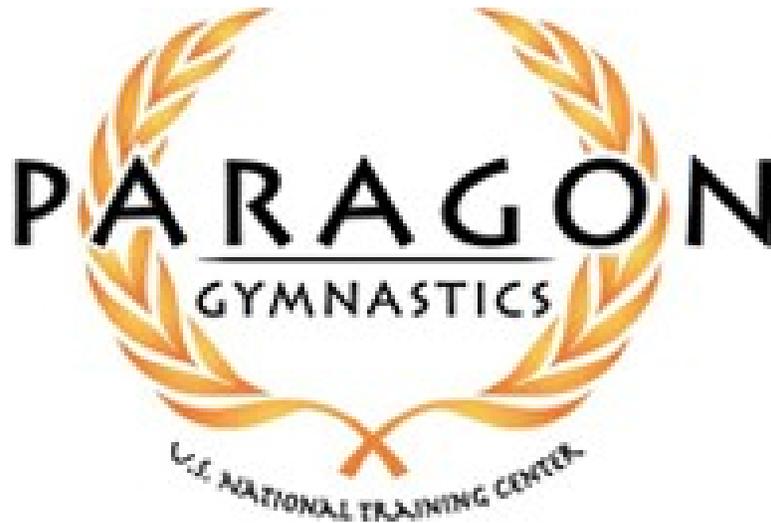


**Paragon National Training Center**  
**Artistic Boys Team**  
**Rules and Regulations**  
rev. June 2019

The Paragon Boys Team enjoys a tradition of team discipline and pride evidenced not only in performance, but in the manner in which members present themselves both in the gym and in the community. While representing the Paragon National Training Center Boys Team, it is expected that team members and coaches present themselves in a proper and responsible manner. In support of the USA Gymnastics Men's Program and its goals, this document discusses the expectations of all Boys Team members.



## General Information

### Training Address:

7190 Oakland Mills Rd  
Bay #4  
Columbia, MD 21046

### Mailing Address:

Paragon Gymnastics  
c/o Kevin Preston  
PO Box 8686  
Elkridge, MD 21075

### Contact Information:

Phone Number 443-545-6226  
Hours (for phone) – Monday – Friday, 9am-4pm  
E-Mail Address: [kevin@gymparagon.com](mailto:kevin@gymparagon.com)

### Website/Social Media

[www.gymparagon.com](http://www.gymparagon.com)  
<http://www.facebook.com/groups/gymparagon>  
<http://www.youtube.com/gymparagon/>  
<http://www.instagram.com/paragongym/>

## **ATTIRE**

### **(Competition Attire)**

#### Level 4 & xCel

1. Team T-shirt
2. Team Shorts

#### Level 5-7, Level 8-10, Junior Developmental Optional

1. Team Warm-Up Suit (both jacket and pants)
2. Team Competition Step-in shirt (Step-in CHANGES each season.)
3. Team Competition Shorts
4. Team Competition Long pants
5. White socks, without logo
6. Team backpack

### **(Practice Attire)**

#### Level 4 & xCel

1. Team T-Shirt
2. Team Shorts
3. Socks (needed for the trampoline)
4. Wrist-Bands (needed for the strap bar)

#### Level 5-7, Level 8-10, Junior Developmental Optional

1. Competitive style Step-in shirt OR or compression shirt\* \*
2. Competitive style Shorts
3. Competitive style long Pants
4. Socks (for trampoline)
5. Grips/Sports Tape/Wrist Bands
6. (Grips are only purchased once the coach has a meeting with the parents. *Each gymnast should have two pairs of grips for rings and high bar in the case of breakage or loss.*)

\* Baggy clothing presents safety hazards and is not permitted.

\*\* In alignment with the SafeSport program, athletes will no longer be able to train without using a shirt.

## **PERSONAL APPEARANCE**

### **(In Competition and at Practice)**

For the safety of the gymnast, team members should appear in the gym for practice and for meets in ways that will enhance performance. Unacceptable appearance includes any of the following:

1. Unkempt hair (facial hair included).\*
2. Clothing other than that which is prescribed above
3. The wearing of any jewelry\*\*
4. Disregard for personal hygiene\*\*\*

\* Hair that is long, loose, or covers the ears is not acceptable for competition. We prefer hair to be cut short. Athletes with longer hair must have it pulled back away from the face, and secured. If the hair is not properly secured, athletes will not be allowed to participate until it is corrected.

\*\* Earrings must be covered for competition.

\*\*\* Athletes may not come in with skin abrasions, cuts, and scabs that have not been covered up. Work-out clothes should be washed, and not used more than once. Additionally, deodorant (when warranted) is required for training.

