



## WELCOME TO THE GYM!

Thank you for joining our Gymnastics Program at the Prattville YMCA. Children will have fun while building their strength, endurance, and self-discipline. Introduced at an early age, skills acquired in gymnastics can help them master other athletic activities and sports. Gymnastics is about rebounding from mistakes, about getting off the mat and trying again, about learning the importance of repeating skills until they become second nature, and about believing in yourself and trusting your ability.

### Session Dates

Our summer gymnastics classes are split into four sessions; each being two weeks long. You will sign up for each session that you would like.

- Session 1: June 2<sup>nd</sup> – June 12<sup>th</sup>
- Session 2: June 16<sup>th</sup> – June 26<sup>th</sup>
- Session 3: July 7<sup>th</sup> – July 17<sup>th</sup>
- Session 4: July 21<sup>st</sup> – July 31<sup>st</sup>

### Program Organization

- Throughout the year, each child is evaluated on progressive skills in the following areas:
  - Vault, Uneven Bars, Balance Beam, Floor Exercise, Tumble-Track, Strength and Flexibility.
- Each class duration is 45 minutes and will include a warm-up and 3 event rotations. Each clinic class will be 1 ½ hours including a warm-up, 4 event rotations, and 15 minutes at the end to focus on strength training, flexibility, tumbling basics, and more!
- Ninja is a class that uses obstacle courses and stations to focus on strength, agility, and coordination.
- Tumbling classes will give your child the chance to progress in their strength, flexibility, and technique to improve tumbling skills. We will use the tumbling floor, tumble track, and pit as we learn and perfect different skills.

### Parent Information

Parents are welcome to watch class from our viewing area. We do ask that you wait to talk to your child's coach until after class and try to refrain from coaching your gymnasts from the viewing area. Please do not drop your child off early for class and be on time for pick up.

Attendance will be taken at the start of each class to check athletes in. All program participants must have someone at their class location when they are dismissed to pick them up. We will have a staff person designated to assist with dismissal to help make sure that each participant gets picked up, but coaches cannot be responsible for your child before or after their class. Please communicate to your child who will be picking them up. If for any reason you will not be on time for dismissal, please call the member services desk to notify us. Parents are always welcome to stay and watch classes!

## What to Wear to Class

- **Girls**
  - Shorts and t-shirts, leotards or bike shorts
  - No tights, jeans, ballet skirts, or shorts with buttons, zippers, or snaps
  - Midsection must be covered at all times.
  - Hair needs to be pulled back in a ponytail.
  - No watches, Fit Bits, rings, necklaces, earrings, etc. (stud earrings are ok)
- **Boys**
  - Shorts and t-shirts or compression type shirts
  - No jeans or shorts with buttons, zippers, or snaps
  - No watches, Fit Bits, necklaces, bracelets, etc.

\*The YMCA is not responsible for lost items.

## Weather Policy

We will notify you via email, social media, and/or REMIND text about class cancellations. If we must cancel more than one class during a session, we will offer a make-up class. At this time we do **NOT** offer make up classes if a child misses for personal reasons.

## Communication

Parents may schedule a conference during the coach's office hours. Please do not talk to the coaches while they are on the floor. Below are the different ways we use to communicate important information, schedules and reminders in the gym:

- **EMAIL:** Email is the main form of communication. Please make sure we have a current email address on file at the time of registration.
  - Gymnastics director email: [bgardner@prattvilleyymca.org](mailto:bgardner@prattvilleyymca.org)
  - Gymnastics coordinator email: [rtruelove@prattvilleyymca.org](mailto:rtruelove@prattvilleyymca.org)
- **REMIND:** To receive up to date information via text. Please opt into our REMIND app and choose the text option.
  - All cricket class, and intermediate participants send a text to 81010; include this message @pyggc2425
  - All ninja, tumble, advanced, and DMS youth gym (ages 12 and up) participants send a text to 81010; include this message @pygdms2425
- **FACEBOOK & INSTAGRAM:** We love posting gym pictures on our page. Like us at [PYGgymnastics](#).
- **BULLETIN BOARDS:** We post upcoming news or events on the bulletin boards. These are located either in the hallway as you are going to the gym or on the back wall near the parent viewing area.

## Photo Policy

The YMCA staff is not permitted to take photos of any participant without permission. Parents are allowed to take photos of their own child during classes or events but may not take pictures or photos of any other child without permission of the parent. We will use photos/ videos on our social media platform if we have parental consent.

## Class Locations

- **YOUTH GYMNASTICS:** Classes for Youth gymnastics (ages 5 ½ - 11) are located at the **Gymnastics Center. 348 HWY 82 West.**
- **YOUTH GYMNASTICS:** classes for Youth gymnastics (ages 12-15) are located at the **DMS Branch. 600 East Main Street.**
- **NINJA:** Located at the **DMS Branch. 600 East Main Street.**
- **TUMBLE:** All tumbling classes are located at the **DMS Branch. 600 East Main Street.**
- **ADVANCED GYMNASTICS:** All advanced gymnastics classes are located at the **DMS Branch. 600 East Main Street.**

## Top 10 Benefits of Being in the Gym

- Develops coordination
- Improves flexibility
- Increases strength and power
- Teaches how to listen and follow directions
- Increases self-esteem and self-confidence
- Fosters social interaction with peers and coaches
- Teaches goal setting
- Provides the foundation for fitness
- Develops skills to enhance other sports
- Gymnastics is FUN!!!



