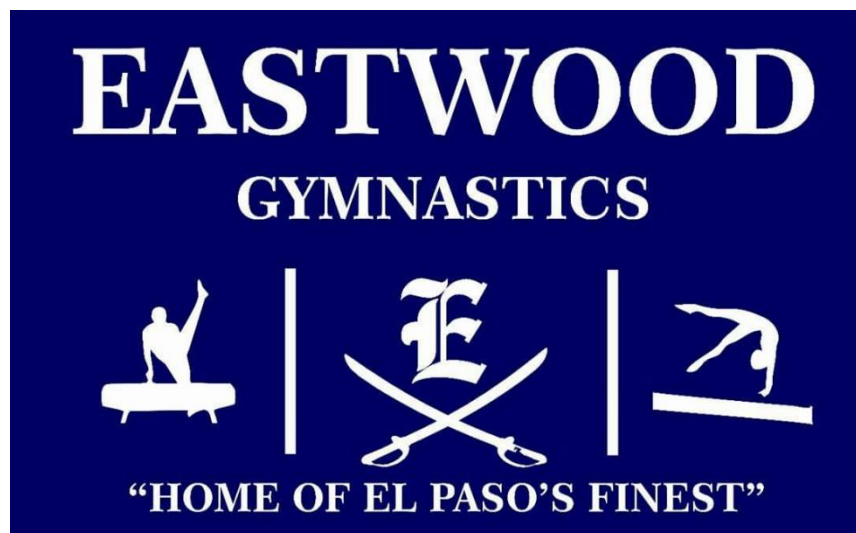


# EASTWOOD HIGH SCHOOL GYMNASTICS 2019-2020 HANDBOOK



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Dear Parents and Gymnasts,

This Handbook is designed to help parents and Eastwood Gymnasts better understand the goals, expectations and regulations associated with our successful program. Below, you will find information, procedures, and expectations for the Eastwood Gymnastics Program. **Along with the information, you will find documents that require your signature. Please read all the forms carefully, and return the Gymnast's Statement of Agreement and the documentation receipt form provided.**

Sincerely,

Christian Carrasco  
Eastwood Head Gymnastics Coach

**GOAL:** Our primary goal is to compete at our highest level possible.

**ACADEMIC PROGRESS:** You are expected to maintain your grades at the highest possible level as well as basic eligibility throughout the school year. Remember, you are a STUDENT athlete!

**CONDUCT:** The gymnasts that have preceded you have given a great deal of class and pride to our program. Do not do anything to take away from this. We expect you to conduct yourself as dedicated team members at all times. This means that you will follow the rules and procedures at all times while attending class at Eastwood High School. You are expected to act properly in class, giving your teachers and administrators courtesy and respect. We know that all members do not have the same abilities, but we expect each of you to perform to the best of your ability. Comments about other gymnastic programs and athletes should always be positive and encouraging, any sarcasm or degrading comments will not be tolerated.

**ATTENDANCE:** If you must be absent, contact your leader(s), Coach Haynes, or Coach Carrasco. All make-up work for academic classes must be scheduled outside of the athletic training period.

#### **TRANSPORTATION TO AND FROM THE MEETS**

It is district policy that players travel to and from an event via school transportation. Athletes are expected to travel with the team. (Please check schedules and calendar). Parents must have signed the *Alternate Student Travel for School Events* form before every meet to pick up their son/daughter from the event. Athletes will only be released to parents/legal guardians.

**TARDY:** Unless prior notice was given to Coach Carrasco, athletes are expected to be in the gym in appropriate workout attire 9 minutes after the tardy bell (3:30 p.m. during regular bell schedule).

**CELL PHONES:** During practice, all cell phones are to be placed in the assigned area or in the athletes' backpack. Cell phones are strictly prohibited from the practice area!

**INJURY or ILLNESS:** Notify Coach Carrasco if you have an injury. We have TWO full time trainers who know their business. If you have an injury, SEE OUR TRAINERS! They will either treat the injury or refer you to a physician.

**RESPECT ALL ADULTS:** "Yes and No Sir, Yes and No Ma'am, Please and Thank you!" Be the courteous person that you are at all times.

