

Scarlet & Grey Team Handbook

2023-2024 Season



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Coaching Staff

Bri Kerr (Scarlet & Grey Director): Bri competed with Cincinnati Gymnastics Academy, and later tumbled at Midwest Cheer Elite. Bri has coached at a few gyms in Columbus and San Francisco for a total of eight years. She has been with Buckeye since Autumn of 2016.

Bo Holcomb: Bo has been a part of the Buckeye family pretty much all her life! She has a gymnastics and cheerleading background of her own, and now nearly ten years of coaching experience under her belt.

Laura Montgomery: Laura competed in gymnastics for six years and has coached gymnastics at Buckeye since 1998. She is a graduate of Capital University, graduating with a degree in Biology and Psychology.

Scott Ryan: Scott has over 35 years of coaching experience ranging from coaching college at West Virginia University and UC-Berkeley to 15 years here at Buckeye Gymnastics and 15 years spent coaching in California.

Nikia Scurlock: Nikia was a competitive gymnast right up until she started coaching in 2021. She has competed at Worthington Youth Boosters, Vision Athletics, and for Hilliard Davidson High School. Nikia is currently studying exercise science and recreational therapy.

2023-2024 MEET INFORMATION

The schedule of competitions for this season will be sent in an email. You must sign your gymnasts up at least 6 weeks prior to the competition date. If you miss the deadline to sign up for a competition, there is no guarantee that your child will be able to compete, and you will be charged a \$10 late fee to process the late meet entry. You may sign up for any competition as far ahead as you would like. **It is recommended you not attend class the day of a competition.**

<u>Meet Location</u>	<u>Meet Date</u>	<u>Sign Up Deadline</u>
Buckeye Critique Meet	Oct 14	Oct 7
Integrity	Nov 11/12	Sep 28
WYB	Dec 16/17	Nov 2
Worthington Kilbourne HS	Jan 13/14	Nov 30
Buckeye Westerville	Jan 27/28	Dec 14
Rock Solid	Feb 24/25	Jan 11
Fliptastic – placement awarded	Mar 9/10	Jan 25
UGI	Apr 20/21	Mar 7
All Starz – Championships	May 11/12	Mar 28

The host gym requires meet entries 5 weeks before the scheduled meet. Because of this, we ask that you sign up **6 weeks** before the scheduled meet so that we have time to send our meet entry to the host gym. That gym then sets up the competition date and start times based on the meet entries received. Once they have all the competitors entered, they notify the gyms with a detailed schedule. We will then email you, approximately one week before the schedule meet, with your official meet information. (Date, start times, directions to the meet site, etc.) It is not possible for us to know your gymnasts' competition information any earlier.

If you miss the sign up or have a question about the meet PLEASE do not contact the host gym. All questions and concerns should go through Bri or the front desk.

There may be a spectator fee of \$5 for adults, \$2 for seniors (65+) and students (6-17). Children under 5 are free.

If your gymnast needs to drop from a meet, for any reason, we can offer refunds up to 6 weeks before each meet. We are not able to offer a refund for injury unless we receive a refund from the host gym or find a replacement

gymnast from the wait list for your entry.

Competitions:

The GCGC will offer competitions for girls at the following levels: (Age as of the time of the competition.) Following USAG rules.

Xcel Bronze:	5 years
Xcel Silver:	6 years
Xcel Gold:	7 years
Xcel Platinum:	8 years
Xcel Diamond:	9 years

Weekly training time is limited as follows based on the philosophy of the GCGC that the conference will serve the needs of recreational level gymnastics.

Xcel Bronze, Silver:	6 hours per week
Gold, Platinum, Diamond:	9 hours per week.

If any gymnast at Platinum or Diamond level wishes to train more hours for safety, please let Bri know and she will contact the league.

Competition Season and Schedule:

Season: 1-2 meets per month November-May. Championships will be held in May. Exact schedule to be set each year at our annual meeting during the summer.

Gymnastics is not an easy sport. It takes some training to compete at even a beginner level. The girls will train and compete on vault, uneven bars, balance beam and floor exercise. The sport of gymnastics is governed by USA Gymnastics (USAG). The S&G girls will learn routines that are composed using the **USAG Xcel Rules and Regulations** and the **USAG Xcel Event Rules** updated July 2022.

The Buckeye Gymnastics S&G Team belongs to the **Greater Columbus Gymnastics Conference (GCGC)** which is made up of the following gyms: All Starz, Buckeye Gymnastics, Flitastic!, Adonai Ashland, Adonai New

Philadelphia, Worthington Youth Boosters, Rock Solid, Columbus Gymnastics Academy, Central Ohio, Vitality, Integrity, Gotta Flip, HVG, and Warrior Athletics. The GCGC offers competition for girls at the following levels: 1, 2, 3, 4, 5, 6, Xcel Bronze, Xcel Silver, Xcel Gold, Xcel Platinum and Xcel Diamond.