## Meet Our Gymnastics Coordinator



Hey Gym Parents!

My name is Rian Truelove, and I am so incredibly blessed to be the new Gymnastics Coordinator for Prattville YMCA Gymnastics.

I was a gymnast for 15 years and have been a coach for the past 12 years! Majority of my coaching has been spent on the competitive side of the program, and I'm so excited to get back to the basics. The foundation of gymnastics is the most important part!

I love that the sport of gymnastics teaches discipline, determination, perseverance, coordination, strength, and flexibility. My goal is to teach gymnastics in a fun, safe environment that will increase your child's self-confidence and motor development.

I can't wait to start meeting all the wonderful gymnasts and parents! Please feel free to contact me to learn more about the goals I have for this incredible program.

Rian Truelove  
Gymnastics Coordinator  
Prattville YMCA  
[rtruelove@prattvilleyymca.org](mailto:rtruelove@prattvilleyymca.org)  
334-365-8852

## **PRATTVILLE YMCA PROGRAM POLICIES**

### **REGISTRATION AND PAYMENT POLICY**

Gymnastics/Tumble/Ninja

All classes are offered from August - May on a continuous re-enrollment basis. The months of June and July are summer monthly sessions and are not continuous re-enrollment. There is an annual \$20 nonrefundable registration fee per family beginning in August.

During the months of August-May all class program fees are set-up on automatic draft and are drafted on the 2nd of every month. If your draft is returned for any reason, you will be subject to a \$40 service charge. No credit or refunds will be given for classes not attended. There is a \$5 change fee to change classes.

Gymnastics Team

Program drafts for team members will be drafted on the 2<sup>nd</sup> of each month. Competition fees will be drafted on the 16<sup>th</sup> of each month during competition season.

### **WITHDRAWAL:**

Swim Lessons

There will be no refunds on swim lesson program payments unless a doctor's excuse is given. There is a \$5 fee to cancel or change any paid swim lessons.

Gymnastics/Tumble/Ninja

If you choose to withdraw from Class you must come to the Member Services desk and fill out the "Withdraw from Class" form no later than 3 business days prior to the next month to avoid charges.

Gymnastics Team

If you choose to withdraw from Team you must come to the DMS Member Services desk and fill out the "Withdraw from Team" form at least 3 business days prior to the next month.

### **WEATHER CANCELLATIONS & MAKE UP CLASSES:**

**Swim Lessons**

Swim lessons may be canceled due to weather, holidays, or fecal contamination once during each session. After one class has been missed, each additional class cancellation will allow the participant to receive a prorated credit for YMCA programs.

**Gymnastics**

Gymnastics classes may be cancelled due to weather. If more than (1) class is canceled during a session, we will offer a make-up class. We do not offer make-up classes if your child misses for personal reasons.

### **MEDICAL ATTENTION POLICY:**

Normal bumps & sprains will be treated with ice & compression. More serious injuries will be handled by calling the paramedics & notifying the parents immediately. I hereby give my consent to the Prattville YMCA to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation, & emergency medical services as warranted in the course of my child's participation. I have received a copy of the fact sheet for **YOUTH SPORTS PARENTS** (Heads Up Concussion). This sheet has information to help protect your children or teens from concussion or other serious brain injury.

### **WAIVER AND RELEASE:**

I am fully aware of & appreciate the risks of catastrophic injury, paralysis, & even death, as well as other damages & losses associated with participation in gymnastics activities & events. I further agree that the Prattville YMCA, along with the employees, agents, officers, & directors of this organization shall not be liable for any losses or damages occurring as a result of my child's participation in classes or events, except where such loss or damage is the result of the intentional or reckless conduct of the organization or individuals identified above.

### **ADDITIONAL INFORMATION:**

Please do not drop off students more than 15 minutes prior to the beginning of their class. If you choose to leave the facility, your child may have to go to the bathroom unaccompanied. Students must be picked up promptly at the end of the class time. Coaches and instructors cannot be responsible for your child before or after your child's class. Check our Facebook & website for updates. [Gymnastics participants should sign up for REMIND for text alerts.](#)



# GYM RULES

---

- ★ We expect our program participants to display kindness, honesty, respect & responsibility.
- ★ Only program participants are allowed on the gym floor & equipment & only during their scheduled class time.
- ★ Please do not try to coach or signal to your child from the viewing area.
- ★ No food, drinks or gum allowed in the gym area, only in the viewing area.
- ★ Please supervise your children in the viewing area.
- ★ Please follow our dress code:
  - Hair pulled back
  - No tights, jeans, skirts or shorts with buttons, zippers or snaps
  - Midsection must be covered at all times
  - No watches, Fit Bits, rings, necklaces, earrings (stud earrings are ok)

# A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - › Work with their coach to teach ways to lower the chances of getting a concussion.
  - › Emphasize the importance of reporting concussions and taking time to recover from one.
  - › Ensure that they follow their coach's rules for safety and the rules of the sport.
  - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

## GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

**Concussions affect each child and teen differently.** While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



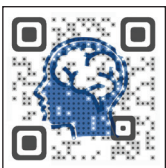
## Plan ahead.

What do you want your child or teen to know about concussion?

## What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

## What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

▶ **Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.**

Revised 12/2015



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)