

Saltos Rec. Opt. Team Program – 2010/11

Gymnastics East

General Overview

Saltos is the alternative optional team program at Gymnastics East. It is a unique program that meets the needs of many gymnasts by providing a team atmosphere and competition experience without the strenuous commitment of time and finances of the J.O. program. Rec. Opt is a program that continues to grow, not only at Gymnastics East, but around the region as well.

Saltos is comprised primarily of former compulsory team members who excel in other activities as well as gymnastics and don't want to be tied only to one sport. The optional nature of the program also allows gymnasts to develop original routines that fit their own talents and personalities. All team members must be evaluated for skill, strength and flexibility before joining the team. Our Pre-Saltos group is a developmental program comprised of gymnasts with an excellent work ethic and strong basics that do not yet have all of the skills required for Saltos but are a good fit for the Rec. Opt team program. Pre-Saltos are considered part of the overall Saltos team program. This group is based strictly on instructor recommendation and evaluation by the team coaches. The Saltos team works out at the Bellevue gym.

Gymnastics East is one of many gyms in the greater Puget Sound region that currently has a Rec Opt. team. Different gyms have different program goals and consequently there is some variation in the age and skill level of competitors in the league. Every year steps are taken to develop the program in the region and help to make it fair and fulfilling for every athlete participating.

Saltos Team is a year-long team commitment. During the summer months the program emphasizes skill progression and routine development. Fall and winter seasons focus on competition and routine refinement while still allowing time to practice skills not yet ready for competition. The focus during spring is on acquiring new skills, setting goals for the upcoming year and working towards those goals. Every spring the coaches will evaluate team members and make recommendations for the following season.

Financial Requirements

Saltos team workouts are five hours per week. Pre-Saltos workouts are four hours per week. Tuition is based on a 48-week year which allows for eight "non workout days". Every once in a while, we need to cancel workout on a certain night, but will schedule a make-up so as not to exceed our 8 non-workout days. You are committed to the monthly tuition once you sign up for the team. If your daughter misses a number of workouts due to a conflicting activity, your tuition will not be prorated. Each gymnast's account at Gymnastics East must be current and in good standing in order for that gymnast to attend workout.

There are additional expenses besides the monthly tuition. A few of them are linked directly to competition. All Saltos team members are expected to compete.

Pre-Saltos team members have the option of competing, and most do. They incur all of the same related expenses.

Expenses in addition to tuition are as follows:

1. **Annual equipment fee** payable July 1st of each year. The Saltos team uses all of the team equipment and therefore shares in the cost of acquiring and maintaining it. The fee varies based on how many hours a week the team works out, and our fee is less than all of the JO team programs from Level 4 up.
2. **Annual coaches education fee** payable July 1st of each year. Saltos team coaches attend the annual USAG congress or other clinics for continuing education and training. This fee helps to cover that expense. The balance is paid by Gymnastics East and the Saltos Booster Club.
3. **Team uniform.** Saltos team members have a team leotard that is worn for all competitions and may be worn to workout as well. Generally we keep a team leo for two years before updating to a new design. The cost generally runs about \$75.00. Team warm-ups are also required for competition. Our warm-ups are the same as the rest of the Gymnastics East team program. Cost is approximately \$80.00 for the jacket and pants.
4. **Choreography and music.** This cost varies depending on the music selected and whether the gymnast choreographs her own routines or pays someone else to do it. In general, you can expect to pay at least \$125.00 for floor routine choreography and private lesson time to learn it (usually around 2 hours) and \$75.00 for beam routine choreography. Music is additional if you order from a service such as Floor Express or need to have someone specially cut music for you.
5. **Meet fees.** Meet fees stay consistent throughout the entire season. The exception to this is for the state championship meet which may be slightly higher. The Saltos team competes approximately six times per season. Every year the Rec Opt coaches in the area meet to discuss the program, make changes as deemed necessary, set the competition schedule etc. The meet fees you pay cover not only the fee due to the host gym, but also a share of the coaches' pay for meets and related expenses such as mileage or a meal.

Competition

Meets are nearly always held on Sundays. Every gymnast in the Saltos program competes all-around. Team members are expected to compete at every meet if healthy. Rare exceptions must be arranged in advance with the team coaches. Competition is a privilege and part of the Saltos team commitment. If the gymnast does not want to compete, then Saltos is not the right place for her. The primary goal of Pre-Saltos is to prepare gymnasts for competition on the Saltos team. Gymnasts are expected to attend workouts regularly and must be in attendance the week of a meet in order to be able to compete.

The judging criteria in Rec Opt. is different than the USAG JO standards. Each year, steps are taken to further refine and standardize the judging criteria and make improvements in the quality of the judging in the league. Meets feature both team awards and individual awards. During the All Around presentations, all competitors are recognized for their efforts.

Team Communication

Team communication takes place primarily by e-mail. There is also a team bulletin board up in the hallway on the wall next to the pro-shop. Notices and memos are posted on the team bulletin board, as well as specific meet information. There is a file for the Coach Anne and the Saltos Booster Club at the front of the top file drawer in Bellevue. All meet payments should be placed there as well as any notes to the coaches.

