The YMCA of Kewanee

Flip Tops

Tumbling &

Trampoline

Team

USA GYMNASTICS

TM
What is Flip Tops?

A competitive team comprised of members of The YMCA of Kewanee that compete in the sports of tumbling & trampoline. FlipTops compete using the rules & regulations of USA Gymnastics (USAG), which is the governing body for tumbling & trampoline in the United States. The International Gymnastics Federation (FIG) is the governing body for world competitions. These organizations are governed & partially funded by the United States Olympic Committee (USOC) & International Olympic Committee (IOC). Flip-Tops belongs to Illinois USAG & USAG Region IV which includes 11 states competing in USAG T&T.

The FlipTops Team Coaches all carry USAG safety Certification, First Aid Certification, Red Cross CPR/AED Certification, varying levels of USAG coaching certifications and USAG judging certifications. All FlipTops coaches hold a USAG Professional Membership & are thoroughly background checked for the safety of participants. USAG is a big believer in continuing education & offers many courses for our coaches to stay up to date on the most current teaching techniques in the world of tumbling and trampoline.

The USAG T&T levels are updated every four years. All trampoline levels are 10 skill routines. They must be done in the exact order with no extra jumps in-between skills. We use skill combinations to help them remember the routines. You may view the current routines & access additional information about USAG at their website:

www.usagym.org
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Our Philosophy

As a member of the Flip-Tops team your child will work hard in class, have FUN, make new friends, learn to set and achieve goals, and manage time wisely. Learning to get along with others, compete both mentally and physically, and become confident, happy people go hand in hand with athletic achievement. FlipTops coaches will be coaching with the YMCA’s character objectives of caring, honesty, respect, responsibility in mind to help encourage youth development. Becoming a caring, honest, respectful, and responsible person is more important than becoming the perfect athlete. We will instill in our athletes the importance of healthy living through exercise opportunities and nutrition education. Many life lessons can be taught through training and competition....setting and learning to achieve goals, dealing with success, learning from mistakes, encouraging others to succeed and making friendships with competitors from different locations are all important aspects of social responsibility that will be nurtured through this program.

Our Coaches

Jill Milroy -current USAG level 4 coach and began the Flip-Tops in 1980. Jill has done national events for USAG including team leader for USA teams competing internationally and currently is a member of the USAG program committee serving as JR Olympic Chair. Jill is Executive Director for the YMCA of Kewanee.

Rachel Shrum - former Flip-Tops tumbler level 9 & trampoline level 8. Rachel has level 2 USAG coaches certification & level 3 USAG tumbling judges course. Rachel is Manager of the gym, Aquatic Coordinator, and Program Assistant for the YMCA.

Assistant Coaches:

Kari Sturtevant- former Level 9 Flip Tops Team member in Trampoline & tumbling. She has a USAG Judges certification in trampoline.

Sara Fisher- former Flip Tops Team member in Trampoline level 9 and tumbling level 10. She is a USAG Judge in trampoline.

Katie Cameron-current Flip Tops Level 9 trampoline and tumbling team member. Katie has attended USAG coaching classes.
Gym Information

Contacts
Gym Number 309-853-4434   Gym Email-ymca.tumble@kewanee.com
YMCA Front Desk 309-853-4431   Jill’s Email- jillm@kewaneeymca.com
YMCA Fax 309-856-5300   Rachel’s Email- rachels@kewaneeymca.com

Office Schedule  Mary Findley is the office staff for the gym. She can help with payments, meets, memberships and other questions. Mary is normally in the office between 5:00pm and 7:00pm Mon-Thurs.

Payments All team fees, meet fees, and gym apparel are payable to “FlipTops” and should be paid at the gym office or left in the gym drop box (located in the front of the counter in the gym foyer.) Class fees are payable to “YMCA T&T.” You may pay class fees at the YMCA front desk or at the gym desk. Meet fees are due the same day entries are due as we must send one check for the entire team.

Team Book is located on the small cart/desk in the gym foyer. The team book is where you sign up for the meets. Meet information is received approximately 4 weeks before the scheduled competition. A team roster will be placed with the meet information, Cross off your child’s name if not attending the meet, if you are attending pay the entry and coaches fees and check your child’s name. (Sometimes there will be a parent release to sign also.) The coaches will take care of levels and events competing. Remember that competition age is the age the athlete will be on December 31, 2011.

