

OFFICIAL HANDBOOK
5565 Maefield Drive
Wamego, KS 66547
785-456-8488

Welcome to CATTs Gymnastics & Dance

CATTs Gymnastics & Dance was started in January of 1991. The first gym was located at 513 Lincoln Avenue in Wamego. The gym was approximately 1,950 square feet, occupied the top floor of a main street business, and was equipped with basic equipment (mats, a set of bars, a beam, and a vaulting horse). Angie Curtis was an assistant coach and the gym has a total enrollment of 67 students. In 1993 Angie became the sole proprietor of CATTs. CATTs started training their first competition teams in the Fall of 1995.

In April of 1996 CATTs underwent its first expansion moving to a gym located at 401 Ash Street. The expansion added needed space. The gym enrollment swelled to 150 students necessitating more equipment and floor space. In March of 1996 CATTs first competition teams participated in the State championships. The level 4 team placed 4th all around.

Today CATTs has grown to over 250 enrolled students. Our growth necessitated another expansion in 2000 to our current building and location at 5565 Maefield Drive. The gym at 7,200 square feet is equipped to offer beginner to advanced boys and girls' gymnastic training and dance classes such as Jazz, Tap, Ballet and Hip Hop. Tumbling floors, pits, trampolines, multiple equipment, and a regulation spring floor system outfit the gym. Our coaching staff has grown to five certified gymnastic coaches, two dance instructors, four assistant coaches, and a certified personal trainer.

The acronym CATTs stand for Child Athletes Trained To Succeed. A philosophy we stand by daily. Children are our future and regardless of their level of talent we train children to embrace goals to succeed. We create an atmosphere of positive reinforcement. Every student trained at our facility strengthens their talents, maintains their fitness, and learns agility, grace, power, and poise. Most important they gain self-esteem with each accomplishment achieved through hard work and focus. We help children achieve their goals. CATTs offers a service that engages community youth in a productive and meaningful activity, whether they are competition gymnasts, budding dancers, cheerleaders, or simply interested in gymnastics to stay fit.

CATTS GYMNASTICS & DANCE BOOSTER CLUB

The CATTS Gymnastic & Dance Booster Club is an organization that raises funds, and offsets costs of operation by supplying manpower and fundraising assistance to the gym. The funds raised are used to pay coaches meet expenses, upgrade or purchase new equipment that benefits all members of the gym, and provide additional items that otherwise could not be afforded.

Parent volunteers assist with such things as home gymnastics meets. Examples of fundraising include: selling food items through venders, such as Red Wheel, working juice and water stands at areas events, conducting car washes, raffles, and other activities.

The Booster Club is organized by a set of by-laws. It is a mandatory requirement for all parents of competing gymnasts to belong to the club, and to pay yearly team fees and participate in a minimum of ten hours of volunteer assistance. It is not mandatory that all parents do fundraisers but the more parents involved the easier it is for the gym to flourish. Also by participating in fundraising efforts less out of pocket expense is incurred for Team dues.

Booster Club is very supportive of the gym as a whole and all the activities that take place within to benefit all youth at CATTS Gymnastics & Dance. On the following pages you will find the by-laws and requirements for the Booster Club.

BOOSTER CLUB MEMBERSHIP REQUIREMENTS

Membership Philosophy: To support and provide opportunities that contribute to the emotional and physical development of each child enrolled in CATTS Gymnastics & Dance.

Purpose: To provide means to support club activities and needs through volunteer assistance and fundraising activities.

Requirements: Parents and guardians of noncompetitive gymnasts and dancers are not required to join the Club but are encouraged to participate. The parents/guardians of competitive level team members are required to be members of the Booster Club of CATTS Gymnastics and Dance. Parents/guardians of a CATTS competitive level team member are required to pay a yearly membership fee and assist with our home gymnastics meet by working a session and helping with set up and tear down.

CATTS BOOSTER CLUB FUNDRAISING

Parents/guardians are encouraged to participate in fundraising events. CATTS participates in one Annual fundraiser involving the entire gym in the early fall with Red Wheel and then other fundraising efforts are done as deemed necessary by the Booster Club members depending on what is needed for that year.

Most of all we hope parents/guardians will enjoy getting to know one another and work together to make the CATTS Gymnastics & Dance Club one of the best clubs in Kansas.

