

SIGS
TEAMS



ARE YOU ON FACEBOOK?

In addition to our SIGS Sportsplex PUBLIC Facebook page, we have PRIVATE SIGS Facebook Pages for our Trampoline, eXcite, eXcel and eXtreme Teams (there is not a boys page at this time).

This is a forum where parents can share information, photos, and coordinate things like hotels and rides. The pages are not seen by the public and you must ask to join them. We usually post infor-

mation here regarding teams as well from SIGS Marketing Director and SIGS Coaching Staff.

Look up SIGS eXcite, SIGS eXcel, SIGS eXtreme and SIGS Trampoline and ask to join.

f t i @SIGSgym



SIGS
TEAMS
2019-2020

Welcome to Teams: We're so glad you're with us!

We are pleased to have so many joining us and so many returning—we are looking forward to another great year!

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 from 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 the 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!



About Practices

PRACTICE TIMES

Please be on time to 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.



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.

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. If you are unable to get ahold of your child's coach, please call the office at 812-949-7447 and they will relay the message.

48 WEEK SCHEDULING

It is SIGS policy that there are not makeups for 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.

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 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 meet season, it is sometimes



Practice Attire

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.
- All team members should have appropriate equipment, *if required by the coach*, such as grips, trampoline shoes or socks.



Ryan Rice, Silver, Team Dance / Presentation — Ryan moved to our area from east TN in 2013. His experience includes performances in Pigeon Forge area shows for five years, contracts with Norwegian Cruise Lines, performing for Walt Disney World in Beauty & The Beast live and was most recently seen in Derby Dinner Playhouse's run of Newsies.

Ryan instructs boy's classes and girl's eXcel Silver. He brought Aerial Silks to SIGS in 2018 and creates lesson plans and teaches that programs. Ryan will be teaching dance to compulsory levels 2-4, eXcel Bronze, Silver, Gold, and Platinum, and teaching presentation form and technique to Men's Team competitors.

Jill Rutz, Gold Team — A career in children's programming and athletics, Jill has had numerous roles at SIGS with classes and teams. Jill competed to L7 in northern Indiana and has coached for more than 20 years in levels 2-8 in gyms in the region and levels 3, 4, and eXcel at SIGS over the past five years.

Bobbye Singh, eXcite — Bobbye has been at SIGS since she was a child participating on teams and has had two children in our programs at the competitive level. She is in her third season back with us, this year coaching our eXcite Senior girls.

Catie Sorrell, eXcite and L3 — Catie was a SIGS athlete for 13 years and has been a SIGS coach for the past four years. Catie graduated with her Bachelors degree from IUS in 2019 and is evaluating a Master degree program.

Brittany Stover, Women's Team Director—Brittany spent 16 years as a gymnast here at SIGS including 4 as a level 10. She qualified to level 9 na-

tionals in 2007 and level 10 nationals in 2011 and 2012. In 2012, she placed in the top 10 on vault and the all around. Brittany went on to The College of William & Mary on a full athletic scholarship where she shattered numerous school records and was named ECAC rookie of the year in 2013, and ECAC Gymnast of the Year in '14, '15 and '16. Brittany graduated with a Bachelor of Science in Kinesiology in May 2016.

Alexa Waldrip, Gold — Alexa is a former SIGS gymnast and competitor who excelled in the pool in high school as diver and swimmer. She is now SIGS' swim director, organizing lesson plans and programs. Regionally, Alexa is working to be a Life Guard Certification Coach for our area, training other life guards for safety certifications. Alexa is in her senior year at IUS, earning her biology degree.

Chris Wilkerson, Men's L4/5, 6, JD, L8 — Chris has coached at SIGS since 2005 and has been with the men's program since the beginning.

Chris is a music artist who has released an album and a single entitled "Be Strong." He is the winner of a local singing competition, The Sound Show, and was most recently selected to play the part of Jesus in the musical "Godspell."



Attend a SIGS competition and you may catch him singing *The National Anthem!*

Sarah Wheeler, Trampoline & Tumbling Coach—Sarah has experience in cheerleading, tumbling, diving and swimming—all fundamental to air awareness and body positions necessary for successful TnT athletes. Sarah has assisted and helped coached the team since the beginning of the team at SIGS. Sarah is an early childhood education teacher.

Cathy Wright, eXcel Silver Coach — Cathy has been with SIGS for many years—nearly every women's team optional and eXcel level gymnast has had Ms. Cathy as their coach during their tenure here! Cathy is a children's author and artist. Ms. Cathy and Ms. Kelly have coached together for more than 10 years.



Our Team Coaches

Kelly Fust, Owner— Physical fitness and family have always been core values for Miss Kelly from her upbringing. She is a former competitive and collegiate gymnast. She began competing gymnastics at an early age. There were limited gymnastics opportunities at that time and she would travel to Michigan and Florida to compete at from the ages of 7 and 8 years old. She attended Eastern Kentucky University on a full ride gymnastics scholarship at a time when Title 9 was first enacted. Starting in a dance studio over 40 years ago, SIGS has outgrown two other locations before moving to our current home! She and her husband Dick have two children and 10 grandchildren. Mrs. Kelly oversees all business processes in addition to coaching the eXcel Silver Team and teaching classes.

Joe Cooper, Owner—Recognized nationally for coaching, Joe is a former diver and has been Kelly's partner in SIGS for 25+ years. Joe and his wife Susan have been married for 38 years and have three children, Cory, Eve, and AJ and their first grandson. Joe coaches our highest levels of Women's eXtreme Teams, and works with our training teams. Joe is a two-time Region 5 Coach of the Year ('97, '03); he has coached multiple Level 10 event National Champions; multiple Level 10 National Champions; and coached several SIGS athletes to the collegiate level.

Kris Applegate, eXcite Program Coordinator, eXcite Coach—A background in gymnastics and physical fitness, Kris works with our teams and our class program. She and her husband Todd have three children, all who have competed for SIGS. Kris is a twice-published author. Her book *Louisville Legends*,

published in 2015, is available for sale in the ProShop.

Kate Beard, Trampoline and Tumbling—Kaitlin is a former USTA national competitor, placing in the top 5 numerous times since competing from the age of 7. Prior to joining us at SIGS, Kaitlin was a TnT coach in Illinois. In addition to her work at SIGS, Kaitlin attends IUS and is an elementary education major.

Shawntelle Blessett, Level 3, 4 and eXcite Team Coach—A lifelong SIGS member, Shawntelle trained and competed to national levels as a SIGS gymnast. She also attended and competed for Kent University on scholarship. Shawntelle has a degree in gymnastics instruction and marketing. Shawntelle and her husband Matt have two beautiful girls.

Jennifer Cropper, Bronze & L2 Team Coach—A former social worker with a background in early childhood development, Coach Jen has been involved in teaching classes for 10 years and coaching SIGS teams for 6 seasons. She and her husband of 22 years, Terry, have three children, all who have been on SIGS Teams; one is still competing.

Tara Cropper, eXcel Bronze, Beginner Trampoline—Tara is a former SIGS gymnast and trampoline team member. She has grown up at SIGS and has been an instructing and assistant coach for 4 years.

Eden Harmon, eXcite and L2 Team coach—Eden began gymnastics at SIGS when she was 4 years old and was a competitive gymnast for 10 years. This is her fourth year assisting with teams.

Crystal Higdon, eXcite team coach—Crystal is a former gymnast and dancer—she began ballroom dancing at age 4 and continued dancing for most of her life! In high school she taught dance at a local studio. Crystal has taught for SIGS for several years. She and her husband Ray have three children, Davin, Dharian, and Dawson.

Jordan McKinley, L3 and eXcite Team—Jordan is a former SIGS competitive gymnast for 7 years and has been a class instructor with us for a few years. She is attending IUS to obtain a degree in Elementary Education.

Kristen Moore, eXcel Platinum & Diamond Team Coach—Kristen was a gymnast at SIGS from age 4 and was a level 8 state champion. She also was a SIGS competitive cheerleader. Kristen has one child, Kylie, who is on a competitive team. Kristen coaches Platinum and Diamond teams.

Amy Sandiford, eXcel Bronze Team Coach—Amy is a former SIGS competitive gymnast and has been a SIGS assistant coach at the Bronze level for three years.

Tim Saxton, Men's Program Director—Tim trained gymnastics at the Hocking Valley Gymnastics Center in Lancaster, OH. HVGC was an up and coming program at the time, and Tim was an original member to graduate from the team. Tim attended and competed for The Ohio State University. He was a member Big Ten Championship teams as well as NCAA runner-ups. Tim joined us in 2011 and is a NGJA nationally certified judge, a member of the State Team Committee, and is the Indiana State Chair in addition to being our Men's Program Director.

Easy Monthly Payments

When you commit to a SIGS team, you must set up your monthly payment information with a card or checking account on file. We can deduct your payment on the 1st or 15th of the month; please choose this upon registration. Payments will deduct both the Parent's Association (for competitive team members only) and monthly team tuition in one single automatic payment.

Payments will be spread out in even 12-monthly amounts. If your child is on a competitive team, and participates in any fundraisers to offset Parent's Association Dues, monthly amounts will be adjusted for the PA portion to reflect the fundraiser. *Learn more about SIGS fundraisers on the next page.* **TEAMS ARE YEAR-LONG COMMITMENTS, we are unable to provide refunds for fees paid.**

Team Uniforms

Our uniforms are custom made for SIGS team members. We will measure each team member and have parent's sign off on sizing. At that time we will also determine best sizing for t-shirts, warm-up attire, and any other items athletes may need as many meets / clubs, including ours, may give apparel as meet gifts.

2019-2020 season is a NEW uniform year for our women and trampoline teams.

COMPETITION ATTIRE

Uniforms should be sized according to an athlete's CURRENT needs and not sized up. Uniforms are form fitting.

Sizing takes place in the late summer during a regularly scheduled practice. Parents DO need to sign off on sizing and fit.

Uniforms must be paid in full prior to ordering as pieces are not stock but custom made for SIGS. The range is \$50-450 for our upper level teams. Sizing will occur in July and payments made in August and October.

Boys: Uniform consists of warmup pants and jacket, stirrup pants, step-in, shorts, compression shirt (personalized), and a backpack. Gray socks and sandals are also required.

Girls: Uniforms consist of a team leotard, shorts for eXcite team only, warmup pants and jacket and team bags for eXcel, eXtreme, and Trampoline.

Athletes should wear their team leotard and team



warmup pants and jacket. They should stay in competition attire throughout the meet and awards ceremony.

Hair should be pulled back (and hairsprayed. And sprayed again). Your team coach may decide that all hair should be the same, they will advise you.

Trampoline team member's hair should be in a bun.

We discourage large hair accessories (flowers, feathers, flashy headbands) as they can be distracting. Nail polish is not allowed at competitions. Any of these items can result in unnecessary deductions. Small posts / stud earrings, one per ear, are allowable per USAG policy.

AWARDS

During awards, athletes are expected to wear their team warmup. They should also be wearing flip flops or tennis shoes—*no slippers or boots are to be worn.* Please refrain from gum and candy throughout the awards and competition.

SIGS TEAMS Fundraising

An easy way to offset your team fees is to participate in fundraising. Fundraisers directly benefit your child's account.

SIGS coordinates several fundraisers throughout the season to assist with offsetting fees. All of these fundraisers are OPTIONAL to participate in—and each one benefits your athlete directly (you are not fundraising for a team).

It is possible for team members to fundraise all or most of their tuition! Fundraisers are non-refundable payments toward accounts.

We are looking for parent coordinators too of many of these programs—please contact the office if you are interested in chairing a fundraiser!

Look for list of fundraisers and team sponsorship forms in this folder.

Parent's Association

When you are a part of a competitive gymnastics or trampoline team, you become a part of our Parent's Association.

This is like a booster club, where fees for your child's competitions and other individual expenses *unrelated to SIGS tuition* are collected.

Athletes are expected to attend all scheduled competitions.

If your athlete opts out of a competition, you are not entitled to reimbursement of meet entry fees.

Tuition can be off-set through fundraisers throughout the year.

Fundraisers are credited directly to your child's account and monthly payments will adjust due to these credit. Fundraiser credits are non-refundable.

eXtreme, L2-10, eXcel, and men's teams participate in 4-10 USAG sanctioned competitions. All athletes must register for USAG memberships. This fee is separate from PA dues. When it is time to register, we will let you know.

