

OREGON OLYMPIC ATHLETICS

Competitive Gymnastics Team

Calendar Of Events

Program Handbook

Men's and Women's Program Info



2014-2015

OOA, COMPETITIVE GYMNASTICS PHILOSOPHY

A winning Attitude

What is a winning attitude? Attitude is everything, and a positive, hard working attitude is a winning attitude! It does not matter how many times you fail, what does matter is that you never stop trying and you never give up. Here are some winning concepts for our OOA Champions:

- You are what you repeatedly do. Excellence is a habit, not an act.
- Sometimes it's not how good you are, but how bad you want it.
- Feed the good wolf and the bad wolf will weaken.
- Hard work and internal motivation creates success
- You are who you think you are. What would you like to be? Don't just dream it, be it!

Many in our society have come to the conclusion that everyone is a winner and that there are no losers. My belief is that there are winners and there are losers. Winning is a choice but, not everyone makes that choice. Rather, everyone has the potential to be a winner by taking responsibility and accountability into their own hands by working with a winning attitude.

Vince Lombardi put his opinion in the face of mankind quite simply: "There is no place for second place. There are winners and there are losers. If you do not win you loose." He brought to the table an idea of excellence that is bold and very raw. This idea rarely comes to play in our common society. His expectations were enormous, and his victories were grand. He demanded of his staff and students a concrete commitment to themselves to be a winner on and off the field. This is a way of life, a way to live.

Coaches, Gymnasts and Parents

We all have an integral part in the success of the OOA Gymnastics Team Program. Whether you are a first time parent, or a 10th year coach, we all are together during this season, what we do and how we act counts! This is our opportunity to show the excellence that we have within ourselves and to provide for the athletes that attend each competition. How do we want our athletes to look? How would you like your child to feel?

At Practice and Competition (General)

Parents, please remember to have your flash turned off at all competitions and at OOA while taking pictures. Please stay out of the training area and make sure you help your athlete stay in the competitive arena during competition. All athletes are to stay on the competitive floor during the meet, just as the athletes should stay in the training area during practice. Parents, please set a positive example for the athletes by having a supportive attitude during practice and competitions for all teams, athletes, and coaches.

OOA COACHING STAFF

Girls Team

Mohini Bhardwaj Barry: Owner & Womens Program Director: Began gymnastics at the age of 5. She spent 10 years on the USA Women's National Team. Mohini missed making the 1996 Olympic team by less than a tenth. She attended the 1997 World Championships then moved forward to college receiving a full gymnastics scholarship at UCLA. At UCLA she became an 11 time All American, and the only gymnast in Pac-10 history to win the All Around twice in a row. She won a total of 4 NCAA Titles: 2000 Bars, 2001 Floor, 2000 & 2001 Team. In 2001 she graduated with a double major in History and Sociology. After college she went back to international competition, becoming the Team Captain of the 2001 World Championship Bronze Medalist Team. In 2004 she qualified to be a member of the US Women's Olympic Team, was elected by her peers as Team Captain and aided them in bringing home a Silver Medal. Mohini has been coaching for 17 years, she is also a USA Brevet rated judge, internationally rated, and holds the highest judges rating in the state in conjunction with Linda Mulvahill. She was inducted into the UCLA Athletics Hall of Fame in October of 2013.

Karlie Hansen: Pre-School Director & Assistant Women's Team Head Coach:

Karlie is originally from Bend, OR and is also a former athlete of our program. She did gymnastics for 10 years and began her coaching career in 2006 focusing specifically on pre-school age children and team. During college, she took a short break from the gymnastics world. Karlie graduated with a BS in Criminal Justice from PSU in 2012, after school she decided to move back to Bend. She realized that she truly missed the gym as well as the satisfaction of helping kids learn and accomplish their goals. Since 2012 our team has finished 1st place on Bars in almost every competition, including multiple state championships.

