

# High Plains Gymnastics Academy

## CARA Competition

### CARA Code of Ethics:

Gymnasts:

- Gymnasts will remain with the team throughout the warm-ups and competition and during the awards ceremony. Gymnasts are not allowed to be in the stands with parents during the meet.
- Gymnasts will remain in their leotard throughout the meet and the award ceremony.
- Gymnasts will create, maintain, and promote good team moral—no foul language, obscene gestures, or disruptive behavior.
- Gymnasts will be sincere and loyal to their team and coaches.
- Gymnasts will respect and cooperate with other teams, coaches, and judges.
- Gymnasts will create, maintain, and promote the elements of good sportsmanship.
- Gymnasts will work hard and strive for improvement.
- Gymnasts will leave all cell phones in the off position throughout the meet.

Parents/Guardians and Other Spectators:

- Spectators may encourage gymnasts to strive for their best.
- Spectators are prohibited to enter the competition area at any time for any reason.
- Spectators are encouraged to take pictures, but flashes must be disabled. (Flash photography can be very distracting and dangerous to the competitive gymnasts.)
- Spectators will respect and cooperate with other teams, coaches, meet host, and judges.
- Spectators may bring questions and concerns to their team's coach. Spectators may not address judges, other coaches, or meet hosts.
- Admission will be charged at all meets.

### Other Important Information:

Gymnasts:

- Hair must be pulled up and secured tightly, braids usually work best.
- All nail polish must be removed before warm-ups.
- All jewelry must be removed before warm-ups.
- Glitter, of any kind, may not be worn on competition days.
- Black briefs or underwear are appropriate to wear under leotard but not required.
- Bras must be fully covered by the leotard, again black or blue is required.
- Electronic devices of any kind cannot be used or carried in the competition area.

Things to Bring with you to a Meet:

- Uniform (competition leotard and shorts)
- Grips
- Extra hair ties, hair spray, and other hair products
- Water bottle with water (Sports drinks are not recommended.)
- Snacks (carbohydrates are best: fruit, crackers, cheese, bagels)—no high sugar snacks

## 2018 Regional Qualifying Scores

### Compulsory 3

<u>Vault</u>	<u>Beam</u>	<u>Bars</u>	<u>Floor</u>	<u>A-Around</u>
7.5	6.5	7.0	7.5	28.5

### Compulsory 4

<u>Vault</u>	<u>Beam</u>	<u>Bars</u>	<u>Floor</u>	<u>A-Around</u>
6.8	6.5	6.2	7.0	26.5

### Optionals

	<u>Vault</u>	<u>Beam</u>	<u>Bars</u>	<u>Floor</u>	<u>A-Around</u>
<b>Opt 1</b>	7.0	6.5	6.5	7.0	27.0
<b>Opt 2</b>	7.5	7.0	7.0	7.5	29.0
<b>Opt 3</b>	8.0	7.5	7.5	8.0	31.0
<b>Opt 4</b>	8.5	8.0	8.0	8.5	33.0
<b>Opt 5</b>	8.8	8.45	8.45	8.8	34.5

## **Mandate Procedures**

### **Compulsory Gymnasts:**

A level 3 compulsory gymnast who scored a 34.00 all around twice during the season may not compete in level 3 the following season.

A level 4 compulsory gymnast who scored a 33.00 all around twice during the season may not compete Level 4 the following season.

Super Category – Any gymnasts that scores the above scores two times during the season, will be put in the Super Category for regionals and state. They will compete against other “super gymnasts.”

### **Optional Gymnasts:**

In order to be mandated to a higher competitive level, a gymnast must fall into at least one of the following situation categories. Each team is responsible for monitoring and moving their gymnasts throughout the regular season in accordance with the mandate procedure. Any gymnast that has not been moved during the regular season will be mandated to her appropriate level at the regional meet by the league. All of the gymnasts' current season scores are used to determine her level, even if her level changes more than once in a single season. A gymnast's level will not change from the Regional to the State meet.

#### **\*Situation One: Mandate by Event:**

In the event that a gymnast, in an assigned optional level, scores equal to or greater than a higher competitive level qualifying score in 3 events, twice during the regular season, that competitor will be assigned to the higher skill level. This mandate situation does not have to occur in the same meet or congruent meets. If mandated to upper level in at least three events and had qualified all around in lower level they may compete all around in new level.

#### **\*Situation Two: Mandate By All-Around:**

In the event that a gymnast, in assigned optional level, scores equal to or greater than a higher competitive level all around regional qualifying score, twice during the regular qualifying season, that competitor will be assigned to the higher skill level.