CATTS BOOSTER CLUB

By-Laws

The name of this organization shall be CATTS Booster Club, hereinafter referred to as the CBC.

The purpose of the CBC shall be to:

- A. Provide financial program assistance to the CATTS organization;
- B. To generate public awareness; and
- C. Provide other assistance that the owner/Executive Director deems necessary.

All parents of the competing gymnasts are automatically members. All CBC meetings are open to all CATTS parents.

The Executive Director and Treasurer of the club shall be now and always Angie Curtis. The following shall be filled for 1-year term: President, Vice President, Secretary, and Reporter.

All elected officers shall serve a 1 year term. If a vacancy exists, the President shall recommend an appropriate representative to the CBC membership. If approved, by membership vote, the person shall finish the balances of the unexpired term.

The President shall preside at all meeting (if possible) and have general supervision of the CBC's activities. The President shall work with the CBC in planning and directing activities. The Executive reserves the right for final approval.

The Vice-President shall exercise all functions in the absence of the President, assist the President as needed, and oversee the entry of information in the Volunteer Log Book.

The Secretary is responsible for:

- E. Keeping an account of the proceeding and transactions of all meetings of the CBC.
- F. Providing a copy of the minutes to the CBC.
- G. Preparing any official correspondence that the President may request.
- H. Maintaining a file in the gym office containing copies of all minutes, correspondence, and the current CBC operational guidelines.

The treasurer is responsible for handling all finances having to do with the CBC, including dues, and overseeing expenditures. The Executive Director shall approve all expenditures before a purchase is made.

Committee reports need to be made in writing and posted in the gym.

Meetings of the CBC will be held monthly if possible. The Executive Director, President, or Vice President may call a special meeting as long as officers are notified if the meeting and notice of the meeting is given to those who have requested notice of CBC meetings.

Elections of officers will be held in October with the first meeting of the fiscal year to be in November.

A quorum must be present to conduct business. Five CBC members shall be called a quorum.

This guideline shall be reviewed annually; any recommended changes approved at a CBC meeting shall be given to the President.

CATTS CLASSES

Preschool Panthers and Preschool Panthers 2: Beginner gymnastics for preschool ages 2 ½ to 5 years. All areas of gymnastics are taught including: balance beam, bar, spring board, trampoline and floor exercise. Focus is placed on developing loco motor movement patterns, balance, hand-eye coordination, and upper body strength.

Junior Jammers: Beginner gymnastics for ages 4 to 7 and Platinum: Beginners 8+ All areas of gymnastics are taught including: balance beam, uneven bars, trampoline, springboard, vault, and floor exercise.

Bronze Level: Intermediate gymnasts ages 5 and older. All areas of gymnastics are taught including: balance beam, uneven bars, trampoline, springboard, vault, and floor exercise.

Silver Level: Intermediate gymnasts ages 5 and older. Work out leotards must be worn to class for safe spotting and advance skill practice.

Gold Level: Advanced gymnasts ages 8 and older. Work out leotards must be worn to class for safe spotting and advance skill practice.

CATTS Cheer/Tumble: Jumps, stunts, tumbling, and basic cheer technique are covered.

CATTS GYMNASTICS COMPETITION TEAM

Criteria for Competitive Team:

1. Attitude: respect for yourself, your coach, and the sport, your teammates and facility.
2. Ability/potential.
3. Coachability: acceptance of teaching and application of what is taught.
4. Strength and flexibility.
5. Dedication and work ethic.
6. Attendance.
7. Parent/guardian support.

Placement at the Competitive Level: The philosophy of CATTS Gymnastics and Dance is to compete a gymnast when she is ready and not before. We want our competitions to be positive and rewarding experiences for our gymnasts, and above all safe. Our goal is to place our gymnasts at a level that will provide a challenge, but also provide the opportunity for success. It has been our experience that gymnasts feel much better about themselves and gymnastics in general when they experience success. Careful evaluation goes into considering a gymnast for competition. Is he/she physically and mentally ready? Becoming mentally and emotionally ready for a meet is tough so we count on parents/guardians to provide a calm, loving, and supportive attitude.

