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2022-2023 TEAM YEAR

# SIGS Teams

*Welcome to SIGS Teams!*



## SIGS Athletes Stand Out

**SIGS' 2021-2022 season was one of the best in recent memory.** Our women's program achieved 10 state champions with 13 state titles, 24 runner-ups, and 26 second-runner-up awards. We had 80 individual podium finishes, and 16 athletes qualified for regional competition. Our men's program achieved great success as well, and SIGS was honored with hosting the Indiana State Men's program. We had 19 men qualify for regional competition, and 11 Level 8, 9, and 10 team members qualify for nationals. In our Trampoline and Tumbling program, every team member qualified for nationals this season.

Over the years we have enjoyed a great deal of individual and team successes, which we believe speaks not only toward the expertise and dedication of our coaching staff but also to the continued commitment and sacrifices made by our athletes and parents.

We have one of the largest and most successful programs in the region; with that comes heightened expectations and an increasing influence in the gymnastics community. We want to ensure that we continue to grow in this regard in a positive manner.

As well as being known for the advanced level of skill exhibited, we hope that our athletes also become known for their positive approach to challenges, genuine enthusiasm for the sport, and pride in their accomplishments.

Let them accept both successes and failures with dignity and maturity; and our team, parents, and coaches conduct themselves in such a manner that officials, other spectators, competitors, and organizations are glad to have SIGS Programs participating in their events!

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# Questions, Answered.

## **Brittany Alexander, President**

Brittany is SIGS' owner, purchasing the club in 2020 after decades of involvement as an athlete and employee.

### **FINANCIAL:**

Brittany takes care of all financial concerns as well, you can message her at [accounting@SIGSgym.com](mailto:accounting@SIGSgym.com) regarding your SIGS monthly tuition and withdraws.

### **TEAM DIRECTORS**

#### **Brittany Stover, Women's Team Director**

[womensteam@SIGSgym.com](mailto:womensteam@SIGSgym.com)

#### **Tim Saxton—Men's Team Director**

[mensteam@SIGSgym.com](mailto:mensteam@SIGSgym.com)

#### **Kate Beard—Trampoline Team**

[trampoline@SIGSgym.com](mailto:trampoline@SIGSgym.com)

**GENERAL INQUIRIES:** [office@SIGSgym.com](mailto:office@SIGSgym.com)

**OFFICE PHONE:** 812-949-7447



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## About Practices

### **PRACTICE TIMES**

Please be on time for all scheduled practices. Our team warmup is a very important part of the workout, as it includes cardiovascular training, flexibility, conditioning as well as injury preventative exercises.

### **MISSED PRACTICES**

If you know in advance that your child will be absent or tardy to practice, please notify your child's coach ahead of time. If the absence is unexpected, please call or text to keep the coaching staff from worrying.

### **SCHOOL CLOSINGS**

School closings for holidays or severe weather conditions rarely mean that SIGS is closed. SIGS IS NOT affiliated with any school system. If you are unsure whether your child's team is having practice in cases of severe weather, please check online at [SIGSgym.com](http://SIGSgym.com) or on our Facebook/SIGSgym page.

You can also check with your team coach directly.

Please avoid calling the office as the phones are usually busy with calls for classes and it is a courtesy for our Team Programs to defer to one of the other informational outlets available specifically for them.

### **CANCELLED PRACTICES**

During the meet season, it is sometimes necessary to cancel or rearrange practices to accommodate coaches' travel or session schedules of others. We try to be as forthcoming with this information as we can, but are restricted at times by tentative or pending meet schedules. We appreciate your flexibility—even if your child is not competing on a particular weekend.

### **48 WEEK SCHEDULING**

It is SIGS policy that there are no makeups for the missed time in the gym.

Practices missed due to holidays, competitions, severe weather, or family vacations are generally not made up.

Team members do not pay for individual practices with tuition, but for the year as a whole divided by 12 months.

Team schedules and tuition fees are based on a 48-week schedule, not 52 weeks.

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# Athlete Safety Commitment



## SIGS is Dedicated to a Safe Environment

**Safety is our number one priority for our athletes, their families, and our employees.**

In addition to employee background checks, reference checks, and monitoring of social media, SIGS has policies for our staff in the interest of safety for all.

Our staff adheres to strict policies and ongoing training regarding coach or instructor conduct and appropriate interactions with student-athletes.

