

Xcel



Infinite Gymnastics Girls' Team 2022/2023 Competition Packet

Inside This Packet:

- Answers to Frequently Asked Questions About Competitions
- Meet Etiquette for Athletes and Families
- Explanation of Fees Associated with Competitions
- 2022/2023 Competition Schedule



Participation in Meets:

Answers to Frequently Asked Questions about Competitions

How many meets should my child enter?

Ideally, we would like the girls to enter every competition. However, we understand that not all families will be able to make that commitment. Therefore, we request that the girls enter at least 4 of the meets, with one of them being the season finale – Wisconsin State Championships.

How do I know what day the meet is on?

Please note that all meets on the calendar usually have both a Saturday and Sunday date listed (in some cases Friday, too). Team entry fees (paid with a club check) are usually due 6-8 weeks prior to the competition date. This deadline varies based on the meet host and, due to the popularity of some of the meets, they sometimes “fill up,” 3 or 4 months in advance. Once the meet director receives all team entries, they begin creating the meet schedule. We are completely at the mercy of the meet host, and they can assign any level to any day or time slot. We will be notified what day Infinite will be competing 7-10 days before the meet. Once this info is received, it will be posted on the TeamApp. Each gymnast will only be required to attend for one session (about 3-4 hours long.)

What if we cannot attend?

To register for meets, you must return the form at the end of this handbook. If you decide to no longer attend a previously registered for competition, you MUST email the gym at infinite1gym@gmail.com. You will have up to 1 day before the “due date” to let us know you are withdrawing from a competition with no penalty to your billing account.

-No refunds will be issued for last-minute withdrawals

What is the competitive dress code?

1. **COMPETITION LEOTARD:** Gymnasts are required to wear a competition leotard. Competition leotards can be worn for years, as long as the child does not outgrow them. We typically change our leotard style every 2-3 years.
2. **SOLID BLACK LEGGINGS:** Black leggings are worn over competition leotards to warm-up in. Only the black leggings sold on the Infinite Uniform Order will be allowed.
3. **SOLID BLACK SHORTS:** Black shorts are *optional* to wear over the competition leotard while competing. If choosing to wear shorts, only the black shorts sold on the Infinite Uniform Order will be allowed.
4. **TEAM JACKETS:** Infinite Team Jackets are a requirement. They will have the Infinite name and logo with the option to add your gymnast's name on the chest.
5. **HAIR:** Hair should be secured away from the face and neck. Clips, bobby pins, and hair spray may be used to keep strands of hair from falling down. Hair that falls into a gymnast's face is a safety risk and results in a score deduction.
6. **ACCESSORIES:** There is a deduction for any kind of jewelry, as well as any nail polish worn on the fingers or toes. Small studs can be worn in the ears for competition, but that is it.
7. **Please make sure your gymnast looks their very best when representing Infinite!**

How do we come prepared?

- Gymnasts should come wearing their complete team uniform (competition leotard, team jacket, solid black leggings, and gym bag)
- Any personal equipment needed should be in gym bag (EX: if they have grips, tiger paw, or braces.)
- Other things to include in the gym bag:
 - Water bottle
 - Tape or pre-wrap (if needed)
 - Deodorant or other personal items
 - Very light NON-MESSY snack
 - Extra hair ties, clips, hairspray

***Please write your child's name on everything!*

If your gymnast will be carrying a bag on the competition floor, it must be an Infinite bag. Otherwise, parents must be prepared to hold all items!

Meet Etiquette for Athletes and Families

Whether your meet is in your own facility or in another team's gym, it is important that you and your athlete remember that hosting a meet takes a great deal of work. The hosting gym receives a roster of athletes from each gym wishing to participate in the competition. To give everyone an equal opportunity to take part in the meet, a deadline date is usually established. The deadline for entries can be from one week to months prior to the event. When the hosting gym gets all of the rosters, they may then begin to establish sessions and times. This all takes time. Please **DO NOT** call the hosting gym for information. The proper etiquette is to ask your own coaches.

It is his/her responsibility to furnish you with this information. Sometimes there are unforeseen problems that might cause a delay in this information being communicated, so be please patient.

