



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS PARENTS' HANDBOOK





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YMCA GYMNASTICS

## Our Mission:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## Program Vision:

To strengthen our community by providing a safe, high-quality gymnastics experience that nurtures and develops youth to have fun, build confidence, and lead a healthy lifestyle.

## Guiding Principles:

### SAFETY

We provide a safe, welcoming and trustworthy space for our gymnasts to train and excel as they reach their fullest potential.

### RESPECT

We treat each other and those we serve as we hope to be treated ourselves.

### CARING

We show a sincere concern for others and their well-being.

### HONESTY

We are truthful in what we say and what we do, and we do not make promises we do not intend to keep.

### RESPONSIBILITY

We are good stewards of our resources, strive for excellence in all we do, and our actions are accountable to those we serve.

### EXCELLENCE

We are professional in our approach to our work and believe in the pursuit of excellence at all levels for all of our athletes, coaches, officials, staff, volunteers and members.

### QUALITY ASSURANCE

We deploy multiple, ongoing strategies to ensure we deliver a safe and quality experience in all we do and for all we serve.

### INCLUSIVENESS

We seek to include a broad range of interests, points of view, cultures, and individual/organizational diversity by creating access, encouraging participation, and valuing differences.

### RELATIONSHIPS

We strive to develop and strengthen relationships with our families and gymnasts to help build a stronger community.

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# WELCOME LETTER

Dear Parent/Guardian,

Welcome to the Gymnastics program at the Tampa Metropolitan Area YMCA! As the premier provider of gymnastics programming in the Tampa Bay Area, we're happy you've chosen the Y to provide your gymnast the skills they need to excel both in and out of the gym. This resource guide has been developed with you in mind! Please take a few moments to review the following pages of commonly asked questions, safety guidelines, policies and procedures. We hope to give you a clear picture of what to expect from registration through program completion, and provide all the information you need to have the most positive experience along the way. While this guide is comprehensive, we strive for constant improvement. If there's anything you'd like to see added, just let us know. Congratulations on tumbling into this exciting new adventure! We wish you and your gymnast years of lasting memories here at the Y!



## **BART CAPE**

Vice President of Operations,  
Bob Sierra Family YMCA  
[Bart.Cape@tampaymca.org](mailto:Bart.Cape@tampaymca.org)



## **HEATHER SOLOMON**

Executive Director,  
North Brandon Family YMCA  
[Heather.Solomon@tampaymca.org](mailto:Heather.Solomon@tampaymca.org)



# MEET OUR LEADERSHIP TEAM



## JAYLEN WHITE

Senior Program Director, Bob Sierra North Tampa Family YMCA  
(813) 962.3220 ext. 3201 | [jaylen.white@tampaymca.org](mailto:jaylen.white@tampaymca.org)

Years of Experience in Childcare: 8 years

Education & Credentials: Associates Degree in Psychology,  
CPR/First Aid certified



## TYLER CONOVER

Competitive Gymnastics Director, Bob Sierra Family YMCA  
(813) 962-3220 ext. 3216 | [tyler.conover@tampaymca.org](mailto:tyler.conover@tampaymca.org)

Years of Experience in Childcare: 17 years

Education & Credentials: USAG Certified, Safe Sport Certified, Multiple YMCA  
Certifications, CPR/First Aid Certified, State of Florida EMT Certification



## KYLIE BRYAN

Senior Program Director, North Brandon Family YMCA  
(813) 685-5402 ext. 1538 | [kylie.bryan@tampaymca.org](mailto:kylie.bryan@tampaymca.org)

Years of Experience in Childcare: 10 years

Education & Credentials: Bachelors in Child & Youth Studies,  
CPR/First Aid Certified, YMCA Team Leader Certified



## TRICIA TAYLOR

Head Gymnastics Coach, North Brandon Family YMCA  
(813) 685-5402 ext. 1543 | [tricia.taylor@tampaymca.org](mailto:tricia.taylor@tampaymca.org)

Years of Experience in Childcare: 8 years

Education & Credentials: Bachelor of Science in Psychology,  
CPR/First Aid Certified

# WHAT YOU CAN EXPECT

## PROGRAM DESIGN

Recreational gymnastics classes meet once a week for six weeks and run throughout the year (unless otherwise noted at registration). Our Gymnastics Program is dedicated to the total development of each gymnast, with proper learning progressions and teaching the correct form and techniques of all gymnastic skills. The development of self-confidence, as a result of successful, fun, learning experiences, is as much a part of our goal as is the development of tangible gymnastics skills.

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### Preschool Gymnastics

The Preschool Gymnastics Class is a structured gymnastics class with age-appropriate warm-up and gymnastics circuits. Participants must be comfortable attending class on their own (ages 3 and up). Parent/child classes are available for toddlers of walking age to 3 years old.

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### Recreational Gymnastics

In recreational gymnastics classes at the Tampa Y, participants will begin to learn the basic skills in gymnastics events, including vault, uneven bars, balance beam, floor, rings, pommel horse, parallel bars, high bar and vault. Flexibility and strength training are an integral part of each class. Classes are 55 minutes and consists of four physical circuits and conclude with a fun game, exercise or foam pit activity.

