



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ashland YMCA Gymnastics Team Packet 2026-2027

Team Philosophy:

To provide a positive and safe gymnastics experience by developing happy and healthy gymnasts that thrive inside and outside of the gym

Welcome!

The Ashland Family YMCA welcomes you to our Gymnastics Team Program! This handbook contains information regarding all team items. It is imperative that you read the handbook to ensure you have the necessary information about the season. Each year our handbook is updated to reflect any changes made within the previous year.

Thank you entrusting your gymnasts to us – we look forward to having a great season!

Team Coaches

Miranda Bailey & Falyn Zimmerman – Xcel Silver

Jaicie Krumlaw & Megan Donley – Xcel Silver & Gold

Kate Ernandes – Xcel Gold & Platinum

Keirsten Proulx – Level 7, Xcel Platinum & Diamond, and High School (Level 8/9 mixed)

Team Levels

Xcel Silver – beginner level	Must have reached 6 th birthday by first meet
Xcel Gold – intermediate level	Must have reached 7 th birthday by first meet
Xcel Platinum – intermediate level	Must have reached 8 th birthday by first meet
Xcel Diamond – advanced level	Must have reached 9 th birthday by first meet
Xcel Sapphire – advanced xcel level	Must have reached 12 th birthday by first meet
Level 7 – intermediate optional level	Must have reached 9 th birthday by first meet

Season Timeline

Early September – Commitment to team for the year (paperwork due)

Mid September – Competition schedule is sent out & meet fees are due

October to March – Regular meet season

March to June – Championship meets (Districts/Regionals/Nationals)

July to September – Summer training

The Ashland YMCA is part of the Northeast District. Other teams in our district include: Wayne County, Riverfront, North Canton, Tuscarawas County, and Cambridge.

Level Advancement

Our goal is to produce positive, healthy, happy, and confident athletes. To do so, each athlete will compete in the level which they are able to successfully perform the required elements. Coaches and the Coordinator will work together to determine the most efficient placement for each gymnast based on the following criteria:

- A recommended achievement of a 34.00 all-around score (2 times)
- Coachability of gymnast – are they receptive to feedback and capable of making corrections?
- Age/maturity level
- Mental attitude
- Attendance
- Work ethic

*** Please understand that the development of a gymnast is a long-term process. Progressing through levels will take time. It is common for parents/gymnasts to assume that progression through the levels in gymnastics should mimic their progression through grades in school (move up one each year). However, this does not always apply in gymnastics. Repeating a level is extremely common in this sport and should not be viewed as a failure. The majority of all gymnasts, even those at the collegiate or Olympic level, have done 2 or more seasons in the same level!

Attendance

Gymnastics is a sport of constant repetition. For your gymnast to be the most successful we encourage 100% practice attendance. We understand that life happens and practices may be missed on an occasion due to various events such as vacations, weddings, illness/injury, school activities, etc. Academics will always be considered a priority. However, we are a competitive team and consistent practice is necessary for not only skill progression, but also for the safety of your gymnast.

We support participation in additional sports/activities, but this is a choice your gymnast must reflect on in the event of time/date conflicts. If your gymnast will be late or absent from practice, please notify a coach.

All gymnasts are expected to attend a minimum of two days of practice the week leading into a gymnastics meet.

In the case of inclement weather, coaches and the director will make a final decision regarding practice in a timely manner. Parents will be notified via the Band app.

Meet Expectations & Requirements

- Ensure that you have the correct address and session time to plan and travel accordingly
- Please arrive 15 minutes before the start time of your gymnast's session
- Gymnasts should have their hair pulled back and secured from their face
- Wear your competition leotard – **black shorts or leggings are allowed** but they must be form fitting, solid black, with only one small logo (no embellishments or patterns allowed). Nike PRO spandex shorts are **NOT** permitted!
- Undergarments must be **black or nude** to avoid incurring a deduction
- Wear your warmup jacket
- Only **stud earrings** are allowed to be worn – no other jewelry (including anklets or hair ties on wrist)
- Parents are **NOT** permitted on the competition floor at any time
- Gymnasts are not permitted to leave the competition floor until the awards ceremony is over – this means they are not permitted to go see friends/family in the middle of the meet
- Gymnasts are expected to demonstrate good sportsmanship and cheer for both their teammates and competitors
- Clean up after yourself – do not leave a mess for the host team to clean up
- Gymnasts are expected to stay for the entire duration of the awards ceremony at the end of the meet – **you must stay for all levels and age groups**
- Gymnasts should conduct themselves in an appropriate manner – if you lose your temper or control of your emotions, coaches may pull you to the side and have you take a few minutes to collect yourself. If after that, you are unable to manage your emotions/behavior appropriately, you will not compete the next event
- If you have questions pertaining to the gymnastics meet or your child's performance, you are welcome to discuss with your child's coach at the end of the meet or at the next practice. **DO NOT TEXT/CALL/QUESTION** coaches while they are out on the competition floor.
- Although the competitive rules for each meet will be the same, please understand that gymnastics is a subjective sport scored by judges – every judge sees things differently and therefore gymnast's scores may fluctuate