Etiquette for Families:

Each gym club has a set of rules and regulations that have been established for your comfort and safety. **ALWAYS** follow the hosting gym's rules. Here are a few rules that are common to ALL meets:

- No Flash Photography
- No Parents or Siblings on the Competition Floor/Area (there will be designated spectator seating)
- No Food or Drinks in the Gym
- No Parents Allowed to Question a Judge
- No Spectators Allowed on Any Equipment
- No Profanity
- No Unsportsmanlike Behavior
- No Destruction of Gym Property

Door Fees for Spectators:

Some host clubs charge a fee for spectators at competitions. These fees range from \$10-20 per person. These fees help the host gym cover the expense of running the event.

Arrival:

Gymnasts should arrive at the arrival time listed on the schedule to check in with their coach. This is typically 10-15 minutes before the competition starts. Timeliness allows gymnasts to start their team warm-up on time, creating a less stressful experience, and is the key to them mentally preparing for a good performance in the competition arena.

General Meet Etiquette:

- Once the gymnasts are at the meet with their coach, the coach is in charge of them at that time – **The parents' role is to SUPPORT FROM THE STANDS! (Be their best cheerleader!)**
**Please Note: A gymnast will receive a deduction if their parent is overheard coaching them from the sidelines.*
- Gymnasts should remain in the competitive area until after the awards ceremony unless instructed to do otherwise by their coach.

Good Sportsmanship:

It is important to remember that a score for any routine is just an evaluation of a single performance. Regardless of the outcome of a routine or competition, good sportsman-like conduct is expected of all Infinite gymnasts, and individual attitudes can affect the entire team. Crying, poor attitude, and feeling sorry for oneself is not an appropriate response. Always remember that we never lose - we either win or we learn!

***Cheering for your teammates (and others) is REQUIRED!!!**

****Badmouthing ANYONE is not allowed!**

A Note About Nerves:

It is difficult to predict how an athlete will respond to the nerves that come along with competing. For some, it gives them a boost of adrenaline and they actually perform better than they do in practice. For others, the nerves are literally debilitating, and a gymnast can shut down and forget everything they have been working on in practice! We try our best to prepare them for competition both physically and mentally, but anything can happen at a meet! It is important that we (coaches and parents) teach our athletes how to respond and deal with stressful situations because it will not only help them become better performers and competitors, it will help them deal with the uncertainties and stressful situations that will arise throughout their life!

Etiquette Continued...

Receiving Awards in Public:

Most meets have a formal system for presenting awards. As an athlete, a demonstration of courtesy and gratitude is appropriate. In addition:

- You should accept awards in your **TEAM UNIFORM** only.
- No gum or candy.
- Congratulate the other athletes receiving awards as well.
- Stay on the awards podium for a brief time after all gymnasts have received their award -Family members will want to take pictures of you on the platform!
- Under no circumstances should you show disappointment for an award that you are given.
- Not everyone wins an award every time. That is the crazy thing about life. However, we must understand that the only way that we truly LOSE is if we do not LEARN from the mistakes that we make. *This is where we go back to the gym to practice and continue to work hard at fixing those mistakes! 😊



Explanation of Fees:

Infinite Gymnastics' Annual Team Registration Fee:

Every year on June 1st, an annual Team Registration Fee of \$115.00 is due and payable to INFINITE GYMNASTICS. This fee covers the following team specific items that are not covered in tuition, these are:

- Gym registration
- Tape & Chalk usage
- Administrative cost
- Insurance

Competition Uniform:

Gymnasts are required to purchase the competition uniform outlined on page 1 of this handbook.

Coaches Fees:

Coaches fees are based on the coaching costs associated with each competition. These fees cover the coaches' expenses such as travel, food, and lodging. These fees are divided evenly among all athletes who attend the competition. Fees will vary by competition.

USA Gymnastics Membership Fees:

Parents MUST complete all USAG registration online so that the gymnast can receive her athlete number and registration for the season. It is also used as an insurance and comes with several other USAG benefits. Please see the attached How-to Guide for directions to register. This membership must be renewed each year. USAG sets the fees for membership. We cannot register your gymnast for meets until you purchase their USAG membership.

Entry Fees:

Entry fees for competitions vary per event based on the level of competition, the location and the nature of the competition (Invitational, State Championship, Regionals, etc.) (Entry fees are set by meet hosts, not by Infinite).

