

Parent's meeting: **3-7-08**

State meet is coming up—Here are a few reminders:

- We need support. We are proud of our gymnasts and would like to see support of other levels by attending and cheering. If you are able to remain for 1 or more other sessions that are not your own (either the kids, parents or both) the cheering really helps in overall impression by the judges. We don't expect you to jeopardize your own competition by watching other kids, but if you can watch after your meet or see part of another level's meet, it will help in overall support. We would like parents at state meet to wear Gymcats apparel, sit in the stands TOGETHER and be fans of all our kids!! We're very proud of them and want to display this. This is an important TEAM competition. We want to focus on our entire team doing their best and giving them the support they deserve.
- We want to represent our team well and be proud of all adults in attendance, coaches and parents included. Remember this when you get upset at a situation. There are still a few parents saying inappropriate things in the stands, reacting inappropriately with their kids and needing to work on curbing what they say that can affect their kids and the team negatively. The meet is not the place to be upset about your kids' performance, it could be that they worked their hardest before this competition and things went wrong, so you piling on at that moment will push your kid to give up, because in their mind the extra work didn't do any good.
- This is the end of the year team meet, but don't stress that over and over again. Make it just one more meet so your kid doesn't feel added pressure. Athletes perform their best when they relax and let things happen rather than make themselves overly nervous or overly stressed. Certain parents that I will not name here should refrain from talking to their kids about gymnastics just prior to each competition. Unfortunately sometimes asking simple questions like "how are you feeling?" can put an added stress on the kids that you are not meaning to do.
- Try to plan out ahead of time your schedule for the meet day. Some of the things to avoid are arriving at the meet late, eating too much too closely to meet time – the last thing we want is a kid who's energy is being spent digesting instead of working towards their gymnastics, talking too much about the competition therefore putting too much importance on the competition and increasing nervousness.
- Because of some kid and parent competitive ness within the groups – there have been some fighting in the groups in a rudely competitive nature. We have heard comments from parents that other parents will tell them that "they can't believe their child beat them" We don't put a lot of stock in things that are heard 2<sup>nd</sup> hand – but if that kind of statement is being said – then shame on that parent. This comparing and making statements to other parents about who's better than who is not acceptable behavior.
- Set your kids up for success: If you tell them the goal is to learn from each meet, just to try their best, to enjoy the process, the meet, the trip, keep a good attitude, focus on their presentation, enjoy their friends and teammates etc You have set them up for success. If your goal for them is to win, beat another gymnast or to get all 9's – this is setting them up for potential failure. You don't want them to focus on anything out of their control – only things under their control. Sometimes they do awesome but don't win, don't beat another gymnast or doesn't score a 9 – this is not in their control and should not be set as a goal for them. Also, avoid bribing them with new stuff because of score or placing. This is not recommended. If you're wanting them to get a reward, do it for things that are in their control, behavior attitude, effort etc. Being proud of a gymnast for a great attitude under a disappointing situation is a great reward for something that is super hard to do!!
- Point balances have been added to your account. These balances need to be paid before their final competition but if work points arise in the future you can get this credited back to your account. Please email the front desk for help you can give for upcoming events such as the Easter Egg hunt, Dance recital and Spring Festival.
- Move ups for compulsory girls team will be given out June 9<sup>th</sup> and move ups will begin June 30<sup>th</sup>
- X-team is a new girls competitive gymnastics team program that is open to current team members who fit the criteria. There are 2 levels – intermediate and advanced. The difference is competitive requirements and skill level. Gold/diamonds and level 4's are eligible for intermediate and level 4 – 7 are eligible for Advanced (depending on their skill level) . The program is geared for older kids – You should be close to or over 10 years old to be in this program. The program does not require as many hours/week as regular team classes, they get to make up their own routines, it has easier requirements than other optional levels and they are competing against kids who also train a limited # of hours. This level in USAG is a brand new level. The costs are also lower. If your child might be interested in this – they are welcome to tryout these workouts instead of their team workout. Just check with the front desk for more details.
- Please respond to this email saying that you read this or that you read this and have some questions or comments – thank you team parents.