



Infinite Bounds Women's Gymnastics

TEAM EXPECTATIONS AND POLICIES

Infinite Bounds' Team Coaches

Coach David Lewis

- Optional Team Coach
- Coaching Gymnastics for over 32 years
- Physical Education degree from Belhaven College in Jackson, Mississippi
- Trained Local, State, Regional, and National Champions levels 5-10
- Experience coaching elite level gymnastics
- Helped numerous athletes receive college scholarships
- Attended International Training Center in Moscow, Russia

Coach Diana Lewis

- Optional and Compulsory Team Coach
- Coaching Gymnastics for over 17 years, and has been with Infinite Bounds for 7 years
- Former level 10 gymnast receiving 2 state titles, and an NCA All-American cheerleader
- Attended the University of North Texas for Marketing and Hospitality
- Trained Local, State and Regional Champions
- Attended an Elite training camp in Colorado

Infinite Bounds' Team Coaches

Coach Wanda Lewis

- Optional Team Coach
- Coaching Gymnastics for over 28 years
- Bachelor's degree in Sport and Recreation from Concordia University in Montreal
- Trained Local, State, Regional Champions
- Experience coaching elite level gymnastics
- Helped numerous athletes receive full college scholarships
- Attended International Training Center in Moscow, Russia

Coach Josh Cook

- Compulsory Team Coach
- Coaching Gymnastics for over 21 years
- Studied at Blinn Junior College and Tyler Junior College
- Experience coaching all levels: compulsory through elite
- Trained local, state, and regional champions
- Worked at Bela Karolyi's Ranch in Houston supporting various activities

Infinite Bounds' Team Coaches

Coach Tabitha Valdez

- Xcel Team Director/Coach and Compulsory Team Coach
- Coaching at Infinite Bounds for 20 years
- Bachelor's degree in Exercise Physiology from University of Texas at Arlington
- Trained Local, State and Regional Champions with our very own Xcel Program
- USAG Meet Director

Coach David Harris

- Xcel Team Coach
- Coaching Gymnastics for over 21 years
- Associate's degree of Science from the University of North Texas
- Trained Local, State and Regional Champions

Infinite Bounds' Team Coaches

Coach Lindsey Gould

- Compulsory Team Coach
- Coaching for over 4 years
- Over 20 years of classical ballet training, and competed nationally in pointe, contemporary, jazz and hip-hop
- Former Member and Captain of the Texas Legends Dance team
- Double major from Oklahoma State University in International Business and Spanish
- Certified to judge USAG compulsories

Coach Britni Wilkinson

- Compulsory Team Coach
- Coaching for over 7 years
- Former level 10 gymnast receiving Local, State and Regional titles
- Trained with the Swiss National Team
- Over 10 years of competitive dance background and Taekwondo
- Master's Degree in Kinesiology Exercise Physiology from Texas Woman's University
- Trained Local and State Champions
- Certified to judge USAG compulsories
- ACSM Certified Exercise Physiologist
- USAG Meet Director

Athlete Evaluations and Registration

Evaluations

- All team evaluations for the women's program must be scheduled and approved by our women's team coaches only
- Evaluations are only an assessment of your athlete's readiness for the rigors of our Infinite Bounds team, not a placement on the team
- We schedule all evaluations during practice to ensure the athlete fits well with the program and girls already on IB team
- We reserve the right to not accept any athlete for any reason if it isn't conducive to our team program
- All evaluation decisions are final and will be discussed with parent and athlete directly following the conclusion of the evaluation

Registration

- Once your evaluation is completed, the next step is registration for enrollment
- Registration is handled with the front office, not with the coaches
- Any questions on tuition or payment will be handled by the front office
- Infinite Bounds has a yearly registration fee that is prorated depending on the month you join
- Front Office phone: 972-491-1916
- Email: accounting@infinitebounds.co