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### Intermediate Gymnastics

Intermediate gymnastics classes have been designed for gymnasts who have mastered basic skills and are ready for a new challenge. Classes are 55 minutes and consist of four physical circuits and end with a game, exercise or foam pit activity. Participants will build their skills and learn new tricks.

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### Tumbling

From basic skills to advanced flips and twists, the class curriculum has been created to elevate a gymnast's tumbling performance. Tumbling classes reinforce floor routine and tumbling basics by spending time enhancing flexibility and performing drills. Classes are 55 minutes and a great option for participants to enhance their skills in addition to cheer and gymnastics classes.

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### Advanced Gymnastics

After participants have mastered the skills in intermediate gymnastics, the advanced gymnastics class will offer new challenges. Gymnasts will work to prepare for the competitive team on all four Women's Junior Olympic Events. Advanced gymnastics is a pre-team level for those who wish to join the competitive team or work on and advance their skills. The two-hour class allows more time for gymnasts to work on and perfect their skills. The advanced class is by staff recommendation only.

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### Top Flight Competitive Gymnastics Team

The competitive gymnastics team is for kids who want to compete in levels 1 - 10 and the Xcel Program. Top Flight team members compete in both AAU and USAG divisions at the state, regional and national level. Please contact the Bob Sierra Youth and Family Center or the North Brandon Family Y gymnastics director for an evaluation.

## COMMUNICATION

Getting you the information you need is of the upmost importance to us. Please verify the email addresses on your Y account is correct and is kept up to date.

### What we'll provide you:

- Upon registration you'll receive an electronic or printed receipt verifying your enrollment. Please be sure to review the class times and dates immediately after registering to ensure accuracy.
- You'll receive an email the week before your class begins introducing your coach and their credentials.

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### CLASS COMMUNICATION TIMELINE

- At the end of class 3 of 6, you'll receive a printed report of your child's progress.
- At the end of class 4 of 6, you'll receive a printed recommendation on which class to register your child for next. Register quickly as classes fill and space cannot be guaranteed. **WANT TO BE FIRST IN LINE?** Class registration is open six months in advance to make signing up and securing a spot easier on you!
- At the end of class 6 of 6, you may receive a satisfaction survey about your gymnastics class. Please help us best serve your family by completing this one question survey upon receipt. If you are highly satisfied with your child's experience please rate a 9 or above.

### Stay updated:

Follow your Y on Facebook for the latest information on special classes, clinics, camps, gymnastics facility improvements, and much more!



@BobSierraFamilyYMCA  
@NorthBrandonYMCA

# WHO YOU'LL SEE IN THE GYMNASTICS CENTER



## PROGRAM DIRECTOR

Oversees the entirety of the gymnastics program, creates curriculum and provides broad parent communication throughout the session



## HEAD GYMNASTICS COACH

Facilitates and coaches all levels of competitive Topflight Gymnastics Team and recreational gymnastics, ensures all coaches are executing safety and curriculum standards properly, while serving as the main point of contact during classes



## GYMNASTICS COACH

Coaches Topflight Gymnastics Team practices, implements and facilitates drills based on the curriculum created by the head gymnastics coach or program director, and ensures the safety of all competitive gymnastics team members throughout the competitive season



## GYMNASTICS INSTRUCTOR

Coaches recreational gymnastics practices implementing circuits and curriculum created and provided by the head gymnastics coach or program director, reinforces character values, and ensures the safety of all gymnasts throughout the program session

## OUR ASSOCIATES

The Y has hundreds of trained associates and volunteers working with children and youth in the many programs we provide. The protection and safety of children is our first concern.

## OUR SCREENING

We have a multi-layered approach to reviewing, interviewing, and screening all candidates for all positions. Prior to a hiring offer, all candidates undergo a background check through an independent search company, a review on the National Sex Offender's registry, fingerprinting, and reference checks.

## OUR TRAINING

We are strongly committed to providing quality gymnastics programs. The Y offers staff the opportunity to grow personally and professionally through ongoing development and training. All staff go through an in depth onboarding training that includes Prevention and Identification of Child Abuse, First Aid, CPR, Y Character Development, and Gymnastics Safety and Skills Development. Additionally, all coaching staff attend monthly in-service trainings to ensure their safety standards and curriculum development skills are current and ever evolving.



# HEALTH & SAFETY

## DRESS CODE

While there's not one way to dress, following these basic guidelines will keep your gymnast safe and comfortable while in the gym: Leotards or cotton shorts and a T-shirt are acceptable. No shoes or socks in the gym. Long hair must be pulled back.

## GYM RULES

Safety is the top priority for gymnasts, coaches and parents. Our coaches receive regular training on safety protocols and will ensure your gymnast is frequently reminded of and is following the gym rules that are posted in all of our facilities.

