

# COMPETITION

## How meet entries work

About a month before a meet, the coaches are sent the meet entry form. There is an entry deadline, which is used by the hosting club to plan on how many gymnasts will participate in the meet. It is very important that we turn in our entry as soon as possible. If we wait too long to send in the entry form, we might not get to compete if the meet is full. Depending on the number of entries, the club may have to split gymnasts into different sessions and/or days. We have no control over this. As the meet approaches, more information is given, including times, days, and maps. You will receive the information in your mailboxes as soon as we receive the information. Please be patient with getting this information. Under no circumstance should you ever contact the host gym for meet information. Usually it does not come until the week before the meet.

## Commitment

Once the meet entry is sent in, you are committed to the fees. Getting meet entry fees back from other clubs is difficult. The only exception is if they are scratched from the meet before the refund deadline. If your daughter is unable to attend a meet that she is entered in, you need to submit in writing to her coach that she will be unable to attend.

## Times

When you get the information from the hosting club, there will be a lot of times listed. ***Gym Open is when you want to arrive.*** This is the time for stretching, making sure everyone who is competing is there, etc. *Warm-up* time is when the girls warm-up on each event. *Competition* time is approximately when the meet will start. Meets usually run from three to five hours long.

## At the Meets

Every meet is a learning experience. The girls will be nervous and make a few mistakes, but every meet will make them a little bit better. They will get a little less nervous, correct a mistake from a previous meet, and become aware of improvements they have made and ones they still need to make. Remind them that it takes a lot of courage just to get up and perform in front of an audience. They have worked hard to get where they are today.

## RULES AND POLICIES FOR PARENTS

It is the philosophy of RGC that the coaches, the gym, the parents, and the gymnasts are all part of the team. We encourage all of our parents to attend every competition. Having a strong cheering section does wonders for team motivation, and it is something to be proud of. As a part of the team, there are a few guidelines for parents during competition:

1. Cheer loud and often, but do so in a courteous manner. Cheer for all of the members of the RGC team and feel free to cheer for fine performances by the gymnasts of other teams. In a very real way, we are competing *with* them, not *against* them. Please show respect for all of the competitors; you never know whose mother or father is sitting near you.
2. Promote RGC in every way you feel is appropriate: shirts, sweatshirts, banners, and cheers. Never speak in a negative way about another club, coach, gymnast, or judge in the process.
3. Under USAG rules, the only adults allowed in the competitive area are judges, those helping run the competition, and USAG professional members. The only time a parent should approach the meet director or a parent from the hosting club is to thank them for a job well done and for inviting us to their meet. If you have a complaint, you need to bring it to the attention of your coach. Under no circumstances is a parent or a gymnast ever to approach a judge or meet official before, during, or after competition to comment, complain about, or ask a score.
4. **Please do not contact or talk to your daughter once she is on the competitive floor.** We ask her to focus all her energy on the competition.
5. In case of an injury during warm-up or competition, please wait for your coach to give some indication that you should come onto the competition floor. In most cases, you will not be invited onto the floor because the injury will be relatively minor and the coach and/or trainer will take care of it. Your daughter will continue the competition, and she will need to maintain her focus. In cases of more serious injury where the gymnast may be finished for the day, then it would be appropriate for you to contact your daughter after she has been moved away from the competitive area for treatment. If the injury should be serious enough to require any emergency medical attention, then your presence will certainly be needed, and you should be close at hand. Please try to wait for a signal from your coach.