Team Schedule and Holiday Schedule

Regular Team Schedule

- All practice schedules are set by team coaches, and are to be strictly followed
- Only attend practices that are specified for your athlete's current level
- In the event of a conflict, please speak with one of girl's specific team coaches to find solution. Do not contact coaches of other teams
- Consistent absences are not acceptable
- If the problem persists a meeting will be scheduled to discuss continuation on the team

Holiday Schedule

- All holiday breaks will be posted in the monthly newsletter
- Infinite Bounds generally follows the Plano ISD (PISD) calendar in regards to holiday schedules
- If you plan on extending vacation past the allotted time off, please notify the coach or your athlete will be counted absent
- If you have any questions on whether practice will be held on a particular holiday, please speak with your coach directly

Training Hours By Level

LEVEL	TRAINING HOURS
1	9
2	10.5
3	14
4	18
5	20
6	20
7-10	25
Xcel Bronze	3 & 6
Xcel Silver	9
Xcel Gold-Platinum	14+

Training Hours by Level continued

- ▶ Training hours and tuition rates are subject to change. For up-to-date information, please visit the front desk.
- ▶ Days and times of practices are set by the coaches and staff, and are to be strictly followed. For any reason if make-ups are needed, compulsory levels are only to train with other compulsory groups and not optional levels. Talk with your coach to set up an appropriate make-up lesson.

Absences or Arriving Late (Tardy)

Absences

- Our program runs on a schedule like a well oiled machine and must have all the parts working in unison for it to be successful
- In the event an absence must occur notify your coach in a written form and call the front office
- If there is a known/scheduled absence, please notify coaches and front office as early as possible
- Unexcused absences are not tolerated and failure to notify coaches is considered an unexcused absence
- During meet season, athlete's must attend ALL scheduled practices the week of a meet to be eligible to compete

Arriving Late

- Do not arrive late, as being late tampers with the structure of the practice and places your athlete behind the others
- If an athlete arrives late we will have physical conditioning ready for them
- Arriving on-time allows the proper warm-up and stretch to help prevent injury
- Being consistently late will result in a conversation taking place to resolve the problem
- Multiple late arrivals will be considered an unexcused absence



Early Dismissal and Vacation Time

Early Dismissal

- Dismissing your athlete early from practice tampers the practice in the same way as late arrival
- If you need to dismiss early, please notify your coach before the practice
- Early dismissal will be disciplined in the same manner as late arrival
- If another event is scheduled weekly at the same time, we ask that you arrive later to that event rather than interrupting the practice
- If early dismissal cannot be avoided, make sure your athlete gets the attention of his coach before he leaves. Leaving without notifying is strictly prohibited

Vacation time

- Vacation time of two weeks is allowed per competitive year
- Non gymnastics related camps are considered time away from the gym and are treated as vacation time
- Gymnastics camps are treated as absences but are excused if coaches are notified beforehand

Family emergencies

- We understand that these are unavoidable, please notify your coach if your family needs time off for an emergency

Academics and Off-Campus P.E.

Academics

- ▶ Our gym policy is academics before athletics
- ▶ We take academics very seriously at IB and feel that our athletes should as well
- ▶ Any absences, late arrivals, or early dismissals due to academics is never questioned
- ▶ USAG Academic All-American Applications begin in February
- ▶ Coaches are happy to write recommendation letters to attest to the character we observe
- ▶ Please notify your coaches if your athlete(s) will be missing any time in training due to academics

Off Campus P.E.

- ▶ A minimum of 15 hours of scheduled training is required
- ▶ Check your local school district for eligibility, exact dates, and possible payments
- ▶ Make copies and keep all of your forms
- ▶ You must prepare plenty of time for this process, please give our coaches this courtesy as well
- ▶ All grades are turned in by your coaches electronically
- ▶ Required for grades: Student Name, Grade, School Name, Counselor Name, Grade Form, a School contact name and E-Mail

Training and Gym Guidelines

Training

- ▶ All Athletes will be required to order (through Booster Club) competition leotard, warm ups, backpack, and a practice leotard
- ▶ Practice attire includes leotard or IB approved tank top with tight athletic pants (capri or booty shorts)*
- ▶ It is recommended that all girls practice in leotards
- ▶ Capris and booty shorts are also allowed in addition to leotards
- ▶ Loose clothing is not permitted during training, and athletes will be asked to change
- ▶ Athletes are to come to practice completely prepared with necessary equipment

