

Parent's meeting: 1-13-12

Each group is doing Basket making for Vegas cup – check with your head coach for date/time to bring your stuff/make the baskets.

Vegas Cup is coming up – for those who don't know what this is, it's the largest competition that Gymcats hosts and where the majority of the year's points can be earned.

- ❖ We want to represent our team and our competition well. We want our attendees to return next year – so we would like all of you to represent Gymcats and Vegas Cup really well.
- ❖ We want to help people enjoy their stay here in Las Vegas – so if there is anything you can do to help our guests, please do so – that extra help by a stranger can make all the difference to someone who is just visiting and needing some help.
- ❖ Sometimes parents are stressed out about different things that happen at a meet, so if someone is rude to you, please try your best to be nice and calm back to them. Also please wear a Gymcats shirt when working the event. All workers get a special reduced rate if they need to buy a shirt before the event. Please wear Gymcats shirts to all our meets if at all possible. T-shirts for workers are \$8.00 if you pre-order.
- ❖ Vegas Cup program ads: –. Prices are: \$150 full page, \$125 ½ page, \$100 ¼ page, \$75 business card Ads are due 1/27 (copy ready) You get points too! Each \$25 of ads purchased gets a point.
- ❖ Those who are new to competition, be prepared for meet admission fees for spectators - - they range between \$5 and \$15 per person per session – so be ready for that when watching competitions. Vegas Cup will not have a spectator fee this year.
- ❖ Fan page on facebook – help us promote your kids – send us ideas for updates on fb/twitter.... Members have posted videos, pictures, congratulations to someone etc. It is a great way for kids to get recognized for all their hard work. Please help us recognize your kids' accomplishments!
- ❖ FEAT classes and why it's great for your kids to be involved. Jan. 16th next date

Behavior

- ❖ As a parent behave as you would like your kids to behave. The best education is your behavior. Kids will always emulate their parents.
- ❖ Parent education: Helping your kids and coaching a team athlete articles are on our website.
- ❖ How to behave at a competition. –Tips for how to win and lose with Class!!
- ❖ All participants should be held accountable and responsible for their attitudes and behaviors.
- ❖ If you “win” be proud internally and be respectful externally to those who are not in the winning position. The gymnast is seen as honorable, dignified, moral, full of pride and valuable. This brings with it the respectability for oneself and others, When a team wins, it is explicit that they are the winners and that they have something to be proud of, thereby making it unnecessary to gloat and be disparaging to other performers.
- ❖ No blaming others for loss. In defeat, we have a tendency to externalize and blame some outside force for our disappointment of not standing in the #1 spot. When we win we have no problem taking full responsibility for our win.
- ❖ No trash talk – It is just a personal and professional NO-NO. There is something to be said for the old saying, “if you don't have anything good to say, don't say anything at all”
- ❖ Respect for your teammates. This starts with our coaching staff and you the parents. If you are bad mouthing others in front of your kids, then they think that is acceptable to do. We are the example for our kids to behave respectfully towards one another and we must lead by example. We expect your kids to respect their teammates, which includes their stuff as well as them as a person.

Other notes for parenting a team athlete

- ❖ Moving up. After this season as well as during the season, we make decisions for kids to move up very carefully. We would like EVERYONE to move up to the next level IF they will be successful there. Please never let your kids tell you that coaches don't want to or won't let them move to the next level or work a harder skill. We just want them to be successful and safe.
- ❖ Watch what fuel you're giving your body especially during meet season. Your body needs complex carbs, protein for immediate energy and nutrients to help repair tissue break down. Give your child more healthy choices and they'll feel better, minimize injury risks and develop good eating habits for adult hood.

- ❖ Sleep is very important—especially for teenagers who have hours of homework and early school schedule. Encourage your kids to plan ahead, reduce wasted time at night and beauty time in the morning in exchange for more sleep!!
- ❖ **Teammate squabbles:** Kids will have disagreements, fights and poor behavior at times. These kids are works in progress and are learning how to interact with the help of our coaches. Kids do not need parent involvement each time their child is upset. Help them grow and gain the tools of dealing and coping
- ❖ **Attendance:** Team is a serious level of commitment. It is a lot of time, money, and energy. In boys, girls and cheer teams attendance is a must. When kids have low attendance in gymnastics, progress is slowed, fears increase, strength sometimes doesn't keep up with kids' growth and discouragement often sets in. On cheer team this not only affects your child, but her teammates as well. Attendance is one of the most important things towards success in our sport. Elite kids train 6 days/week 6-7 hours/day and do not miss for slight colds, "not feeling well", for family visits, for vacations or school events. If they must miss, they make up time missed with extra training time. This level of attendance is not what we expect of your kids, but if your child is not happy with their progress and not close to this level of attendance, then please increase attendance before anything else. In other words, don't get upset or complain if attendance is low and performance is not what you would like it to be, this is what happens when attendance is low.
- ❖ **Pain and injuries** your child might be experiencing – 3 types of pain 1. Normal/good pain – some pain is good or ok and some pain is not. We have to help our kids deal with the good pain and listen to the bad pain (therefore stop) Some normal and expected pain in gymnastics is: - wrist pain when doing a lot of handstands - back pain when doing a lot of bridges - hand pain when swinging a lot of bars - leg pain when doing a lot of leg conditioning - stretching pain when working flexibility 2. Some common growth pains especially in kids between 8 and 14 are – Sever's and Osgood's – Sever's is a very common heel pain and Osgood's is a very common knee pain – These are syndromes that can be managed – and before brushing off your child's complaints – check with a coach or the front desk and we can tell you of ways to have your child deal with these syndromes. – 3. Kids must learn to listen to their bodies for other pain – so they can know when to stop. Some pain absolutely should not be pushed through. Once your child recognizes the difference, the safer and stronger an athlete they will be. Coaches have some experience with this but ultimately the child has to learn which pain is which and BE ABLE TO COMMUNICATE THIS WITH COACHES. Please don't give your kids the excuse that they are just too shy or too afraid to communicate or are just pushing through the pain because they are "so tough" – that is not acceptable for the athletes we are raising. We are raising personally responsible gymnasts which include this type of communication.
- ❖ **Running to the doctor:** Many parents schedule a doctor's visit at the first mention of pain from their child. This is sometimes necessary but often times parents and kids are looking for that magic cure/answer from the doctor. Usually if something is hurting, the first step is to stop doing what is hurting them, do strengthening of the areas around that part of the body and use ice/ibuprofen. Another thing that parents should look out for are other reasons that are causing this pain outside of the gym. And sometimes even psychological issues can affect a child including fear of skills, fear of failure, or a lack of motivation.
- ❖ **Expect your kids to do their part** – if your child is having pain – expect them to be diligent with icing after practice, doing activities that won't aggravate their pain, such as when they have heel pain – it is very detrimental to walk around the mall for 3-4 hours – it will definitely increase their pain. Do stretching exercises that will help manage the pain etc. Make them responsible for taking action in helping to heal and deal with their pain.
- ❖ **Remember to teach the 3 P's:** if your child learns these 3 and practices them there is no stopping them in life.... Personal responsibility, Perseverance, Positive. Check out the website for more articles on these. <http://www.gymcats.com/parentguide.html>