

PRE-TEAM K2

TEAM K2

Rising Stars, Shining Stars and Shooting Stars

2018

**HEAD UP.
HEART STRONG.**

K2 Academy

PRE-TEAM HANDBOOK

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WELCOME TO THE PRE-TEAM PROGRAM!! You have worked your way up the ladder with a lot of hard work and we are happy that you've made it. We hope that by reading this booklet, most of your questions about the team program will be answered. The booklet was prepared to help each gymnast and her parents better understand the responsibilities, both personal and financial, of being on the team here at K2 Academy. Use this booklet throughout the season to help answer any questions you may have about the program.

Coaches Bio's

Sarah Wallace: Was a competitive gymnast for 6 years and was a two-time State Champion in Utah. She was a competitor in the Utah Summer Games, competed in many of the western states and in Mexico. Her love for the sport encouraged her to become a gymnastics coach. She has been coaching all levels of gymnastics for more than 15 years and joined the K2 Academy Staff in 2007. Sarah is married and has two children, Trevor and Ryleigh. She looks forward to being a part of your daughter's gymnastics career!

Danielle Behrens: Was a competitive gymnast for 6 years and competed through USAG Level 9. She went to Henderson State College on a full ride scholarship for swimming and diving. She began coaching pre-school gymnastics at the early age of 15. While in college Danielle was a swim coach, but gymnastics was her passion. She has been with K2 Academy since opening day and has played a vital role in the success of our programs. Danielle is married and has two children Drake and Desaray. She looks forward to watching your daughter grow through the sport of gymnastics.

Ana Longoria: Ana was a gymnast for 16 years in Mexico. She competed up to (what is now) Level 9. She graduated from Tec of Monterrey, Mexico with a degree in Sports Administration and Master in Sports Psychology. Ana, along with her husband and three children (AnaValeria, Zabad and Zaid) moved to Houston 8 years ago. She has loved the sport of gymnastics her entire life and has been coaching for over 30 years. We are very excited to have Coach Ana join the Team K2 family!

Kristen Larsen: was a Level 9 competitive gymnast. She began coaching at the age of 16 and has managed and coached boys team, preschool, recreational and competitive teams. She graduated from UC Davis with a Bachelor's degree in Child Psychology. She moved to Houston in 2012 and is married with three beautiful children. She said it just doesn't feel right, to not be coaching. She is an integral piece to the Team K2 family and we are very lucky to have her on board.

Julia Larson: has been a part of the K2 family since the doors opened in 2005. She was born with hip problems that doctors said would prevent her from even walking, yet she ended up a competitive gymnast for Team K2 through Level 6. Julia says Gymnastics is her life. When she had to say goodbye to competitive gymnastics she decided that she would try coaching. She said she wanted to follow in the footsteps of her former coach, Sarah Wallace. Julia has done just that. We are very excited to have Julia as K2 Cadets Assistant Coordinator and Pre-Team Head coach.

Reagan Roessler: was a competitive gymnast for Team K2 2010-2016. During her competitive carrer she won several titles including 2016 Level State Beam Champion. Reagan is currently a Junior at TMHS and is in the teaching program and is working towards a teaching degree. She started as a Junior coach and is now helping with pre-team.

Ashley Dickie:

K2 Academy's Pre-Team Programs

Rising Stars \$79 mo. (Recommend 2x week \$119mo)

The Rising Stars are the youngest of the team program at K2 Academy. They are between the ages of 3 & 5 and have usually been selected from the Gym Bug program. Rising Stars spend 1-2 hours in the gym per week and focus on body awareness, skill repetition, strength and flexibility. Perfecting the fundamentals of gymnastics is very important in this group. They will compete in **K2 CADETS** in the spring. (Nov-April)

Shinning Stars \$133 mo.

The Shinning Stars program consist of those gymnasts ages 5+ that have very strong fundamentals and show potential as a competitive gymnast. They spend 3 hours in the gym per week and focus on skill repetition, strength and flexibility. Perfecting the fundamentals of gymnastics is very important in this group. They will compete in **K2 CADETS** in the spring. (Nov.-April)

Shooting Stars \$165 mo.

The Shooting Stars program consist of those gymnasts ages 5+ that have very strong fundamentals and show potential as a competitive gymnast. They spend 4 hours in the gym per week and focus on skill repetition, strength and flexibility. Perfecting the fundamentals of gymnastics is very important in this group. They will compete in **K2 CADETS** in the spring and will be looking to move into our Competitive Level 2 program.

A note on tuition

K2 Academy's team tuition is calculated on a yearly basis, which we allow our team members to pay as a monthly fee. For this reason tuition is not prorated for months in which a class is cancelled for a holiday; similarly they are not increased in the months in which more practices fall or additional practices are scheduled.

What is K2 Cadets?

The "Gym Stars Skills Meets" program or K2 Cadets as we call it, introduces athletes to the world of competitive gymnastics in a fun and rewarding format. The meets run November-April. Gymnasts will receive colored ribbons based on their performance, but will not be scored and placed against each other. Each child will receive a ribbon for each of the four events as well as a participation medal.