## **BEHAVIOR**

### *Expectations*

Each gymnast has a responsibility to his teammates and to himself to participate to the best of his ability in all phases of the gymnastics program. During workouts and at meets, team members should actively support one another, work to the best of his abilities, and be alert for any unsafe situations which may arise.

Gymnasts are expected to be courteous and respectful to their coaches, fellow gymnasts, and to all other groups and instructors in the gym. In all facilities, gymnasts are expected to stay out of unauthorized areas. They are to treat all equipment with respect and inflict no damage on said equipment. They are expected to practice and/or compete only when there is a coach on the floor who is specifically responsible for them (as per USAG specifications). They are to be aware of gym equipment etiquette so as not to jeopardize the safety of another athlete. They are not to leave the gym floor during meets or practice without permission of the coach.

While at Paragon at another gym gymnasts are to refrain from using equipment that is not specifically for their use. Office equipment not allocated to the team is not to be used by gymnasts or parents unless given permission by the management. Telephone calls are not permitted without permission from management except in case of urgency.

**Any injury should immediately be brought to the attention of a coach.**

### *Cell Phones/ Electronic Devices*

*Special Note - Coach Kevin will provide a "cell-phone bucket" near his locker. Athletes will be required to place their cell-phones in the "cell-phone bucket" for the duration of their practice. They can pick it up when practice is over. Athletes caught using their cell-phones in practice, or athletes that are unwilling to put them in the cell-phone bucket will be asked to leave practice. The athletes are expected to come to practice for their gymnastics, and not to be on social media, or the phone. There will be no warnings. If bringing and using the devices becomes a pattern, a parent conference will be held and more severe consequences will be implemented. Coaches will allow the boys to pull out their cell-phones for use as video recording devices as needed.*

### *Discipline*

The following policy of disciplinary action has been established in an effort to define the standards for personal performance and conduct of the team members. There will be parent notification/conference whenever a violation of the following infractions occur. In addition, violations will result in cumulative action as follows:

1. Warning(s)
2. Suspension
3. Immediate dismissal from the team

### Infractions:

1. Profanity/foul language or gestures.
2. Conduct of the gymnast which is detrimental to fellow gymnasts, parents, judges, or the coaching staff. This included physical and verbal outbursts, overt actions of disrespect, and poor sportsmanship.
3. Examples of infractions resulting in immediate action are smoking, drinking intoxicating substances, use or distribution of illegal drugs, stealing, and destruction of property.
4. Hazing or initiation rites.
5. Intimidation of any team member or student.

## **ATTENDANCE**

In order to train and compete at a gymnast's optimum level, each team member should be present at all workouts and competitions.

### *Absence due to Illness*

It is the responsibility of the gymnast/family to text Coach Kevin before practice when a practice will be missed due to illness.

### *Absence due to Injury*

Injuries should be evaluated by the coach, and when other than minor in nature, the gymnast's physician. At that time a prescribed rehab program will be established along with a recommended modified training schedule. Long term injuries will be evaluated and reviewed on a regular basis with the goal being to allow the gymnast to attend practice and train within the limits established by the physician and coach.

### *Absence due to Academics*

The coaching staff should be notified by the gymnast or parent if there are academic concerns. People involved in anything that consumes a large amount of time, such as gymnastics, during the course of the week need to be organized well so as to be able to achieve what is expected in areas of academics. When there is a concern about academics or when practice needs to be missed due to academics then the coach, student, and parent should meet to discuss the matter.

### *Other Absences*

Occasionally a gymnast will be absent because of family, school or vacation commitments. If those dates are known in advance, the gymnast should notify the coach of those dates well in advance. If the situation arises on the day of practice, a phone call or text will suffice. At times, inclement weather may prevent travel to workout or competition. The coach will expect notification if the gymnast is unable to travel due to those conditions. Because of the wide geographic range our gymnasts represent, whether to attend practice during winter storms will often be an individual decision. Upon pre-approval, boys asking to work additional hours may be expected to work as an open workout and without extensive coaching.

***One to two absences per month is a reasonable absence rate.***

### *Tardiness*

All gymnasts should attempt to arrive ready to work out on time. If he is late the member must first finish all required warm-up activities before proceeding to his first event. If the tardiness will be substantial (more than 20 minutes) the gymnast should leave an message to that effect for the coach. Chronic tardiness will result in a conference with the parents, gymnast and coach.

## **COACHING DECISIONS/RESPONSIBILITIES**

Coach Kevin has final jurisdiction over any training or competition related decisions. These decisions will be based on the positive growth of the gymnast as well as the effect on other team members/groups. Any discussion concerning these decisions should be directed to Coach Kevin, and a conference will be arranged to discuss these questions with the individuals involved.