Practice Expectations and Requirements

- Arrive on time – if your gymnast will be late you should notify a coach
- Bring a water bottle and any necessary braces or supports
- Be respectful to ALL coaches
- Be respectful to ALL teammates
- Keep your hands to yourself
- Follow directions the first time they are given
- No food, gum, pop, or juice – water or a sports drink & healthy snack is acceptable
- Stay in the gym at all times – if you need to use the restroom, please ask a coach
- No spotting other gymnasts unless you have been trained and asked to do so
- Hair should be pulled back and out of your face
- Acceptable attire: leotard preferred (with/wo shorts)
Sport shorts or athletic shorts with a fitted, full length tank ok but not preferred
NOT acceptable: Tshirts, crop tops, sports bras w shorts, baggy pants, bottoms with strings
- No jewelry (stud earrings are ok)
- Usage of cell phones or tablets is not permitted at any time – if you are caught using your phone, it will be taken until the end of practice
- If you arrive to practice early, take a seat on the bleachers – you are NOT permitted to be on the floor without a coach
- If a gymnast is injured badly enough to sit out, a parent will be notified to come pick them up

Fall/School Year Practice Schedule

Level	Monday	Wednesday	Thursday
Silver/Gold/Platinum	4:00 – 6:30 pm	4:00 – 6:30 pm	4:00 – 6:30 pm
Platinum/Diamond/HS/L7	5:15 – 7:45 pm	4:00 – 6:30 pm	4:00 – 6:30 pm

Gymnasts have the option of practicing 2 days a week, or 3 days a week.

If your gymnast will be doing 2 days, Monday & Thursday are the suggested days for practice. If you need to attend Monday & Wednesday due to other activities, just let us know & it should be no issue.

Bullying Policy

We are committed to creating a safe and comfortable environment for our athletes to succeed and learn in. We have worked extremely hard to build the positive team culture that we have and believe in a family-like atmosphere for our athletes.

Bullying of any kind will **NOT** be tolerated. Bullying can take many different forms. If it does occur, any incidents will be dealt with immediately and effectively.

Bullying includes but is not limited to:

- Emotional – being unfriendly, excluding, or tormenting
- Verbal – name calling, teasing, gossiping, inappropriate language, rumors
- Physical – any use of physical violence or aggression
- Racial – racial taunts, slurs, graffiti, or gestures
- Cyber – all social media platforms and use of internet, threats via text or call

Procedure:

1. Verbal warning and redirection of behavior
2. Notify parent
3. Gymnast may be asked to leave or sit out for the remainder of practice
4. Meeting with parents, gymnast, and coaches
5. If bullying continues to be an issue after the above steps have been taken, the gymnast will be dismissed from the team – **NO EXCEPTIONS**

Parent Involvement

As a team, we also host 2 meets annually:

- Mid-late October = Harvest & Handstands (mock meet with feedback from judges)
- 1st weekend of February = Throwback Invitational

Parents are an integral part of our team program and are expected to volunteer to assist with the following roles:

- Setting up
- Cleanup
- Posting or flashing scores
- Concessions
- Routine timing
- Warmup timing
- Fundraising
- Admissions

Financial Obligations

As a parent of a team gymnast, there are five types of financial obligations required: team fees (monthly tuition), coaches fees, apparel fees, meet fees, and district fees.

Monthly tuition is not adjusted for vacations or extended absences.

Meet fees and apparel fees are nonrefundable!

Level	2 x week Monthly	3 x week Monthly
Xcel Silver Xcel Gold	\$95	\$105
Level 7 Xcel Platinum Xcel Diamond High School	\$105	\$115

*You must provide a current bank account or debit/credit card to store on file

*Team fees will automatically withdraw on the 15th of each month

*If your payment fails, you will be charged a \$20 return fee

***It is your responsibility to notify the YMCA if you get a new credit/debit card or a new bank account**

Bi-Annual Coaches Fees:

→ Funds will be used in the following ways:

Two bi-annual payments of **\$50**

1st payment is scheduled for **November 15th**

2nd payment is scheduled for **February 15th**

- lodging for coaches during 2-day meet weekends (+ other travel expenses)
- coaches' registration for educational clinics (+ other training expenses)

Apparel Fees:

- Leotards & jackets change on alternating years so that you only have to purchase one or the other each season, rather than both
- Competition leotard = \$195 (keep for 2 years)
- Warmup jacket - \$TBD (keep for 2 years – new ones for this season)

Meet & District Fees:

League meets = \$15 • Invitationals = \$45-65 • Districts/Regionals = \$45/\$70

Mandatory \$6 district fee per gymnast (included in total)

Meet Fee totals vary year to year – typically between \$300-\$400 (covers whole season)

Payment options:

A) Pay in full: **NOVEMBER 1ST 2026** (auto draft)

B) Split payment: **NOVEMBER 1ST 2026** – first half (auto draft)
& **JANUARY 1ST 2027** – second half (auto draft)