### General

- Always follow coaches' and instructors' directions.
- Gymnasts must be within safe spotting distance from coach.
- All participants must sign a waiver before entering gymnastics floor.
- No entry to the gymnastics floor without a gymnastics coach.
- No shoes or socks (except grip socks) worn on the gymnastics floor.
- No use of equipment without a coach's supervision.
- Running only permitted while on specific events and with coach's approval.
- No food, drink, or chewing gum on gymnastics floor.
- Do not move equipment without coach's permission.
- No horseplay.
- Place ALL items neatly inside cubbies, no items on floor or counters.
- No gymnast leaves gym without parent present.
- Be safe and have fun!

### Bars

- No high bar without permission.
- No changing bar sets without permission.
- One gymnast per bar.
- Gymnasts' must have hands on bar unless otherwise instructed.
- No chalk without permission.

### Beam

- No high beam without permission.
- One gymnast per beam.
- No flips without permission.

### Tumble Trak

- Students must only go the correct way on the Tumble Trak.
- Do not go underneath the Tumble Trak.
- One student at a time.
- No flipping without permission.

### Foam Pit

- No flipping without permission.
- Gymnasts' must enter the pit feet first.
- No burying yourself or others under pit blocks.
- No throwing pit blocks.
- No rope unless 2 or more instructors present at foam pit.
- No mats in foam pit.
- No jumping into the pit while another student is in it.

### Preschool Equipment

- No use for students over 7 years of age.
- No flipping
- No running
- One student per piece of equipment.

# YOUR GYMNAST'S ROLE

## SHOWING UP

### Arrive on time.

Our gymnastics classes are timed to the minute. Children late to class will interrupt the learning experience for others and could miss warmups increasing their risk for injury. Please ensure your child is waiting at the front of the gymnastics center by the start of their class.

### Come prepared.

- Gymnasts should come to class
  - well nourished and hydrated: Gymnastics and tumbling is a workout and a great way to burn energy. Be sure your child has eaten prior to class and brings a water bottle for quick breaks.
  - in proper attire: Your child will perform better when comfortable and in clothing that keeps them safe around equipment and apparatuses. Long hair should always be pulled back. Shoes and socks are not allowed in gym to prevent slips, trips, and falls.
  - having recently used the restroom: Regular restroom breaks during class take time away from the lesson and lower the quality of instruction for both your child and their fellow gymnasts.

### Have your listening ears turned on.

Learning can only happen when our gymnasts are ready to follow directions of their coach. Talk to your child before each class about the importance of following the safety rules and being a good listener.

### Focus on reaching your fullest potential.

Every child comes to class with a different set of skills and learns at a different pace. Your child's only focus should be on their individual development. Spend time throughout the session talking about their goals, setting new ones for each class, and celebrating even the smallest wins when they happen.

## FOCUSING ON CHARACTER VALUES

The YCMA believes strongly in character development and in teaching our students the importance of our four core character values. We spend time reinforcing these values in class by pointing out gymnasts who display these values throughout the session. Each of the four character values have a color associated with it. Please talk with your child at home about these character values:

**Caring:** Show a sincere concern for others

**Honesty:** Be truthful in what you say and do

**Respect:** Treat each other as we'd all like to be treated

**Responsibility:** Be accountable for your promises and action

# YOUR ROLE

## PRESENCE

Our coaches are highly skilled and trained but sometimes, we need your help. Emergency bathroom breaks, boo-boos, and nervousness can all happen during the course of a single class. We ask that you be present for classes in the event your gymnast needs to step out of the training center to take a break, allowing our coach to remain with the other students.

## TIMELY REGISTRATION

Gymnastics program safety can only be guaranteed by following strict coach to gymnast ratios. Once a class meets its maximum registration, additional gymnasts will not be allowed in the class. Therefore, it's very important you register your child as early as possible to ensure their placement in the class type and time of your choice. We've made this task easier by opening registration months in advance with the option of automatic fee withdrawal. Click here <insert online registration link> to see the latest class offerings.

## HEALTH, SAFETY & CHARACTER REINFORCEMENT

The more you discuss the safety guidelines and character values listed above with your child, the better your experience will be! Your coaches will provide you with tips and tricks throughout the season to facilitate engaging conversations with your gymnast to supplement all they're learning in class.

## ADVOCACY

The Tampa YMCA highly encourages parent involvement. We are honored that you choose us to help grow your child and we want to make sure we're on the right track. If you wish for feedback on your child's development or would like to provide feedback to us, you are welcome to do so at any time with your coaching or leadership staff.

Thank you for being an integral part of the Tampa YMCA Gymnastics Program. We hope you and your child remember this experience for years to come!

# STRONGER beCAUSE OF YOU

The Tampa YMCA is dedicated to serving our communities. As a 4-Star charity, we are dedicated to ensure all members of the communities we serve are able to take advantage of all of the programs we offer. This is made possible by the generosity of our community members. Donation to the Tampa YMCA directly impact families in your neighborhood ensuring we continue to be able to provide a space where children grow and blossom, seniors discover new energy, families become closer and those with disabilities find new abilities and new hope. Learn more about the Tampa Y's mission and consider donating today at [tampaymca.org/give](https://tampaymca.org/give).

Learn more about the  
Tampa Y impact and how  
you can get more involved:

