

Amendments to Camden Gymnastics Handbook

It has come to our attention that there were some gaps in our handbook. In order to make sure that these gaps are corrected, and that there are no more misunderstandings, we are making an amendment to the 2009-2010 Camden Gymnastics Handbook.

Our gym has its own rules and procedures. In our gym, Levels 2 and 3 are considered beginner levels. These are the levels where gymnasts receive their foundation to continue in a gymnastics program. If a gymnast does not receive this foundation, it will be difficult for them to progress successfully into higher levels.

It can be expected that a gymnast will spend 2 years in each level, not 2 seasons. Though gymnastics is an individual based sport, some gymnast's may progress faster or slower than others. Two years may not apply to every individual gymnast. It is not the coaches' goal to hold a gymnast in a level, but to have them well prepared in whatever level they are placed.

As a member of the Competition Team, each gymnast's participation is required. Participation means:

-Attending regular practice year round, including school and summer vacations. Leaving the gym for more than 2 weeks will hinder a gymnast's progress. Leaving the gym for more than 1 month, a gymnast will no longer be guaranteed their same place on a team. Their advancement schedule is compromised and will have to be pushed back. Their regular team may have progressed further in that time.

-Attending scheduled meets is mandatory. A schedule for each season will be issued as soon as it becomes available after being finalized. In order to be a team, each gymnast and family is expected to make the commitment of participating in each and every meet.

To be eligible for advancement to the next level:

5% based on home practices & meets (mandatory: 3 regular invitationals, the state meet and all meets above the state meet) (Nationals scores are excluded)

Level 2 & 3 should receive a score of 36.5 twice,

Level 4 should receive a score of 36.5 twice

Levels 5 & up should receive a score of 37.0 twice

12% Work Ethic

13% Mastering skills and mentality

15% Strength and flexibility

55% Coaches decision