*wearing tank tops and shorts MUST be approved by coach prior to practice

Gym Guidelines

- ▶ All athletes should bring a small, healthy snack to practice that fuels their body through practice
- ▶ Athletes must leave their belongings in the girl's locker room and not with a parent or in the lobby
- ▶ IB is not responsible for lost or stolen items from locker rooms. Be sure all belongings are put away and do not leave valuables in lockers.
- ▶ We require all team members to clean up after themselves. If a mess is left in the lockers then the locker room privileges are revoked for the week. Younger girls need reminded often
- ▶ Our gymnasts are expected to treat all coaches with respect regardless of if the coach trains them or not
- ▶ Our gymnasts are required to maintain a positive attitude, and work diligently during each and every practice

Equipment and Warm-up

Necessary Equipment

- ▶ Grips with wrist bands
 - ▶ Compulsory levels: DO NOT purchase grips without speaking to your coach beforehand!
- ▶ Two or more rolls of Athletic Tape or Coband
- ▶ Foam Roller (inexpensive ones can be found at Wal-Mart, Target, Academy or online)
- ▶ TheraBands
- ▶ Jump rope
- ▶ Ankle weights

*Athletes must put their names on all belongings and leave in their locker

Warm-Up

- ▶ Warm-up is essential to injury prevention and to prepare the body for workout
- ▶ We start every practice with jogging/running promptly at the beginning of their practice
- ▶ Equipment is used in the warm-up. If you have specific questions on the exercises and stretching in your warm-up, please speak with your coach
- ▶ When athletes arrive early, they are NOT to play on equipment without approval from a coach
- ▶ Being on equipment without a coach present is strictly prohibited!

Practice Behavior and Training Expectations

Practice Behavior

- ▶ Good behavior is the most important aspect to a successful practice
- ▶ Excellent behavior will be recognized, rewarded, and brought to the parent's attention
- ▶ Conversely, if a problem persists during practice and is not corrected with a coach to parent conversation, then the athlete may not compete at the next meet
- ▶ Our team has a zero tolerance policy on bullying, swearing, and lewd behavior. Any instance of this type of behavior will be met with dismissal from practice or scratching all remaining events at competition
- ▶ Persistent poor behavior will result in a parent/athlete/coach meeting, and possible dismissal from the team with no refunds

Training Expectations

- ▶ Gymnasts are expected to greet coaches before practice
- ▶ Gymnasts are to show up on time, with a positive attitude, ready to work
- ▶ During training we expect athletes to be able to follow given instructions and all provided skill circuits
- ▶ We give select groups a 15-min snack break in the middle of their practice, after which they are to return to practice immediately
- ▶ No cell phones allowed on the gym floor at any point!

Competition Behavior and Parental Coaching

Competition Behavior

- ▶ During competitions, athletes represent Infinite Bounds, their coaches, and our program
- ▶ We require IB gymnasts to demonstrate the utmost respect for all Judges, Coaches, Athletes, and Facilities
- ▶ Be prepared for competition by bringing all necessary warm-ups, equipment needed, and by arriving early
- ▶ If a gymnast fails to show respect, be prepared, and show good sportsmanship, they will be warned once
- ▶ If a behavior problem persists, they will be required to scratch the rest of the meet. Further competition for the season will be discussed at that time

Parental Coaching

- ▶ Coaches are educated professionals. We are hired to train your athlete. Show respect to your coaching staff by allowing them to coach
- ▶ We do not allow parental coaching at the meets or at our practices
- ▶ If you have a question about your daughter's coaching, then please speak to your coach after practice
- ▶ We reserve the right to remove a gymnast from team if parental coaching becomes an issue
- ▶ We ask that parents do not sit through and observe all practices. Constant parental involvement during practice is a distraction. If this problem is persistent, parents will be asked to leave. Please keep observation to a minimum