The S&G Team will have the opportunity to compete 7-10 times during the year with all the competitions held in Central Ohio. **As of June 2022, all S&G Team members are required to compete in at least one competition.** (Gymnasts are not required to compete on every event. But if they do decide to take part in a competition they must be currently enrolled in the gym and be current with all fees and tuition.) Competition begins in the fall and will continue through spring. We begin with an intra-squad competition and progress to out of house competitions. We compete with other gyms in the Central Ohio area that offer this type of program in a League format that culminates with a Greater Columbus Gymnastics Conference Championship meet in May.

If you know that you are not interested in or unable to compete, we highly recommend joining our Gym Star class instead. Gym Stars is the equivalent level, but the focus is on building and perfecting skills rather than routines. Often in Scarlet and Grey class during competition season, we are unable to work on building new skills because we are focused on perfecting the skills gymnasts already have. Please consider this when deciding whether to enroll in Scarlet & Grey or Gym Stars.

The focus of the S&G program is on fun. However, we will always keep in mind that the fun of gymnastics lies in the ability to perform ever more difficult gymnastics skills. To that end we will train hard enough to develop the strength, flexibility, and skills necessary to do the gymnastics routines safely and correctly. We will insist on proper form and technique and will expect the girls to do their best. Should the girls ever want to compete on our USA Gymnastics (select) team or on their middle school or high school team, the Scarlet and Grey Team will lay a solid foundation for doing so.

Ribbons are given at most competitions based on individual scores on each event. For example, a gymnast scoring a 9.0 or above will receive a blue ribbon while those scoring an 8.0 to an 8.95 will receive a red ribbon. Gymnasts will not receive placement awards until championships and the Wolfpack Invitational. This helps keep the gymnasts focused on trying to do

their best as opposed to trying to win first place.

LEVELS

The coaching staff will evaluate your gymnast. Your gymnasts will be placed in a level based on her skill set. Following are the requirements to compete in each level:

Bronze – Buckeye Gymnastics does not offer the Bronze level, but you may see Bronze gymnasts from other gyms at competitions. Bronze is a beginner level.

Silver – Gymnasts who move up from Rising Stars will automatically be put in the Silver level, unless they show the skills required for Gold level.

Minimum skills required for Silver are:

VAULT – front handspring or $\frac{1}{4}$ on over resi mat with trampoline or standard springboard. Must be able to clear the mat and land on their feet.

BARS – glide swing, pullover or kickover, single cast back hip circle, and a dismount are required, including underswing or sole circle. Jumping to the high bar is not required at this level.

BEAM – half turn on one foot finishing with forward step, split jump with at least 90° leg separation, handstand with feet together no more than 45° from vertical (feet side by side, not crossed), and a side handstand or roundoff dismount.

FLOOR – split leap with at least 90° leg separation, full turn on one foot in high relevé ending in step forward, and two tumbling passes. Tumbling passes must be either two skills directly connected with or without flight, or a single skill with flight.

Gold – For gymnasts to move up to the Gold level, they must show competence in all required skills. **As of the 2022-2023 season**, gymnasts must also have gotten scores of at least 35 All Around (by adding all four event scores) at the silver level in at least two meets. Skills required for Gold are:

VAULT – front handspring, $\frac{1}{4}$ on, or $\frac{1}{2}$ on over vault table with regular springboard without assistance.

BARS – cast to horizontal, squat on jump to high bar, two circling

skills, and a dismount from the high bar.

BEAM – split jump to at least 120° leg separation, two acro skills with at least one passing through vertical, and a full turn on one foot.

FLOOR – a leap pass containing a split leap with at least 120° leg separation, a full turn, and two tumbling passes of either two directly connected skills with flight, or an isolated salto.

Platinum - For gymnasts to move up to the Platinum level, they must show competence in all required skills. **As of the 2022-2023 season**, gymnasts must also have gotten scores of at least 35 All Around (by adding all four event scores) at the gold level in at least two meets. Skills required for Platinum are:

VAULT – ½ on ½ off over the table with regular springboard.

BARS – kip on either high or low bar, cast above horizontal, a high bar dismount, and at least one skill rated at “B” level.

BEAM – full turn on one foot, split jump of at least 120° leg separation in combination with another jump, an acro pass containing either two directly connected skills without flight, or an isolated skill with flight, at least one skill rated at “B” level, and a salto dismount.