Erin Solomon: Coach Erin began tumbling/dance class at age 3 in Tempe, Arizona. By the time she was 7, she knew gymnastics and dance were for her. When Erin's family moved to San Diego, California she joined the S.D.S.U Aztecs under coaches Darla and Ed Franz. She competed Class III optional and qualified to compete in the 1983 State meet. For the next 2 years Erin trained as a Class II, until the age of 14, but was unable to compete due to a persistent wrist injury. Erin's love of gymnastics encouraged her to try out for cheerleading so she could continue to tumble and dance.

As a sophomore she was one of the first to ever be invited to join the Junior Varsity squad. She continued with cheer as a Varsity cheerleader her Jr and Sr year where her all-girl squad placed 5th in the 1989 Regional Championships. She also earned Top 2 All American Finalist Award from the NCA (National Cheerleaders Association).

After graduating from high school in Mission Viejo, Ca, Erin began coaching Team gymnastics in Aliso Viejo where she started a cheerleading program and attended college. At age 20 she was hired to open Yoga Works in Newport Beach. There, she realized her love for Yoga due to some of the greatest instructors such as Geo Moskios. Erin married 19 years ago and moved to Bend, she is blessed with 2 amazing children. Erin is taking her multiple years of experience in physical activity to assist others in finding the importance of health throughout their lives. She is currently in her last year at Oregon State University-Cascades, finishing a degree in Exercise & Sports Science holding a 3.64 GPA.

Janae Whittaker Ali - Mental Toughness / Life Coach: Janae is a former championship gymnast and captain of the Penn State University gymnastics team, after suffering a devastating career ending knee injury her senior year, Janae persevered, honoring her commitment to gymnastics. She is now a warrior for supporting athletes. She is bold, she is fun and her passion for life is highly contagious. Her highlights as a certified professional life coach include: Featured coach on NBC's hit T.V. show – 'Starting Over', Janae worked with a star athlete in moving beyond the challenges of transitioning out of sport, she worked with and interviewed many celebrity athletes (including Mary Lou Retton, Dan Millman, Joe Ehrmann and more). Janae is also a national speaker for Olympic, professional, NCAA and club level teams and the 2006 NCAA Leadership conference, and to top it all of she is the author of the Xlete Method- The Five Secrets of Winning at Retiring From Sport and founder of Gold Medal Coaching, xletezone.com. Janae moved to Bend in 2013 with her husband, Russell and her 3 beautiful boys.

Lauren Manley- Floor and Holiday Show Choreographer: Lauren began gymnastics at the age of 6 and became a team member at age 8. In 2001, Lauren was the level 6 All-around state champion and by age 14 was competing as a level 9. Although Lauren dropped out of gym for 5 years, she decided to come back and compete at age 19 as a level 7 and ended up being the level 7 state champion. The next year she moved up to level 8 and qualified to regionals. She continues to show her passion for gymnastics through her coaching. Lauren currently is a dental hygienist assistant at O'Neil Orthodontics.

Indu Bhardwaj- Team Ballet and Yoga Core Stretch: Indu has over 1,000 hours of classical and therapeutic yoga training. She has been registered with the Yoga Alliance as an Experience Advanced Yoga Teacher since 1998. For the past thirteen years she developed RYT 200 & 500 registered yoga training programs that are used in several yoga studios today. Indu co-founded the first two Registered Yoga Schools (RYS) in Ohio and personally trained more than 200 registered yoga teachers internationally. She began yoga in 1968 in N.Y.C. while attending the American Musical & Dramatics Academy.

At the same time, Indu has an extensive background in classical ballet. She began at 5 and continued her training in 1968 at the International Dance School in New York City. She also studied with Maggie Black, Meredith Baylis and danced professionally with Karoli Zdenyi Co. and the Contemporary Dance Co. of Winnipeg. In 1974 she attended the Canadian Collage of Massage & Hydrotherapy and became a licensed Massage Therapist in Toronto. During that time she continued to train in Indian Classical Dance (Bharatnatyam) and danced with the Natyakala Dance Co. Directed by Menaka Thakkar. After a long break, she had resumed dancing with the Cincinnati Ballet Academy under the direction of Isabelle Elefson. Every summer she spends a few weeks working Ballety and Yoga with the competitive team program.

