



TEAM TWISTERS GYMNASTICS

GIRLS TEAM HANDBOOK



What Sets Twister Gymnastics Above the Rest?

Twister Gymnastics is known for more than its outstanding instruction and fun curriculum in preschool, recreational and competitive gymnastics, along with cheerleading.

Our Twister's locations are the cleanest in South Florida with updated and safe equipment for all of your child's gymnastics needs.

Twister's is known in the gymnastics community as employing one of the nation's largest and most professional full-time staff. Among the staff at Twisters is one of the highest rated judges in the state of Florida which allows the competitive team opportunities to receive critical and fair evaluations of routines prior to entering competitions. In addition, members of Twisters staff have personal and professional experience in national, collegiate, and international gymnastics and cheerleading competition. All Twisters instructors are USAG Safety Certified.

Twisters regularly flies members of its staff around the country to attend conferences, clinics, and give lectures with topics that range from providing exceptional customer service to the future and direction of gymnastics and cheerleading.

Throughout the years Twisters Gymnastics has produced many state, regional, and national champions. In addition to their athletic accomplishments many of Twister's team members have also been recognized for their outstanding academic achievements.

Twister's is also known for giving back to the community. Our clients and staff have participated in charities that raise money for the Children's Miracle Network, JDRF's Walk to Cure Diabetes, Payton's Pals, Toys for Tots, Food for Families, the Muscular Dystrophy Association, the Leukemia and Lymphoma Society and many more.

At Twister's the focus is not on winning, rather the process of developing champions in and out of the gym. The staff is able to do this by finding a quality within each child that makes him or her special and developing a unique bond with each gymnast. The staff provides a positive influence while helping each gymnast set and achieve their goals.



Being a Winning Parent
Understanding the Mission and Philosophies of Team Twisters

*Randy Sikora, Owner of Twister Gymnastics
 (and parent of a Level 4 Team Member!)*

A key component to your child's success is you. USA Gymnastics coined the term "Athlete Triad"; Athlete, Parent & Coach working together to achieve the best possible experiences and outcomes.

First, last and always is the Athlete, the center of our attention and focus. Often this reality is lost (or misplaced) due to negative outside factors such as ego (of the coach or parent), an unhealthy emphasis on winning, too much focus on the outcome rather than the entire process and/or a parent living vicariously through their child.

Coaches and Parents have choices to make for their athlete/child. When making a decision we must ask; "What overall, long-term benefits will the athlete receive? Will the process be both fun and rewarding? What are the possible dangers or harmful side effects of this decision? Are the goals set too high, too low, too fast, too demanding, or for a benefit of someone other than the athlete?"

Coaches perform a delicate balancing act everyday. Our ability to walk this fine line comes from years of experience, education, planning, successes and learning from our mistakes. Some days, an emphasis will be placed on technical corrections while others will be focused on strength and speed, form and execution taking a lesser role. Overall, the training plan will be a complete picture. However, taken as a snapshot it will be incomplete and out of context of our grand plan.

Parents play a vital role as the supporter, both of the athlete and the coach. When your child needs a little encouragement, it is your job to give them a hug, tell them how wonderful they are and send them to train with a renewed confidence. It is your responsibility as a parent to know your child's goals, dreams, challenges, limitations and achievements. After all, you are in the child's corner for life. It is your challenge to effectively communicate to the coach and listen, seek to understand, and do what is best for your child.

We are a sum of all of our experiences. Our mission is to provide a fun, safe, nurturing, challenging and rewarding environment for athletes to have a healthy experience both overcoming challenges and learning from failure.

Just because you can doesn't always mean you should?

Parents are driven to do what they perceive as the best thing for their child. This may not be realistic, healthy or focused on the long-term best interest of their child/athlete. In the end, the parent has the choice whether or not to support the coach's decision, compromise with the coach or find another coach with a more congruent philosophy.



*Below is an overview of the **Athlete/Coach/Parent Triad**. This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid, the purpose and motivation for the existence and necessity of the coach and parent. We wish you the best of luck in your role in this noble endeavor.*

The Athlete

First and foremost, the athlete is essential or we would not exist. The athlete must have the desire to train the sport, the dedication to face and overcome obstacles and the perseverance to push on when the going gets tough. The athlete is on the team to learn from their coaches, from their teammate and from themselves. The athletes must make mistakes, make corrections and drive themselves to transcend beyond their perceived limitations. In our sport, athletes compete individually, against themselves. However, they are not alone...their coaches, their teammates and their parents are by their side lending support and cheering them on. In the end, the athlete will learn and remember the sum total of the entire experience in the sport.

