

Scarlet & Grey Team Handbook

2021-2022 Season



**7159 Northgate Way | Westerville, OH 43082 | (614) 895-1611
10562 Sawmill Rd | Powell, OH 43065 | (614) 793-1936**

Coaching Staff

Bri Forney (Scarlet & Grey Director at Powell): Bri competed with Cincinnati Gymnastics Academy, and later tumbled at Midwest Cheer Elite. Bri has coached at a few gyms in Columbus and San Francisco for a total of seven years. She has been with Buckeye since Autumn of 2016.

Velencia Fields: Velencia has a strong background in tumbling and has been coaching with Buckeye since January 2021.

Bo Holcomb: Bo has been a part of the Buckeye family pretty much all her life! She has a gymnastics background of her own, and now nearly ten years of coaching experience under her belt.

Magdalena Kusakova: Maggie comes to Buckeye by way of the Czech Republic. Maggie trained and competed in the Czech Republic for many years, advancing to a 3rd place all-around at the regional level. Maggie has been with Buckeye since 2004.

Laura Montgomery: Laura competed in gymnastics for six years and has coached gymnastics at Buckeye since 1998. She is a graduate of Capital University, graduating with a degree in Biology and Psychology.

Scott Ryan: Scott has over 35 years of coaching experience ranging from coaching college at West Virginia University and UC-Berkeley to 15 years here at Buckeye Gymnastics and 15 years spent coaching in California.

2021-2022 MEET INFORMATION

The schedule of competitions for this season will be sent in an email. You must sign your gymnasts up at least 6 weeks prior to the competition date. If you miss the deadline to sign up for a competition, there is no guarantee that your child will be able to compete, and you will be charged a \$10 late fee to process the late meet entry. You may sign up for any competition as far ahead as you would like. **It is recommended you not attend class the day of a competition.**

<u>Meet Location</u>	<u>Meet Date</u>	<u>Sign Up Due Date</u>
Integrity	Nov 13-14	Oct 1
Vitality	Dec 18-19	Nov 12
Wolfpack Invitational	Jan 15-16	Dec 3
WYB	Jan 22-23	Dec 10
Buckeye (Westerville)	Feb 12-13	Jan 7
Rock Solid	Feb 19-20	Jan 7
Fliptastic (Polaris Fieldhouse)	Mar 12	Jan 28
Adonai Ashland	Mar 26	Feb 11
UGI	Apr 23-24	Mar 11
Adonai New Philly	May 7	Mar 25
All Starz - Championships	May 14-15	Apr 1

The host gym requires meet entries 5 weeks before the scheduled meet. Because of this, we ask that you sign up **6 weeks** before the scheduled meet so that we have time to send our meet entry to the host gym. That gym then sets up the competition date and start times based on the meet entries received. Once they have all the competitors entered, they notify the gyms with a detailed schedule. We will then email you, approximately one week before the schedule meet, with your official meet information. (Date, start times, directions to the meet site, etc.) It is not possible for us to know your gymnasts' competition information any earlier.

There may be a spectator fee of \$5 for adults, \$2 for seniors (65+) and students (6-17). Children under 5 are free. As each gym is in a different county, their protocol for gymnasts and spectators regarding COVID-19 may vary. We will get this information for each meet out to you as soon as we can.

If your gymnast needs to drop from a meet, for any reason, we can offer

refunds up to 6 weeks before each meet. We are not able to offer a refund for injury unless we receive a refund from the host gym or find a replacement gymnast from the wait list for your entry.

Competitions:

The GCGC will offer competitions for girls at the following levels: (Age as of the time of the competition.) Following USAG rules.

Xcel Bronze:	5 years
Xcel Silver:	6 years
Xcel Gold:	7 years
Xcel Platinum:	8 years
Xcel Diamond:	9 years

Weekly training time is limited as follows based on the philosophy of the GCGC that the conference will serve the needs of recreational level gymnastics.

