if needed.
- Fitness wristbands or fabric bracelets/anklets are the only jewelry allowed.
- Bring a water bottle or sport drink to every class.

### DO NOT

- Do NOT wear a t-shirt/tank top, unless a skin condition requires you to do so. Contact your coach before wearing inappropriate attire to practice.
- Do NOT wear a regular bra.
- Do NOT forget the necessary hair supplies to keep all hair out of your face. This is for safety!
- Do NOT wear any type of earrings, necklaces, and dermal jewelry, or metal bracelets, anklets, etc.

## Meet Uniform

### DO

- Wear your team jacket and all-black march-in pants to school for away meets and dress up for home meets.
- Arrive at the designated meeting place (front doors of MMS or MHS on school days or the Starion Sports Complex parking lot on Saturdays) at or before the scheduled meeting time. Bring or arrive wearing the appropriate leotard, undergarments, uniform jacket and pants.
- 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, including belly rings and other piercings, with the exception of medical jewelry. Medical jewelry will need to be taped to the gymnast's body.

## DO NOT

- Wear t-shirts, sweat shirts, leggings, etc that are not MHS Braves Gymnastics or MHS branded black/white/grey. The team jacket must be worn to school and for march in.
- Do NOT cut the MHS leotards' tags! They're rentals and the size needs to be available for future years.
- Do NOT arrive late to the meeting place. We usually do not get extra time to arrive at our destination.
- Do NOT wear shorts over your competition leotard.
- Do NOT take off your competition leotard until after awards.
- Do NOT forget the necessary hair supplies. This is for safety and the judges may not allow you to compete until your hair is secured appropriately.
- Do NOT wear jewelry of any sort, unless required by a medical condition. A deduction is applied at each event.
- Do NOT wear undergarments that are not completely covered by your leotard when you move. Panties or briefs and sports bras may be worn, but must be the same color as the leotard and should NOT be cut differently than the uniform. I.e. no racer back straps under a U-cut leotard. These undergarments should be supportive for your body type.

## Uniform Purchase and Rental:

- Team leotard Borrowed from MHS (DO NOT CUT THE TAG!!!)
- Warm-up leotard Borrowed from MHS (DO NOT CUT THE TAG!!!)
- Jacket Borrowed from MHS (DO NOT CUT THE TAG!!!)
- Pants are to be obtained on your own. They must be full length, all-black athletic pants or athletic leggings (NO capri, cropped or pajama pants) with an all-black waist band. Brand does not matter, but there shouldn't be large visible logos).

**IMPORTANT UNIFORM WASH INSTRUCTIONS:** Please wash all items inside out with like colors (hand washing is preferred) and DO NOT dry them in the dryer. Do not wash in hot water or with new, darkly colored, or red clothing as the dyes may transfer to the uniform. The cost of replacement will be billed to you by MHS for any damaged or discolored leotards or jackets.

## Please note:

- Uniform items are only to be worn to events we attend as a team, to school on meet days, and to the meets. Any other use, unless specified by the coaches, will result in being benched.
- Borrowed items must be returned in ideal condition to the DSG office within one week of WDA (DUE February 23), unless you or the team qualifies to compete at the State Meet; uniforms for State qualifiers are due within one week of the State Meet. Damaged, late, or missing items will be reported to the MHS Activities Department and the full replacement cost will be billed to you.
- Bringing uniforms and additional equipment to meets is solely the responsibility of the gymnast; coaches will not supply replacements or be held responsible for scoring consequences incurred by the gymnast.

## Non-required, Acceptable Accessories

- Supports and braces for weak, recovering, or injured body parts are allowed at practice and during competition, excluding boots, casts, and splints. These items must be obtained or purchased by the gymnast.
- Any additional equipment (floor music, grips, supports, braces, etc.) a gymnast requires or desires must be obtained or purchased by the gymnast. The gymnast is responsible for making sure these items are available at practice and meets.
- Grips are a privilege earned and are not a required piece of personal equipment (there are collegiate athletes that compete high difficulty bar routines without grips). Team policy for dowel grips is as follows:
  - Must obtain straight arm kips on both the high and low bar before purchasing.
  - Must have coach measure hands and recommend the type of dowel grip purchased based on the athlete. Generally, the DSG office will order the grips, have them sent to the gym, and then bill the family.
  - Possible exceptions (this is at the discretion of the coaches and is for safety):
    - Freshman in high school or older.
    - Heavier set build and/or weak hand muscles.
    - 5'5" or taller.
    - Was allowed to wear dowel grips at a previous club before transferring to MHS.