**DRESS AND APPEARANCE:** Look sharp! Give an appearance of class! Competition Day attire will be expected. During training sessions, girls are expected to a) wear leotards, b) EHS t-shirts can be worn over leotards, c) wear shorts that are not baggy d) wear their hair up and out of their face for the entire practice, e) remove all jewelry prior to entering the gym for practice. Boys are expected to wear navy warm up pants and an EHS Gymnastics t-shirt.

**FACILITIES:** Gymnasts will maintain a CLEAN and NEAT gymnastics gym. Athletes should pick up after themselves, including tape, grips, chalk etc.

\*Failure to follow the above expectations can result in and/or up to dismissal of the team\*  
\*\*Skipping consecutive workouts w/o proper notification is grounds for immediate dismissal\*\*

# Eastwood Gymnast's Statement of Agreement

I, \_\_\_\_\_, as a member of the Eastwood Gymnastics Program, do agree to abide by the following rules and standards of conduct. I further acknowledge the penalty for misconduct can range from suspension from any team event or meet, and up to dismissal from the program.

1. I agree to uphold all rules and policies in the handbooks of the district, school, and team.
2. I agree to stay eligible and avoid disciplinary referrals throughout the entire year and to maintain a conduct representative of the gymnastics program.
3. I agree to avoid situations and parties where alcohol and /or drugs might be present
4. I agree to be on time to all practices, meetings, and meets unless permission from coach is attained.
5. I agree to keep an attitude of encouragement toward my teammates at all times.
6. I agree to inform my coach or trainer of any illness or injury which may negatively affect my ability to practice or compete.
7. I agree to perform any function that the coaches, in their judgement, deems necessary for the team's success.
8. I agree to give 100% in all practices and gymnastic meets.
9. I realize that being late, due to detention is unexcused, and will not be tolerated.
10. I agree to take care of my uniform/equipment and will pay / repair or replace it if damaged or lost at replacement cost.

**I have read the above rules and standards and agree to abide by them.**

\_\_\_\_\_  
(Gymnast's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)

**YSLETA INDEPENDENT SCHOOL DISTRICT  
ATHLETICS  
ALTERNATE STUDENT TRAVEL FOR SCHOOL EVENTS**

School Name: \_\_\_\_\_ Sport: \_\_\_\_\_

My son/daughter \_\_\_\_\_ needs to go to (and/or) return  
Student's name

from \_\_\_\_\_ with \_\_\_\_\_  
Destination of trip Adult driver's name

by \_\_\_\_\_ on \_\_\_\_\_  
Car, Bus, Other Date

at \_\_\_\_\_  
Departure time

The reason for this alternate method of travel is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I hereby release and hold harmless the Ysleta Independent School District, its Trustees, employees and agents from any and all liability in connection with this alternate method of travel for this school trip.

\_\_\_\_\_  
Parent / Guardian's Signature Date

\_\_\_\_\_ Approved \_\_\_\_\_ Disapproved

\_\_\_\_\_  
Campus Athletic Coordinator's Signature Date

\_\_\_\_\_  
Principal / Designee's Signature Date

Ysleta Independent School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs, activities or employment.  
El Distrito Escolar de Ysleta no discrimina en base a raza, color, nacionalidad, sexo, discapacidad, y/o edad, en sus programas, actividades o empleo.

**EASTWOOD GYMNASTICS HANDBOOK  
DOCUMENTATION RECEIPT**

MY CHILD (PRINT) \_\_\_\_\_ PARTICIPATES IN GYMNASTICS AT EASTWOOD HIGH SCHOOL. I HAVE A COPY OF THE FOLLOWING DOCUMENTS:

**\*TEAM EXPECTATIONS**

**\*GYMNAST'S STATEMENT OF AGREEMENT**

**\*ALTERNATE STUDENT TRAVEL FOR SCHOOL EVENTS FORM**

I HAVE READ THESE DOCUMENTS, AND I UNDERSTAND THEIR CONTENTS.

ATHLETE'S NAME (PRINT) \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN NAME (PRINT) \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_