

LTHS Gymnastics Handbook

Head Coach Pirchio

Ladies, let me first welcome you to another year of building our program. I want to thank you now for your dedication, motivation and most of all the HEART you have put into this program. THANK YOU!

LET'S BEGIN

For a program to grow the athlete participating must:

- Be committed to this program 100%
- Have a positive attitude
- Be a **TEAM** player at all times
- Have the dedication it takes to excel
- Be responsible athlete
- To be well trained and conditioned (before & during season)
- NO COMPETITOR is guaranteed competition time.

General Information

1. All weekday practices during school begin at 2:00 and will end by 4:00pm (tentative schedule).
2. You may not reenter the school after practice or a game without your coach.
3. You are not permitted to hang in the hallways before practice. You must be under supervision at all times.
4. For any reason you will be late or miss a practice you must inform a coach in person. If absent from school, you must e-mail Coach Jacobson and return to practice the next day with a doctor's note for illness. If late, you will need a note from your teacher with time, date, and signature.
5. Players are responsible to remember to bring equipment back and forth to meets and practices.
6. In all matters concerning academics and athletics, academic concerns will be given top priority.
7. Always follow the ideals of sportsmanship, ethical conduct, and fair play.
8. Establish a working relationship with all your fellow teammates.
9. Act respectfully toward teammates, captains and coaches at all times.
10. The coaching staff has the right to remove any player, especially varsity player from the team who has an unexcused absence (Coach's Discretion).
11. Only the coach or speaking captain may question an official before, during, or after any contest.
12. Follow all team rules and all instructions given by the captains.

13. Before scheduling a vacation remember that you are in gymnastics season and you ALREADY made a COMMITMENT to your coaches, your team, and yourself.
14. Always remember that you are on public display as a representative of your team, school, and family. Act appropriately. INCLUDING ALL SOCIAL MEDIA.
15. All players must promote and participate in appropriate behavior on all technology/social media forums at all times.
 - a. Example: Twitter, Instagram, Vine, Snapchat, tumblr, Facebook, etc ...
 - b. ALL social media accounts must be private. If your social media account is marked private, information and images may still be viewed by other people, including the coaching staff, administration and the Board of Education.
16. Any and all violations of the discipline policy as found in the LTHS student handbook or team rules that occur at any time during any season that impacts the current field hockey season will affect a player's ability to receive any captainship, awards, and honors.
17. No gymnast is guaranteed competition time. All competition time is per the coach's discretion.

Eligibility

1. If you are on a full schedule you can only fail one class to be eligible. If you have an abbreviated schedule, then you must pass all your classes. Although you may be eligible with failing only one class it is at my discretion if you will be off the team due to not having enough time to make the most of your education.
2. You must clear all fines with the front office to be able to play.
3. You must have a physical for the current season, either signed or initialed by the school doctor even if you have your own physical from outside doctor.
4. Outside employment or activities that interfere with practices or meets will not be allowed.
5. Any unexcused absence will result in a meet suspension, if not already released from the team.
6. If you miss practice the day before a meet due to detention or any other unexcused reason you will be unable to compete in the meet. You will be expected to dress in your leo and sit with the team during the game.
7. If you are late to school but sign in before 8:15am, you may participate that day, after 8:15am you must receive permission from the administration in writing if you have a reason for them to excuse you.(funeral, doc, driver license)
8. MOST IMPORTANT: 2 unexcused absences can = removal from the team;
1 unexcused absence from a game can = removal from the team

9. If you are able to participate in an athletic program after school you must be dressed and participate in your gym class each day. You are not only a reflection of the team in the hallways but also in ALL of your classes including Phys Ed. If you do not dress for Phys Ed you will not participate in gymnastics that day even if it means missing an event in the meet. This counts as an unexcused practice.

Medical Procedures

1. You are to notify your coach immediately if you become injured or are experiencing pain and must go to the trainer after.
2. You are to notify your coach before and after seeing the trainer.
3. Being taped before practice will not be accepted as a reason for continual lateness. You have 25 minutes from when the bell rings until you have to get in the gym.
4. Whenever you go to a doctor, you must return with a note clearly stating that you are completely cleared to participate, not partially.
5. Stated again, you may not participate AT ALL if you do not have an updated physical cleared through the nurse's office for this season. This is not my rule but STATE LAW.

Safety Measures

1. You are to notify your coach immediately if you become aware of an unsafe equipment condition.
2. Leos are mandatory for all practices and meets.
3. No jewelry is to be worn during practice or a meet.
4. You must wear shoes in the hallways AT ALL TIMES.
5. No inappropriate behavior or language will be tolerated in the locker room.

Team Management

1. The use of tobacco, alcohol, or drugs will not be tolerated. (Refer to your drug/alcohol/tobacco policy form.)
2. Any practice time missed due to detention will be made up after practice.
3. Players are prohibited from wearing any practice clothes displaying improper messages.
4. The rules and regulations of Lacey Township High School are in effect at all times governing the behavior of the girl's gymnastics team. Violators are subject to administrative disciplinary action as well as team disciplinary action.

Security

1. You must use a lock on your locker at all times.
2. Never leave anything of value in your locker-leave it at home.
3. Your car is not a safe substitute for a school locker.
4. Never leave books or possessions outside your locker, pick them up.
5. You are financially responsible for all school equipment issued to you. Take proper care of all of the equipment.
6. The use of a gym bag to organize and keep track of your equipment is recommended.
7. You are not to be in the locker room when it is unsupervised.
8. You are to never touch the coach's keys under any circumstances.

Away Game Policy

1. Players are expected to travel on the bus as a team always.
2. Only in extreme circumstances may an athlete leave with a parent. The parent must have a written consent 24 hours prior to the game. An athlete may only leave with their guardian (not other students' parents) while the coach sees the parent picking them up in person. This is a school rule not just a team rule.
3. Players will never be released to anyone other than their parent or guardian.

Contact Information

Coach Pirchio

spirchio@laceyschools.org

Finally, no set rules and regulations can be all encompassing. When a situation arises that is not covered under these rules and regulations, the head coach reserves the right to make a decision based upon the situations overall impact upon the integrity of the girls gymnastics program at Lacey Township High School.

Parent's Signature _____

Athlete's Signature _____

Athlete's Printed Name _____

Varsity Letter Requirements

- Athlete must compete in at least 7 meets during the season.
- Athlete must demonstrate a positive attitude at all times, in the gym and in school.
 - No documentation of poor behavior or attitude from administrators, teachers, or coaches.
- Athlete must adhere to the attendance policy throughout the entire season.
- Coach's discretion will be used.