Workout Etiquette/Work Ethic

Gymnastics is fun, but it is also hard work and has an element of risk. To maximize the safety and progress of the gymnasts, as well as to maintain a respectful environment, we have certain expectations for behavior during workout. This includes speaking respectfully to coaches and teammates; following basic safety rules; wearing proper workout attire (no baggy sweats, pajamas or any kind of pants which hang down on the feet); keeping hair tied back; being on time for workouts; doing all assigned conditioning and tasks during workout. We ask that if a gymnast needs to leave the area during workout that they notify a coach first. Also, gymnasts are not to get on any equipment (including tiny tot fitness area) prior to the start of workout and are not to hang around after workout to play or goof off in the gym.

Attendance Expectations

The Saltos team is a unique program. Although our time requirements are less stringent than the JO program (two 2 ½ half hour workouts each week), it is a year round team program that requires commitment from its members. The safety and success of each gymnast, as well as team unity, is maximized by regular attendance. We also expect gymnasts to be prepared and on time for each workout. This means gymnasts should be ready to begin workout at the designated start time. This promotes an atmosphere of respect among teammates and with the coaches. Required school functions that conflict with workouts are excused with advance approval from the coaches regardless of the timing. Occasional missed workouts can be made up on an opposite workout night. Make ups require advance permission.

Recurring tardiness, lack of preparation or attendance may indicate a lack of commitment to the program and may trigger a conference with the coaches to reevaluate whether or not Saltos is the right placement for the gymnast.

Injury Policy

Injured gymnasts are expected to be at workout for at least a portion of the scheduled practice time. It is our goal to concentrate on the areas of the body and

training that can be worked during recovery. Not only does this help maintain the athlete's level of fitness for a quicker return to full workouts, it keeps them in touch with their teammates and helps them stay connected with the team.

It is important for the parents of an injured gymnast to communicate very clearly with the coaches the nature and extent of the injury as well as any prescribed limitations. In some cases a doctor's note may be required before a return to full workouts. If an injury causes a significant decrease in workout time, Gymnastics East may prorate tuition on an individual basis. This must be arranged in advance with the office as soon as the nature of the injury is known.

Planned Non-Workout Days

All Gymnastics East teams work out 48 of the 52 weeks each year. Saltos team tuition is based on those 48 weeks and then spread evenly over the full year. Scheduled non-workout days generally coincide with major holidays, gym show and school closures. A couple of "floaters" are at the discretion of the coaches. Any workout cancellations beyond the eight scheduled non-workout days will be made up with an alternative workout date.

Vacation Policy

Saltos team members may prorate 1 week of tuition per year for family vacations. This must be arranged in advance with the office. Please notify the office (not the coaches!) directly to make arrangement for this.

Skill Evaluations/Team Trials/Placement

Although Saltos includes gymnasts of varying skill levels, there are basic requirements for skill, strength and flexibility that all team members must meet. A list of required skills is attached to this packet. Team participation is only available with advance approval of the team coaches and depends not only on physical readiness of the athlete, but their work ethic, attitude and commitment as well. Evaluations take place in the late spring for placement beginning the following season. **This year's evaluations will be held on Saturday, April 24th at 2:30 p.m. You must sign up with the office - please call (425)644-8117.**

(please see list below for testing requirements)

Saltos Skill Requirements **2010-2011 Season**

Required skills for testing (please do not test if you do not have the following skills):

- _____ back handspring
- _____ front handspring flat fall vault, unassisted
- _____ 3/4 handstand on beam
- _____ cast squat-on, jump off
- _____ positive comfort level on high beam

In order to qualify for Saltos team placement, you must score at least 80% on the following section of the evaluation as well as have all starred skills.

Vault

- _____ front hand-spring vault, unassisted*
- _____ handstand multiple hops on runway
- _____ 30 second tight body handstand against wall
- _____ 10 handstand shoulder taps
- _____ run, hurdle, jumpy uppy with speed and tight board presentation
- _____ pike punch-ups against cheese

Bars

- _____ glide kip*
- _____ jump from low to high bar*
- _____ straight arm back hip circle
- _____ front hip circle*
- _____ cast to horizontal
- _____ long hang pullover*
- _____ correct tap swings
- _____ 8 long hang chin ups
- _____ 8 straight leg lifts
- _____ knee press held for 10 seconds
- _____ L-hang held for 10 seconds

Beam

- _____ cartwheel to handstand
- _____ back shoulder roll
- _____ cartwheel
- _____ handstand forward roll
- _____ split leap with hip rise
- _____ full turn on toe in coupe position*
- _____ 15 second presses in each of 3 holds (L, straddle, knee)
- _____ 10 coupe releve' lifts with 10 second hold on each leg
- _____ 2 second scale or other balance hold with control

Floor

- _____ round-off back handspring*
- _____ round-off two back handsprings
- _____ front handspring
- _____ split leap with 120 degree split
- _____ two leap or jump combination
- _____ handstand straight arm forward roll
- _____ back extension roll
- _____ full turn with control

Strength

- _____ rope climb to top
- _____ 30 second hollow hold with straight arms at ears
- _____ 30 second arch hold with straight arms at ears
- _____ 25 consecutive V-ups
- _____ 15 cricket push-ups with hollow body position
- _____ 15 second press on floor in both straddle and L position
- _____ 30 second flat back press on the floor

Flexibility

- _____ 180 degree splits on cartwheel leg
- _____ straight arm bridge with shoulders over hands
- _____ pike stretch against wall, fingers touching wall

Attitude

- _____ big smile!*

Gymnast name: _____

Score: _____ (36 out of 45 (80%) minimum required for Saltos team eligibility)

Date: _____