

Patriot High School Gymnastics



Dear Athletes and Parents:

Welcome to the Women's Gymnastics Program. We are excited about your interest in Patriot Gymnastics.

The Patriot Women's Gymnastics Team is one that involves hard work and dedication. This year we have set our expectations high. **Tryouts will begin on Tuesday, November 12th @ 2:00pm in the Main Gym (side closest to Boys Locker Room).** Tryouts will conclude on Friday, November 15th. The team will be posted on the Gymnastics Website on Friday, November 15th. In order to tryout you will need a valid VHSL Physical on file at the school. You will practice Monday through Friday 2:00 pm to 4:30 pm (tear down begins). There may be practices over the Winter Break. This is a very time consuming sport. If this presents a problem for you or your daughter, please speak with me before the season gets underway. The coaching staff is extremely dedicated to the students/athletes in our program. We want to insure a successful and fun-filled high school career in school as well as gymnastics.

The most important thing we ask of all of our athletes and parents is open and frequent communication to let us know of any questions and/or concerns. For instance, if you must miss practice, it is expected that Coach Dignan is contacted by you personally or your parent as early as possible *and* before practice. Call the school 703-594-3020. Please try not to schedule appointments that conflict with our practice/meet schedule. ***Don't wait to communicate with us. You may contact Coach Dignan via email: dignanam@pwcs.edu***

Please take a moment to thoroughly review our team policies with your daughter and stress its importance. Again, we are glad your daughter has expressed an interest in joining our team and we look forward to working with her this season.

Thank you for your help and support!

Amy Dignan
Head Gymnastics Coach

Natalie Hanson
Assistant Gymnastics Coach

Patriot High School Gymnastics

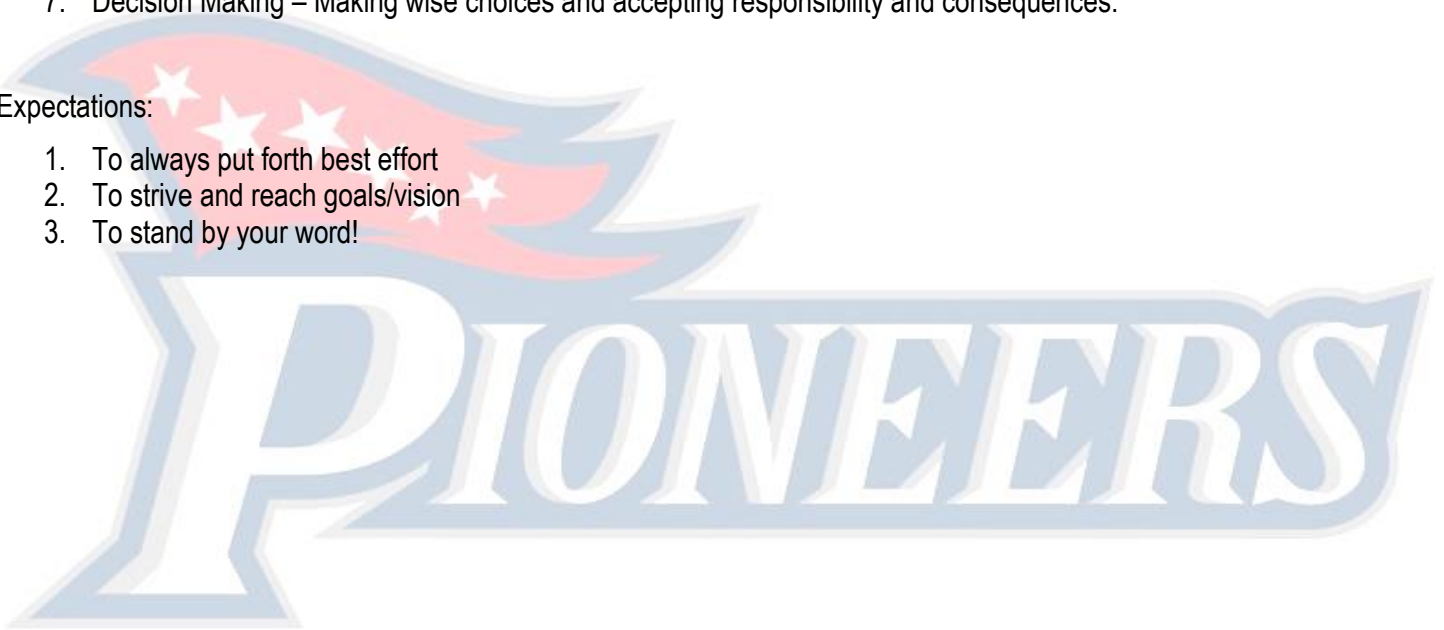
Vision & Mission

Vision: To develop strong character through:

1. Team work/Unity – support and motivate team members
2. Commitment – to be responsible, to please to a position, dedicated to self and team.
3. Integrity/Honesty – a strict adherence to a standard of value or conduct. Personal honesty – completeness: unity.
Your WORD must stand for something@@
4. Loyalty – Faithful to a person, ideal or cause. Be dependable and reliable
5. Positive Mental Attitude – Have a winning attitude always (“I CAN DO THIS”)
6. Tenacity/Perseverance – to be persistent, hold firm to beliefs. To persist in an idea, purpose, or task despite obstacles.
7. Decision Making – Making wise choices and accepting responsibility and consequences.