#### **\*Situation Three: Mandate by Level Jump:**

If an optional gymnast scores the All Around score of two levels above their current level once, they are moved up one level for their next competition. (Example: An optional 1 scores the optional 3 All Around score she is automatically advanced to the Optional 2 level for her next competition).

# CARA Competition Preparation

The following information outlines expectations and components of CARA gymnastics meets for all levels.

## Pre-Meet

Make sure hair is tied up and out of the gymnast face. No color band aids, earrings, temporary tattoos, or showing sports bras.

## Admission Costs

- \$3 -(ages 2 and up)
- \$5 -Regional and State competitions (ages 2 and up)

## Time schedules

- The time schedules for the meets will be sent out AS SOON as we receive them. Many times we do not get them until the week before.
- Generally the competitions are as follows:
  - Optionals – in the morning
  - Level 3 and 4 – afternoon
- Make sure your gymnast arrives by the time listed on the meet schedule. Having your gymnast show up after warm ups puts unnecessary stress on her and the coaches.
- **Parents please note that if a prior session ends early, the following session may start up to 30 minutes early!** All gymnasts and spectators should plan to arrive earlier than the printed arrive and march-in times.
- Meet hosts and coaches are typically at a competition for 10-13 hours without a break. Often times more than 10% of the gymnasts do not show up for the competition. If we can shorten the competition by starting a session earlier than advertised we will do so.

## During the Meet

- For the safety of all the competitors and to ensure each session runs on-time we ask that gymnasts do not go to their parents at any given time for water, snacks, hair ties, or to talk. Coaches are constantly trying to keep their gymnasts organized, in the right order and prepared to compete at all times. Leaving the team to talk to a parent is a distraction for both the gymnast and her coaches. If a gymnast needs a snack or water they need to have it with them on the competition floor (where the team puts their bags when not competing).
- Parents and gymnasts are not allowed to speak to a judge at anytime during or after the competition. All communication to the judges must go through your daughter's coach.

## Awards

- Unless a parent has previously talked to the coach about leaving early, we encourage each gymnast to stay throughout the entire awards ceremony. The CARA league wants to encourage every level and age group to support each other. Leaving early is not setting the example to other team mates that they are important. Please do not take your child early from awards.

## Overall

- Your number one objective as a parent/spectator is to encourage your child. The coaches are working hard to have the girls reach their top ability. Please keep in mind that the coaches are there for your gymnasts, but they are also very busy with all aspect of a competition. Please respect your coaches and let them do their job.

For additional questions about how CARA meets go or more about parent/gymnast expectations, please [contact us](mailto:contact@caragymnastics.org). Thank you! [www.caragymnastics.org](http://www.caragymnastics.org)

## The Ten Commandments for Parents of Athletic Children

1. Make sure your child knows that win or lose, scared or heroic, you love her, appreciate her efforts, and are not disappointed in her. This will allow her to do his best without a fear of failure. Be the person in her life she can look to for constant positive enforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach her on the way to the gym or on the way back. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach her to enjoy the thrill of competition, to be "out there trying," to be working to improve her gymnastics skills and attitudes. Help her to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you blacked off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when her word turns bad. If she is comfortable with win or lose; she's on her way to maximum achievement and enjoyment.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team.
8. Be assured that that her coaches have philosophy, attitudes, ethics and knowledge that you should be happy to have your child under her leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect."

## **Parent Guidelines for Meets**

Be sure to have your gymnast to the meet site on time...arriving after warm ups have begun puts unnecessary stress on the gymnast.

Be sure that your gymnast is prepared for the day and has all necessities with HER. It is stated in the CARA Gymnastics Code of Ethics that: "The team must remain together throughout the entire meet and award ceremony."

Your gymnast will not be permitted to come to you for water, snack, hair accessories, etc.

### **Parent/ Spectator Code of Ethics as stated in the CARA Rulebook**

- Encourage your gymnast to do their best.
- Address any questions or concerns about the meet to your coach, not a judge or the meet host.
- Parents/spectators ARE NOT PERMITTED IN THE COMPETITION AREA AT ANY TIME FOR ANY REASON (Make sure your gymnast has what she needs for the entire meet)
- Parents/spectators are encouraged to take pictures during the meet, but flash devices are prohibited. Feel free to turn on the flash during awards.
- Proper behavior toward meet host and judges and other teams.

### **Be a positive role model.**

A main objective of CARA Gymnastics is to "develop a strong sense of sportsmanship and fair play in each player."