Athlete and employee protection depend on 5 main areas:

1. Elimination of privacy: No athlete is to be alone with a coach in a private setting- this includes the gym, bathrooms/locker rooms, office, vehicle, hotel, or residence.
2. Boundaries of physical contact: Physical contact is acceptable when it is reasonably intended to coach, teach, or demonstrate a gymnastics skill or to prevent or lessen injury (spotting, catching, etc.)
3. Travel/transportation guidelines: Communication and detailed itineraries are sent to parents; athletes are never to share a room or be alone in a hotel room with a coach; athletes and coaches are only permitted to travel together if there is more than one athlete present or more than one coach present.

4. Limitations on electronic, social, and out-of-program interactions: social media interaction between coaches and athletes should be public (not private messaging); coaches should avoid texting athletes directly - electronic messages should be direct to parents or include parents and be limited to club business.

5. Parental monitoring: Parents play an important role in keeping children safe while participating in sports. We have an observant and vigilant parent community and support system at SIGS along with an open-concept practice area with unobstructed viewing.

SIGS has a zero-tolerance policy for misconduct from our staff. Each member of our SIGS Staff has a commitment to report unsafe or suspicious behaviors in order to keep our athletes and their families, our staff, and our sport safe.

Our staff is Safe Sport Certified through the U.S. Center for Safe Sport and receives regular training and information about best practices for all of our athlete's safety.



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# Athlete Code of Conduct



## **SIGS TEAMMATES ARE FAMILY**

### **SIGS established an Athlete Council in 2019**

**This athlete-led group came up with a list of standards and values that SIGS athletes abide by to represent themselves and SIGS.**

- SIGS athletes will respect everyone, coaches, peers, and themselves.
- SIGS athletes will respect SIGS' equipment and building.
- SIGS athletes will be inclusive of everyone, regardless of race, beliefs, gender, orientation.
- SIGS athletes will work to create a positive atmosphere and build each other up. We will cheer for one another.
- SIGS athletes will take responsibility for their words and actions.
- SIGS athletes will display appropriate language and behavior.

**Team athletes are presented with an Athlete Code of Conduct to sign and adopt near the beginning of the team year.**



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# What to Wear to Practice

Gymnastics and trampoline team practice is a part of a training regiment and gymnasts and trampolinists are expected to wear the appropriate attire. All clothing should be form-fitting.

- Our young men should wear fitted or compression shirts with shorts that are above the knees and without pockets. Stirrup pants are required for all returning team members and are to be worn while training pommel horse, parallel bars, and high bar.
- Our young women should wear their hair up and back and wear no jewelry. Leotards should be worn for all practices; spandex shorts are acceptable for practice over leotards. Please advise your child if they should wear a sports bra and/or briefs under their leo. **Two-piece leotards are not accepted.**
- All team members should have appropriate equipment, if required by the coach, such as grips, trampoline shoes, or socks.



## Team Uniforms

Our uniforms are CUSTOM MADE for SIGS team members. We will measure each team member and parents will also sign off on sizing. We will also determine sizing for other items like warm-ups, t-shirts, and any other items. Many meets, including ours through the years, may give apparel as meet gifts.

Uniforms should not be SIZED UP; they are form-fitting. Uniforms must be paid in full as pieces are not off-rack; they are customized for SIGS.

**Boys Gymnastics:** Uniforms have warmup pants and jacket, stirrup pants, step-in shorts, compression shirt (personalized), and a backpack. GRAY socks and slide sandals are required.

**Girls Gymnastics:** Team leotard, team warmup pants, and jacket. Team backpack. They should stay in competition attire throughout the meet and awards ceremony. Hair should be pulled back and hair sprayed (and sprayed again). Nail polish is not allowed, nor are nail extensions.

**Trampoline Team:** Boys and girls will receive similar pieces as the gymnastics teams. Girl's hair should be in a bun.

*Non-competitive team members, or those doing only in-house meets, will not receive warm-ups or backpacks.*



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# Team Fundraisers

Fundraisers are offered throughout the season and are **OPTIONAL** for your family.

Fundraisers offset your athlete's tuition and are applied within two weeks of the fundraising close to your account.

Our fundraisers are carefully chosen and are generally limited to the types of items that people buy anyway, *and that offer at least a 40% commission to participants.*

**Want to help with team fundraisers?** We are always looking for assistance - see the office! Fundraisers are parent-led and we need volunteers to help with every event.



# Easy Monthly Tuition Payments

When you commit to a SIGS team, we must have your monthly payment information on file; either a credit card or checking account information is fine.