Team Mailboxes We are in the process of combining mailboxes and sock pockets into one mail slot so the kids can remember to take their notes home with them. All schedules, notes, reminders will be distributed this way.

Routine book  Is located with the Team book. It explains how we compete and score tumbling & trampoline competitions.
Costs

YMCA Membership In order to Compete for the Flip Tops team a participant must hold a current YMCA membership. Rates are available for youth and family. Financial assistance is available for those who qualify.

Team Class Fees

Team 3- Rachel’s class
- Meets Mon & Wed 5-7:30pm
- Meets 5 Saturdays per session 8:30-11am
- invited to all competitions
- focus on USAG levels 4-6
- Y membership & USAG membership is required
- $81 per 7 week session for 1 class a week & 5 Sats. OR
- $96 per 7 week session for 2 classes a week & 5 Sats.
- Sleeveless team leotard is needed to compete
- Team warm ups and Tshirts are also available

Team 2- Jenny’s class
- Meets Tues & Thurs 5-7:30pm
- Meets 5 Saturdays per session 9:30-12
- invited to all competitions
- focus on USAG levels 6-8
- Y membership & USAG membership is required
- $96 per 7 week session
- Team leotard is needed to compete
- Team warm ups and Tshirts are also available

Team 1- Jills Class
- Meets Tues & Thurs 6-8:30pm
- Meets 5 Saturdays per session 8:30-11am
- invited to all competitions
- focus on USAG levels 8&up
- Y membership & USAG membership is required
- $101 per 7 week session
- Team leotard is needed to compete
- Team warm ups and Tshirts are also available
Costs

**Competition Attire**
Flip Tops team Colors are Pink and Black for the ladies and silver, black and orange for the gentlemen. See page 8 for more information!

**USAG Fee** Team fee is $66 yearly, includes USA Gymnastics membership, secondary insurance at sanctioned competitions, and a USAG magazine subscription. Memberships begin August 1 so it is an advantage to pay it early and begin receiving the magazine. Team Fees are due in November and must be paid before you can attend a sanctioned event.

**Meet Fees**
In-state pre-qualifier entry fees usually run $35-$45; State Championships around $50-$60; Regionals- $50-$90; and Nationals $80-$120 depending on the level and number of events.

**Coaching fees** for meets will be added to the meet fee depending on the distance and number of athletes attending the meets usually around $5-$10 per meet.

All checks for entry fees and team attire should be made payable to Flip-Tops as we must send one team check. Meet fees are due when entries are due.
In the Gym

**Attitude** is one of the most important factors in training. Athletes should be positive in training, show respect, & promote team unity. Attitudes are contagious...is yours worth catching?

**Attire**
- Wear leos or shorts & Tank tops / Tshirts
- Hair needs to be tied back if it is long enough to hang in the face
- Socks are needed for trampolines
- Tshirts and shorts need to be flexible gym type clothing without buttons or zippers
- Larger shirts are not allowed for athlete safety
- T-shirts need to be tucked in for athlete safety

**Class attendance**
- Good attendance is mandatory
- Flip-Tops should be at class promptly, and remain until finished
- Warm-ups, conditioning & cool down are crucial to athlete’s progress & safety
- If your child is upset, ill, has a fever, or is on medication that will affect his/her performance, please do not send them to class.
- Strains, sprains and injuries should be reported to the coach.

**Class cancellations** If severe weather warrants the cancellation of classes you can: Listen to WKEI 1450 am, Call the YMCA front desk (309) 853-4431, Listen to the message on the gym Machine (309)-853-4434, Check the website: [www.kewaneeymca.org](http://www.kewaneeymca.org) or Check facebook!

**Open Gyms** Open gym will start in January. Flip-Tops are encouraged to attend open team practice as needed. You do not have to stay the entire time! You must abide by the gym rules and not be disruptive to any other classes that are going on. Open team practice is supervised, not coached; it is free time to perfect skills and progressions **not to try new skills**! While this is an open time, proper stretching, warm up, and cool down are a requirement to participate and prevent injury.
Other Events the Team is Involved In

**Nursing Home Visit & Performance**
Each year we try to take a group of team members to perform and visit at the local nursing home! If your child has a family member in a local nursing home please let Rachel know so we can see about setting up a performance there.