Expectations:

1. To always put forth best effort
2. To strive and reach goals/vision
3. To stand by your word!



Patriot High School Gymnastics

Rules & Regulations

Team Policies

Scholarship

A. Grade Requirements

1. Grades will be checked throughout the season.
2. To remain eligible you will need to be passing 5 classes at the end of the semester.
3. Attitude remarks must be at least satisfactory.
4. Patriot gymnastics team requires that all athletes be passing all classes with a C or better. Failing is unacceptable. (Assistance with tutoring will be arranged, if necessary.)
5. Failing a class will cause a gymnast to be ineligible to participate in a meet until the failing grade is raised to passing.

B. Emphasis

1. Academic achievements are a primary importance.
2. Athletic participation is secondary to academic progress.
3. Interims and report cards will be shown to the coach on the day they are issued.

Attendance - **PLEASE BE ON TIME!! Motto: If you are on-time you are LATE!**

- A. Each girl will attend every scheduled practice and meet.
- B. All private club competitors or athletes participating in other sports will arrange their practice schedule ahead of time with Coach Dignan. Private club competitors or athletes participating in other sports will be expected to be at the **entire practice** the day before a meet.
- C. **NOTE: VHSL policy states in regulation 28-11-1 Independent Team Rule- Student responsibility for**
 - a. ***sports participation: During the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports become a member of or participate with an organized team in the same sport which is independent of the school's control so long as such participation doesn't conflict with the scheduled activities of the school squad or team.***
 1. If you are unable to attend practice, Coach Dignan must be informed by you personally, or your parent, before practice begins *that* day.
- D. Any girl absent from school the day before a meet or on the day of the meet **will not** be eligible to compete in the meet, unless it is an extenuating circumstance that is discussed with the coach.
- E. **Unexcused Absences** include but aren't limited to oversleeping, holiday shopping, unable to find a ride, detention hall, and catching up on their homework. These will not be tolerated. **Two** unexcused absences will result in removal of the team. Three tardies to practice or meets will count as one unexcused absence.
- F. **Excused Absences will** include but is not limited to death in the family, family trips, and school functions if the coaches are noticed three days in advance. A total of 4 practices either unexcused or excused are allowed. Doctor and Dental appointments **MUST** be scheduled before school or after practice when possible. A note from the doctor will admit you to practice if you arrive late. If you are late to practice due to making up a quiz or test, you must have a signed pass from a teacher.
- G. Work **will not** interfere with meets or practices. Please see Coach Dignan or Coach Hanson if you have a conflict between work and practice.
- H. If you are **absent from school**, you are expected to call Coach Dignan's school - 703-594-3020 or email her at dignanam@pwcs.edu and leave a message. Please have all phone calls in by 1:30pm. All absences regardless of illness, family trip, and school functions must have a note signed by a parent or guardian. Please don't leave me guessing about your whereabouts.

- I. If you **leave school early** for any reason please see Brad Qualls, the athletic director and tell him the reason so that he can pass the message on to Coach Dignan.
- J. **Holiday Absences** should be brought to Coach Dignan's attention as soon as possible. Please provide documentation of the trip. It is for the gymnast's safety that we continue to practice over the holidays. It may be necessary to sit out meets until you are properly prepared for competition. Holidays are great times to work on new skills.

Medical Examination and Insurance

- A. Before any girl is eligible to practice she must present a signed physician's certificate, dated May 2011 to present. This physician's certificate is found on the VHSL form. Additionally, you must complete the section on insurance, also found on the VHSL form.

Transportation

- A. Riding the bus is required both to and from all meets, unless otherwise noted by the coach. You must stay the entire duration of the meet.
- B. Each girl is responsible for her own transportation home after practices. Each girl will stay inside the building until transportation arrives. Cooperation by students and parents in providing prompt transportation is greatly appreciated.
- C. When we are on our way home from meets gymnasts will be given a warning to call parents for pickup at the school. Your promptness is most appreciated.

Equipment and Procedures

A. Equipment

1. Each girl is expected to help with setting up and taking down equipment before every home meet and practice.
2. Please don't plan on leaving a meet early without helping to break down and put the equipment away.

