



**Perpetual motion**  
GYMNASTICS

# **Developmental Training Team Handbook**

## **2008 - 2009**



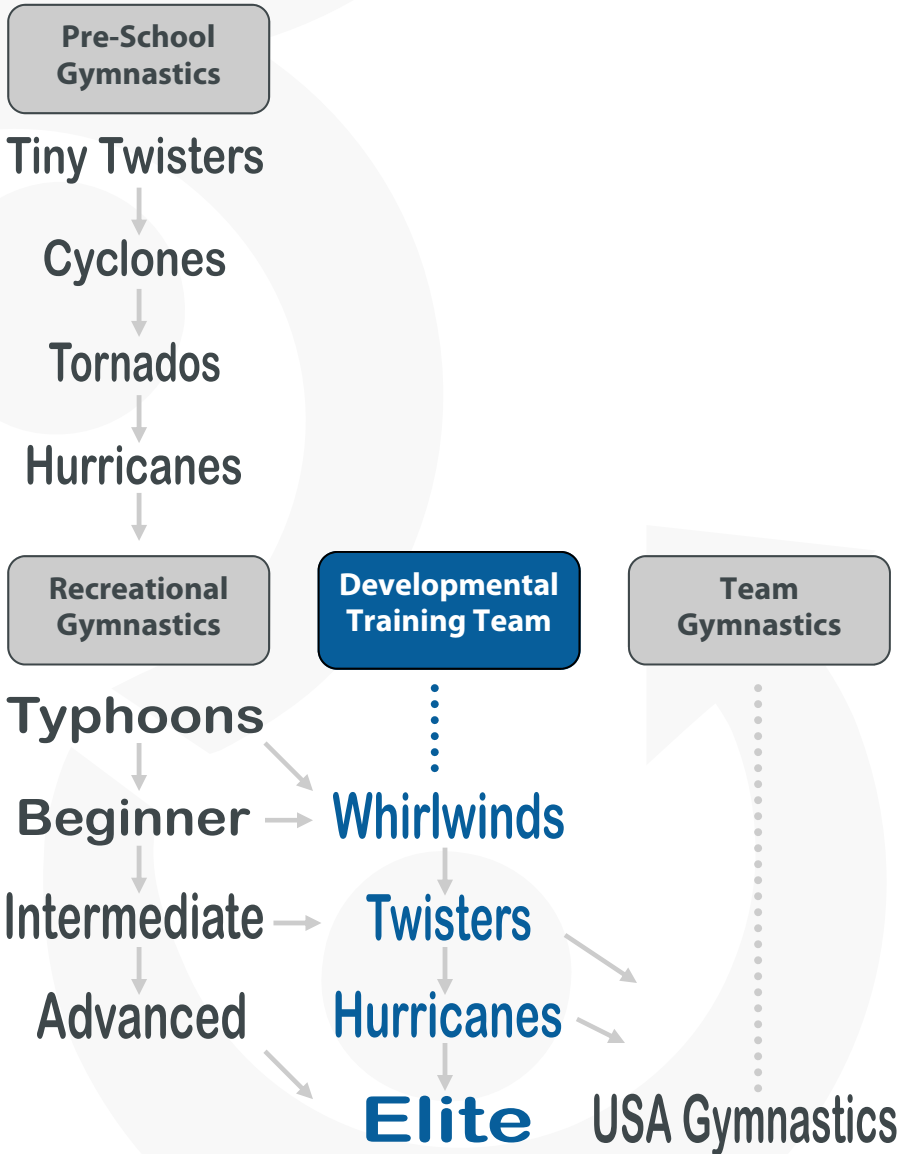
## Welcome to the **Perpetual Motion** Developmental Training Team

This program is by invitation only and is designed to provide an opportunity to young girls showing potential to become competitive in gymnastics. Participation in the Developmental Training Program will allow development of greater strength, flexibility, and skills that may lead to future participation in gymnastics competitions. While skills are a big factor, the child's desire to learn becomes an even bigger factor. This program gives us the chance to see how the girls respond to greater expectations of time, effort, good behavior, etc. It is important that future gymnasts have the necessary basics to learn upper level skills safely and properly. This path is not right for all kids, and that is OK. The level of commitment required to participate in competitive gymnastics is greater than in recreational gymnastics. The time and financial commitment is one that may not be right for all families. Participation in the Developmental Training Team starts with a lower level of commitment. This allows parents/coaches to determine whether or not competitive gymnastics is a good fit prior to making a more serious commitment.