OTHER THINGS TO NOTE:

- **LEOTARDS:**

- *Competition leotards are for COMPETITION ONLY and should never be worn for practice!! To keep them looking fresh, turn them inside out to wash and dry. Low heat/cold water is best!*

- **EVENT ROTATION ORDER:**

- *Gymnasts always rotate in “Olympic Order” which is - Vault, Bars, Beam, Floor (If we start on Beam, for example, then we will rotate- Beam, Floor, Vault, Bars. If we start on Floor, we will rotate Floor, Vault, Bars Beam. Every meet rotates in this order (which is helpful to know when wondering what event we will go to next)!*
- *Sometimes we will get to choose our order for who competes first, second, third, etc. Sometimes the orders will be generated randomly before arrival. Every meet is an exciting new experience!*

- **VISUALIZATION:**

- *Mentally prepare for your competition THE NIGHT BEFORE! See yourself doing your routines PERFECTLY in your head!!*
- *Visualization is a great tool for success - not just in gymnastics, but in every aspect of your life!*
- *When you are visualizing, imagine you are in a large stadium with a large audience and judges and cameras and the whole shebang!*
- *Put yourself in the stressful situation mentally and imagine how you will succeed there! How do you have to stick your handstand on beam? What do you need to remember to do on bars? How will you stick your tumbling and vault, etc.?*

- **REMEMBER - WE ARE DOING THIS FOR FUN:**

- *Sometimes you will have a good meet. Sometimes you will have a bad meet. Remember that nothing that happens at this level of competition really matters in the grand scheme of life. People make mistakes at competitions and it is not the end of the world! What matters is how you respond after you make those mistakes! Always show grace in defeat. After each competition, we will go to the gym and work hard on trying to fix our mistakes. It is an important life lesson to learn that failing is a part of growing, and that no competition or single performance - good or bad - defines you as a person.*

2022/2023 Competition Schedule

PARENT COPY

Recommended that you circle the meets you are asking to be registered for and post on your fridge!

Date	Competition	Location	Entry Fees / Due Date	Coaches' Fees / Due Date
Mid Nov. during practice - Date TBD	In-House Judging Clinic	Infinite	\$25 Nov 1 st	N/A
Dec. 9-11	M&M Frozen Competition	New Berlin	\$95 Sept 15 th	TBD Dec 15 th
Jan. 5-7	Safari Invite	Kalahari Convention Center - Wis. Dells	\$130 Oct 1 st	TBD Jan 15 th
Jan. 21-21	Under the Sea	Washington Co. Fair Grounds - West Bend	\$130 Oct 15 th	TBD Feb 1 st
Jan. 27-29	Chellsie Classic	OAW Indoor Sports Complex - New Berlin	\$130 Nov 1 st	TBD Feb 1 st
Feb. 17-19	Harley Davidson Meet	Wisconsin Center - Milwaukee	\$130 Nov 15 th	TBD Mar 1 st
Feb. 25-26	Dairy Aire Invitational	Monona Terrace Center - Madison	Bronze/Silver - \$110 Gold/Platinum - \$140 Dec 1 st	TBD Mar 1 st
Mar. 10-12	The LEAP Challenge	Resch Expo Center - Green Bay	\$130 Jan 15 th	TBD Mar 15 th
Mar 18-19	Tiki Twist	Cedarburg	\$90 Dec 15 th	TBD Apr 1 st
Mar. 31 - Apr. 2	Wisconsin State Meet	Verona Area High School - Verona, WI	\$105 Feb 1 st	TBD Apr 15 th
Apr. 21-21	Xcel Regionals	Minneapolis Convention Center - Minneapolis, MN	TBD	TBD Mar 1 st

PLEASE NOTE:

- Gymnasts will be entered into the competitions that you select on the next page.
- **If you wish to WITHDRAW from a previously registered competition, you MUST email the gym at infinite1gym@gmail.com.**
 - *You will have up to 1 day before the “due date” to let us know you are withdrawing from a competition with no penalty to your billing account.*
 - After the account has been charged, Infinite will send in the official club entry and a club check – from that point it is “out of our hands” and **we cannot get a refund.**
 - Once the check is sent, we must wait to be notified of our assigned days and times of competition (usually 7-10 days prior to the competition).

