

Fall 2016 Team Parents Meeting AGENDA

Welcome to new members! We have a very exciting year ahead of us and we are excited to have new people joining our FVG family!

Please Sign-in. Be sure to check that all of your family information is current on your FVG account, including updated addresses or emails.

Team email- fvgteam@gmail.com vs Gym email- fvchandmore@gmail.com

Review Calendar attached: Important Dates! (Full Calendar in the Updated Handbook)

- **Team Pictures:** November 1st and 2nd. Schedule to be determined. Individual and team photos will be taken.

- **Judging Q & A with Beth:** This is a great time to learn a little more about how the judging works for each level. Please sign up on the clipboard if you are interested. We need a minimum of 10 people to hold the Q & A session.
Wednesday, October 26th Level 3, 4 & 5 7:00
Tuesday, November 15th Xcel Levels 7:30-8:30
Other levels to be determined upon interest and requests

- **FVG is proudly hosting CT Special Olympics again this year!** Sunday, March 5 2017 more details will be discussed at a later date.

Meet Reminders:

GENERAL INFORMATION ABOUT COMPETITION

This is a competitive program and girls need to be interested in competition in order to be a team member. It is required that the gymnast compete in at least 6 meets per season. However, it is recommended that the gymnast compete in as many meets as possible. This is what they train for and it will help them achieve their full potential. (Think about this! Would you sign your child up for soccer and not let them play in the games?) Participation at state championships is expected (if qualified). They are a very important part of the team as well as getting the whole experience of being on a competitive team. Levels 7+ also have the opportunity to qualify to represent CT in the region 6 championships. Regional qualifying varies by level.

- **Please see meet Guideline section of the Handbook for additional competition information**

- **Meet Uniform and Hair:** All gymnasts are required to wear a full FVG uniform at competitions. For your gymnasts safety and to help with a professional image for our gymnasts and our team please be sure their hair is pulled back properly for meets. I recommend having them practice with their hair this way too so they can get used to it. Also having their hair secured tightly during practice will cause less of a distraction if they are constantly fixing it.

- Gym bags have been ordered price for bag when it comes in is \$55 cash or check (however if we are interested we can hopefully add personalization for an additional \$5 per bag, opinions? If we do personalization it will be all or none)
- **Skill & Level Requirements:** Girls will not be allowed to compete a specific skill (or event) in competition unless they are able to do the skill/skills by themselves in practice. It is important for the girls' safety that they are comfortable with their routines as to avoid injuries.
- **Home Meets:** We will need parent volunteers and involvement to set up and run all home meets efficiently. Volunteer positions include: Concession stand, door admission, event timing, score table, etc. Gymnast volunteer positions include: Score runner, score flasher, event timing. Volunteer sign ups will be posted prior to each meet. Gym set up Saturday, October 22nd 3:00-5:00. Thank you for your help in advanced.
Sunday, October 23, 2016-
Tentatively- Levels 3,4,5- 8:30 Warm-up / 8:50 March in
Tentatively- Xcel Levels 1:00 PM Warm-up / 1:20 March in
FVG Valentine Invitational February 18-19, 2017- Levels 3, 6-10 & Xcel
- **RI Invitational:** View additional information about the meet at rhodeislandinvitational.com including hotel information. Book your hotel ASAP as they are filling quickly!
- **Friday Meets:** Please note that meets are sometimes on Fridays. However, it is now against our gym policy to compete during school hours. Most meet directors have been receptive to my requests and will try not to schedule us during the day on Fridays. However, some meet director were not able to give this guarantee, therefore if they are scheduled on a Friday during school hours we will pull out of that meet. (Also reminder Levels 4-10 DGS meet may be on Monday 1/16/17, MLK JR Day)
- **Meet payments:** All meets balances are now due. Also please note there was an increase of \$10 to all state fees as of Oct. 1st. Therefore if your daughter qualifies for the State Championships, please note the balance due. DGS Invitational was also listed as last year's prices, here are those increases: Level 4-5 \$110 and Levels 6+ \$120 per gymnast. Please remember to pay any increases.
- Xcel Reminder the December 18th meet is now at Thames Valley Gymnastics, Franklin CT, (Not TNT, Guilford) And the entry fee is \$60.

Other Reminders / Updates:

- **Private Lessons:** Private lessons should only be used for additional training on occasion when an athlete needs specific individual attention on a skill or event. We do not encourage private lessons on a consistent basis. The gymnasts should be getting all of the practice they need during their regular scheduled practices. We want to try and avoid overuse injuries or burnout to the gymnasts. Situations that private lessons are appropriate for are choreography, mental blocks, or when one skill or event is lacking. Private lessons should not be done as a replacement to practices. All team training must be done at FVG and with FVG staff, training at outside facilities is viewed as a conflict of interest, with the exception of away camps and State clinics. Our coaches have a coach/gymnast relationship with your child and have learned how they

process their training to help them progress in the best way for them. Outside training can possibly interfere with this learning progress. All private lessons and additional training needs to be preapproved by Erin.

- **Online Payments:** Please access your accounts from home to be sure you are current with monthly tuition payments. Additional fees such as Meets, Assessment, and uniforms are cash or check only. However these fees will be posted to your online account as payments are received. If there is a balance listed online for these items please do not make a payment online, please mail a check or make a payment in person. In the future, if payments for these additional items are done online we may need to charge an additional fee.
- **Missed Practices:** If your daughter will be missing practices for any reason please send an email letting us know. This helps us plan practices more efficiently, and allows for other gymnasts to schedule add on practices. Good communication is also helpful in helping us understand your daughters commitment to her gymnastics.
- **MULTIPLE SPORT / ACTIVITY PARTICIPATION:** We understand that children and families like to be involved in many activities, and see the benefits of developing a well rounded athlete and individual, however when a child is involved in too many activities it can be difficult for them to give 100% in all of the areas. Please understand that being involved in multiple activities at once may hinder your child's progress and can cause them to be overwhelmed. Please discuss activities with your daughters coaches so that they are aware of their busy schedule and can help to avoid burnout when doing too much.

Fundraising: Parent organized fundraisers are encouraged. Fundraisers can be used towards team extras such as assessment fees, Camp Woodward bus, add on travel meets. If you are interested in aiding in fundraisers please speak to Erin.

Fall Fundraiser ideas (to be used towards individual assessments)-

Ideas? If there are more than 2 suggestions we will go with which ones the majority would like to do.

*****At the meeting a few ideas were discussed. There will be a follow up email with any fundraising options.**

Assessment Fee (Team Expenses):

2016-2017 Team Assessment fees are \$338 Yearly (check or cash only) Can be paid all at once or in multiple payments. However, the first half (\$169) is due in October 2016, and the balance due by February 1st 2017. Please note this does not divide the year or seasons into two parts. We look at the year as a whole and consider all team members a yearly commitment. We budget the year and team expenses based on the current number of team members expecting them to continue with our team programs. Full assessment fees are still expected to be paid regardless if your daughter is unable to complete the entire gymnastics season.

Team Parent and Gymnast Handbook: (Being emailed home this week)

All Levels- Please sign and return the last page of the handbook, this is your Team agreement, gymnasts and parents must sign to compete in meets.

Team page on Farmington Valley Website coming soon with link to Google Calendar.

Questions?