

Mission Statement

Teach a complete repertoire of gymnastics skills in order to build an excellent foundation for every level of gymnastics. Our aim is to maximize the potential of each athlete and produce versatile, healthy, well-trained gymnasts.

Develop an individualized plan for each gymnast that combines their goals with a clear understanding of what is required to excel in the sport.

Build strong character and life-skills. We want gymnasts to leave the sport as self-reliant, smart, mentally and physically strong, confident young women.

Collaborate with parents, coaches, and other staff members to increase their knowledge of the sport and provide a network of support for our gymnasts

General Policies

-Attendance Policy

Gymnasts may only attend their regularly scheduled workouts. Our gym is typically filled to capacity and we don't want to impact the gymnasts who are there during their regularly scheduled hours by squeezing extra people into the gym. In addition, workout groups are put together to make training as efficient and individualized as possible, so joining in with a different group will not provide the same experience.

-Make Up Policy

We do not provide make ups for team gymnasts. In certain specific situations we may choose to make exceptions for gymnasts during the competition season. For example, we may choose to have a gymnast workout with a different group or even during off-hours to ensure that they get the repetitions on skills and routines they need leading up to an important meet.

-Meet Eligibility

In the two weeks before each meet we require that gymnasts attend at least 50% of their workouts (in some cases one week may be sufficient). We want to ensure gymnasts are safe, well-prepared, and given the best chance for competitive success. If a scheduling conflict arises in the two weeks before a meet, please be sure to contact the coaching staff in order to be given clearance to compete.

-Private Lessons

There are certain situations where it may be helpful for a gymnast to work in a one-on-one setting with a coach (i.e.. difficulty mastering a specific required skill, a mental block on a specific skill, learning floor/beam choreography). To schedule a private lesson, contact the coaching staff and one of the coaches will get back to you. All of the team coaches are available to teach private lessons and the price is \$75/hour. Payment is made to Atlantic Gymnastics. To Contact the Coaching Staff please use the remind app to contact the coaching staff.

-Hygiene

If your daughter is 9 years or older they are required, as part of practice uniform, to wear a sports bra and underwear and to apply deodorant before practice.

Social Media Policy and Communication (Remind App)

In order to protect our coaches and gymnasts, we strictly prohibit any member of our staff from communicating through social media with registered members of Atlantic Gymnastics. This includes, but is not limited to, Facebook, Twitter, YouTube, Tumblr, Instagram, Snapchat, texting, websites, etc. This policy is mandatory for all USA Gymnastics members and is clearly stated in the USA Gymnastics Safe Sport Policy. The policy states, "All emails, texts, and posts must be transparent, professional, and related solely to gymnastics activities or events. Covered adults may not have out of program contact with gymnasts on social media."

Coaches, gymnasts, and parents will use the Remind App for all necessary communication. Remind is an “in program” platform used to communicate Atlantic Gymnastics activities – it is transparent, professional, and it archives all conversations. Gymnasts over 13 years old are encouraged to use Remind to keep coaches updated on reasons for absences. Gymnasts **MUST** group message with a parent and coach when using Remind. If you need help using Remind we would be glad to assist you. We do still encourage coaches, gymnasts, and parents to use Atlantic’s official social media channels (Facebook, YouTube, Instagram, etc.) to share videos and photos, post comments, and otherwise promote our program.

Financial Policies

Program Withdrawal

If you are considering withdrawing from the program prior to the completion of your annual commitment (July 1 through June 30), **YOU MUST SCHEDULE A MEETING** at the gym or over the phone to speak with one of your coaches.

EFT Cancellation

In the event of withdrawal from the program, **YOU MUST PROVIDE WRITTEN NOTIFICATION** (either send an email or fill out an EFT cancellation form at the office) by the 25th of the month prior to withdrawal, in order to cancel your tuition payments. Notification to coaches **is not sufficient** to cancel your EFT payments.

Program Refunds

We do not offer refunds for tuition. We do not offer refunds for meet fees. We do not offer refunds for apparel.

Compulsory/Xcel Reserve Rate

Because the commitment to team is year-round, if a Compulsory or Xcel gymnast is going to miss an entire month of workouts you receive a 50% reduction on their tuition rate to reserve your spot in the program. Reduced rates are offered to students who will be missing **all** practice times within a month. You must notify the coaching staff and fill out an account adjustment form to receive the reduced rate. This rate is not available to optional gymnasts.

Competitive Gymnastics FAQ

When do gymnasts compete?

The competition season typically starts in November and runs through the end of April/May depending on level. The coaching staff selects meets based on overall quality, availability, the level of competition, and location. We put a lot of effort into planning our workouts and our meet schedule so that gymnasts peak for their most important meets of the season. We look for gymnasts to consistently improve their performance over the course of the season. We encourage them to participate in every meet on the schedule.

How do gymnasts qualify to States?

Once a gymnast in Levels 4-8 earns a 31.00 AA or higher at any meet, in any state, they are eligible to compete in a sectional qualifier. Sectional qualifiers are held in conjunction with Invitational meets in NH, in which case you pay an additional sectional entry fee to use the invitational meet as a sectional qualifier (the coaches will enter you appropriately). Gymnasts need to earn a 32.00 AA or higher at a sectional qualifier to be eligible to compete at the NH State Meet. In Levels 9 and 10 gymnasts qualify to the State Meet by earning a 32.00 AA or higher at any meet. Level 1, 2, 3 and Xcel gymnasts qualify to states by simply competing in 2 NH sanctioned meets.

What about scores?

Scores will vary from meet to meet. The judges’ foremost concern is to fairly rank the routines they see that

day (i.e., the best vault gets the highest score, whether that is a 9.8 or a 9.1, and then each vault is ranked down from there). Depending on the number of competitors and the overall ability of the gymnasts present at a given meet the exact same floor routine could score an 8.2 at one meet and an 8.8 at another. Neither the coaches nor gymnasts have any control over the scoring process. The coaches and gymnasts may use the scores as a reference to assess how many of their skills they are doing more correctly as the meet season goes on, but it is only one tool we use to assess performance.

What should gymnasts focus on?

Because of the variable nature of scores in gymnastics, we do not focus on them during training or during competition. We want to strive for excellence and we believe that it is far more effective to put our mental energy into what a gymnast can control in terms of quality of the performance. We consistently emphasize process oriented, specific goals for each event (i.e. I want to make sure my legs are perfectly tight on my leap pass in my floor routine, I used my cue words before each of my skills on beam, I casted higher and stuck my dismount on bars). The focus should be on taking the lessons learned during practice and applying them in a competitive arena. Learning how to be successful in a competitive situation is a skill that needs to be taught and keeping the focus on “the controllables” (what a gymnast is physically doing and thinking) vs. “the uncontrollables” (what a judge decides to give for a score) goes a long way to creating a strong and successful competitor.

What should I talk about with my daughter on meet days?

When you communicate with your daughter before a meet, try to ask her what she has worked on in practice that she will try to do at the meet that day. After the meet, tell her what you see her improving on and notice everything and anything that you loved about her routines and her interactions with teammates and coaches. While it is harder to talk about the specifics of the routine, as opposed to the score it received, it helps us convey a consistent message that the process is more important than the outcome. Instead of congratulating your daughter for a particular score, point out her placement or the quality of her routine instead (i.e. “Wow, you were third place on vault out of all those gymnasts!”; or, “Your vault is going so much higher than it did a few months ago!”).