

Tomah Middle School Gymnastics

2023-2024



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Facebook Page: Tomah Middle School Gymnastics

REMIND APP:

Class Name: TMSGymnastics24

Text to number: 81010

Text message- [@tmsgymnasl](#)

Tomah Middle School Gymnastics

2023-2024

Important Dates

- November 27: 1st Day of Practice – 6:00pm ^{5:30}

- December 11: Team Pictures

- December 25-26: No Practice

December 28 & 29: Open Gym Practice (Optional) – 6-8pm

- January 2: Open Gym Practice (Optional) – 6-8pm

- January 8: Home Meet vs Marshfield – 5:30pm @

Gymnastics Facility

- January 15: Optional Practice – 6-8pm

- February 12: Meet @ Marshfield – 5:30pm

- February 13: End of Season Party and Awards : Time and

Place TBD

TMS Gymnastics 2023-2024 Team Rules

The following rules have been established to help our team have a successful season. Each member's commitment to these rules is vital to creating a positive and safe environment for our team.

Deciding to join this team is making a commitment to yourself, your coaches and above all to your team. Gymnastics is an individual sport; however, it is the team score that is the reflection of our team.

Conduct

Gymnasts are representing Tomah Middle School and therefore their conduct in school must be of acceptable standards. All classes are to be attended. Failure to abide by this will result in losing eligibility on the team. You are student athletes, and just as in the name, the student part comes first. Athletes must show respect for team members, peers, and adults in school and in the community.

Attendance

Attendance is mandatory at all practices. There are a few acceptable reasons for missing practice, such as illness, a doctor's appointment, or a death in the family. All other excused absences will be at the discretion of the coaches. You **MUST** notify coach **BEFORE** practice if you are going to miss that day. A note will be required from a parent for any absence, or it will be considered an unexcused absence. Three unexcused absences will result in missing a meet.

If an athlete is injured and unable to practice at full capacity, the athlete is still required to attend practice.

Scheduled Meets

January 8, @ 5:30 HOME

February 12 @ 5:30 Marshfield High School

Practice

Monday, Tuesday and Thursday, 6:00-7:30pm at Gymnastics Facility

Wednesday 3:30-5:00pm at Middle School

If we do not have school, as a rule, we do not have practice. If we do not have school due to inclement weather but it clears up in the afternoon, we may be able to offer an optional practice. Refer to the remind app and the Facebook page for announcements.

It is parent/player responsibility to get to the gym on time. There is no late bus, players will need to be picked up by parents. Please be on time when picking your child up from practice.

Practice Rules

- *Gymnasts are to come dressed and be ready to go at the Park and Rec building.
 - Proper practice attire: leotard and spandex shorts or leggings.
 - If you are not dressed properly for practice, you will not practice.

*Chewing gum and eating are not permitted during practice.

*Bring your own water bottle.

*If a gymnast is injured, she is still required to attend practice and participate in any way possible. (encouraging teammates, critiquing routines, cleaning gym, etc.)

*NO CELL PHONES out at practice, unless YOU ASK.

*Middle school gymnasts compete either USGA level 3 or under the high school rules. Coaches will help gymnasts choreograph routines to meet event requirements.

*Gymnasts are required to provide their own grips and/or braces.

*A competition leotard will be provided; it must be returned in good condition at the end of the season. Gymnasts will be responsible for paying for those items not returned.

*Team members are expected to support and cheer on each other at practice.

** If athletes or parents have concerns about the gymnastics program, they should contact the coaches after practice before going to another source. If you feel your concern is not adequately addressed, then you should contact the following (in this order): Athletic Director (Brad Plueger), Middle School Principal (Amy Langner), Superintendent (Mike Hanson).

My goal is to teach these athletes proper conflict resolution and chain of command. Accountability is key.

We are looking forward to a great season!

- Coach Pagee