Boys Team

Reece Pressman: Boys Program Director: Coach Reece began coaching in Medford. In the first year of coaching at OOA he has grown and developed the Men's program into one of the fiercest programs in the region. In his introductory year alone, he coached the OOA boys team members to bring in 21 State Championship Medalists, and 8 Regional Titles, plus one Level 9 National qualifier. Reece has been a huge asset to the

Men's program. He is also the head coach of OOA's Tumbling and Trampoline Program. Do not judge him in age as he is wise beyond his years.

Conner Peeples: Coach Conner started gymnastics because he wanted to flip, and thought that was all there was to gymnastics. Once he began, he learned that to do gymnastics, you need a combination of strength, stamina, and flexibility along with a strong mind. He loved working out and training in the gym, combined with the inspiring culture of the program. Coach Conner competed level 4 in 2008 and level 5 in 2009. When he retired from gymnastics, it opened up a new world of sports he was able to do. Gymnastics helped him tremendously with skills in pole vaulting, his gym experience was literally a springboard for all the activities he currently does.

Being a Part of a Team

Being a team member is an accomplishment that is earned and is more than just showing up for workout. It is a family network, an atmosphere with bonding, purpose, accountability, and support. These are very important attributes that we must understand when dealing with the responsibilities of being a coach, athlete, or parent. Support of the team is shown through the actions of all of its members. The coaches' role is to facilitate the direction in which the team is to be driven. Parents, please help support the athletes training by supporting the coaches. In addition to all of these responsibilities, there are special benefits that only OOA Competitive Athletes receive!

Each OOA Athlete will receive the following items upon becoming a team member:

- Team Lockers, cubbies in the new facility.
- Activity Discounts -
 - **Open Gym:** All Open Gym events are \$6 per team athlete as well as all of their siblings. (Friday night & Saturday morning)
 - **Parent Night Out:** \$3.00 discount + \$2.00 additional discount for bringing a non-current OOA Member
 - **Age Limitations:** Most OOA extra events or activities have age limitations to the general public. All age limitations are waived for team athletes.
 - **Intra-Squad / Mini Olympics:** if scheduled on a current training practice day, it is free

Expectations

Oregon Olympic Athletics is a Competitive Gymnastics program and it is successful due to its coaches & staff, the athletes and their parents. Between all of us, we must understand what is expected, so what we do, can be done with excellence.

Coaches

OOA's coaching expectations are no different than the expectations of the athletes. A winning attitude is a must. Positive reinforcement through example and positive verbal speech are key to the success of our coaches providing a winning atmosphere during each training session.

Coaches are to be dressed well, use appropriate language and have a desire to raise the motivational level of the team.

Parents

Parents are expected to get their child to workouts on time and to competitions 30 min prior to their session start time. Parents are asked to help be a support group to their child, the team and the coaches. A unified support group is integral to positive energy both at the gym and at competitions. At competitions, athletes are required to stay until the end of awards for their session, regardless of whether they receive an award or not. This teaches the athletes good sportsmanship.

At competitions parents are not allowed in the competitive area and once the athlete is released to the coach they should wait until after the meet to communicate or contact their child. Gymnasts must also stay in the competitive area with their coach(es) and their team.

Parents are expected to have payments provided by due dates set. OOA does not bill clients for tuition; however, we will provide statements for each of the competitions so you are aware of the competition cost breakdown

Athletes

Training expectations are quite simple. Our OOA athletes are asked to train with a winning attitude. We also ask them to communicate fears, frustrations and injuries with their coaches, as well as be respectful to their teammates and coaching staff.

