



Infinite Bounds Women's Gymnastics

TEAM HANDBOOK

Infinite Bounds' Team Coaches

Tammy De Guzman

- Team Director and Head Coach
- Choreographer
- USAG safety certified, safe sport certified, first aid/CPR certified.
- USAG 4/5, 10, FIG International Brevet judge, Meet Director
- Has coached multiple State, Regional and National champions.
- Coaching and judging for more than 20 yrs.
- Was an international elite gymnast and member of the Philippine National Team.
- BS in Education, Major in PE, Health and Music.

Coach Lindsey Gould

- Optional and Compulsory Beam/Floor Coach
- Choreographer
- USAG safety certified, safe sport certified, CPR certified.
- USAG 4/5, 7/8 certified Judge.
- More than 8 years of coaching with multiple State and Regional champions.
- 20 years of dance experience with multiple national titles in classical ballet, contemporary, jazz and hip hop.
- Was captain of the Texas Legends dance team & member of the Dallas Mavericks Dancers
- International Business, Spanish and marketing degree from Oklahoma State.

Infinite Bounds' Team Coaches

Coach Maya Jackson

- Compulsory & Optional Team coach
- USAG safety and safe sport certified.
- Coaching over 6 years.
- Graduated from Texas Tech with a degree in Kinesiology.
- Competed as a level 10 gymnast.

Coach Danielle DeGuzman

- Compulsory, Pre-team Coach
- USAG safety and safe sport certified.
- Coaching for over 8 years.
- USAG meet Director certified
- Psychology and Political Science Major, with a minor in Literature at UTD

Infinite Bounds' Team Coaches

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

Coach Tabitha McCallister

- 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 Certified Meet Director

Infinite Bounds' Team Coaches

Coach Britni Wilkinson

- ▶ Compulsory, Pre-team Coach
- ▶ USAG safety certified, safe sport certified
- ▶ USAG level 4/5, 7/8 certified Judge
- ▶ Competed as a level 10 gymnast with state and regional titles
- ▶ Over 7 years of coaching experience, competitive dance and taekwondo experience.
- ▶ Master's Degree in Kinesiology and Exercise Physiology from TWU.

Athlete Evaluations and Registration

Evaluations

- All evaluations for the women's team program must be scheduled and approved by our women's team director.
- Please email: teamdirector@infinitebounds.co
- All questions regarding the team program maybe emailed to the team director including scheduling of evaluations.
- All evaluations are scheduled during team practice to ensure that the athlete fits well with the program and the girls on the team.
- We reserve the right to not accept any athlete for any reason if it isn't conducive to our team program.

Registration

- Once your evaluation is completed, the next step is registration for enrollment
- Registration is handled at the front office.
- 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: office@infinitebounds.co

Current (2020) Training Hours per Level cont.

- ▶ 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 team director, 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. Contact your coach to set up an appropriate make-up lesson.
- ▶ For tuition prices, please visit the front desk

Training Hours By Level

LEVEL	TRAINING HOURS
Pre-team/Developmental team	3-6
2	9
3	12
4	16
5	20
6	20
7-10	25
Xcel Bronze	3 & 6
Xcel Silver	9
Xcel Gold-Platinum	12-15

Team Schedule and Holiday schedule

Regular Team Schedule

- All practice schedules are set by team director 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 email or contact the team director. For any absences or tardiness, please contact your specific coach.
- Consistent absences are not acceptable

Holiday Schedule

- A team calendar with holiday dates will be emailed by the team director yearly.
- Infinite Bounds generally follows the Plano ISD (PISD) calendar in regards to holiday schedules
- Please refrain from scheduling vacations during competition season and please communicate all vacations that are outside the holiday dates given.
- If you plan on extending vacation past the allotted time off, please notify your coach.
- A conditioning list will be emailed for athletes that go on vacation. This must be followed so as to minimize the struggle upon return.

Attendance and Absences

- ▶ 100% attendance is a must.
- We require at least 80% attendance is met for the year. Missing practice too many times will result in an athlete falling behind and not moving up a level.
- Attendance mean consistency, proper skill progressions, proper strength training and flexibility.
- In the event an absence must occur, please notify your coach via text or email or call the front office
- If your athlete is sick, has a fever or throwing up kindly keep them at home and contact your coach. Other than that please have them at practice.
- During meet season, athlete's must attend ALL scheduled practices the week of a meet to be eligible to compete.

Arriving Late/Leaving Early

- Arriving on-time allows the proper warm-up to help prevent injuries.
- Please refrain from arriving late, as being late tampers with the structure of the practice and your athlete may miss an event or conditioning which is critical in her progress.
- If an athlete arrives late we will require them to finish the warm up/conditioning at the end of practice.
- If an athlete needs to leave early, please inform your coach and if possible have them come in earlier to get their conditioning done.
- We do understand that things happen that prevents an athlete from attending practice, arriving late and having to leave early, with this being said, please communicate with your coaches.



Training and Gym Guidelines

Training

- ▶ All Athletes are required to order (through Booster Club) competition leotard, warm ups, backpack, and a tank practice leotard & competition hair bow.
- ▶ IB tank leotard must be worn every Monday.
- ▶ Loose clothing is not permitted during training. Only a leotard is allowed.
- ▶ Athletes must come to practice dressed and ready to go with the hair pulled back in a tight ponytail or messy bun with no hair in the face. Must also have with them the necessary equipment needed for everyday training.