CHECK YES OR NO & RETURN

Please return by **THURSDAY, SEPTEMBER 15th**

Date	Competition	Location	Entry Fees / Due Date	Coaches' Fees / Due Date	YES or NO
Mid Nov. during practice - Date TBD	In-House Judging Clinic	Infinite	\$25 Nov 1 st	N/A	YES
Dec. 9-11	M&M Frozen Competition	New Berlin	\$95 Sept 15 th	TBD Dec 15 th	
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We request that the girls enter at least 5 of the meets (not including the judging clinic), with one of them being the season finale – Wisconsin State Championships.

All meet fees will be automatically charged to your payment method on file unless we receive other payment prior to the due date.

Parent's Signature

_____/_____/_____
Date

Gymnast's Name

Level



PARENT HOW-TO GUIDE

**MUST BE COMPLETED PRIOR TO
Sept 10, 2022!!!**

MINOR MEMBERSHIP RENEWAL (17 & UNDER)

- STEP 1** Parent/guardian logs in to usagym.org with their username and password. Note: If you do not know your username, email membership@usagym.org.
- STEP 2** Click “Member Services” on top tool bar.
- STEP 3** Select “My Profile” on the left toolbar.
- STEP 4** Select “Manage memberships” at the top of your profile page.
- STEP 5** Click on the individual you would like to renew.
- STEP 6** Review the membership options and click “Continue.”
- STEP 7** Confirm the member’s membership information. Select “Make Changes” or “Continue.”
- STEP 8** Select the appropriate membership to purchase. Questions about what membership/discipline to select? [Click here](#).
- STEP 9** Edit or remove the member’s club affiliation.
- STEP 10** Review Safe Sport information and click the acknowledgement.
- STEP 11** Review the membership agreement, agree to the terms, and click “Submit.”
- STEP 12** Review and edit billing information, contact information and enter payment.
- STEP 13** Click “Submit Payment.”
- STEP 14** You will be redirected to a transaction confirmation page. You will receive a purchase confirmation and purchase receipt by email.

MINOR NEW MEMBERSHIP PURCHASE (17 & UNDER)

- STEP 1** Parent/guardian will create a profile on usagym.org. Click “Member Login” and select “Register here.” Note, you will use your own, parent/guardian, information (name, date of birth, email address, address) to create the profile.
- STEP 2** Once you have logged in, select click “Member Services” on the top toolbar.
- STEP 3** Select “My Profile” on the left toolbar.
- STEP 4** Select “Manage memberships” at the top of your profile page.
- STEP 5** Click “Add a new minor.”
- STEP 6** Review the membership options and click “Continue.”
- STEP 7** Enter the member’s information and click “Continue.”
- STEP 8** Select the appropriate membership to purchase. Questions about what membership/discipline to select? [Click here](#).
- STEP 9** Add the member’s club affiliation.
- STEP 10** Review Safe Sport information and click the acknowledgement.
- STEP 11** Review the membership agreement, agree to the terms, and click “Submit.”
- STEP 12** Review and edit billing information, contact information and enter payment.
- STEP 13** Click “Submit Payment.”
- STEP 14** You will be redirected to a transaction confirmation page. You will receive a purchase confirmation and purchase receipt by email.

OTHER

- To review and edit membership information, print a membership card or change club affiliations, access your My Profile page by logging into usagym.org with your username and password.
- To register for educational courses, the minor member will create their own member profile.
- To print your child's membership card, log in to our website, usagym.org, log in and go to your profile. Below your own information, you will see your child's name with a button to print the membership card.

TO ADD/REMOVE A CLUB AFFILIATION

- STEP 1** Go to usagym.org and login with your username and password.
- STEP 2** Once logged in, your name will appear in the gray bar. Click on your name to access your parent profile.
- STEP 3** Underneath your personal info, click on your child's name to access his/her profile.
- STEP 4** On your child's profile, use the "Add a Club" button (next to the word Organizations below your child's contact info) to search for his/her club. Check the box next to the club's name.
- STEP 5** To remove a club from your child's record, click the "x" button next to that club's name.