**Team Lock In**
We normally have 1 or 2 team lock in per year one held in December and one held in summer. We normally begin the lock in with practice and then go into games, pizza, swimming, bowling and flashlight tag! It’s lots of fun and a nice bonding time for the kids. We also offer the option for the younger team members to participate for a part of the night instead of all night!

**Team Holiday Parties**
We typically celebrate holidays during regular practices with the girls we will provide refreshments most of the time and occasionally we will ask the team members to bring something as well!
Meets

How to Sign up - Sign-up for a meet in the team book by paying the appropriate fee and checking your child’s name. A “meet information sheet” will be placed in your child’s mailbox the practice prior to the competition. The meet sheet has the meet address, competition time, and general information as to admission price and concessions available.

What if my child will not be attending the meet? Please cross off your child’s name if they are not attending the meet.

Etiquette at a meet

**Athletes:** Plan to arrive at the meet at least one hour before your scheduled competition time so you can become accustomed to your surroundings, locate the restroom, & stretch. Do not come out onto the competition floor until your flight/age-group/level is called. Your coach takes care of registering you. As the Flip-Tops represent our team & the YMCA of Kewanee, good sportsmanship & proper conduct will be expected from both team members & parents at all team functions. At away meets athletes are there to compete, therefore, need proper rest & nutrition. We want the kids to have a good time, but please avoid late swimming and socializing. This is not only to assure that the athletes have enough rest to compete well, but also to insure their safety! Congratulate all award winners whether or not they are Flip-Tops. Accept your award cheerfully and with grace-no matter what the place. Be careful about making negative comments, especially while scores are being posted and during awards- you never know who may be listening. It all reflects on our team. Remember that meets are wonderful opportunities for you to make new friends outside of our gym. You can compete and still be friends with the other competitors.

**Spectators:** It is necessary for parents to show the right amount of concern & interest without applying undue pressure. As coaches, we expect goals to be met & 100% effort; however, they are kids and they will make mistakes. They need their parent(s) to be cheerleaders for them no matter how they perform. Place emphasis on your child’s
Meets

Spectator Etiquette continued: effort and improvement rather than mistakes. The pressure from the coaches is enough, when they get it from their parents also it is overwhelming. Be a fan, not a critic! Contact your coach if you have concerns or questions. Condition your child to be satisfied with doing their best. Cheering from the sidelines is encouraging!!! Please make an effort to stay and cheer for the team. If a problem arises (such as a score tabulation error) that must be corrected immediately, calmly get a Flip-Tops coach’s attention. Aesthetic scores cannot be disputed. Never confront a meet director or judge. If a problem can wait until after the meet, then it must. Please be sure you DO NOT use your camera flash when taking photos at a meet, it is unsafe for athletes and distracting for the judges.

Attire Team leotards are required to compete in a sanctioned meet. Used attire is sometimes available for a lesser cost. Girls may wear any of the 3 sleeveless styles (pink and black adidas, black with pink down the sides, black on the bottom pink on the top) we have. We are currently in the process of ordering new leotards for all levels. Sleeveless solid melon colored leos may be ordered for levels 4 & up for $49. New Long sleeve leos with color options available may be ordered for $92. Boy’s step-in and shorts are required for tumbling and long trampoline pants are required to compete trampoline. Approximate cost: shirt $24-30, shorts $21, trampoline pants $37

Team Warm-ups: Warm-ups are not required, athletes “warm-up” in competition attire and awards are received in competition attire only. They are nice for opening ceremonies and when the arenas are chilly while waiting to compete. We have new warm-ups for $80.

