

Xcel Team Parent Meeting Recap 2023 | 11/20/23

Hotels/Meets

- Some of the meets have room blocks - you can find meet page links on competition schedule on our [website](#).
- Book/Plan your own travel accommodations - we don't have a separate TNT room block.

Competition Schedules

- Competition schedules usually come out 3-4 weeks before the competition .
- MWT Safari Invite - Just emailed & posted on our [website](#).
- Coaches at the competitions will vary, you won't always have your coach from classes the day of the meet. There will often be several sessions going on at the same time so coaches divide and conquer. We also still have classes most weekends we have meets so we also need coaches to fill in there, as well. Find the swarm of yellow. I'll put who to look for on the schedules. You can also view our team coaches [here](#) to become familiar with them.
- Show up to the competition at least 15 min before warm-up time. Get time to get into building, get through admissions, find seats, settle the nerves. The coaches will come search the crowd when it is time to enter the competition area. Please don't send your kids out when the coach is busy with a previous session. The coaches usually have limited time between sessions to grab food, use the restroom, etc. If they look like they're disappearing behind curtains or leaving the room before your child's session - they'll be back before your child's session begins.
- Sick/Can't Make It Day of the Meet - you can send us an email/message us so I can check quickly if they haven't shown. If they haven't shown within 10 min of start time and we haven't heard from you - we will just assume they aren't coming. Unfortunately, no refunds after the deadlines.

Competition Refund Deadlines

- TNT Snowflake Mock Meet Dec 17, 2023 --Refund Deadline Dec 1
- MWT Safari Invite Jan 5-7, 2024 --Refund Deadline Jan 2
- M&M Chellsie Classic Jan 19-21, 2024 --Refund Deadline Jan 16
- Altius Pink Meet Feb 2-4, 2024 --Refund Deadline Jan 19
- Dairy-Aire Gymnastics Invite Feb 10-11, 2024 --Refund Deadline Jan 9
- WI Dells Vacation Classic March 15-17, 2024 --Refund Deadline Feb 6

What to look for?

- Form! Toes pointed, legs straight, confidence, taking the time to finish their skills! If you want to know where the majority of deductions come from it is form. Video routines - look back at them maybe in slow-motion---every bent leg, flexed foot, failure to finish with arms up - those are common deductions.
- $\frac{1}{2}$, $\frac{1}{1}$ and $1 \frac{1}{2}$ turns on floor - must finish with toe that is at knee - that foot goes in front upon finish.

- Don't read the rule book to your kids or make them read it... "yes, i've had that happen"! Don't suck the fun out of the sport.
- Saluting - The judge must first salute the gymnast to let them know they are ready. Gymnasts MUST salute the judge before & after every routine.
- Vaulting - Gymnasts get two turns on the vault. They must salute the judge before & after each time. Bronze can sit up on mat to salute.
- Vault - Bronze & Silver use a mat stack and not the actual vault. See videos [here](#) (go to bottom of page).

Hair/Leotard/Warm-Ups

- Wear competition leotard to competitions
 - If you don't have a leotard - contact me ASAP!
- No sports bra straps showing
- No underwear showing
- Hair - slicked back and NEAT! Get them set up for confidence. No bobby pins!!!!
- [GK - Undergarments](#)
- Awards - gymnasts should wear leotards, may wear black pants/leggings only. No random jackets/sweatshirts.
- No bright/dark nail polish
- No bracelets/anklets/hair bands on wrist

Extra drop-in practices - reach out to me if you want to add days or extra practices. Some team classes are full. And we may have to shuffle around some Sundays when the meet season starts.

Sick? You can submit an absence on the portal. If you want to make up the practice - email me for make up options. Make ups are not mandatory, but must be done within that month. Make-ups for November absences must happen within November, make-ups for December absences must happen within December, etc. When the month is over - a new month starts. Absolutely no stockpiling of your make-ups. Limit 2 per month.

Communication/More Info

- Best Strength Training at home: HANDSTANDS! Handstand holds, Handstand pirouettes, [PRESS HANDSTANDS!](#)
- I'll try to post updates/reminders/help videos on the [TNT Team Parent Page](#)
- E-mail is the best form of communication. I really dislike facebook messenger as those get lost in notifications.
- Billing Questions/Changes - ALWAYS email tntgymwi@gmail.com