Gym Guidelines

- ▶ All athletes are recommended to bring a water bottle and healthy snacks esp in the summer when practices are longer.
- ▶ 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. Do not leave any valuables in the lockers.
- ▶ All team members are required to clean up after themselves. If a mess is left in the lockers then locker room privileges will be revoked for the week. Younger girls need to be reminded often
- ▶ Please keep our gym clean at all times, put away mats and equipment after use.

Gymnast's needs (in gym and in competition)

Necessary Equipment in gym

- ▶ Grips with wrist bands
 - ▶ Compulsory levels: Please get in touch with your bar coach regarding purchasing of grips.
- ▶ Pre-wrap and athletic tape.
- ▶ Foam Roller (inexpensive ones can be found at Wal-Mart, Target, Academy or online)
- ▶ TheraBands
- ▶ Jump rope
- ▶ Ankle weights (1lbs - 1.5lbs each, depending on gymnast level & age)

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

In Competition bag:

- ▶ Grip bag (grips, wrist bands, athletic tape, pre-wrap)
- ▶ Extra hair ties, clips, hair gel or hair spray (in a ziplock bag, in case of hair emergencies)
- ▶ Snacks (no junk food, candy or full course meal) preferably, fruit, crackers, protein bar.
- ▶ Water bottle

Gymnast Behavior and Expectations

Practice Behavior

- ▶ Good behavior is the most important aspect of a successful practice
- ▶ Poor and disrespectful behavior to a coach or a fellow athlete will not be tolerated.
- ▶ In the event that an athlete has shown this poor behavior, the parent will be informed.
- ▶ A second warning will result in a parent/coach/athlete meeting.
- ▶ If the problem continues to persist during practice and is not corrected with a coach to parent conversation, then the athlete may be suspended or may not compete at the next meet
- ▶ Our team has a zero tolerance policy on bullying, swearing, and lewd behavior.
- ▶ When all avenues have been visited to correct the said behavior, a possible dismissal from the team with no refunds will be implemented.

Gymnast Expectations

Gymnasts are expected to:

- ▶ Arrive on time; Be ready to work
- ▶ Listen, follow given instructions and corrections.
- ▶ Keep a positive attitude.
- ▶ Treat their teammates with respect.
- ▶ Treat their coaches with respect.
- ▶ Set short term and long term goals.
- ▶ Learn how to communicate.

Competition Guidelines

- ▶ ~ For the safety of the athlete, all workouts the week leading up to a competition are mandatory. Occasional exceptions will be made based on the situation. Athletes must be able to successfully perform their skills and routines in practice the week leading up to the competition. Failure to show that level of readiness will result in them not being able to compete that skill, routine or event, for safety reasons.
- ▶ Please do not text the coaches while they are out on the floor at a competition. Please do not flag them down either, most of the time they have back to back sessions and need to hustle. If you have any concerns after a meet, please send an email and we will get back to you as soon as we can.
- ▶ Once a gymnast has entered the competition area there should be no contact between the gymnast and her parents unless there is an emergency. We asked the gymnasts to focus all of their energy on their competition and we want as few distractions as possible.
- ▶ Please arrive to the competition venue a minimum of **20 minutes** prior to Open Stretch. Being late for the meet causes undue stress on your athlete. Also, if they need to be taped please give them enough time to get this done by their coach.

Competition Guidelines (cont.)

- ▶ Please do not speak about Infinite Bounds or any other club, coach, gymnast, (including yours) or Judge in a negative manner. Remember you are representing Infinite Bounds and we want to have a positive over all demeanor.
- ▶ Please do not compare skills and routines done by other gymnasts. Coaches put together skills/routines that your gymnast can successfully and safely compete.
- ▶ Crying is not tolerated out on the competition floor. Please help your gymnast understand that getting a low score or having a fall is not something they should cry or pout about. We would like for your gymnast to have a positive and fun experience at every competition so please encourage them and avoid any negative thoughts or comments.
- ▶ Last but not the least, CHEER for your gymnasts. They have worked hard all year to show off their talents. Your applause will be greatly appreciated. Let's have an awesome, successful and healthy competitive season.
- ▶ GOOD LUCK and GO TEAM IB!!!!

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
- ▶ 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 drinks and junk food.
- ▶ What your athlete puts in her body is what she will put out on the floor. The right type of fuel is necessary for success.

Injury Prevention

- ▶ Gymnastics is inherently a dangerous sport. Injury can never be entirely avoided
- ▶ We prevent possible injury by properly warming up, conditioning and proper skill progressions.
- ▶ In the even of an injury, follow the RICE protocol. Rest the injured area, Ice, Compress and Elevate.
- ▶ We ask that the athlete continues to come to practice with a doctor's note. Coaches will modify practice for the injured athlete. There are a number of things that an injured athlete can do without using the injured area.
- ▶ 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 calloused
- ▶ 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 yellowish

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

- ▶ Individual private lessons are to be supplemental only, they should never be used to take the place of a scheduled team practice
- ▶ Private lessons are great tools to help an athlete with consistency, build confidence and overcome mental and physical obstacles such as fear of skills and self doubt, also simply to get more repetitions of the skill. Also a great way to prepare for individual events and meets.
- ▶ Private lessons should not be used to rush the learning of a skill or to skip skill progressions.
- ▶ **Private lessons must be scheduled with your specific coach. Please do not contact other coaches that are not a part of their regular team training unless your specific coach schedules it for you. This is to ensure consistency in training technique, skill progression and assist in nurturing athlete/coach relationship.**

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



Thank you for choosing Infinite Bounds!

If you have any questions or comments please feel free to contact us at:

teamdirector@infinitebounds.co