Advancement at Skill or Competitive Level: Advancement from level to level will be determined by our professional coaching staff using the following criteria:

1. Skill level
2. Meeting the minimum required all-round USAG score (level 5 and up)
3. Mental attitude
4. Success at mastering current level skills
5. Potential for success at mastering skills at next level
6. Childs desire and Coachability
7. Attendance

CATTS TEAM PROGRAM

It takes effort and commitment in order to be a competitive gymnast. As skills become more complex, time in the gym will increase. Emphasis will be placed on correct form, proper technique, and precise execution to produce a superior athlete. This means practice, practice, practice! CATTS participates in both USAG and AAU competitions. Below is a description of each competition level and the corresponding time commitments:

Girls USAG Team Program: Junior Olympic Levels 4-10 and MV AAU Program Levels 1-8

Level 1 & 2: These are AAU only compulsory levels. Minimal time requirements are needed to attain these compulsory skills. Gymnasts usually train 2-5 hrs per week.

Level 3: This is the first USAG sanctioned compulsory competition level. These gymnasts practice 5-6 hrs per week.

Level 4: This is a sanctioned competition compulsory level. The routines are simplified versions of Level 5 routines. These gymnasts practice 6-9 hours per week.

Level 5: This is a sanctioned compulsory level. All gymnasts compete in the exact same routines, which are designed to develop required skills and technique. These gymnasts are required to practice 10-12 hours per week.

Level 6 or Platinum: This is a sanctioned entry level optional level. The gymnast and/or coach create their own routines but must contain compulsory elements. These gymnasts are required to practice 12 hours per week.

Level 7-10: These are sanctioned optional levels. There are restrictions on difficulty for each level. Competition is at the local, state, and regional level. These gymnasts are required to practice 14 hours per week.

Elite: This is the top level of gymnastics. Only .001% of all gymnasts ever compete at this level. Gymnasts compete to the National and International level and represent the USA in most international competitions.

Daily Practice Routine

Each practice begins with warm-up, stretching, and flexibility training. We work 3-4 events each practice. Other necessary stations include trampoline, dance, strength, and conditioning. Fun activities may be added.

Yearly Training Cycle

There are generally three phases to our competitive season: pre-season, competition, and post-season. A CATTS team gymnast is to train year round to maintain skill advancement and ability levels.

Pre-season: This usually falls from September through mid-November. During this time we are putting together new skills and sequences in preparation for compulsory or optional routines.

Competition: This time is from the first sanctioned meet to our final competition of the season. The season may start as early as late October and run through March. This will vary based on level/class of gymnasts. We work very few new skills and concentrate on training on full routines.

Post-season: This period falls between the last competition through the summer session. We concentrated on building new skills and technique and combinations. We work toward maximizing strength, conditioning, and flexibility.

Obligations of Team Competition Gymnasts:

1. Obtain current registration number from USAG &/or AAU.
2. Perform to the best of his/her ability.
3. Be familiar with the rules of the meet, meet schedule, and march-in time.
4. Be present at the meet site at opening stretch.
5. Stay in the area of competition.
6. Obey warm-up regulations and rotation schedule.
7. Present herself in proper attire.
8. Be well groomed in appearance: clean attire, hair out of face, no jewelry or tattoos.
9. Accept with grace the score received without criticism or comment.
10. Be ready to perform when name or number is called.
11. Remain quiet and seated while not performing.
12. Support teammate's efforts during the competition.
13. Perform in a disciplined and elegant manner.
14. Exhibit self control and calmness in cases of fall or injury.
15. Be courteous, respectful, and polite to all meet officials, coaches, hostesses and competitors.
16. Attend the award ceremonies to support teammates and exhibit good sportsmanship behavior.
- 17.

Obligations of Coaches:

1. Provide necessary training expertise and knowledge of equipment.
2. Provide a safe environment and training system.
3. Structure an efficient and effective training program.
4. Educate the gymnasts.
5. Communicate with gymnast and parents/guardians.
6. Treat gymnasts with fairness, communicate and reinforce good team and sportsmanship skills.

Obligations of Parents/Guardians:

1. Provide unconditional support: Love and encourage your child.
2. Financially support training and supply needs.
3. Actively promote and support the program and all participating gymnasts.
4. Positive and active involvement in the Booster Club.
5. Communication with coaches/owner/staff if you have questions or concerns about your child or the program. Request a conference.
6. Read the posted bulletins, newsletters, team schedules, handbook, and other pertinent information.
7. Exhibit sportsmanship and support during competitive meets

Parents and guardians of competitive level gymnasts are a critical component of this three-part team. This triad can not work without the full commitment of all its components. The athlete, coach, and parents/guardians make up the triad. Each member of the triad must know, understand, accept, and execute their responsibilities. If each of us understand our roles and do our best to fulfill them we can set an environment for success. A successful environment benefits all members of the triad and sets a role model for children that will benefit them for life.