Diet, Injury Prevention, and Hand Care

Diet

- ▶ We do not have a specific diet for our athletes, but are happy to provide suggestions if requested
- ▶ Great nutritional facts and information can be found at www.usada.org that is the US Anti Doping Agency
- ▶ The only dietary requirements that we have are to bring healthy snacks and water to practice and to meets
- ▶ Please refrain from bringing any type of sugary sports or juice drinks

Injury Prevention

- ▶ Gymnastics is inherently a dangerous sport. Injury can never be entirely avoided
- ▶ We prevent possible injury by properly warming up, stretching, and training to our capabilities
- ▶ In the event of an injury, we ask that the athlete continues practicing after a doctor has cleared them to do minimal activity
- ▶ Tuition does not change if an injury occurs

Hand Care

- ▶ Gymnastics requires athletes to use their hands in ways that peel the skin and rip it. This cannot be avoided and their hands will become rough
- ▶ Each gymnast should have these items available at home: Pumice Stone, Cuticle Scissors, Vitamin E oil/pills, and gauze to cover rips
- ▶ Constantly be aware of the color and roughness of the hands. Be sure to treat early if they become infected and turn yellow-ish

Hand Care Maintenance

Prevention

- ▶ Keep hands smooth
- ▶ Periodically check hands for rough edges
- ▶ If rough edges, smooth out with pumice stone

When Rip Occurs

- ▶ Soak in warm water and wash thoroughly
- ▶ Trim edges of skin as much as possible
- ▶ After soaking, the skin will turn white and easier to cut off dead skin
- ▶ Cut open Vitamin E pill, pour contents on the skin, cover

Water and blood blisters

- ▶ DO NOT RIP OFF SKIN !!!
- ▶ Gently make a hole with a cleaned needle/pin
- ▶ Drain all fluid out of wound
- ▶ Push the skin against the hand for 3-5 minutes
- ▶ Cover the wound and allow the skin can attach itself
- ▶ This helps the healing take place faster
- ▶ The skin will come off but in the meantime, having it covered by the original skin will allow it to stay clean and heal faster

Private Lessons and Supplemental Instruction

- ▶ Individual private lessons are to be supplemental only, they should never be used to take the place of a scheduled team practice
- ▶ Our program is specifically designed to maximize practice time, individual repetitions, and time on equipment
- ▶ Private lessons are great tools to help an athlete overcome mental and physical obstacles such as fear of skills, confusion, self doubt, and simply to get more repetitions of the skill. They are great to prepare for individual events or meets, and are only to be used to get specific instruction on skills that may need more work
- ▶ Previously, we had no rules for private lessons, any IB coach could conduct private training with our athletes. We found that the instruction received was sometimes contradictory to how we train, and not current to the updated USAG routines
- ▶ **Our new policy is that our athletes are only allowed to use their specific coaches for private lesson training. Please do not contact other coaches that are not a part of their regular team training for private lessons. This rule ensures that the athlete will receive the maximum benefit and not become confused with contradicting instruction**

IB Gymnastics Booster Club

- ▶ 501(c)(3) Non-Profit Organization to promote amateur gymnastics at the local, state, regional and national levels
- ▶ 100% Volunteer, Parent-led Organization
- ▶ Goal to provide support to the athletes & families, and promote community amongst our athletes
- ▶ We participate in a selected few Fundraising opportunities including:
 - ▶ Hosting Meets at Infinite Bounds (our largest fundraising effort)
 - ▶ Participating in Kroger, Tom Thumb and Amazon Smile rewards programs (coming soon)
 - ▶ Offering Scrips Gift Card Purchase Program
 - ▶ Seeking Corporate Sponsors for the Infinite Bounds Competitive Teams
- ▶ Our hope is through the efforts of our club, we will see our children make life-long friendships, build character and a strong work-ethic, as well as make competitive gymnastics as affordable as possible
- ▶ Contact the Booster Club (not coaches) for competition expenses, fees, and payment due dates