Though the daily training provides many life lessons for our athletes, the ultimate goal of being a competitive gymnast is to compete to the best of their ability. It is quite easy to have a winning attitude when everything is going your way. There will be times when athletes may fall, or get scores they don't feel they deserve or they may deserve, but don't care to see. These are the times when the winning attitude is taken to the test.

Congratulations, you are on our Oregon Olympic competitive gymnastics team! Our OOA competitive athletes are expected to be at each practice unless they are sick, have important family or school activity that is required for them to attend. Please notify the coach or office of any athletes' absence prior to the training period by the athlete, if age appropriate.

Workout Attire:

Girls: Leo, specialized gymnastics shorts (if you choose not to wear shorts, please wear the appropriate undergarments), hair pulled back, clean feet and hands, no jewelry.

Boys: Shorts, T-shirt or competitive attire, hair pulled back (if needed), clean feet and hands, no jewelry.

Exhibition Attire:

Girls and boys should wear competitive attire. In addition, girls may wear black gymnastics shorts, and boys may wear black shorts with an OOA t-shirt.

Competition Attire:

All gymnasts need to have proper competitive attire at competitions. This shows team unification and deems them as OOA members. At each level there are various attire items, most of them requiring specialized and individualized body measurements and pre-

ordering deadlines. General deadlines are specified for each season. July for fall level 3-5 October for winter Girls and Boys competitors.

Girls: Compulsory or Optional Leo, OOA competitive bag/ backpack, Warm-ups, grips and accessories and hair tied appropriately. Please have nail polish removed prior to meet. Undergarments must be the same color as the bottom of the Leo (black).

Boys: Competitive Attire: Competitive shorts & pants, Singlet, black socks, warm-ups and OOA competitive bag/ backpack along with grips and accessories.

Practice

Practice makes permanent. It is important to practice good habits including, being on time, being properly dressed, eating well, working out hard and getting to bed at an appropriate time. “We are what we repeatedly do, excellence is a habit, not an act.”

If you are not at practice, it is difficult to improve your skills. In fact, missing a week of practice requires a week to get back in tune and the first few days may be a challenge because the athlete's body will be sore. **If your child is too sick to go to school, please do not bring them into practice.**

Make Up's

Like a college or even Park and Rec class, OOA, does not offer make ups for missed classes. Each day is planned based on the number of athletes, their level and matched appropriately with specific coaches and a specific staff/student ratio. When athletes switch days around it takes away from the optimal training of all the athletes. If your athlete misses more than one week due to an injury or sickness and you have a doctor's note, we will happily accommodate you.

Being on Time

At the beginning of practice the coaches set the tone for the day and go over what will be happening. Athletes coming in late are not only a distraction to the coaches and athletes that are already there, they also miss out on pertinent information regarding upcoming events and current daily practice information. We are teaching life lessons and skills that these children can use even after they retire from the sport. Being on time is important for any job or activity your child may have in the future.

Listening Skills & Problem Solving Skills - Line Up

It is so easy for us to be caught drifting off while at a meeting or in conversation. OOA Coaches continually work with athletes to improve their listening skills as well as problem solving skills. These two attributes will be highly beneficial for their education and for the rest of their lives. We teach our athletes line up small to tall. This makes lining up fast and helps when taking turns on apparatus that have to be adjusted for height. Teaching the kids to stand still has its challenges. Athletes are asked to line up and stand at “Position Of Attention” (POA), with solid eye contact to help them focus on their listening skills.