## Traveling

### DO:

- Get your assignments ahead of time for the classes you will miss; often, we will not know departure time until the week of or a few days before the meet, so get all assignments for the meet day in advance. Talk to your teachers about due dates and test make-ups. Failing or incomplete grades for any reason will cause you to be ineligible.
- STUDENTS WHO DO NOT DRIVE: Meet in front of your school for school-day meets and in front of the Starion Sports Complex for meets on no-school days. Your ride will always pick you up from the gym after meets.
- STUDENTS WHO DRIVE: Meet in front of the Starion Sports Complex for all meets. This is so that your car is available to you at the gym after the meet.
- MHS gymnasts are required to ride the bus to all out-of-town meets – No exceptions.

- If you wish to ride home with a parent/guardian, request a travel waiver form from the coaches before the day of the meet; the coach may not bring extras and will not accept any other notes. These waivers must be given to the head coach ideally before we leave town, but before competition begins at the latest.
- There is no bus for home meets, so please arrange a safe and parent-approved ride from school to the gym.
- The head coach will announce a meet day report time as soon as it is available. If you miss the announcement, you are responsible for asking a coach, the team captain, or checking team social media pages; “not knowing” is not an excuse.
- On the bus, students may have blankets, pillows and electronic devices. Conversations will be kept at a low volume, students will remain seated while the bus is in motion, and there will be no horse play. Students will share seats when necessary; if there is the possibility of only a few students having their own seat, coaches will assign seats using seniority.
- Upon returning to Mandan, all gymnasts must have a vehicle or ride waiting for them at the Starion Sports Complex; please do not walk home. Call your ride before we leave and again 20 minutes before we arrive in Mandan. Unfortunately, we will not know what time we will return until AFTER the competition ENDS. Please note that rides need to be timely; the coaches will likely still need to travel to another city that night for a club meet held the next morning.
- Gymnasts must stay together as a team anywhere we go from the moment the gymnasts leave school until we arrive back at the Starion Sports Complex after the meet. This includes remaining in the competition area until the head coach gives verbal permission to go to the stands; gymnasts may not leave the competition area before, during or after the meet without the head coach’s permission.

#### DO NOT

- Scream/yell, use profanity, bully, or engage in general misconduct that may distract the driver. These actions may result in being **benched for the competition we are travelling to** or more, depending on the incident.
- Gymnasts will not be allowed to leave from the meet site with friends or teammates under any circumstances.
- Forget the importance of contacting rides in a timely manner as a courtesy to the coaches, who often have one to two full days of meets to coach following the high school meet.
- Do not leave the competition area without permission directly from a coach. Do NOT ever leave the building without a coach! Failure to stay within a safely supervised area will result in **being benched**. Safety first!

**Hotel Room Fees:** Hotel room cost during regular season meets (all meets excluding State) will be divided among all gymnasts and must be paid before we leave for that meet. Gymnasts must stay with the team and will be grouped four per room to minimize cost. Rooming lists will be determined by the head coach, who has final say regarding these arrangements. After check-in, gymnasts will check their rooms and report any damage to the head coach to avoid undue damage charges; any room damage fees incurred following our stay will be divided among all of the girls who stayed in that room.

**Meals:** Team members are responsible for their own expenses during the regular season and WDA. This means that all meals, snacks, beverages, and other purchases made by the athlete are to be paid for by the athlete and will not be reimbursed by the Activities Department. At the State Meet, the Activities Department pays for the hotel and supplies all qualified athletes with \$15 per day for meals; the athlete is responsible for any costs that exceed these allowances. Non-qualified gymnasts who choose to attend state are responsible for their portion of the hotel (if there are no open spots in qualifier rooms) and all other expenses, just like a regular meet trip.

### Student Managers

Since there is not a need for student managers in gymnastics due to only one athlete competing at a time, usual manager duties are to be performed by non-competing athletes and those who are not directly next in line to compete. During meets, the gymnasts are responsible for score recording, managing the competition order on each event, videoing routines, bringing the med kit from event to event, helping move mats for teammates, etc. Success is a team effort!