The Coach

The coach is a mentor and a guide. The coach plans the training and competitive cycle for every athlete on the team. The coach leads by example and the team follows in their footsteps. The coach is not always right and sometimes makes mistakes. The coach is constantly learning and striving to find new ways to teach, motivate, inspire and propel their athletes to the next level of performance. The coach is a communicator and mediator inter-related to the athlete, the team, the parent, the coaching staff and rival teams.

The Parent

The parent supports the athlete, the coach and the team. The parent is a spectator, allowing the athlete and the coach to perform their roles. The parent is a role model for the athlete, demonstrating disciplined behavior, showing respect and performing their duties to the highest level. The parent is strong enough to watch their athlete fail and tender enough to give a hug when they need one. The parent will occasionally cross the line with the athlete or coach and be humble enough to apologize and return to their territory. The parent is an advocate for their athlete, but does so in an appropriate manner. The parent provides balance, encouragement, and love.



Athlete Expectations, Commitment and Priorities

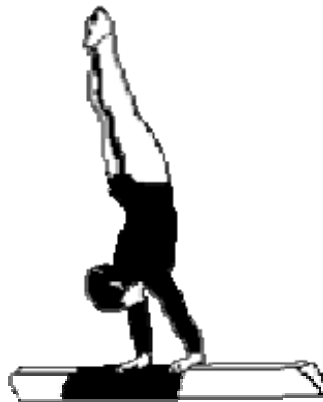
At Twister's the coaching staff is committed to making a positive difference in the lives of all the children they teach. The team program is more disciplined than the recreational gymnastics programs by design, therefore, the expectations of the athlete are higher. These expectations are not unreasonable and include but are not limited to the following:

- ❖ A Twisters Team Member is expected to enter the gym with a positive attitude.
- ❖ A Twisters Team Member is expected to have FUN while learning.
- ❖ A Twisters Team Member is expected to set reasonable goals.
- ❖ A Twisters Team Member is expected to respect her instructors, her teammates, and herself.
- ❖ A Twisters Team Member is expected to TRY her best.
- ❖ A Twisters Team Member is expected to be on time and maintain good attendance. When unable to make a scheduled training session or arriving late, the parent is expected to phone the Twisters office to inform the Team Staff of their daughter's absence or tardiness.
- ❖ A Twisters Team Member is expected to maintain good academic standing.

Priorities of Team Twisters

- ❖ Family/Religious Commitments
- ❖ Academics
- ❖ Gymnastics and other activities where commitments have been made

Although Twisters expects gymnastics to be a priority for Team Members, we believe it should never come before family and religious commitments or academics.





What is the Junior Olympic Developmental Team Program?

The Junior Olympic Developmental Team Program is designed for young girls who seek the challenges and benefits that come from the sport of competitive gymnastics. The program puts each girl on an advanced track in order to begin the process of becoming a competitive gymnast. During this process, your daughter will focus on further developing her strength, flexibility, balance, goal-setting, self-esteem, and team work (the foundation of all competitive sports)—all while having FUN!

Levels 1-Elite within the J.O. Program

Level One

The developmental process toward competitive gymnastics may begin as early as age three. The Mini-Twisters (3-5 years) and pre-team (6-8 years) programs are designed for girls who exhibit above average strength, flexibility, coordination and attentiveness. The focus is directed toward developing the attributes necessary for success in competitive gymnastics and other sports.

Level 2

Once a gymnast is ready for formal competitions she will advance to Level 2, the first competitive level at Twister Gymnastics. In Level 2, a gymnast is given opportunities to travel to local competitions with her teammates and compete the routines she has learned during her training sessions. Competitions at this level are designed to be low pressure with an emphasis on creating a positive experience for each girl. The focus remains on skill development, strength, flexibility, self-esteem and teamwork all while having fun. Gymnasts at Level 2 are required to train a minimum of two days a week for two hours a session (4 hours a week).

Level 3

A gymnast advances to Level Three after the successful completion of at least one competitive season as a Level Two and the recommendation of advancement from the team coaching staff. Level 3 gymnasts are required to train a minimum of two hours, two days a week. Level 3 team girls have the option of attending an additional two hour training session each week at no extra charge.