Break Time

Work out time is precious. Specifically during the school year since we shorten workout to 3 ½ hours/day. We have designed the workouts so that we have approximately 45 minutes per rotation. Between each rotation, athletes receive a short break to get a drink, a bite of an apple or something nutritious, and/or go to the bathroom. We keep break time short to keep the athletes in the flow of workout. We encourage the athletes to keep water bottles with them out on the floor, especially during the summer. We do not allow our athletes to leave the floor during rotations unless there is an emergency. They are reminded that during break time, it is important they use the bathroom so they will be good to go for the next 45 minutes. We do realize that there may be some exceptions that occur. As to have no favoritism or question about the urgency, students may leave the rotation to use the restroom, however, they are asked to do a rope climb. The rope climb is not used for a punishment, rather to help remind them to go to the bathroom in between rotations.

What to Bring to Practice

All gymnasts should have a small gym bag that can hold their jump ropes, ankle weights, pre-wrap, tape, wristbands, wrist supports, grips, ankle braces, hair ties, water bottle, etc. *Bags should be left in the locker room but athletes need to remember to bring in the appropriate gear specific to the event they will be going to (they are able to grab this stuff between events)*

Friday Practice

During season, Friday practice is usually a mock meet day. Practice goes until 7:30pm. We will work hard to be done with our practice meet by 6:30pm for those leaving for competition (non-Competing athletes will still go till 7:30pm). No shorts are allowed for girls on Fridays **during competition** season to simulate meet attire.

On occasional non-meet weekends, the girls will do Mental Toughness training with Janae Whittiker Ali. This is done free of charge for all team members, athletes that do not attend on Friday may come in for Boot Camp from 4-5.

Ballet and Yoga Core Stretch

This year we are happy to announce that we are supplementing Girl's Team training with Ballet and occasionally, Yoga Core Stretch throughout the summer. Ballet is the foundation of all dance movement in gymnastics as well as proper spinal alignment, range of movement development, and core stability. Also, ballet encourages hip, foot and ankle flexibility that are required in all gymnastics skills. Yoga Core Stretch is a combination of yoga style stretches and core strength exercise. An advanced level yoga teacher focuses on correct posture alignment, flexibility and core strength that supports the needs of a well rounded gymnastic program. Today yoga is now used in all forms of professional athletics. Oregon Olympic has the opportunity to take advantage of this to enhance their team program.

Clean Up

At the end of each practice, all athletes are asked to help clean up the gym prior to line up. Having every athlete helping together to clean up takes 2 to 3 minutes.

Locker Room (Bathrooms)

Being Issued a Locker

The highest-level gymnasts have priority over lockers. They spend the most time in the gym, and they have seniority due to the dedication, time and effort they have spent to get to the level they are. They also grips, wrist guards etc. Please see coach Mohini to get a locker. Due to the number of team kids, lockers are all assigned and shared.

Keeping the Locker Room Clean

We have had difficulties in keeping the locker area clean, specifically of food stored or dropped. Please remind your children that we have many more clients that just our girls' team and that they need to be responsible for their garbage and belongings.

Team Time Contributions

All current Oregon Olympic Team members/families are **suggested** to donate a minimum of 10 hours per year to the team. This is for exhibitions, once a year gym clean up, set up and tear down for future in house meets or marketing events such as Saving Grace, community service etc.

Competitive Expenses (How Much Will Everything Cost?)

Competitive Gymnastics is expensive. Expenses include tuition, meet fees, USAG fees; coaches meet fees, competitive materials, coaches education and competition attire.

Below, we have broken it down for you into the following categories.

- Annual Dues
- Competition Attire costs
- Tuition
- Private Lessons (choreography, if required or requested)
- Competition (meet fees).