### *Practice schedules*

Practice schedules are the responsibility of the coaching staff. They are worked out with the Paragon NTC to make the most efficient use of space and time in the gym. Coaches will attempt to produce a schedule that will accommodate all gymnasts, but ultimately, the decision of the staff is final.

### *Adjusted schedules*

Coaching staff is expected to post holiday schedules at least one week in advance and adequate notice for cancellations. Likewise, summer training schedules and adjustments for coaches attending away meets should be distributed as early as possible. Coaches are expected to be tolerant of attendance during holidays, school exams, and when schedule changes affect ability to attend practice. In cases of inclement weather it may be necessary to cancel a practice. Coaches will notify gymnasts by email and/or phone chain. Inclement weather absence is excused and it is up to each individual family to determine if travel is advisable.

***Coaches are expected to enforce the Rules and Regulations in this document.***

### *Additional Schedule Adjustments*

Gymnasts who seek part time employment and/or participate in other activities which impact regular attendance are to arrive at an acceptable practice schedule with Coach Kevin.

## **TEAM COMMUNICATION**

Gymnasts and parents are kept informed through a variety of ways: bulletin board, e-mail, phone calls, verbal messages given to gymnasts at workout, and yearly conferences. Many messages are conveyed to the gymnasts at the end of practice. It is the responsibility of each athlete to make sure these messages are known to his parents.

The Paragon Planner is emailed to each family member with an active iClassPro account every Monday. (In the case of a Holiday, the Planner will be emailed the next non-holiday day.) Each Planner will detail upcoming events, important notes, and any changes to practice for that week. Parents must enable the Planner e-mails in order to keep informed.

### *Conferences*

Coaches desire to have general conferences with parent and gymnast at least once a year. These yearly conferences will review the gymnast's progress, discuss goals, and share any problems or concerns that may be present.

### **Lobby/Meet etiquette**

Keeping communication lines open is the responsibility of both the coaches and the gym families. It is inappropriate to discuss gym team business during practice time or at meets. Coaches will be happy to schedule phone or personal conferences at the gym at a mutually convenient time. It is important that parents and gymnasts keep coaches apprised of any personal situation that might affect a gymnast's performance so that appropriate adjustments made be made.

## **TRAVEL PROTOCOL**

### *General*

All competitions are considered travel meets. Training and competition in gymnastics necessitates both local and distant travel. Gymnasts often travel with parents, legal guardians, or are the direct responsibility of the family of a teammate. Gymnasts are not allowed to travel with their coach.

Gymnasts traveling with a coach must follow behavior guidelines previously covered in this document. **If the coach finds it necessary to send a gymnast home due to an infraction of team rules of conduct or for any other valid reason, the parent will be contacted and the gymnast will be sent home at the expense of the parent and is the responsibility of the parent.**

In all travel situations, gymnasts are to be at the host site at least 15 minutes prior to the prescribed warm-up time. When the team flies to a meet the gymnasts should be at the airport at least one hour before departure.

### *Travel Attire*

When traveling together as a team, attire must be neat and clean. Sloppy appearances will not be tolerated. When traveling to and from hotel and competition site the team warm-up suit should be worn. As with all meets and practices all gymnast's should make sure to have all equipment.

## **COMPETITION INFORMATION & EXPECTATIONS**

- **All team members are expected to compete at every competition (for their level) on our calendar.**
- **Compulsory Levels 4-7 (Division 2) athletes are ONLY required to compete at the three Designated Qualifiers and State Championships.**
- Athletes are expected to be 15 minutes early to all report times for competition.
- Athletes who are late to competition can be scratched from some or all of competition based on the coaches discretion.

- Athletes will only compete events in which they fulfill the minimum requirements as set forth by USA Gymnastics (Level 4-7).
- Athletes will only compete bonus elements as the coaches deem will be beneficial to the athlete (and the team) score. (Division 1 Athletes ONLY.)
- Athletes (Families) will not receive refunds for any competitions that they scratch/pull out of. This includes any meet "gifts" that are received from the host club, such as t-shirts, goody bags, etc.
- Athletes are expected to be able to follow all our rules & regulations while out on the competition floor. They may be removed from some or all of the competition at the coaches discretion if they do not follow the rules.
- Athletes must remain with their coach for the entirety of their competition (warm-up, competition, and awards.) Athletes who leave the floor to go to parents may be removed from some or all of the competition.
- Athletes who miss practices the week before a competition are typically not allowed to compete. This is especially pertinent for Optional Level athletes, who have a high degree of difficulty in their routines. Absence due to illness will be evaluated by Coach Kevin on an individual basis. There are no refunds if your son misses practice and is pulled from competition.