Levels 4 through 6

A gymnast normally spends one full season at each of these compulsory levels. The routines for each level are performed the same way throughout the country. At each level, the routines become comprised of increasingly more difficult skills. Because of this, the number of days and times each of these levels train also increases. Competitions for levels 4-6, range from local to out of state invitational meets with the primary season culminating with the Florida State Championships in December of each year.

Levels 7 and PrepOptionals (PO)

This is the competitive gymnast's first experience with optional routines. Optional routines are designed by the athlete and her coach based on her gymnastic skills. Gymnasts may remain at these levels for longer periods of time, working to develop more difficult optional skills that would meet the requirements of the next level. Competitions once again range from local to out-of state invitationals, with the primary season culminating with the state championships in March of each year.

Levels 8 thru 10

These are all optional levels that require increased levels of difficulty in order to be successful. Most invitational meets throughout the country are geared towards these levels. Training for success at these levels usually entails a commitment of between 16 and 25 hours of training per week. These gymnasts compete in local, invitational, and state championships, but are also eligible to qualify regional and national championships. The level 8 season culminates with the Regional Championships and the 9 and 10 seasons with the National Championships.

Elite

The "Elite" Program is the one from which our Olympic and international teams are chosen. Less than one percent of all competitive gymnasts possess the ability to qualify for this level. A total commitment of over 30 hours of training per week is necessary for success at this level. There have been over 20 Twister gymnasts who have attained the title of "Elite".

TOP's Program

The "Talent Opportunity Program" is administered by the USAG National Office. The purpose is to identify children with special talents between the ages of 7 and 11. State and national screenings are done in the summer of each year. Twisters has a group of age appropriate gymnasts who do special training one or two days per week in addition to their normal training schedule in an effort to prepare for and pass the TOPS screening program.

Each Twister gymnast will advance through the above competitive levels at her own pace with the guidance, motivation, and expertise of the team coaching staff. Her own desire to succeed and the support of her family are critical factors in her competitive success and levels attained.



Team Tuition Policies

Tuition Auto-Pay

Team membership requires that all parents complete a credit card authorization form that allows for the monthly membership fee to be automatically billed to the account. Other expenses such as uniforms and meet expenses can also be billed to this account as authorized by the client.

Membership Privileges

- Team Members receive a 10% discount on select Pro-Shop purchases
- Team Members receive a 25% discount on all birthday party deposits for themselves or for immediate siblings
- Team Members and their immediate siblings receive a 25% discount on all holiday and summer camps at Twisters
- Team Members and their immediate siblings can attend open gyms free of charge (Please be sure to check the Open Gym schedule for age appropriate times)

Team is a Bargain!

There is no doubt that joining team is a significant commitment of time, effort and money. Is it worth it? Most parents will say that other than family life, team involvement becomes the most significant event in their child's life. Besides the obvious physical benefits, those children who become involved in team rarely accept negative influences into their lives. They learn self-discipline, how to work closely as a member of a team, how to handle themselves in a variety of situations and how to prioritize and manage their time. Parents of our team members often comment that they wished they possessed their athlete's discipline and time management skills! Team kids are almost always excellent students. For those reasons and more, team membership is a bargain.

Team is year-round

The decision to join our team is a big one and reflects a significant year round family commitment.

Tuition is due regardless of attendance

Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount, which is due the **first day of each month, regardless of attendance**. It is important to make this next point clear - team members do not move onto and off the team based on illness, injury, vacations, camps, schedule conflicts, or the like; *you are either on the team or off the team*.

Pro-rating would cause tuition to be higher

Your monthly tuition would be higher if we had to take into account pro-rating tuition for team members. Just as your rent or mortgage payments are still due when you are away from home, your payment of team tuition is also due when your athlete is absent. Experience shows us that families unable to adapt to this line of reasoning are better advised to forgo the competitive team and remain in our class program.

Practice Additions/Cancellations

Inevitably, over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays, or other team functions. We do our best to keep these at a minimum. Likewise, there will be occasions when additional practices may be conducted in an effort to prepare for a state championship or qualifying meet.