### Team Captain

Captain(s) will be determined by popular vote. They are responsible for maintaining high team morale, initiating cheers at competitions, head count during trips, distributing information to teammates, organizing team bonding events, and assisting the Head Coach as needed. The Team Captain is expected to act as a role model and will be held to a high behavioral standard at practice and meets. Gymnasts of any age/grade who fulfill the requirements will be on the ballot:

- Have not been ineligible due to alcohol, tobacco, or drugs in grades 9-12.
- Has not been benched for bullying or mistreating teammates in grades 7-12.
- Has participated in Braves Gymnastics for at least two full seasons prior to election.

The parents of the Team Captain are responsible for coordinating the Team Banquet at the end of the season (work with the coaches to set the date, coordinate a pot luck or collect monetary contributions for catering, coordinate desired senior gifts, etc). All families are required to participate in the success of the banquet, whether or not they attend.

## Lettering Criteria

- Maintain “student in good standing” status throughout the season. This means never being ineligible due to poor grades from the first official season practice through the State Meet.
- Compete at least one event at a minimum of one competition in either of the Varsity or Junior Varsity divisions.
- No unexcused absences from practice during the regular season. (Reasons for absence must be received on or before the date of the absence. Late notices will not erase an unexcused absence.)
- No meets spent “benched” for any infraction. Common infractions are listed in the handbook and posted in the gym.
- Complete the requirements listed under “Home Meet Responsibilities” and attend all events/meets listed in the handbook.
- Tobacco, alcohol, and illegal drug free from the first official season practice through the State Meet.

## Team Picture Day

Team pictures will be taken at Phyne Photography in Mandan. The session is usually scheduled for 4:00 during the first week of practice and is immediately followed by a regular practice at the gym. Wear the long-sleeve competition leotard to Phyne; we will take headshots at the gym for both the State Meet and the gymnast wall, so wear the competition leotard to the gym after group photos and bring your favorite leotard change into for wall photos. The picture session + practice counts as one practice towards the 9 required before competition. All gymnasts are expected to attend the picture session plus the practice following the event and will receive an unexcused absence if they are not present.

## Team Banquet

The parents of the Team Captain are responsible for coordinating the Team Banquet at the end of the season (work with the coaches to set the date, coordinate a pot luck or collect monetary contributions for catering, coordinate desired senior gifts, etc). All families are required to participate in the success of the banquet, whether or not they attend.

## Email Contact, the DSG “Mail Box”, and Social Media

The vast majority of important information will be sent via email, but some must be physically distributed. All MHS gymnasts have a mail box in the lobby where they will receive notes, invoices, fundraising packets, etc. Please discuss with your gymnast whether they are responsible for bringing the notes to you or if you will collect the mail yourself. If the notes we distribute do not make it home to you, DSG/MHS is not responsible for you not having been given the information.

Please follow the team on Facebook, Twitter, and Instagram for fun updates on events in the gym and on SnapChat to enjoy your child’s activities at practice. Often, reminders and notes that we email or put in your DSG mail box will also be posted on social media. You have electronically signed a photo release through your Parent Portal account allowing us to use your child’s image.

Please do not follow your coaches on social media. If you choose to do so, you do so at your own risk and against advisement. Be aware that those platforms are the coaches’ personal pages and do not necessarily reflect the vision or opinion of the school or team. Unless content is vulgar or directly victimizes a team or staff member, please bear in mind that you are viewing a personal page that is also followed by the coaches’ management superiors from both MHS and DSG.

## Injuries

Any injury or discomfort that may affect the athlete’s performance either physically or mentally must be reported to the coaches ASAP, whether it occurs in the gym or elsewhere. Head injuries will be referred to the MHS athletic office to begin the concussion evaluation as required by the school’s policies. Other injuries will be observed by the coaches and the injured athlete and will be referred to a doctor, physical therapist, or the MHS athletic trainer if deemed semi-serious, serious, or persistent. If your child claims to be injured, our coaches will not force her to continue practice; it is not our job to decide whether their injury is “real.” All MHS athletes have access to the school’s athletic trainer. Please contact the activities office to schedule an appointment.

## 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 behavior outside of the gym; DSG will not be liable for forcing a child to practice in poor health or against their will.

Coaches will not dispense medications of any kind to any gymnast; this is not only our policy, but the law. Your child can bring her own medications and take them on 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.

Our coaches are first aid and CPR certified, but are not medical professionals. Coaches may offer first aid, minor taping, and suggestions or thoughts on an injury/illness, but these are not official treatments or diagnosis. See a doctor or set up a meeting with Dr. Bob through the MHS Activities Office for serious or persistent issues.