Girls who become bored or simply do not enjoy the process of learning gymnastics with high attention to detail, after a time, may be placed in an appropriate recreational class.

Participation in the Developmental Training Program is by no means an automatic path/right to competitive team gymnastics. However, the Developmental Training Program does give many girls the opportunity to see if competitive gymnastics is a good fit. This program also provides a base for strength, coordination, balance, flexibility, and discipline that will benefit these young athletes in other sports and activities now and in the future. This program will focus heavily on proper technique in very basic skills, building strength and flexibility in the early years when it the easiest to accomplish, and fostering discipline which is crucial to upper level gymnastics.

# Perpetual Motion Gymnastics Programs





# Developmental Training Team Class Descriptions

## Whirlwinds

Whirlwinds is the first level of the Perpetual Motion Developmental Training Team. The whirlwind level is designed to transition gymnasts from recreational gymnastics to the Developmental Training Team. The class duration is the similar to a recreational class, but Whirlwinds meet twice per week. The Whirlwind class begins to teach the gymnasts that the correct technique of a skill is more important than simply being able to perform the skill. Strength and flexibility training are also introduced at this level. Being in a whirlwind class requires a similar level of commitment as that of a recreational class. Gymnasts can easily switch back to a recreational class if needed. When moving into the Whirlwind level, gymnasts are automatically signed up year round, and billed monthly instead of per session.

## Twisters

The Twister is the second level of the Developmental Training Team. Twisters also meet two times per week, but the class time is increased to 2 hours and 15 minutes so that we can spend more time on each event. When moving up to the Hurricane level, gymnasts are automatically signed up year round, and billed monthly instead of per session.

# Developmental Training Team Class Descriptions

## Hurricanes

Hurricanes is the third level of the Developmental Training Team. Like Twisters, the Hurricane class is also a twice per week 2 hour and 15 minute class. In the Twister level the gymnasts are learning the final skills needed for level 4 competition, and beginning to put together routines on each event. Hurricanes who are prepared will be given the option to participate in some Level 4 competitions

## Elite

The Elite group is the final level of the Developmental program. In the Elite group there is an option to add a third day of training which would bring the weekly workout time to a maximum of 6 hours and 45 minutes. All gymnasts in the Elite group will have the opportunity to attend gymnastics competitions at level 4, 5, 6, or modified optional level.



# Developmental Training Team Policies

## Dress code

The purpose of the Developmental Training dress code is to allow the girls to train safely and without a restricted range of motion. All gymnasts must wear a leotard. Hair should be pulled back neatly. Loop/hoop or any other earrings that may become entangled with a spotter are not allowed.

## Tuition

Tuition must be kept current to participate in the Developmental Training Program. The office requires a credit card number on file so as to avoid the \$25 late fee. If you are unable or prefer not to do this, you can pay your first and last month's tuition as an alternative. There is still a \$25 late fee if tuition is not paid by the 1<sup>st</sup> of each month if you choose this option.

## Make-up Policy

There are no make-ups or refunds for missed classes in the Developmental Training Program. This includes workouts missed for vacations, holidays, and any necessary gym cancellations.

## Withdrawal from the Developmental Program

If you choose to leave the Developmental Training Program for any reason, a 30 day notice must be given in writing in order to avoid being responsible for the next month's tuition.