B. Proper Clothing

1. Athletes will follow current school dress code during the school day, meets, and practices. Please dress appropriately!
2. Each girl is to provide her own practice clothes, consisting of a leotard and spandex shorts, (loose clothing is not acceptable).
3. On days of competition, each girl is expected to have a clean uniform. You will be dressed in your uniform from beginning to end. You will be allowed on the bus unless you are in your "Patriot Gear".
4. Each girl will be given a team competition leotard. You are financially responsible for this gear if it gets ruined.
5. Each girl is expected to provide her own briefs and sports bra for competition. Please make sure they are nude in color. **Mrs. Dignan will place an order for each girl to have the appropriate briefs and sports bra that are legal for competition.

C. Additional Information

1. ***Cell phones/IPODS are to be turned off and not used during practice and meets. We will get a team deduction if a team member is caught with a cell phone or ANY electronic device (to include IPODS)***
 - a. ***SOCIAL MEDIA*** - The negative use of social media during the season is strictly prohibited. The posting of pictures or comments that are detrimental to the team or opposing teams will result in disciplinary action from the Coach or Athletic Director. This will not be tolerated!!!! Remember you are representing your school.
2. The use of tobacco products, alcohol and drugs will result in dismissal from the team.
3. Hair must be kept out of the face at all times.
4. There will be no gum chewing during practice and meets.
5. No jewelry is allowed during practice or meets.
6. *All practices are closed to non-team members and parents.*

Sportsmanship

A. Code of Conduct and Values will be in effect throughout the season:

1. Code of Conduct — As a Gymnast, I will strive to respect myself, other students, the staff, and my school through my actions and words. I will be truthful, honorable, peaceful, and respectful of other people's property. I will encourage other to do the same. I will take pride in my school and make an effort to promote unity and to appreciate student diversity.

2. Gymnastics Values:

LEADERSHIP

- Accountability & responsibility
- Respect decisions
- Be loyal

PRIDE

- not revel in one's own accomplishments
- Stand with your team
- Cheer with excitement and help each other

RESPECT

- Appreciate uniqueness of self and others
- Treat others as you would have them treat you
- Be courteous

INTEGRITY

- Be true to who you are
- Do what is right
- Be honest

COMMITMENT

- Strive to be the best that you can be
- Fulfill obligations
- Be Loyal

RESPONSIBILITY

- Accept consequences for your actions
- Be dependable and reliable

B. Each girl is expected to conduct herself in a manner demonstrative of the best sportsmanship-like behavior. This high level of behavior also extends into the community and school.

C. If any girl's attitude or behavior reflects poorly on the team or school, she may be suspended/dismissed from the team.

D. ***We are a team. Cheer for each other each meet!***

Requirements for Letter Award (minimum)

- A. Attend all practices
- B. Compete in 75% of the meets on at least 2 events minimum
- C. Help carry, set up and break down equipment at all practices and meets
- D. Help other team members improve skills
- E. You must complete the season in good standing
- F. Meet all the above policies and criteria
- G. In addition, ***gymnasts and managers may be lettered at the discretion of the coaches.***

Meets

- A. On the day of a meet, all team members are to wear a nice outfit to school (no jeans) and bring a balanced bagged dinner and drink unless the team has arranged for a team dinner.
- B. Because judging gymnastics can be subjective, it is important to have neat, non-distracting appearance while competing. Excessive make-up, unnatural hair color, piercing of any kind will be taken out, and finger/toe polish shall not be worn at meets.
- C. You are expected to represent yourself like a young lady at all times. We want Patriot High School represented with the highest standard possible. We are presenting an image to the community of being outstanding student-athletes. Remember you are representing your school.
- D. Everyone is expected to attend every meet, regardless if you are competing or not. We are a team and we travel as a team. Your support is critical.
- E. Meet Line-ups will be determined by the coaches. Gymnasts will be asked to demonstrate routines several times in practice to determine the starting line-up. This line-up is not the same in every meet and changes constantly. There will be an alternated listed in each event for each meet. Alternates will warm-up and prepare as if they are going to compete in case of an injury.

Acceptance of Patriot High School Gymnastics Team Rules and Regulations 2014-2015

Gymnast Name (please print): _____

We have read, understand, and accept the rules and regulations that are set for the in the Patriot High School Gymnastics Constitution. We understand and accept that if team rules are violated, dismissal from the program will be the result. We understand that all practices, games and other gymnastics obligations are mandatory and agree to be present for all of them. We agree to abide by the requirements and commitments, rules, and regulations set forth in the Gymnastics Constitutions, and Patriot High School Athletic Code.

We have read the information above concerning the risks of Gymnastics. We understand and assume all risks associated with trying out, practicing, and competing in gymnastics. In signing this form, we assume the inherent risks of Gymnastics and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Gymnast Signature

Date

Parent Name (Printed)

Date

Parent Signature

Date