Injured gymnasts are expected to participate

Injured athletes are expected to participate in their normal practice sessions. In most cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength, and specific skills not related to her injury. There is no reduction in tuition unless the injury takes you completely out of the gym for over one month with an injury that prohibits her participation in any way. In that instance, tuition may be adjusted depending on the circumstances.



Team Financial Obligations

Tuition Payments

Tuition is due on the **FIRST DAY** of the month, **12 MONTHS PER YEAR**. Tuition is automatically billed and paid using our Team Tuition Auto-Pay Program.

Second Child Deduction Policy

All team fees, **except for entry fees**, are pro-rated at a 10% discount for the second child (or third) in a family.

USAG & AAU Registration Fee

Twister athletes compete in both the USA Gymnastics Junior Olympic (USAG), and the Amateur Athletic Union (AAU) competitive programs. These are the two premiere organizations for gymnastic competition in the United States. These registration (membership) fees cover the cost of insurance for their sanctioned competitions that are only open to their registered members.

All athlete registrations expire on July 1st and must be renewed before an athlete can be permitted to compete in the next competitive season.

NO ATHLETE MAY ENTER COMPETITION WITHOUT A CURRENT MEMBERSHIP!

Twister Annual Registration Fee

Twister Gymnastics assesses an annual registration fee to pay team insurance fees (\$50.00 per gymnast), athlete registration fees (\$65.00), equipment surcharge (\$25.00) and coaches' registration/dues/certifications/education (\$25.00 per gymnast).

The \$165.00 Twister Registration fee is due annually on September 1st of each year.

Team Apparel

All competitive levels are required to purchase the current Twister competition leotard (\$175.00 - 200). The team warm-up suit is required for Levels 4-Elite only (\$175.00-200). New leotards and warm-ups are ordered on alternating years or as needed.

The Difference between Tuition and Competition Fees

Please be aware of the important distinction between tuition and competition fees/expenses. Monthly *tuition* is paid to Twister Gymnastics and this revenue is used to pay expenses associated with *your gymnast's daily training*. *Competition fees/expenses* are used to pay expenses associated with *competing* (meet entry fees, coaches' traveling expenses, etc). Competition fees are divided into two categories, **Season assessment & Entry fees**.

Season Assessment

All Twister Team Members contribute to the seasonal competition budget. This fee covers the coaches travel expenses and team competition registration fees. This fee is different for each level and is based upon the number of projected yearly competitions and the associated coaching costs for each.

The assessment fee is not pro-rated or refunded for missed competitions

Entry Fees

Entry fees for competitions vary from \$45-100 per event. The level of competition, the location and the nature of the competition (invitational, state championship, regional & national competition) are all factors in the hosts setting their entry fee. All entry fees are collected by twisters in a "lump sum" and remitted to the competition host a minimum of 6 weeks in advance in order to ensure that our team secures their space in the meet. Entry fees are not pro-rated or refunded for missed competitions.



A Guide to Competition Policies
For Team Members and Parents

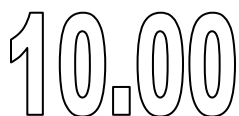
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This booklet is a general guide for parents and gymnasts who are participating in the South Florida AAU League and the USA Gymnastics Junior Olympic Program. The information contained here is meant help make your child's competitive experience a positive and rewarding one.



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Meet Etiquette for Athletes and Family

Before the Day of the Meet

Whether your meet is in your own facility or in another team's gym, it is important that you and your athlete remember that hosting a meet takes a great deal of work. The hosting gym receives a roster of athletes from each gym wishing to participate in the competition. To give everyone an equal opportunity to take part in the meet, a deadline date is usually established. The deadline for entries can be from one week to months prior to the event. When the hosting gym gets all of the rosters, they may then begin to establish sessions and times. This all takes time. Please **DO NOT** call the hosting gym for information. The proper etiquette is to ask your own coaches. It is his/her responsibility to furnish you with this information. Sometimes there are unforeseen problems that might cause a delay in this information being communicated, so be patient.