Each child, depending on their ability will compete in one of four different divisions with other gymnasts from local clubs. The divisions for each Skills Meet are PLATINUM, GOLD, SILVER, BRONZE and GYM GEMS.

What division will my child be in?

The Rising Stars will be placed into "Gym Gems" or "Bronze" and Shining Stars in the "Bronze" division. They may move from one division to the next upon the direction of their instructor, their skill level and previous meet results. We feel that this experience should be a rewarding and enjoyable one, so there is no need to "pressure" them into the next division. However, we do want to challenge our gymnasts, so gymnasts receiving all blue & purple ribbons will be encouraged to compete up a level.

Do I have to compete in all of the Skills Meets?

As a member of Pre-Team K2 you are ENCOURAGED to compete! After all, the reason your child was selected to join this program is because she has potential in competitive gymnastics! So...

We will assume that your gymnast will compete in every K2 Cadet competition. Registration emails will be sent multiple times for you to "opt out". You MUST reply to the email to not be charged (or entered) into each competition. Billing for each competition (\$35) will occur on the 1st of each month and your card on file will be charged on the date you have requested for your monthly tuition.

There will be a **FREE K2 CADET CAMP** the Friday night before the K2 CADET Competition (6:00-7:30pm). This allows your gymnast to meet the K2 CADET Coaches that will be attending the competition and get some extra work on the skills they will be competing.

Team K2 leotards (required by Shining and Shooting Stars) can be purchased/ordered at Sideline Bling in the front of the K2 lobby.

Rising Stars have the option to purchase the K2 CADET leotard, the Team K2 leotard or use one they have.

There is a K2 Cadets handout available (at the Team K2 Info Wall in the lobby or at the front desk) or visit the website for a breakdown of prices, meet locations, etc.

http://www.k2academy.com/new_web_pgs/K2_Cadets.html

CURRICULUM

Our competitive program is a year round experience. At these levels the year is usually broken down into four areas of training:

	<i>Gym Star Competitions</i>	<i>Skill Development</i>	<i>Evaluations</i>
RISING STARS	Nov-April	April - Oct	May/December
SHINING STARS	Nov-April	April - Oct	May/December
SHOOTING STARS	Nov-April	April - Oct	May/December

The breakdown listed above is set up mainly for easier explanation to the parents, as within each area there are some overlap, change and inconsistency.

During the ***GYMSTAR COMPETITION SEASON*** the hard work pays off for our Rising Star, Shooting Star and Shining Star programs. We will continue to perfect routines and make small changes according to judge's critiques. After the competition season, gymnasts are evaluated and placed into groups for training towards the next season.

During the ***SKILL DEVELOPMENT*** phase, the major emphasis is on learning new skills on each event. The required skills will be taught in order for the gymnast to compete in her appropriate level.

Our ***EVALUATION*** periods are set up to make certain gymnasts are placed in the correct level and are improving their skill level. It will also help keep parents aware of their gymnasts progress in the program.

PROGRAM GOALS & REQUIREMENTS

GOALS

The main goal of the pre-team program is to prepare each gymnast for competition physically, mentally and emotionally through consistent training and evaluation.

REQUIREMENTS

K2 Academy's pre-team program follows the USA Gymnastics competitive curriculum. To remain a member of the team program, gymnasts must "pass" a series of general requirements as listed below:

- **EXCELLENT ATTENDANCE** In order for a gymnast to compete she must be present for 90% of the workouts. Taken into consideration illness, academics and maintaining family responsibilities as needed.
- **PROPER USE OF TIME WHILE ATHLETE IS AT PRACTICE** This means practice is not used purely for socializing.
- **POTENTIAL** to move up in the USAG program.
- **PSYCHOLOGICAL AND EMOTIONAL STRENGTH TO ACCEPT INSTRUCTION** and makes changes.
- **ABOVE AVERAGE STRENGTH AND FLEXIBILITY** within the K2 Academy gymnastics program.
- **Ability of the parent to allow their athlete to win & fail, to struggle and to triumph, to travel, to practice, to learn and to interact with other teammates.**

SCHEDULING AND ATTENDANCE **REQUIREMENTS**

SPRING SCHEDULE 2018:

Rising Stars: Mon. 4:30-5:25, 6:45-7:40,
Tues. 10:30-11:25, 4:30-5:25, 5:35-6:30
Thur. 6:45-7:45
Shining Stars: Monday/Thursday 4:30-6:00pm
Shooting Stars: Monday/Thursday 5:45-7:45pm

FALL SCHEDULE 2018: TBD

Rising Stars: Mon. 4:30-5:25, 6:45-7:40,
Tues. 10:30-11:25, 4:30-5:25, 5:35-6:30
Thur. 6:45-7:45
Shining Stars: Monday/Thursday 4:30-6:00pm
Shooting Stars: Monday/Thursday 5:45-7:45pm

GYM CLOSURES:

Team will not hold practice on major holidays such as July 4th, Memorial Day, Labor Day, Thanksgiving, Christmas Eve and Christmas Day. We will, however, be open for federal holidays like Martin Luther King Day, Columbus Day, etc. Our pre-team levels do not work out the week of Spring Break.