Annual Dues (Team Fee)

Each competitive OOA gymnast is charged a yearly non-refundable Team Fee of \$400. If your family has siblings that are also competing in either program, additional sibling annual due are cut in half. This yearly fee is due in 2 separate installments. June 30th, or upon team entry and October 30th. This fee includes the following items:

- Athlete USAG Membership # (\$54 per athlete)
- Annual USAG Club Membership Dues (\$175)
- Compulsory/Optional State Dues (\$180 per boys & girls team, per season)
- Coaches USAG #'s, Background checks, safety certification (\$500-\$1000)
- Regional Congress, Coaches Education and Development (\$1500-\$2500)
- All Competitive Materials (New Compulsory Routine DVD's, Code of Points-\$1000)
- Equipment upgrades for Competitive apparatus (\$3000-\$5000)
- Chalk (\$500/yr)
- Accounting / billing for monthly tuition and competition expenses (\$1000/yr)

- *\$400 will be re-donated by OOA to be split among any athletes qualifying to Regionals, Western Nationals, and J.O. Nationals for meet/coaching fees.*

Tuition

Tuition is based on 48 weeks of training (Six-8 week sessions). There are no partial payments for partial months. **There are NO VACATION or SICK credits. Similar to school tuition, you are paying for teachers to be available for instruction, whether your child is attending or not.**

We make additional days of training available for a minimal charge. All tuition is due by the 5th of each month. Monthly tuition has been divided by the 48 weeks, based on a yearly tuition fee. Months where training comprises three weeks or five weeks are still charged the equal amount of tuition. Please refer to our session schedule below in case of joining our team during the middle of a season.

- Session 5 (September 2nd – October 25th) – Sept & Oct (Due on 5th)
- Session 6 (October 27th – December 20th) – Nov & Dec (Due on 5th)
- Session 1 (January 5th – February 27th) – Jan & Feb (Due on 5th)
- Session 2 (March 2nd – April 24th) – March & April (Due on 5th)
- Session 3 (April 28th – June 21st) – May & June (Due on 5th)
- Session 4 (June 30th – August 23rd) – July & Aug (Due on 5th)

Team members have specific training days and we do not pro-rate for missed days.

In most cases, injured athletes should still be attending class. There are many activities that the coaches can have the athletes work on. If there is a serious injury, where your doctor will not allow your child on the floor to train, please provide us with a doctor's note and we will be happy to prorate for this time period.

Private Lessons and Choreography

Private lessons are available but not a requirement. If you are interested in private lessons, please contact the head coach to discuss what requirements should be worked on and to schedule a day and time. Once that has been confirmed, call or come to the front desk to finalize scheduling and payment. Private lessons payments are due at the time of scheduling and vary depending on the instructor's credentials and experience. **All tuition and competition expenses must be paid in full before scheduling private lessons or choreography.**

Optional team members need to have both balance beam and floor routines choreographed. Floor routines have a set fee of \$275 and beam routines are scheduled through private lessons. Floor fees include helping pick music that will work best with your child (does not include the fee for purchasing the music). **I suggest that each athlete keep the same floor routine for 2 years, unless moving up to a level where more tumbling passes are required (Level 9).**

Beam routines generally take less time and coaches like to give the athletes the opportunity to choreograph their own routines. Usually one private meeting is adequate when choreography is already partially done. Once routines have been developed, coaches will continue to refine them during regular training hours.

Competitions (Fees for each competition)

We will assume that your son or daughter is signed up for all competitions during a season unless otherwise notified (e-mail coach Mohini). If your daughter is not ready for a given season (there are normally two seasons for compulsory girls) the coach may advise you to wait for the second season of the year. **This year we are in a unique rebuilding phase and all teams will be competing in ONLY the spring season.** Athletes are allowed to miss no more than 1 competition per season, and compulsories are suggested to attend a minimum of 1 out of state meet per year, as specified by the coaches. All tuition and meet entry fees must be paid in full prior to competitions for your child to compete.

Fee to the Host Club

Host Club Meet fees are generally around \$80 - \$100 per competition for compulsory girls and all boys levels and are paid to the club that is hosting the competition. Optional girls competition fees range from \$85-\$125. OOA is required to send these fees to the host clubs anywhere between 30 days to 4 months in advance of the competition. OOA will be asking for pre-payments for the fall season in August (NOT applicable this year), pre-payments for Spring/Winter season will be due in two separate installments and will NOT include coaches per diem or travel.