Each gym club has a set of rules and regulations that have been established for your comfort and safety. ALWAYS follow the hosting gym's rules. Here are a few rules that are common to ALL meets:

- **NO FLASH PHOTOGRAPHY**
- **NO PARENTS OR SIBLINGS IN THE COMPETITION AREA**
- **NO FOOD OR DRINKS IN THE GYM PROPER**
- **NO PARENTS ALLOWED TO QUESTION A JUDGE**
- **NO SPECTATORS ALLOWED ON ANY EQUIPMENT**
- **NO PROFANITY**
- **NO UNSPORTSMANLIKE BEHAVIOR**
- **NO DESTRUCTION OF GYM PROPERTY**

Competitive Dress Code

In gymnastics, women wear a leotard approved for Competition. Many training schools have a coordinating warm-up suit as part of their competitive apparel.

Door Fees for Spectators

Host clubs charge a fee for spectators at competitions. These fees range from \$5-10 per session, or they may charge a daily rate that can range from \$15-25. These fees help the host gym cover the expense of running the event.

Stretch and Warm-Up Session

Stretch and warm-up sessions are usually held 1 - 1 1/2 hours before competition begins. Gymnasts should arrive 5 minutes early to check in, obtain their competition rotation and become organized. Stretching and warm-up should be done as a Team. Any athlete that arrives at the stretch and warm-up session more than 15 minutes late may not be allowed to compete in the competition, due to safety concerns and the rules of competition.

Opening Ceremonies and Competition

At the conclusion of warm-ups, a gymnast should report to his/her coach to prepare for Opening Ceremonies. Gymnasts are usually queued up in ascending height order and March into the gym as a Team. Once all teams and Officials have been introduced, it is customary to begin the contest with the National Anthem or the Pledge of Allegiance. During this solemn period, please stand at attention and maintain silence, unless singing the anthem or speaking the pledge. Once the ceremonies are concluded the gymnast will be directed to his/her first event. Most gyms have a designated "waiting area" for the contestants. Athletes must report to your coach immediately before and after an event.

Competing is a Privilege

Your child has earned the right to compete in the competitive program, through countless hours of hard work and dedication to the sport. Please remember that competing is a privilege and as such, should not be taken for granted. All gymnasts should conduct themselves with dignity, composure and good sportsmanship. At each event gymnasts return the Head Judge's salute prior to beginning the exercise. If you should fall from a piece of equipment, you have a certain amount of time to remount the apparatus. Take that time allotted to compose yourself. At all meets, please keep in mind that you are a guest, whether you are competing at a "home" meet or at an "away" meet. Treat the hosting facility, its equipment and all other gymnasts with respect and courtesy. Support your Teammates by cheering in a courteous manner, and congratulating them. Be friendly and polite to all Judges, Coaches and other gymnasts **regardless of whose team they are on.**

➔ **TEAM MEMBERS SHOULD REMAIN IN THE COMPETITIVE AREA UNTIL AFTER THE AWARDS CEREMONY UNLESS INSTRUCTED TO DO OTHERWISE BY THE COACHES.**

Receiving Awards In Public

Most meets have a formal system for presenting awards. As an athlete, a demonstration of courtesy and gratitude is appropriate. You should accept awards in your team leotard and **no gum or candy.** Congratulate the other athletes receiving awards as well. Stay on the awards podium for a brief time after all gymnasts have received their awards; this will enable parents and relatives to take your photo on the platform. **Under no circumstances should you show disappointment in the awards that you are given.**

10.00

Gymnastics Scoring Guide for Spectators

A General Explanation

The sport of gymnastics combines athletic strength, technical perfection and graceful presentation. There are two categories of competition, Compulsory and Optional.

There are four competitive events in women's gymnastics: Vault, Uneven Bars, Balance Beam and Floor Exercise. The scoring in gymnastics is a negative system, based upon a perfect routine of 10.00 points. Judges make specific deductions for errors throughout the routine, total the deductions and subtract that amount from 10.00 points to arrive at the score.

There is a very comprehensive list of deductions including; deductions made for falls (.50 each), bent arms and legs (.1-.3 each time), flexed feet (.05-.1 each time), poor rhythm (.05-.1 each time), improper conduct of a gymnast or coach, for improper dress (.10) and for coaches spotting the performer (.50). There are other deductions that are apparatus specific.

There are normally two judges per event and each score must be within specific ranges of each other; the scores are averaged and that is the final score flashed. If the scores are not within acceptable ranges, the judges must confer and adjust each score until they are within the allotted margin and then average the scores. Gymnasts who perform in all events receive an All-Around score, which is the total of all events.