Flip-Tops have t-shirts, sweatshirts, hoodies, window decals, etc. available for order. We place an order at the beginning of the year.
Meets

**Warm ups**  The warm up area is the area at the meet designated for athletes and coaches only. Athletes will report to this area to prepare their body for competition. They may wear their warm up jacket and pants or team t-shirt while in warm up. There will be a leader who lines up the athletes for competition. Once the leader has asked the athlete to line up the athlete should remove their warm ups and only be in competition attire. It is okay to leave warm up attire in the warm up area. It is not okay to leave important personal belongings in the warm up area as they may be easily lost.

**Competition**  When athletes go to compete they will be moved from the warm up area to the competition area by a leader in a group ranging between 1 and 12 participants. In some cases the athlete will compete in a group of 3 but they will be combined with another small group in a similar level in order to save time a make the meet more efficient. To know who your child is competing against check in the program handed out at the meet. Once you child is at the competition area they will be allotted a warm up time on the apparatus and then they will compete. After competition they will go back to the warm up area to gather their things and then can meet back with their parents.

**Awards**  Awards areas are where athletes can go after competition to find out scores and get awards. There is normally a delay in awards, for example your athlete may have competed at 1 pm but her award may not be given until 1:45. This is because scores need to be entered into a data base and calculated when they leave the judges. All meets are slightly different some meets have awards at specified times. Ask your coach before the meet or check the program at the meet for information on that meet.
Types of Competitions

Flip-Tops attend approximately one competition per month December thru July. We will also host a small meet or two in our gym for practice. An athlete must mobilize through the levels by achieving a “mobility score” in each of the respective levels to move up to the next level. Some levels require additional difficulty requirements.

Non-Sanctioned Meet: usually a small meet with another club or two used a competitive practice.

In-Gym Sanctioned Meet: small meet held in our gym that is used for practice, mobility, (to try to achieve a set score to enable the athlete to move to the next level) and pre-qualifying.

Pre-Qualifier: Any sanctioned meet can be used as a pre-qualifier. Levels 5-10 must be compete in 2 pre-qualifiers before they are eligible to qualify for the national meet. You cannot pre-qualify at the state championships.

State Championships: The Illinois State Championships is the first of two opportunities for the level 5-10 athletes to qualify for nationals. To qualify to go to the national meet levels 5-10 must meet a “qualifying score” at the state or regional championships.

Regional 4 Championships: The Region 4 Championships will be held is the second and final opportunity for level 5-10 to qualify for the national championships. The 2012 Regional Championships will be held in Grand Rapids, MI on May 18-20. There will not be any competition on Friday. All competition will be Saturday and Sunday. There may be a training session on Friday night. If you are not planning on attending the nationals it is a nice finish to the season. Region 4 is comprised of Michigan, Illinois, Iowa, Indiana, Wisconsin, Ohio, Minnesota, Missouri, Kentucky, and North and South Dakota.

National Championships: The 2012 USAG Junior Olympic Championships will be held in Long Beach, Calif., July 5-11, at the Long Beach Arena. All information on Nationals will be included in the team book as it is released. While we realize the expense involved, this is a great experience for your kids.
Judging
We are fortunate to have several USAG certified judges in our gym; Mary Findley is level 2 trampoline, level 3 double-mini. Stephanie Findley is level 2 tumbling, Jenny Lucas is level 3 tumbling, Rachel Shrum is level 3 tumbling, and Christa Fisher is level 3 tumbling. We always need new judges! Judging is a good way of earning money at the meets you will be attending anyway, and an excellent way to become more involved and gain a better understanding in the sport. If you are interested talk to any of our judges!

Parent Expectations
All Flip-Tops are required to attend home meets. Flip-Tops will be hosting a meet on March 20, 2011 at the Kewanee Armory. All parents are expected to help at the home meets. Food and job lists will be in the team book 2 weeks prior to the meet. Sign-up for the job, time and food item to bring (we appoint jobs if you do not sign-up) It is possible to watch your child compete while you work. Jobs are not difficult; we encourage older siblings, relatives and friends to help! It is a fun family volunteer opportunity!
Also see Meet Spectators!!
U.S.A.G. T. & T. ILLINOIS
MEET SCHEDULE  2011–2012
Will be posted soon!!
Helpful Resources

http://usagttregioniv.com/
Check out our Region Website!!

view the current routines & access additional information about USAG at their website:

www.usagym.org

Good Luck Flip Toppers!