## Medical Insurance

The Mandan Public School District does not subscribe to an injury/medical benefit plan. Hence, each individual participating and his/her parents must assume any medical costs. Injury claims (medical, hospital, and dental services) should be submitted to the participant's family insurance company.

The North Dakota High School Activities Association (NDHSAA) has purchased Catastrophic Injury Insurance coverage for all students in grades 7-12 who participate in any NDHSAA-sponsored activity. This coverage is currently being provided to member schools at no cost to the local school district.

## Break time during practice

Because of the length of their practice and the difficulty of their skill set, Braves Team members may receive a 5-10 minute snack break at the end of their 2<sup>nd</sup> 45 minute event depending on how hard the coaches feel the group is working. This break is a privilege and may not be awarded due to poor group behavior such as wasting time or being disrespectful to staff/each other.

## Snack Shop Charge Program

Braves gymnasts who have an active credit card attached to their account are allowed to "charge" their snack purchases in the office for before, after, and break time 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 in the Parent Portal. Please discuss this process with your gymnast and make sure they understand your expectations; DSG/MHS will not police your child's snacking habits. Due to past issues with Braves members not paying large snack bills before leaving the gym for the off-season, payments will be automatic and monthly in the Parent Portal and the policy of having an active credit card on your account will be strictly enforced.

# Information to Note

## Coaching Philosophy

We believe that our coaches' jobs are to safely instill a love of gymnastics and fitness while encouraging each child to be a positively contributing member of society. We expect our coaches to do their best to motivate each athlete to reach their individual potential, whether it be learning a basic cartwheel, earning a coveted "Individual Day" qualification spot at the State Meet, or simply being able to participate and contribute in a group activity setting. Our coaches are not here to force any child to be a gymnast, dictate what a child's priorities should be in sport or life, project our personally held religious or political beliefs onto any child, or intentionally put any child at risk of physical or emotional trauma. Our staff is advised to adhere to USA Gymnastics' Safe Sport policy. You can view this policy in its entirety here: [https://usagym.org/pages/aboutus/pages/safesport\\_policy.html](https://usagym.org/pages/aboutus/pages/safesport_policy.html)

## Competing USAG Levels After High School Season

This is called "dropping back." If your Braves athlete plans to drop back to USAG for the March meets, we need to know ASAP so the coaches are having them practice the USAG skills in addition to their high school skills; these teams and their requirements are considerably different, especially Braves vs USAG compulsory levels 3-5. High school athletes are not allowed via NDHSAA policy to compete at the club level during the high school season. Season usually ends the last weekend in February, leaving two regular season club meets and USAG State available for club competition. USAG fees for drop back athletes are due by January 1 in order to be registered for the USAG meets. Ask Coach Amanda for fee details, uniform purchase, and paperwork.

## Off-season Training Recommendations

Our team is not a "pay-to-play" team as we allow all students to join regardless of club-level or general gymnastics experience; however we do highly recommend practicing during the off-season to increase your chance of competitive success and your ability to contribute to team goals. Dakota Star Gymnastics allows Braves gymnasts to practice with it's Optional Team year-round, provided our Braves gymnasts follow the same rules and policies of the DSG gymnasts. Depending on your athletes specific goals and other sport commitments, she is welcome to practice 1-4 days per week during the off-season; the more ambitious her goals, the more days we recommend practicing.

Summer gymnastics camps are also an option. These events are great because it's always a good thing to get another coach's perspective on your skills and train with different girls in a different gym. We believe that this is an especially important experience for the girls who have never competed at the club level and who may not yet fully understand the differences between gymnastics and other sport coaching.

## Off-Season Tuition Payment

Tuition is not charged during the official high school gymnastics season, but is charged for athletes electing to practice during the off-season. Tuition must be paid in full during Registration Week. Charges will be placed on your account during Registration Week and payment will be automatically be made near the end of the week or early in the following week. If you want to change your child's practice days, please contact the office before Registration Week begins. Make-up days may be possible if scheduled in advance. Adding a random practice day in addition to your regular schedule during a session costs only \$10 each day.