Trampoline Team athletes are members of the USTA. Whether athletes are USAG or USTA, they must be registered to enter meets. We will ensure you have the correct documents.

Practice Viewing

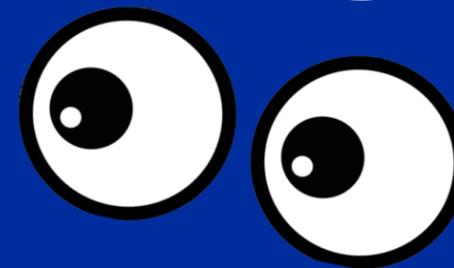
Help maintain a positive atmosphere in the gym. Talking negatively in SIGS viewing areas is unacceptable—if you have a concern, please arrange an appointment.

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.

Parents are welcome and encour-

aged 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 from the lobby or balcony, please practice common courtesy. We ask that you never instruct your child (ren). Even correcting their behavior while they are waiting in line to



take a turn can be a distraction to other teammates.

If parent viewing becomes problematic, we reserve the right to close practices.

Also, at NO time should a parent, sibling, or relative walk out onto the gym floor to talk to the coach or gymnast during team practice.

If you need your son or daughter for any reason, or need to relay a message, please ask an office staff member to relay the information.

Conversely, if you choose to leave and not stay for practice, we ask that you sign out near the office on the clipboard with a current phone number in case of emergency.

We appreciate the support and respect of all of our parents at SIGS!



I am a youth athlete.
I am brave and strong and talented.
But I'm still just a kid. I am not perfect. I am a work in progress. I need you to be patient while I test the limits of my body and work through the emotions that come with success and failure. When I make a mistake, I wonder if you'll be disappointed. When I reach my goals, I look to see if you are watching. I am a youth athlete. I love my sport. You call it competition. I call it playing the game. I want to win and have fun. I am a youth athlete. I am YOUR youth athlete. Winning feels great, but your praise feels infinitely better. Please remember these things, and I promise to do my best to make you proud.

★HAPPY BIRTHDAY!

TEAM MEMBERS SAVE 10% ON SIGS BIRTHDAY PARTIES!



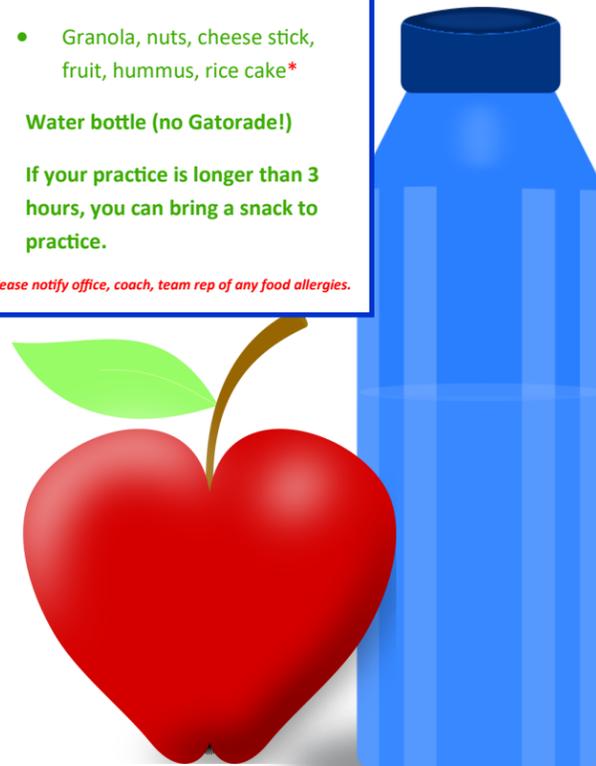
Healthy Eating Habits

It's important that an athlete's nutrition is not taken as an aside 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.

Gymnasts should maintain a diet high in protein, vitamins, nutrients, as well as healthy fats such as flax-seed oil, fish oil, olive oil and butter (as opposed to margarine). They should drink plenty of water throughout the day and work to intake less starches such as bread, pasta, rice, potatoes, and French fries; and assuming most children intake far more sugar than is necessary in their diet, they should also work to intake less sugars.