Xcel Bronze, Silver:	6 hours per week
Gold, Platinum, Diamond:	9 hours per week.

If any club as Platinum and Diamond and wishes to train more hours for safety, please let the league know.

Competition Season and Schedule:

Season: 1-2 meets per month November-May. Championships will be held in May. Exact schedule to be set each year at our annual meeting during the summer.

Gymnastics is not an easy sport. It takes some training to compete at even a beginner level. The girls will train and compete on vault, uneven bars, balance beam and floor exercise. The sport of gymnastics is governed by USA Gymnastics (USAG). The S&G girls will learn routines that are composed using the **USAG Xcel Rules and Regulations** and the **USAG Xcel Event Rules** updated July 2017.

The Buckeye Gymnastics S&G Team belongs to the **Greater Columbus**

Gymnastics Conference (GCGC) which is made up of the following gyms: All Starz, Buckeye Gymnastics, Trics, Fliptastic!, Adonai, Universal, Worthington Youth Boosters, Columbus Gymnastics Academy, Central Ohio, Rock Solid, Integrity, Elite Mind and Body and Whetstone. The GCGC offers competition for girls at the following levels: 1, 2, 3, 4, 5, 6, Xcel Bronze, Xcel Silver, Xcel Gold, Xcel Platinum and Xcel Diamond.

The S&G Team will have the opportunity to compete 7-10 times during the year with all the competitions held in Central Ohio. **The girls are not required to compete but are encouraged to participate in the "competitive aspect" of the Scarlet and Grey Team.** (Nor are they required to compete on every event. But if they do decide to take part in a competition they must be currently enrolled in the gym and be current with all fees and tuition.) Competition begins in the fall and will continue through spring. We begin with an intra-squad competition and progress to out of house competitions. We compete with other gyms in the Central Ohio area that offer this type of program in a League format that culminates with a Greater Columbus Gymnastics Conference Championship meet.

The focus of the S&G program is on fun. However, we will always keep in mind that the fun of gymnastics lies in the ability to perform ever more difficult gymnastics skills. To that end we will train hard enough to develop the strength, flexibility, and skills necessary to do the gymnastics routines safely and correctly. We will insist on proper form and technique and will expect the girls to do their best. Should the girls ever want to compete on our USA Gymnastics (select) team or on their middle school or high school team, the Scarlet and Grey Team will lay a solid foundation for doing so.

Ribbons are given at most competitions based on individual scores on each event. For example, a gymnast scoring a 9.0 or above will receive a blue ribbon while those scoring an 8.0 to an 8.9 will receive a red ribbon. Gymnasts will not receive placement awards until championships and the Wolfpack Invitational. This helps keep the gymnasts focused on trying to do their best as opposed to trying to win first place.

Compulsory Levels: "Compulsory" (Levels 1-5) means "required". The compulsory levels require that all gymnasts do the same skills and routines. The rationale for these required routines is that the gymnasts are forced to devote time and repetition to mastering essential basic skills that are required for long-term success in the sport. The routines are VERY detailed

and require a lot of time and training. Due to the changes in USAG Compulsory Levels for the next quadrennium Buckeye Gymnastics will only be using the Xcel Silver and above.

Optional Levels: At the optional levels' routines are made up by following guidelines laid down by USA Gymnastics. This gives each gymnast the flexibility to select skills they can perform from a list provided. It allows the girls to devote time to skills they are interested in learning. The optional routines have less detail, concentrate more on the development of skills and provide for more self-expression.

NOTE: The coaching staff will evaluate your gymnast. Your gymnasts will be placed in a level based on her skill set.

COMPETITION FEES

Competition fees are based on the amount the league charges per meet. In addition, a small fee (\$10) will be added to cover the coach's expenses for each meet. This will vary depending on meet location and number of participants. Expenses include their wages and travel for each day.

The Critique Meet entry will be **\$65**.