## Safety Policies During Severe Weather or State of Emergency

If school is cancelled due to severe weather, the gym 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.
  - Our coaches have been trained and attend annual training conferences to be up-to-date with USA Gymnastics standards and memberships, which are higher than required for high school gymnastics. Our Head Coach must also pass tests on the rules and requirements for NFHS gymnastics annually. Because industry-preferred gymnastics techniques and strategies change often, it should be expected that the coaches will be continually adding to or adjusting assignments, drills, and practice set-ups with the goal to create the best possible training environment available for all athletes. Because gymnastics is a sport in which repetition is key, it should also be expected that drills may *not* change often depending on the ability level and skill needs of the athletes.
  - 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 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. They will be asked to leave the gym for the remainder of the class and will be **benched at the next meet**.
- ...being humble and patient when challenged by a new skill or any other unforeseen variable in the gym.
  - The Team coaches have the final say in any gymnast's advancement, regardless of skills accomplished, or scores achieved. Variables used to evaluate gymnasts are NFHS skill requirements, 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 upgraded skills and routines, she will not compete those skills or routines until the coaches determine that she meets all of the safety standards and can complete the desired skills safely and successfully; competing unauthorized skills will result in being benched. After time off, due to illness, injury, other sports, or personal reasons, the competitive status of the athlete's skills needs to be reevaluated.
  - Some gymnasts may take years to learn certain basic or upgraded skills while some athletes may accomplish a large number of upgrades in just one season; some gymnasts work extremely hard with little gain while some 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/MHS staff, particularly in front of children (your child, children in your child's class, or other by-standers).
  - MHS and DSG do not support verbal abuse, defamation of character, belittlement, or poor manners directed at ANYONE, MHS/DSG affiliated or otherwise, and profanity is NEVER acceptable in the practice or meet venue.
  - If you have developmental concerns about your gymnast or want an update on her progress, please discuss this with the head coach directly; the head and assistant coaches will meet with you in a private setting if desired. Depending on the skill level of your gymnast and the size of the team, one coach may work more closely with your child than the other coach. Because other parents, other athletes, and the MHS Activities Department do not coach your gymnast, all practice questions and concerns should be brought directly to your coaches first.
  - 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 and give them an opportunity to resolve the issue, then the head coach if your issue is with the assistant, then the Athletic Director. 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 gymnastics better for our athletes.
- ...trusting in the coaching philosophies of MHS's coaches.
  - Please trust that the coaches will not force or allow 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 they are not ready one way or the other, understand that it is for your child's safety. Forcing or allowing a child to do a

dangerous skill before they are ready can cause, at best, a bad experience that creates a mental block preventing them from trying it again and, at worst, a serious injury that could physically prevent them 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 to someone else, that their coach is “not good enough,” she will not trust her coach or perform for that coach and 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, teams, 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 MHS and its staff are in strong contrast to your vision for your athlete and she agrees with you, please consider exploring other options that may suit you and your gymnast better, whether that be 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 necessarily wrong.
- reserving the coaches’ private phone numbers for urgent, meet related situations only and not calling or texting after 9:00 p.m. We are fortunate to have our MHS head coach also be the program director for our host club, which allows the MHS team many extra freedoms and perks, but also means that she is being pulled in many directions during the competitive seasons.
  - Please be aware that our coaches are in the home gym 5 days per week coaching multiple gymnastics teams and often coach travelling meets for high school and club teams Friday-Sunday each week during the four month winter sports season. They will often work 7 days per week for multiple weeks, sometimes months, on end. This leaves little time during the 4 month season for their personal lives. We ask that you please respect their private time.
  - If the situation/question can wait until the next practice day, please leave a message in the office, send an email to the gym’s address, or stop in the club before or after practice hours.
  - If your athlete will not be attending a meet last minute and there are no more practice days before the competition, call your coach ASAP. If your athlete doesn’t show up to the meeting place without warning, they will receive an unexcused absence, will not letter, and will be benched for the next competition. Telling the coach before your child is absent is giving a reason, but afterwards it is an excuse which will not be accepted.
  - It is not appropriate to contact your coaches on their personal number for routine/skill questions, fee questions, fundraisers, practice times, etc. It is appropriate to contact them personally if you will miss a meet occurring within the next 24 hours, if your child is severely injured outside of class, or if there is something unsavory happening in class and you want to set up a private meeting.

Respect towards each other means...