Note: Team does not follow K2 Academy's recreational gymnastics schedule. Example; K2 Academy does not hold recreational classes the week before summer, the week before fall and they take two weeks off at Christmas, we will keep you updated on the modified team workout schedule.

ATTENDANCE:

Attendance is very important to the sport of gymnastics. It is a very technical sport and requires CONSISTENT REPETITIONS of positions, movements and exercises. It is impossible to progress in this sport if your gymnast is inconsistent with her attendance.

We will be putting lots of time into planning each workout according to those days your gymnast will be attending. Some of these workouts will be tailored to fit her specific needs. We would like the parent to notify us when a practice is going to be missed. By doing so we may avoid situations where we set up specific stations for a gymnast who does not show up to practice. Make up's are allowed at the Rising Star Level.

EXPENSES AND EQUIPMENT

The following represents most of the costs for your competitive gymnast.

We encourage gymnasts to participate in fundraising for these expenses.

	RISING STARS	SHINNING & SHOOTING STARS
Annual Team Dues	\$50 Due by Jan 31 each year	\$50 Due by Jan 31 each year
Team Leotard	\$75+ Rising Stars: Optional	\$75+ Shining/Shooting: Required
Warm Up's	\$75 (Not Required)	\$75 (Not Required)
Team Spirit Apparel: Team shirt, Bag, hair ties, etc...	\$25+	\$25+
Meet Fee's "competitive fee's"	\$35 Cadet Meets	\$35 Cadet Meets

1. **ANNUAL TEAM DUES:** This will pay for coaches' continuing education, safety certifications, and their USAG Professional Membership Fee's.
2. **LEOTARD:** We require a new competitive leotard (Shining and Shooting).
3. **WARM UP'S:** Pre-Team gymnasts are not required to have a set of Team warm-ups. The warm-up will be used for several seasons.
4. **SPIRIT APPAREL:** this includes team shirt, back pack, hair ties, etc...
5. **MEET FEE'S:** An entry fee for each competition.

Please note: we will have a SWAP every March. You will be able to purchase gently used warm up's that other Team K2 gymnasts have grown out of.

COMPETITIVE FEE BREAKDOWN

Yearly Team Dues: \$50 per gymnast

- Continuing Education
 - GAT conference in Austin
 - National Congress in Dallas
- Safety Certification
 - Required by USAG
- Background Check
 - Required by USAG
- Professional Membership
 - Required by USAG

FUNDRAISERS

Spring 2018 Fundraisers:

- Gym Stars Meet
 - % of profits will go to student accounts.
 - % will go towards Team K2 and will be applied to new equipment team banners, etc.
- Candles
 - Money raised in this fundraiser will go directly to your K2 account and can be applied towards leotards, warm-ups, and meet fees.

PARENT SUPPORT

K2 ACADEMY TEAM PROGRAM

Parents' support, understanding and encouragement are needed within the realm of competitive gymnastics. Be careful not to confuse the term "parent support" with that of "parent coaching". It can be VERY easy to become over involved in your daughter's success and failures. Over involvement only puts added pressure on a young athlete.

What you as a parent are welcome to do is involve yourself with the team and its goals. That is, to help with fundraising, meet schedules, phone trees, team functions and overall team spirit. To conclude, let the coaches do the coaching and the parents do the encouraging.

As a parent you have a right to know how your child is developing, how your hard-earned money is being spent and what your child is getting out of the sport. Unfortunately, in our society it seems that only the negative gets recognition... that is if "Julie" misbehaves, we call and tell her mom. Society seldom takes the time to call and say how well "Julie" is doing. Most of the time parents only get the chance to see how their daughter is doing when it is in a meet situation, which is the most stressful time for gymnasts. This often gives the parents a very unrealistic view in their child's improvement. We invite you to come occasionally and watch practice, ask questions, travel with the team and show your daughter you care about her interests. This alone will make our job easier.

Gymnastics for children is a very difficult sport. It requires more strength, conditioning and flexibility than do most sports and a lot longer to master. It is also a sport where success appears to come slowly. What seems a relatively simple skill may take months to be able to do. It takes a special type of person to be a gymnast. The discipline, patience and maturity that these children learn will last a lifetime and will help to mold them into a responsible adult and natural born leader. Because of the difficulty of the sport, several times during your daughter's "career," she may come to you upset at failing to reach a goal or win an award at a meet. Try to help her understand that it is an individual sport and if she feels that she has improved that is what is important. Letting the coaches know there is a problem is important too, as sometimes we miss a small problem that can turn into a big one.

As we teach the kids, **communication** plays a vital part in the success of your child in this sport. By reading this booklet you know that you will be investing a lot of time, energy and money in your child in the next year. One of the best ways that we as coaches can communicate with you parents is through e-mail. PLEASE make sure that we have your correct e-mail address and update the front desk when any changes are made.