For the 2017-2018 season the entry fee for regular season competitions will be **\$65**. The GCGC Championship meet fee will be **\$75**. The additional amount for the Championship meet helps to cover the cost of the placement medals/trophies and t-shirts.

Buckeye Gymnastics does not participate in team competition in the GCGC other than the GCGC Championships.

PRACTICE AND TUITION

The S&G Teams are part of the recreational class program; therefore, gymnasts have the flexibility to change their commitment level whenever they choose. Gymnasts may come as few as two hours per week or as many as nine depending on Level. **Xcel Gold, Platinum and Diamond gymnasts are highly recommended** to attend at least **twice a week** so that they can continue to progress their skills in a safe manner.

Tuition is based on the current class rate. Multiple class discounts apply for

those who choose to come more than once per week. Make-ups must be scheduled with the front desk for missed classes. Availability will depend on the enrollment of each class.

NOTE: The S&G Teams at Buckeye give you the flexibility to choose your commitment level. You can work out as little as 2 hours, but you **cannot work out MORE** than the hours listed for your level on the GCGC training table if you are planning on competing.

ROUTINES AND MUSIC

S&G Xcel Silver gymnasts will use the floor exercise routine choreography and music provided by Buckeye Gymnastics. The routine meets the Xcel Silver requirements and can be learned during regular class time. The music is "Jump In". It is available to download at www.buckeyegymnastics.com Balance beam routines will also be taught during class with student participation.

Xcel Gold and above gymnasts will have a separate floor exercise routine with different music than Silver, also provided by Buckeye Gymnastics. The routine meets the Xcel Gold requirements and can be learned during regular class time. The music is "Colette's Theme". Gold and Platinum gymnasts may choose their own music and choreography or use what is provided. Choreography fees are additional and determined by the choreographer. Music can be found online. Please consult your coach or the S&G director when making these choices.

UNIFORM AND APPAREL

The S&G girls have an **option** to compete in a selected Buckeye leotard. You may choose to purchase the S&G Buckeye leotard, wear the Buckeye leotard from the previous years or choose to wear your own leotard.

To simplify as much as possible for this season, we will continue to use the same leotard as the previous season. We will send out more information about ordering leotards and warmups shortly.

We **CANNOT guarantee delivery** of any apparel since our apparel occasionally gets back-ordered. Please allow 4-6 weeks for delivery.

S&G ¾ Sleeve Leotard \$68.50

S&G Zip Front Warm Up Jacket Approx. \$50

S&G Warm Up Leggings Approx. \$30

There will be two times to order leotards. The deadline for the fall order is August 29, 2021. The second order will most likely be sometime in January.

The S&G leotard is an OPTIONAL apparel item we offer to our gymnasts. Many of the girls also order warm up jackets, **but these are also OPTIONAL apparel items.** We may also order other S&G apparel such as tee shirts, masks, bags, etc. These will all be optional purchases as well.

TEAM PICTURES

Scarlet & Grey team typically does individual and group photos. This happens in conjunction with Girls Team photos, and usually occurs in the fall. More information on this will be provided when available.

PARENT INVOLVEMENT

At times you may be asked to donate or volunteer for different events. Please keep in mind that by doing so we can operate without having a booster club and charging all the related fees. We will especially need volunteers during the meet we host, so be ready to help!

PARENT QUESTIONS OR CONCERNS

If at any time you have a question or concern regarding your child we ask that you speak with your child's coach first or you can also send an email to Coach Bri at sandg@buckeyegymnastics.com.

USAG COMPETITIVE TEAM

Buckeye Gymnastics also has a USAG girl's competitive team at our Westerville location. Along with the increased opportunities that come with joining this team, comes an increased level of commitment, time and money from the gymnasts and their families. If your child is interested in trying out,

please let your coach know. Try outs are generally held late winter/early spring.

The Scarlet and Grey Handbook, 2021-2022 Schedule and music can be found at: www.buckeyegymnastics.com