- ...supporting all teammates, regardless of skill level, days practiced in the off-season, social status, parental involvement, town lived in, school attended, etc. Each member of our Team deserves equal respect from each Team gymnast and family. Everyone is to encourage and support each other in becoming great athletes. Never critique, compare, or criticize any gymnast’s performance, including your own, anywhere in the DSG facility or at meet locations.
- ...not giving corrections, coaching, or instructions to a teammate who did not ask for your opinion. You are not the coach and your teammates do not need to listen to you. If someone asks for your perspective, please give it to your teammate with respect and kindness. NEVER SPOT a teammate unless instructed by a coach to assist with a drill or conditioning; this includes any gymnastics activities outside of practice: at home, Public Hour, etc.
- ...never quarreling, name-calling, or making crude remarks to anyone in our facility, at home, in public, or on social media. As DSG’s mission statement claims, we too strive for an enjoyable atmosphere, and intentionally disrupting that enjoyment for any other person is unacceptable.
- ...never intentionally create a dangerous situation or cause injury to another MHS or 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 MHS team and DSG club (NO REFUNDS for fees, memberships, or other payments will be given).

Respect towards the club and facility means...

- ...when making comments at meets, whether they are hosted by MHS, DSG, or another club, you are aware of the people around you and are speaking respectfully. As representatives of MHS, your family’s comments may influence how others view the MHS program. We want everyone to be positively inspired by MHS 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 DSG 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 after you. If you don’t know where it belongs, ask your coach.
  - Do not leave water bottles, grips, 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 the 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 her 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 Team means...

- ...parents and MHS affiliated spectators attending meets at DSG or hosted by another club must observe good sportsmanship and respect towards the host club, meet officials, host and travelling coaches, and other spectators. If negative behavior is expressed, the meet hosts, meet officials, or your coaches may ask you to leave the meet site. Rude and obnoxious spectators can cause team deductions, which is not fair to the athletes who worked hard to compete in that competition. Examples of inappropriate behavior:
  - Booing judges or talking to judges/meet officials about the meet during or after competition. Do NOT approach a judge for any reason! Asking your coach to speak to a judge about a score is not allowed.
  - Screaming/cheering so loudly that the officiating process is disrupted or gymnasts are distracted.
  - Being in the competitive area (any area that is designated for gymnasts, coaches, and judges, which is generally near the competitive equipment and warmup area). Do not approach your gymnast or her coach unless they are in the spectator area or the coach signals you to enter the area.
    - This includes the unfortunate event that your athlete is injured. Please stay calm and wait for the coach to bring your athlete to you. Our reactions often dictate the reaction of the injured athlete.
  - The use of flash photography, as this is dangerously distracting and sometimes blinding for the gymnasts. It is strictly prohibited at meets, and we also do not allow it during practices at DSG.
- ...gymnasts are to be on their best behavior while at the meet site before, during, and after the meet, at any restaurants before or after the meet, and any other place we may stop as a team. We are representatives of Mandan and the Mandan Public School system, and we should do our best to show that Mandan has respectful and courteous students.
  - No squealing, screaming, or yelling at any venue or on the bus.
  - No rude or obnoxious comments made to or about teammates, coaches, other teams, officials, spectators, etc.
  - No crying or tantrums during or after a meet due to a loss or poor performance; this can result in team deductions and will result in **being benched**.

#### Respect towards the process means...

- ...understanding that the amount of practice days attended during the off-season along with the level of participation/effort your gymnast puts forth during both the off-season and the official season is directly proportionate to the amount of time it will take for your gymnast to reach her goals. Even with a high level of participation and determination, a large portion of your child's advancement also depends on her natural athleticism, ability, and both mental and physical maturity. A certain number of years on the team does not mean that a child has earned the right to any special privileges or an advanced skill level. Please note that, under the supervision of current gymnastics coaching staff at MHS, 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 student athlete is responsible for her own academics and gymnastics. The coaches are here to give direction, guidance, and correction and 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 complete their homework in a timely manner, study adequately for a test, or overload their class schedule, they may become ineligible academically per the school district's policies. If your athlete chooses not to follow direction or complete their practice assignments, they are choosing to slow their skill and scoring advancement. The consequences of these choices are important life lessons that children should learn 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.
  - We try to keep our workouts tough enough to combat the natural weight gain that comes with puberty, but 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, which are unfortunately not uncommon in girls' sports. Refusing food or purging can cause weakness, fatigue, and brittle bones/joints, which can lead to serious injury.

*Post this page on your fridge and enter into your phone calendar!*

**Official Season Event Dates (Attendance is REQUIRED at all events and meets, excluding State.)**

Generally, competition for Friday meets will start at 5:30 local time and Saturday meets at noon. This may vary. Final information may not be received from the hosts until the week of or a few days before the meet.