General Information and Policies

Registration & Classes: New students may register for CATTs classes at any time during the year. A student may also switch from one class to two classes per week at any time by notifying the CATTs office. Your child's class space is reserved for them. Please notify CATTs office two weeks prior to dropping a class or classes so that we may fill the space with someone else. Failure to notify will cause you to be billed for that month's classes.

Registration Fee: A registration fee is required for insurance purposes. This fee is non-refundable and is collected yearly on all students that participate in a class at CATTs.

Class Payment: Class payments are due on the 1st of each month. Payments postmarked after the 5th should include a late fee of \$5.00. Returned check fee is \$15.00. Payments can be made by dropping them in the gym payment box or by mailing them to the 5565 Maefield Drive, Wamego KS 66547. Payments are due in full each month regardless of number of classes attended.

Attendance: Attendance at practice for competition team members is mandatory. To attain the level of excellence needed to successfully compete, 100% commitment must be made by the athlete, coaches, and parents. If a gymnast has to miss practice or a meet, please notify the CATTs coaching staff or leave a message on the recorder at the gym (456-8488) as early as possible.

Tardiness: It is the responsibility of each athlete and their parents/guardians to be prompt. Continual tardiness will not be tolerated unless circumstances have been discussed and arranged with coaches. Workouts follow a schedule that does not accommodate tardiness. If you have a schedule conflict please be sure to work this out with the coaching staff.

Injury Policy: In case of injury, we still expect gymnasts to attend a workout unless otherwise determined by our professional staff or under a doctor's orders. Injuries in this sport can be expected but while they may be prohibiting gymnasts from working on particular moves other aspects of their training may not be affected. A specialized rehabilitation program can be devised in order to expedite recovery from injury.

Class Cancellation: In the event of inclement weather and closing of Wamego schools (USD 320), CATTs will not hold classes. **CATTs will still have classes on days with scheduled school closings** like teachers in-service days, conferences, and etc.

Make-up Policy: Due to the different levels of our team's workouts, and regular classes, make-up sessions are not accommodated unless team meets and performances interfere. Please select a class time that fits your schedule. As a general rule there are no make-ups unless specified by the coaching staff. Permission must be granted by the coaching staff for any make-up session. Parents/guardians are not allowed to spontaneously determine a make-up schedule. Gymnasts dropped at the door will be advised to call for immediate pick-up.

Scheduled CATTs Closings & Vacation Policy: CATTs will not hold classes on the following holidays: Labor Day weekend (Fri-Mon), Halloween, Thanksgiving Day, Christmas Eve and Day, New Year's Eve and Day, Memorial Day weekend (Fri-Mon), and the 4th of July. CATTs is also closed each year for Wamego Spring Break and the week between Christmas and New Years.

Extra Curricular Activities: The staff at CATTs Gymnastics and Dance believes that extracurricular sports and activities are important in developing a child's entire well-being. In choosing to pursue another sport or activity, gymnastics expectations and goals need to correlate with the level of commitment. It is highly recommended that a minimum of practice is missed due to extracurricular sports or activities for competition team gymnasts. If you plan on participating in extracurricular activities please discuss this with the coaches in advance. Attempts will be made to accommodate your activity.

Class Work Out, Team, and Warm-up Attire: CATTs students are asked to wear athletic clothing during class (leotards, shorts, t-shirts, sweats, see class descriptions). Blue jeans and blue jean shorts or other clothing made of inflexible type fabrics are not allowed. Leotards are required for classes working on back hand springs. Warm-ups are provided through rental agreements with CATTs. Parents/guardians are held responsible for the condition of the warm-ups when returned at the end of the competition season. All CATTs competitive gymnasts and performers are required to have proper attire. Grips and other practice items are available through catalogs and Angie will order them periodically.