FLOOR – full turn on one foot, a leap pass containing a split leap with at least 150° leg separation, a tumbling pass with 2 directly connected acro flight elements with “A” or “B” salto, a second tumbling pass with 2 directly connected acro flight elements or an isolated “B” salto, and at least one skill rated at “B” level (can include the “B” salto).

COMPETITION FEES

Competition fees are based on the amount the league charges per meet. In addition, a small fee (\$10) will be added to cover the coach’s expenses for each meet. This will vary depending on meet location and number of participants. Expenses include their wages and travel for each day.

The Critique Meet entry will be **\$65**.

For the 2022-2023 season the entry fee for regular season competitions will

be **\$65**. The GCGC Championship meet fee will be **\$75**. The additional amount for the Championship meet helps to cover the cost of the placement medals/trophies and t-shirts.

Buckeye Gymnastics does not participate in team competition in the GCGC other than the GCGC Championships.

PRACTICE AND TUITION

The S&G Teams are part of the recreational class program; therefore, gymnasts have the flexibility to change their commitment level whenever they choose. Gymnasts may practice as few as two hours per week or as many as nine depending on Level. **Xcel Gold, Platinum and Diamond gymnasts are highly recommended** to attend at least **twice a week** so that they can continue to progress their skills in a safe manner.

Tuition is based on the current class rate. Multiple class discounts apply for those who choose to come more than once per week. Make-ups must be scheduled with the front desk for missed classes. Availability will depend on the enrollment of each class.

NOTE: The S&G Teams at Buckeye give you the flexibility to choose your commitment level. You can work out as little as 2 hours, but you **cannot work out MORE** than the hours listed for your level on the GCGC training table if you are planning on competing.

ROUTINES AND MUSIC

S&G Xcel Silver gymnasts will use the floor exercise routine choreography and music provided by Buckeye Gymnastics. The routine meets the Xcel Silver requirements and can be learned during regular class time. The music is "Heartbreaker". It is available to download at www.buckeyegymnastics.com Balance beam routines will also be taught during class with student participation.

Xcel Gold and Xcel Platinum gymnasts will have a separate floor exercise routine with different music than Silver, also provided by Buckeye Gymnastics. The routine meets the Xcel Gold requirements and can be learned during regular class time. The music is "Brilliant Moves". Gold and

Platinum gymnasts may choose their own music and choreography or use what is provided. Choreography fees are additional and determined by the choreographer. Music can be found online. Please consult your coach or the S&G director when making these choices.

UNIFORM AND APPAREL

The S&G gymnasts have the **option** to compete in a selected Buckeye leotard. You may choose to purchase the S&G Buckeye leotard, wear the Buckeye leotard from the previous years, or choose to wear your own leotard.

We update our competition leotard every 2-3 years, and we will be keeping the same leotard for the 2023-2024 season.

We **CANNOT guarantee delivery** of any apparel since our apparel occasionally gets back-ordered. Please allow 4-6 weeks for delivery.

S&G ¾ Sleeve Leotard \$70

S&G Sleeveless Leotard \$50

S&G Practice Shorts \$15

To allow for the comfort of the gymnast, plain black close-fitting shorts are now permitted to be worn in competition. Shorts can have a maximum of one small logo and must have a plain waist band. The practice shorts listed above work for competition but are not required.

There will be two times to order leotards. The deadline for the fall order is September 1st, 2022. The second order will most likely be sometime in January.

The S&G leotard is an OPTIONAL apparel item we offer to our gymnasts. Many of the girls also order warm up jackets, **but these are also OPTIONAL apparel items.** We may also order other S&G apparel such as tee shirts, masks, bags, etc. These will all be optional purchases as well.

TEAM PICTURES

Scarlet & Grey team typically does individual and group photos. This happens in conjunction with Girls Team photos, and usually occurs in the fall. More information on this will be provided when available.

PARENT INVOLVEMENT

At times you may be asked to donate or volunteer for different events. Please keep in mind that by doing so we can operate without having a booster club and charging all the related fees. We will especially need volunteers during the meet we host, so be ready to help!

PARENT QUESTIONS OR CONCERNS

If at any time you have a question or concern regarding your child, we ask that you speak with your child's coach first or you can also send an email to Coach Bri at sandg@buckeyegymnastics.com.

USAG COMPETITIVE TEAM

Buckeye Gymnastics also has a USAG girl's competitive team at our Westerville location. Along with the increased opportunities that come with joining this team, comes an increased level of commitment, time and money from the gymnasts and their families. If your child is interested in trying out, please let your coach know. Try outs are generally held late winter/early spring.

The Scarlet and Grey Handbook, 2023-2024 Schedule and music can be found at: www.buckeyegymnastics.com