- Snack after school / before practice
 - Snacks options:
 - Granola, nuts, cheese stick, fruit, hummus, rice cake*
 - Water bottle (no Gatorade!)
 - If your practice is longer than 3 hours, you can bring a snack to practice.
- *Please notify office, coach, team rep of any food allergies.



Athlete Safety Commitment

SIGS is dedicated to providing a safe environment for all of our athletes, their families, and our employees. In addition to employee background checks, reference checks, and monitoring of social media, SIGS has strict 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 directly 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.

We welcome parent and community input and we appreciate communication of any concerns.

Regarding injuries:

Injuries can be unfortunate occurrences due to participation in gymnastics 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 events 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 touch base with your child’s coach if an injury does occur so that we can work out a positive alternative for participation.

PHOTOGRAPHY:

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

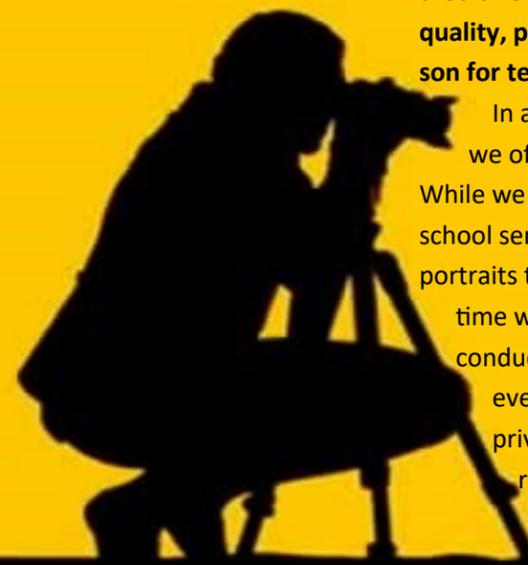
In addition to individual photos, we offer team photos as well. While we do make exceptions for high school seniors to arrange for senior portraits to be taken at SIGS during a time when the gym is not conducting practices or other events, we cannot extend this privilege to everyone for obvious reasons. We also cannot allow parents or family hired pho-

tographers into the gym to photograph practices for reasons of safety and liability.

If you have a high school senior who is scheduling senior photos, and wishes to do part of their session at SIGS, please contact the office to arrange an appropriate time.

Otherwise, please look for information on team and individual photos—many examples of the work they do are in this Policies Manual!

Thank you for your understanding!



#SIGSgym SIGSgym.com



Parent & Athlete Expectations

Parent Expectations:

1. For competitions, plan and make appropriate travel arrangements. Allow plenty of time to park, check in, and help your child find a restroom and their coach.
2. We suggest arriving 30 minutes prior to the scheduled Open Stretch.
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 Parent Association Dues are kept current, as ALL dues must be up-to-date for gymnasts to be entered in competitions, *which occur months before the event.*
5. 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.



COMPETITION LEVEL

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.

Meet info will be delivered via email and posted on the meet board as soon as information is known. Usually this is within two weeks of a meet. We do not hold meet information and

We do not develop athletes to do competitions — we do competitions to develop athletes.

disseminate it as quickly as we receive it.

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, coach or meet official. Please wait until after competition to speak with your child's coach.

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.

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.

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.

And remember, it's not about the scores and placement, but the growth of the athlete and their feeling of achievement!



Athlete Expectations:

1. Report to your team coach on the competition floor no later than 10 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. Gymnasts should be dressed in their full team uniform with proper undergarments. (Undergarments must be nude and fit under the leotard.) Girls hair should be fixed and ready to go.
3. Have all of your other items in your bag as required by your coach: sandals/shoes, grips, water, snack. A digital copy of your floor music as backup.
4. Eat a healthy meal prior to and after the meet. Meet days can be long!
5. Be mentally prepared to compete and focused on the task at hand. Once open stretch has begun, athletes are not to make contact with parent spectators until after the meet has concluded and gymnasts are released by the coach.
6. Accept scores and results without undue celebration or reproach.
7. Conduct oneself appropriately throughout the competition in regard to good behavior and sportsmanship. Be supportive of ALL athletes, including those from other gyms.
8. Manage schoolwork and competition schedules responsibly. It is UNACCEPTABLE to miss practices mid-season because of negligence and improper management of time.