Parental/Guardian Observation: Due to safety, we ask team and regular class parents to keep observation to a minimum. Children are often distracted from their coaches and may become nervous with parents in attendance. Coaches require complete attention from your child in order to foster their training, education, and to promote safety. We ask that if you do stay to observe that you refrain from talking with your student over the balcony as that is disruptive to both coach and students.

Newsletter: All CATTs students receive a monthly CATTs newsletter "CATTs Paws". Please take time to read it for upcoming events and announcements.

Disabilities: CATTs students are taught as individuals. If your child has a mental or physical disability of any sort the CATTs coaching staff needs to be informed. This will allow the coaches to help each child learn to the best of their ability.

Nutrition and Health: Parents/Guardians are responsible for providing proper nutrition that meets the growth and athletic requirements of your child. Children come in all shapes and sizes and can successfully compete as a gymnast if they are in good physical condition. Unwarranted dieting to obtain/maintain unnatural weights for child=s inherited structure are greatly discouraged. Healthy foods will assist in cutting out unnecessary calories and help to promote normal strength and structure development. Substitute juice, water, and sports drinks for soda pop or other high sugar drinks. Fresh fruit and vegetables, granola bars, and other nutrition snacks should be available to pack for practice or consume at home. Prior to competition consumption of carbohydrates provide available energy, a pancake breakfast, pasta, bread, and potatoes are all sources of carbohydrates. Consumption of high quality proteins are essential.

Special Note: Young girls are especially prone to unhealthy diet techniques and preoccupation with weight. Parent/guardians and coaches should closely monitor attitudes toward self and eating and seek immediate assistance if signs of improper dieting techniques and illness arise. Severe cases of anorexia and bulimia can result in death and must be treated at the earliest signs of detection. Girls should be fostered to acquire a positive self image and to prevent eating related disorders.

CATTS GYMNASTICS & DANCE

CODE OF CONDUCT

ATTITUDE:

1. I will set realistic and progressive goals for myself.
2. I will work hard to achieve my goals and motivate others to achieve theirs.
3. I will take instruction, listen, and trust my coach.
4. I will be persistent and work through the tough times.
5. I will learn to rebound from setbacks, defeats, or mistakes.
6. I will be polite and respectful of others in training, performance, class, and competition.
7. I will maintain my body & mind through sound diet, adequate rest, commitment to my education & family.
8. I will not abuse myself through use of tobacco products, alcohol, drugs, etc.
9. I will respect the diversity in myself and of others.
10. I will not encourage nor take part in the criticism of my team or classmates.

INTELLIGENCE:

1. I will listen to my coaches and ask questions if I do not understand.
2. I will take place in all educational opportunities offered to learn more about my sport.
3. I will take responsibility for my skill level and ask about my progress.
4. I will make my school responsibilities a higher priority than gymnastics and will maintain my school responsibilities while on the team.
5. I will communicate my concerns, needs, goals to the appropriate individuals.

PERFORMANCE:

1. I will perform strength and flexibility exercises with proper technique, repetitions, and range of motion.
2. I will give 100% toward maximizing these skills.
3. I will work at home to improve these skills.

APPEARANCE AND ATTIRE:

1. All team and class members must wear a leotard during workouts. Bike shorts may be worn over leos. Dance students may wear sweats or other recreational attire deemed appropriate by the instructor.
2. No jewelry should be worn in the gym.
3. Hair must be arranged so that it does not block vision or cause irritation during the workout. It must be pulled away from the face.
4. No Gum

THE GYMNASIUM:

1. All personal belongings must be put away into a gym bag or cubby. All users of the gym are responsible for keeping the storage area clean.
2. All equipment and facilities inside the gym must be treated with care and respect. Bathrooms and locker areas included. Anyone committing graffiti to walls or other areas and objects inside the building will be expelled from the gym and assessed for damages.

CONDUCT WHILE TRAVELING WITH CATTS:

Proper conduct by gymnasts, coaches and parents while traveling with CATTS is required. Each individual is responsible for their behavior during competitions, performances, clinics, class, or camps. CATTS will not tolerate hotel curfew violations, rude and unmannered behavior in eating establishments, hotels, or the destruction of hotel or other gyms property. Any misconduct of this nature during travel will result in the loss of traveling privileges and suspension from the competition team.

All students of CATTS Gymnastics & Dance are expected to adhere to the above Code of Conduct. Serious and repeated violations of the Code can result in expulsion from the gym.