Other Useful Information

Code of Ethics and Rights & Obligations of Gymnasts

I. THE GYMNAST HAS THE RIGHT TO:

- Compete in the meet if she has met all the requirements for eligibility and is properly entered.
- Enter in the competition by completing the individual gymnast's entry form signed by her parent (if under 21 years of age), which is mailed in by her coach, with the entry fee attached, before the deadline for entries.
- Use any of the facilities provided by the meet organizing committee.
- Use the services of any person connected officially with the meet (i.e., physician, trainer, music manger, etc.).
- In the case of a tie, expect her award to be mailed to her club address, free of charge, not later than one (1) month after the completion of the meet, if the award is not available at the meet.
- Expect courteous and respectful treatment from all participants and meet personnel.
- Expect that the competition site provides a safe and adequate environment, allowing her to perform at the best of her ability.

II. THE GYMNAST IS OBLIGATED TO:

- Obtain a Team Member number from the USA Gymnastics and AAU offices.
- Follow the USA Gymnastics Code of Ethics
- Perform in the meet to the best of her ability.
- Be familiar with the rules of the meet and schedule of the meet events and lineup.
- Be present at the site of the meet for sufficient warm-up.
- Remain in the area of competition that is designated for gymnasts as competitors.
- Obey warm-up regulations and rotation schedules.
- Present herself in the proper attire (no bare midribs, backless leotards, T-shirts or boxer shorts). Leotard and/or warm-up suit should be worn for opening, closing and award ceremonies. Leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone. A deduction will be applied for an infraction.
- Be well groomed in her appearance:
 - **Clean attire.**
 - **Hair secured away from the face.**
 - **Free from any object that may hinder or endanger her safety (jewelry, etc.).**
- Accept the received score without criticism or comment.
- Conform to the regulations of the meet. Upon violating its rules, the Meet Referee may warn her once; the second time she will be told that her right to continue competition is terminated for the remainder of the meet.
- Be ready to go on from the moment she is in position of "waiting" (two or more gymnasts ahead of her)
- Remain seated at all times while not performing, with all of her belongings in her competition bag.
- Eat or drink outside of the competition area.
- Perform in a most disciplined and elegant manner.
- Be courteous, respectful and polite to all meet officials, coaches, hostesses, competitors and associated persons.
- Exhibit self-control and calmness in the case of a fall or injury.
- Be aware that infringement of obligations could lead to deduction and/or expulsion by the jury of appeals.

Junior Olympic Competitive Program

There are 9 competitive levels in the USAG, UGC and AAU programs. There are Levels 2- 6, which are Compulsory levels that require all gymnasts to perform the same routine, and are judged according to a model of perfect execution and presentation. Level 7 has Compulsory Elements that must be performed, however the Coaches determine Choreography of the routines. Levels 8, 9 and 10 are Optional levels, in which gymnasts perform routines based on difficulty, execution and composition. Each level in the J. O. Program has its own rules regarding age and minimum standards for mobility. In addition to a minimum entry age, there are also various age divisions within a level.

Mobility between Levels

Each level in the J.O. Program has a **minimum standard** for mobility, or movement to the next level. It is important to remember that the scores required moving upward in a level is the **MINIMUM STANDARD** needed for mobility. ***It is also important for parents and gymnasts to know that each coach and each club may have their own requirements that EXCEED the minimum standard.*** Achieving the minimum mobility score at one level does not mean that the gymnast will be **capable** of performing routines at the next level.

Awards

The minimum numbers and/or type of awards that must be distributed are determined by USA Gymnastics. However, many hosting facilities chose to exceed the minimum numbers/types of awards given at local meets, while many States set their own standards for awards.



Awards

Placement and Achievement Awards

At Levels 2-4, the gymnast may receive awards based solely upon her scores (achievement), or she may receive awards determined by the number of gymnasts entered in a given age group and their ranking based upon the scores they received (placement). Level 5's receive awards determined by the number of gymnasts entered in a given age group and their ranking based upon the scores they received (placement). These type of awards are typically given in the form of ribbons, medals and occasionally as trophies.

Team Awards

The final type of award that may be earned at a competition falls under the category of Team Awards. Team awards can be earned for an AGE GROUP of gymnasts, as well as for Combined Age-Group TEAM.

Regardless of the type of awards offered at a competition, it is important to remember that it is not the winning that counts, but the effort and sense of personal accomplishment that an athlete feels when doing her "personal best".