*\*These meets may require over-night travel. Please watch for notice from Coach Amanda.*

*\*\*This is Parent Night. Please make plans to attend in support of your athlete.*

<b>November:</b>	13	1 <sup>st</sup> official practice! All forms/ fees due before class. Watch "Know the Risks" video.
	20	Impact Testing with new PT
	17	Weight Room Introduction
	15	WEDNESDAY Team Pictures @ 4:00 at Phyne Photography
	27	MONDAY MAR Club Kick-off @ 7:00 at MHS (We will leave practice early to attend.)
<b>December:</b>	1	@ Dickinson (V & JV) – Dickinson High School
	8	@ Valley City – Youth Sports Center
	9	@ Bismarck – Capital Racquet and Fitness
	15*	@ Fargo – American Gold Gymnastics at Fargo South High School
<b>January:</b>	6*	@ Grand Forks (V & JV) – Red River Valley Gymnastics
	12	@ Bismarck – Capital Racquet and Fitness
	18	@ HOME (V & JV): Dual vs Jamestown – Midco Gymnasium at Starion Sports Complex
	19**	@ HOME: 5 team meet vs BHS/CHS/LHS/GF – Midco Gymnasium at Starion Sports Complex
<b>February:</b>	27	@ Dickinson (V & JV) – Dickinson High School
	2	@ Minot – Gymagic Gymnastics (a.k.a. Gymnastics Inc.) NEW GYM! 5645 18 Ave SE Minot
	9	@ Dickinson - Dickinson High School
	15	Final practice if not qualified for State or dropping back to USAG competition. Uniforms are due one week from this date.
	16	@ Dickinson: WDA Tournament – Gymagic Gymnastics (a.k.a. Gymnastics Inc.)
<b>TBD:</b>	23*	@ Jamestown: STATE – Team Day - Dickinson High School
	24	@ Jamestown: STATE – Individual Day
		MAR Club MVA Awards Banquet. All award winners are required to attend. (You will be notified ASAP.)

**Daily Practice Schedule (Attendance is REQUIRED at all 5 practices each week.)**

<b>Monday:</b>	5:45 p.m. - 8:45 p.m.	
<b>Tuesday:</b>	5:45 p.m. - 8:45 p.m.	
<b>Wednesday*:</b>	3:45 p.m.- 5:45 p.m.	If you have 8 <sup>th</sup> period at MHS, you must be on the floor by 4:00 p.m. <i>at the latest.</i>
<b>Thursday:</b>	3:45 p.m.- 6:45 p.m.	If you have 8 <sup>th</sup> period at MHS, you must be on the floor by 4:00 p.m. <i>at the latest.</i>
<b>Friday:</b>	3:45 p.m.- 5:45 p.m.	If you have 8 <sup>th</sup> period at MHS, you must be on the floor by 4:00 p.m. <i>at the latest.</i>

**School out practices will be held on the following days and times:**

<b>December:</b>	27-29	1:00 p.m – 4:00 p.m.
<b>January:</b>	15-16	1:00 p.m – 4:00 p.m.
	2	1:00 p.m – 4:00 p.m.
<b>February:</b>	12-13	1:00 p.m – 4:00 p.m.
	19	1:00 p.m – 4:00 p.m. (State qualifiers only)

Athletes are encouraged, but not required, to use the MHS weight room and strength coaches: 7 a.m. - 8 or 2:15 p.m. - 5 Monday-Friday. (Gymnastics coaches will not be in the weight room, but will discipline for misconduct reported by weight room staff.)

**DSG Holiday Closures – NO PRACTICE!**

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

<b>2017</b>	Oct. 31 Halloween	<b>2018</b>	Jan. 1 New Year's Day
	Nov. 23 Thanksgiving Day		Jan. 18-19 Braves Starstruck Meets
	Nov. 24 Thanksgiving Travel Day		Jan. 20-21 Starstruck Meet
	Dec. 24 Christmas Eve		April 2 Easter Monday
	Dec. 25 Christmas Day		May 28 Memorial Day
	Dec. 26 Christmas Travel Day		July 3 Independence Day Eve
	Dec. 31 New Year's Eve		July 4 Independence Day
			July 5 Independence Day Travel Day
			Sept. 3 Labor Day