We deduct team payments on the 1st of the month for the entire tuition amount, which includes the gym time for practice AND the Performance Associated Dues (PA DUES) for select teams as one single automatic payment. Refer to your child's team level for this amount for the 2022-23 team year.

Payments are spread out over 12-monthly amounts from June to May (in May, no PA is taken, making the overall payment less for that month). Team contracts are binding for the entire season; refunds are not offered.



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# Injuries

Injuries can be unfortunate occurrences due to participating in gymnastics, tumbling, or any sport. Keep in mind that an injury does not mean that a child has to leave a team.

We encourage all of our athletes to come in and participate in any way possible. Coaches can modify conditioning and activities to accommodate the athlete many times.

They can be a "coach's assistant" while under a physician's restrictions. It is valuable for them to know that they are still a part of the SIGS family and a valuable part of their team.

Please keep us posted regarding any injuries so that we can make accommodations and also share communications for their success, both mental and physical when they return!

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# Photography

**SIGS offers the opportunity for high-quality, professional photos every season for team members.**

In addition to individual photos, we offer team photos as well. While we do make exceptions for high school seniors to arrange for senior portraits to be taken at SIGS during a time when the gym is not conducting practices or other events, we cannot allow parents, family, or family-hired photographers into the gym for safety and liability reasons without our permission.

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# SIGS Team Expectations

## About Competition Levels

The competitive level should not be the primary focus for an athlete or his / her parents.

As we begin the meet season, it is important to keep in mind that we do not develop athletes to do competitions —we do competitions to develop athletes.

Athletes tend to try harder when they are being tested. As a result, competitions increase their focus and effort levels, often providing the motivation needed to address any fears, difficulties with tricks, or basic skill progressions that might otherwise seem mundane.

And though competitions are an integral part of the growth of our athletes, SIGS Team Members are expected to be good sportsmen and women first and competitors second.

## General Meet Etiquette

We try to be efficient as possible when relaying information about meets. However, under NO circumstances should a parent contact another organization for information before, during or after a meet.

There is NO FLASH photography allowed at meets for the safety of the participants. Cell phones should also be turned down.

Parents and siblings are NOT permitted on the competition floor at any time. And for NO reason, should a parent approach a judge, another coach, or meet official.

Athletes are dismissed by the coach from a meet and are expected to stay for the duration of the awards presentation, not just their own age group or level. This can sometimes be a challenge, and we have made exceptions to this on occasion when awards are begun late or go exceedingly long. However it is a courtesy to others to stay and reflects positively on our program.

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## Parent Etiquette

Poor sportsmanship is not tolerated by our gymnasts or our parents. While at meets please keep in mind that you are not only a “fan” in the stands, but a parent of a SIGS Team Member and that your conduct can represent our program just as much as the kids on the competition floor.

Please be sure to maintain professional conduct while in the stands. You are not always aware of who is next to you or within earshot of your comments. Be mindful of the fact that comments made toward other gyms or other gymnasts can be heard by those around you, which may include members of those gyms or even those children's parents.

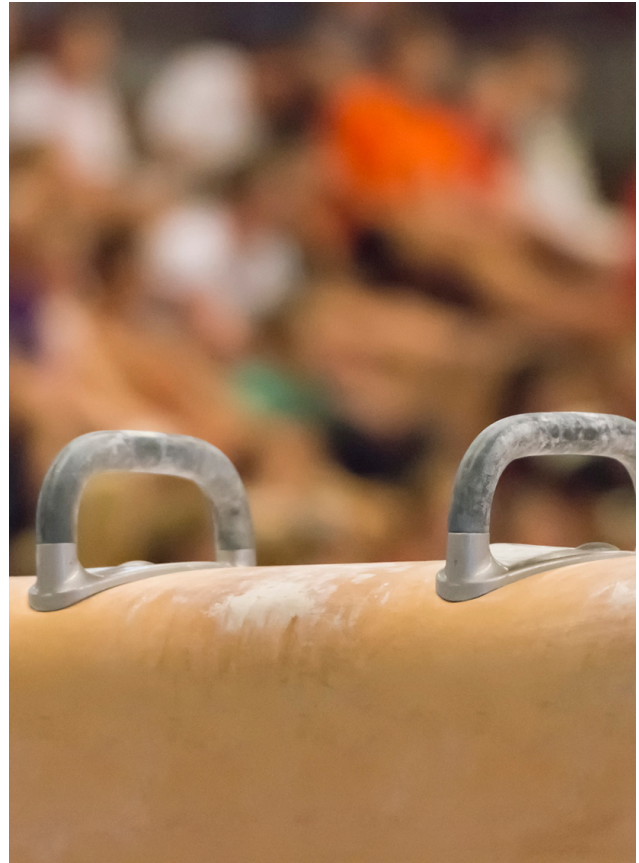
Accept scores graciously and without comment or criticism. This applies to high scores as well. Obscene shouting or celebration gives off the wrong impression about our program.