# Developmental Training Team Policies

## Developmental Training Tuition

Developmental tuition is paid at the beginning of each session for Whirlwinds, and at the beginning of each month for Hurricanes through Elite. Some months may have more or less than four complete weeks depending on the calendar and holiday breaks.

## Developmental Training Fees

All Developmental levels have an annual fee. This fee includes, but is not limited to, such events as the Developmental Training strength meet, clinics with Natasha, our choreographer/clinician (*Natasha will be working with Whirlwinds through Twisters. go to [www.realresult.com](http://www.realresult.com) for more information on Natasha*), AAU / USAG registration, the Developmental leotard, and coaches' education.

Once per year in December we have a party for the Developmental Training Program. The party is held toward the end of their class and may run awhile afterward. The girls play games, have a gift exchange and some treats.

Each year we plan to hold a strength meet. This meet is designed to show the progress of the girls and to introduce them to gymnastics competition. Friends and relatives are welcome to attend. There is no fee for admission.

## Other Expenses

Most Developmental expenses are covered in the Developmental annual fee. There may be other miscellaneous supplies that a gymnast may need as she progresses that are not covered by this fee.



# Guidelines for Parents

Parents should not enter the gym area during their child's practice for any reason unless called out by their coach. If you need to speak with or give something to your child during workout you should get the attention of her coach or have the office staff relay the message.

During the workout the gymnasts need to be focused on their coach and their assignments. Parents need to be careful not to draw their child's attention away from the class. Even though intentions may be good, any parental coaching from the sideline will not be allowed.

When a gymnast needs to miss a workout, her parents should let her coach know in advance if at all possible. If this is not possible then a message left with the office would be greatly appreciated. Knowing if gymnasts will not be at workout helps the coach be better prepared to make the workouts as effective as possible.

Should questions arise about your child's training or progress please speak with your child's coach. The Developmental coaches will be happy to answer any questions or discuss any concerns you may have. If your daughter's coaches are unable to answer your questions, please speak with the Team Program Director.

# Guidelines for Advancement

Initially each gymnast will be placed in the appropriate level based on their age, a recommendation from their previous teacher and / or an evaluation by one of the Team or Developmental staff.

Once in the developmental program further advancement through the Developmental levels is mostly determined by completion of their advancement chart. Each level has its own chart with a list of skills on each event to complete. The gymnasts are also evaluated on their attitude and behavior in class.

The advancement charts also serve as a way to track the progress of each gymnast. Each item on the chart has 5 levels of proficiency that are checked and dated periodically throughout their training. When each item has reached the required level of proficiency a gymnast is most likely ready to move to the next level. Developmental parents are welcome to review their child's chart with the instructor. A gymnast may also be moved up if their chart is not yet complete, but the instructors believe they are ready.

When a gymnast has passed all of the requirements the instructor will talk to the gymnast's parents and decide when to make the move to the new level / class. Because the next class may meet on a different day or time it may be best to wait for the appropriate time to switch.

*Some Developmental gymnasts may be invited to join the Perpetual Motion Gymnastics Team. This selection is an entirely subjective decision made by the team staff. When invited there will be a meeting to explain all that is involved in moving into the team program.*



# Team & Developmental Staff

## **Meghan Johansen**

Recreational & Developmental Training Team Instructor

## **Amy Jurvis**

Developmental Training Team Instructor

## **Joyce Tulloch**

Developmental Training Team Instructor

## **Amy Owens**

Recreational & Developmental Training Team Instructor  
Elite group leader

## **Adam Bonine**

Developmental Training Team Instructor  
Perpetual Motion Lakeville Site Director

## **Katie Doornbos**

Recreational & Developmental Training Team Instructor  
Team Coach

## **Stephanie Larsen**

Team Coach  
Perpetual Motion Woodbury General Manager

## **Garrett Gibbs**

Team Coach  
Competitive Program Director

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# Notes



# **Perpetual Motion Gymnastics**

**Woodbury**

(651)459-5837

**Blaine**

(763)754-2341

**Lakeville**

(952)469-4421

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