OOA must pay these fees in advance to the Host Club. If your son or daughter is on the meet roster and cancels after payment is sent you may not be reimbursed. Host clubs typically only reimburse athlete meet fees if there is a death in the family or severe injury.

Coaches Fees

Coaches' fees are broken down into categories including; travel, per-diem (actual coaching at the competition), lodging, meals (only for out of state competitions). Coaches may or may not be assigned to some competitions. The head coach will make the final decision on which coaches will attend and this is primarily based on the number of athletes attending. **Each athlete will be billed for coaches per diem each Monday following each competition. As to unify our Men's and Women's Teams, we will be attending more competitions TOGETHER. When both programs attend the same competition, coaches per diem and travel will be split amongst EVERYONE, boys and girls competitors.**

GIRLS' GYMNASTICS COMPETITIVE PROGRAM **(Please see Girls Team Handbook Insert)**

BOYS' GYMNASTICS COMPETITIVE PROGRAM **(Please see Boys Team Handbook Insert)**

Injuries

Injuries happen. There are general scrapes or bumps, and there are more serious injuries that can be placed in two categories: chronic and acute. Oregon Olympic coaches work hard to train our athletes with proper progressions and conditioning. Athletes that apply themselves will experience pain at one time or another in one or more of the following areas; wrists, back, ankles, elbows, knees, neck and shoulders.

As in most cases of injury the use of RICED (rest, ice, compression, elevation, diagnose) is a good start to the treatment. It is always a good idea to have a professional opinion with any injury.

Bumps, Rips, Scrapes and Bruises

Bumps, scrapes and bruises hurt, but usually can be worked through. The most painful usually is that of ripped hands.

Rips

Rips happen, and they don't feel good. To help keep rips from happening it is helpful to file down calluses, but be careful not to file them too far. If a rip happens, keep the rip from drying out. If they dry out they will crack and keep re-ripping. Vaseline or similar product can be placed on the rip at night along with a glove to keep the rip moist. During practice, tape grips have been shown to be helpful, but regardless of what you do, rips will hurt and as coaches we work hard to help the kids through the pain or give them an alternative bar conditioning assignment.

Acute Pain

As opposed to chronic pain, acute pain comes on quickly, can be severe, but lasts a relatively short time.

Joint Pain

The most common joint pain in gymnastics is the wrist. The wrist takes a great deal of pounding. Wrist supports can be purchased to help with the discomfort. Other joint areas that may be complained about are ankles, knees, elbows and shoulders. Lower back injuries can also be very painful.

Twisted Ankles

The most common injury in gymnastics and sports in general is a twisted and sprained ankle, usually in the form of being an inversion ankle sprain, where the foot is rolled inward at the ankle joint. Once an ankle has been sprained it becomes more likely to be sprained again due to ligament damage. This is where it may be a good idea to see a physical therapist or talk to one of the coaches for preventative rehab exercises.

Chronic Pain

While acute pain is a normal sensation triggered in the nervous system to alert you to possible injury and the need to take care of yourself, chronic pain is different. Chronic pain persists. If a gymnast continues to have a problem with an area of their body due to a previous injury it is important for the parents, coaches and athlete to work together to manage the situation.

The Future of The OOA Competitive Gymnastics Team

The future of OOA's Competitive Gymnastics Team is in the hands of the OOA administration, OOA coaching Staff, the Parents and the Athletes. All are integral in the success of each season. We are always working on ways to improve our program and make a difference for the future of our athletes, as they are what it is all about.

As parents, your help is critical. Getting your child to practice on time, attending all competitions, making sure payments are prompt, and working with the coaches are important factors for the success of our program. Understanding how our program works helps the coaches, parents and athletes, providing unification and an enjoyable season.

If you have questions, please feel free to call or email us at the gym. Below is a list of team staff emails.

