



Kenmore Varsity Gymnastics



July 15, 2019

Dear Prospective Gymnasts and Parents,

We are very glad that you are interested in competing for Kenmore Varsity Gymnastics! Please read the following information carefully. If we need to put out additional information before the season starts, it will be at the team website: www.ktufsd.org/gymnastics so check it regularly.

Sports Physicals & Updates

You need to have a sports physical on file dated within a year of our season starting. (The school nurse **must** have the physical on file before you can practice or try-out). If you still need a sports physical, you can get one from the district at the dates below or contact your physician.

FMS Tuesday-Wednesday, August 13-14 starting at 10 am-Health Office

HMS Tuesday-Wednesday, August 13-14 starting at 1 pm-Health Office

Ken East Thursday, August 15, 9 am

Ken West Thursday, August 15, 12 pm

Physicals are done on a first-come, first-served basis. If you get a physical from your physician, please keep a copy for your own records just in case something happens to the original and drop the originals off at **your school's nurse**. Your nurse will update the coaches on your physical status.

At our website is an Update Form that also must be turned in if your physical is more than 30 days old when practice starts. This will certify that you haven't been seriously ill or injured between your physical and the start of our season. **This form must also be on file in the nurse's office before you can practice, so get it in as early in August as possible!** She needs time to review the forms to clear you for tryouts and practice.

Gymnasts without a current physical/update will not tryout, practice, or compete!

Athletic Eligibility

You must have passed four credits plus Physical Education last year (or in summer school) to be eligible. We expect our athletes to maintain good grades and excellent behavior as they represent their school and community as a Varsity Gymnast.

Equipment Set-up

We will set up the gym at **Kenmore Middle School on Monday, August 19th at 9:00am**. (Enter at door 8, which is on the driveway across from the library towards the back end of the building). Plan on staying until we are finished (we will feed you lunch if we work past noon). Please **wear sneakers** to protect your feet while moving and setting up equipment, and bring a bottle of water as the gym will likely be warm!

Team Practice & Try-outs

Team practice will begin on Tuesday, August 20th from 9 to 11am, and continue through **Thursday** that week. We will run afternoon practices (3:15 to 4:45pm) from Monday, August 26th to Thursday, August 29th. (We realize that some families are on vacation during this time – please let us know if that will be the case for you). Once school starts, our regular practices will be at KMS every day after school from 3:15 to 4:45pm.

There are quite a few who have expressed interest in the team; if we need to make cuts, they will be done during the athlete's first week. While ability is important, we also take into consideration attitude, teamwork, in-class behavior, and how well you take directions.

Summer Workouts

If you aren't working out at a gymnastics club over the summer, you should consider stretching and conditioning on your own once you have had your physical and been cleared for sports.

No new piercings!

Gymnasts may not wear any jewelry during high school competition, and there have been times in the past where fresh piercings have closed up during a meet. **No new earrings, nose rings, belly-button rings, etc. between now and November!** Best to wait until after the season so your body can completely heal.

Meet the Coach Night

Parents and athletes should plan to attend a meeting after practice at 6:00pm on Monday, August 26th at Kenmore East. The Athletic Director will go over district-wide athletic expectations, and then we will have a session to discuss gymnastics-specific items.

Seventh & Eighth Grade Athletes Only:

If this is your **first year** trying out for the Varsity Gymnastics team, New York State requires that you go through an Athletic Placement Process to make sure you are ready to play at the varsity level. Head to www.ktufsd.org/athletics-app for more information and the necessary paperwork. A club coach can fill out Coach's Sport Skill Evaluation (form D), or you can contact Coach Watson for that. Bring the **completed** paperwork to Adams Field at 9:00am on **one** of the following dates. Dress for indoor/outdoor testing.

Tuesday, August 13th

Wednesday, August 14th

Thursday, August 15th

Thank you for your interest in Kenmore Varsity Gymnastics! We look forward to working with you. Please feel free to call us with any questions or concerns.

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