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# Parent Expectations

Parent Expectations:

1. **Plan and make appropriate travel arrangements for competitions and events.** *Allow plenty of time to park, check-in, and help your child find a restroom and their coach.*
2. **Arrive 30 minutes prior to the scheduled Open Stretch, completely ready to go.** Our team warmup is not just a warmup; it is a statement about the discipline and professionalism of our program. We are a team, and all members need to be present when we walk out on the floor.
3. **Ensure your athlete has everything they need for competitions before leaving you to find their coach.** They should have their competition attire, water, grips, and snack—bulky boots, other clothing, winter jackets, and electronic devices should be left with parents in the stands. Following the competition, go through the list of things with them to ensure they are leaving with all articles as well.
4. **Ensure tuition and PA Dues are kept current,** as ALL financial commitments must be up-to-date for gymnasts to compete at competitions.
5. **Help maintain a positive atmosphere in the gym.** Talking negatively in SIGS viewing areas is unacceptable—if you have a concern, please arrange an appointment. Coaches are not always capable of giving you the appropriate time and attention before or after a workout. *All concerns should be discussed in an atmosphere of mutual respect.*
6. Most importantly, **support your young athlete.** Help them handle both success and failure in an appropriate, mature manner. Your words and attitude toward their performance mean more than any score.



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**Parents, your words and attitude matter toward your athlete and their coaches.**

**Please model maturity and professionalism.**

**We are happy to speak with you about any issues.**



# Athlete Expectations

1. Report to your team coach on the competition floor no later than 15 minutes prior to the scheduled open stretch (or when your coach specifies if different). Make sure to visit a restroom prior to this time.
2. Be wearing your uniform, including your warm-up. Girls' hair should be fixed and ready to go. Have all of your other items in your bag as required by your coach: black socks, sandals/shoes, grips (if worn), water, fruit snacks, and/or protein bar. Colored sports drinks are NOT permitted. A digital copy of floor music as a backup.
3. Have everything needed for competition prior to stepping onto the competition floor. Be responsible for these items throughout the meet and awards.
4. Eat a healthy meal prior to and after the meet.
5. Be mentally prepared to compete and focused on the task at hand.
6. Accept scores and results without undue celebration or reproach.
7. Conduct oneself appropriately throughout the competition in regard to good behavior and sportsmanship. Scores and skills can be worked on and improved upon. Proper behavior and good sportsmanship should be known and is expected.
8. Manage schoolwork and competition schedules responsibly. It is **UNACCEPTABLE** to miss practices mid-season because of negligence and improper management of time.



# Healthy Eating

It is important that an athlete's nutrition is not taken as an aside as an aspect of his or her training. Food, of course, supplies the energy needed for workouts but also plays a vital role in a child's recovery *following* a workout.

If an athlete does not have the necessary nutrients in their system to sustain their workload throughout the week then it does not matter how hard they train. There is no such thing as working so hard that nutritional needs are surpassed. In fact, just the opposite. Gymnasts are in a constant state of breakdown and repair, and the body will find what it needs if it is not provided with it through a healthy diet.

Athletes should maintain a diet high in protein, vitamins, nutrients, as well as healthy fats such as flaxseed oil, fish oil, olive oil, and butter (as opposed to margarine). They should drink plenty of WATER throughout the day and work to intake fewer starches such as bread, pasta, rice, potatoes, and french fries.

Assuming most children take in much more sugar than is necessary in their diets, they should work to consume less sugar - especially added sugar.



## Practice Viewing

Parents are WELCOMED AND ENCOURAGED to view practices from the lobby area or balcony. This is a privilege that we are happy to provide so long as it does not become a distraction to our athletes or our staff.

If you do decide to watch practice, please have common courtesy. Do not instruct your child or children from your viewing area. Even correcting their behavior while they are waiting their turn can be a distraction to other teammates, resulting in a safety issue.

At no time should a parent, sibling, or another person not employed or participating as an athlete walk out onto the gym floor to talk to the coach or gymnast during team practice. If you need your athlete, please go to the office and they can relay the information.

Conversely, if you choose to leave during practice, please sign out near the office so we can know to phone you. We appreciate your support!