Oregon Olympic Athletics Phone #: (541) 241-6158 or (541) 388-5555
Office email: info@oregonolympicathletics.com

Oregon Olympic, Boys Program Director

Coach Reece: rpressman46@gmail.com

**Karlie Hansen, OOA Pre-School Director, & Girls Team Assistant
Head Coach**

Coach Karlie: kahansen101@gmail.com

OOA Owner, Girls and Recreational Program Director

Coach Mohini: Mohini@oregonolympicathletics.com

OOA Booster Club (Please see Booster Club Insert)

The OOA Booster Club is a completely separate entity from Oregon Olympic Athletics. It is member based and was created for the sole purpose of fundraising to provide assistance to competitive athletes as well to unify the entire OOA team, regardless of membership with quarterly team building events. Please contact the booster club e-mail for any information, questions, or concerns you may have related to their events.

OREGON OLYMPIC'S SUPPORT TO OTHER ORGANIZATIONS

OOA continues to support and work with organizations throughout the USA, providing opportunities for those in need. We continue to work hard to develop relationships, opportunities and avenues to better our community and the communities abroad. As with any endeavor, teamwork is essential. Becoming an OOA Gymnastics Team Member, you may be offered the opportunity to help support one or more of these groups OOA has helped throughout each year.

- Boys and Girls Club of Bend
- Ronald McDonald House
- St. Jude Hospital
- Bend/Lapine School District
- St. Francis School
- Sparrow Club

OOA TEAM PARENT HANDBOOK CHECK LIST

Here is an OOA Team Parent checklist for your records and ours

- _____. I have read the OOA Parents Team Handbook 2014-2015
- _____. I understand that Tuition is due by the 5th of the month.
- _____. I understand that there is an annual due of \$400.00 broken into two separate installments and that this fee is non-refundable. 50% discounts apply to additional children in my family.
- _____. I understand that my son/daughter may be injured, but they still should attend class, unless a doctor has stated otherwise.
- _____. I understand that OOA operates in six- 8-week sessions and that there are four weeks that the athletes do not train unless they choose to pay for additional training.
- _____. I understand that my son/daughter needs to be at workout on time and stay until the workout is completed. OOA will make special provisions on Friday workouts that are prior to early morning (8:00am) competitions that need to be traveled to the night before.
- _____. Wearing Oregon Olympic attire at meets helps support your child's team. Feel free to join the support by getting an OOA shirt or hoodie!
- _____. I/ my family is willing to contribute a minimum of 10 hrs/yr to the Team Program.

Team Parent Signature and Date

Signature X _____ Date _____

Parent Name (Printed) _____

Child's or Children's Name(s) (Printed)

Child's or Children Signature and Date

Signature X _____ Date _____

Signature X _____ Date _____

Signature X _____ Date _____

SIGNATURE PAGE

You are almost there. We hope that you have been able to read and understand where our what our competitive gymnastics goals are. You are an integral part of our new destination. How you perform as a parent matters. You are an integral part of Oregon Olympic's competitive gymnastics SUCCESS.

Please fill out the following information for our records. This will allow us to keep in contact with you throughout the season. By signing below, you will allow us to recognize that you have read through our competitive handbook and have a basic understanding of our competitive rules and policies.

Athlete Name _____
Date of Birth _____
Email _____ Phone _____

Mailing Address Information

Address _____
City _____ St _____ Zip _____

Parent/Guardian Information

Mother _____
Email _____ Cell _____

Father _____
Email _____ Cell _____

Other ((relation) _____) _____
Email _____ Cell _____

Upon signing our Team "Signature Page", you agree that you have read and understand our OOA Gymnastics Team Program and Policies and that you have provided a copy of the OOA Team Parent Handbook Check List. Upon signing this page, you agree to the financial obligations and daily parental obligations.

Congratulation and welcome to the Oregon Olympic Athletics Competitive Gymnastics Family!

Signature x _____
Printed Name _____

Now for the confetti and hip, hip hurray. You are now an official member of the team!