

CRETIN-DERHAM HALL HIGH SCHOOL  
**GYMNASTICS**  
TEAM INFORMATION PACKET

**1. Coaching Staff:**

**Head Coach:** Courtney Norman - 612.396.9099 - norm0091@umn.edu

**Assistant Coach:** Nicole Kligo - 320.469.4800 - chironicole338@gmail.com

**2. 2014-2015 Captains:**

- For the 2014-15 season there will be 2-3 captains
- If you are interested in being a captain for the season please fill out an application and return it to Coach Courtney before November 14th. Once I receive all applications Coach Nicole and I will meet with each applicant to determine who the captains will be.
- You must be a returning junior or senior to apply for captain
- This process may take a few weeks. Until then I hope I can count on each and every one of you to help in any way needed.

**3. Registration:**

There are 4 forms that need to be on file each year in order to participate in athletics.

- Physical Examination Form must be on file in the Athletic Office and current within the past three years prior to the start of athletic season.
- Emergency Form must be turned in at the **beginning of every season** of participation
- Chemical/Drugs/Tobacco and Harassment Agreement Form must be turned once every year prior to the start of the season.
- 2014-15 Minnesota State High School League Eligibility Form and Annual Health Form must be turned in once every year prior to the start of the season.
- If paperwork is not completed and on file the student-athlete will **NOT** be able to practice or tryout. No exceptions.
- Athletic Paperwork is not sent home in 9th grade registration packets you must print it from the link on the CDH athletics website or pick up in the Athletic Office.

<http://www.cretin-derhamhall.org/athletics/registration-athletic-forms/>

**4. JV/Varsity Criteria:**

- Prior gymnastics experience is needed to participate on the Cretin-Derham Hall gymnastics team.
- Competing for JV or Varsity will be flexible and based on skills, attendance, performance in practice, performance in meets, etc. and will also be at the coaches discretion.
- The JV/Varsity Team roster will be limited to approximately 20-22 gymnasts who best meet the above qualifications

**5. Additional Costs:** (Estimated amounts)

Team competition leotard: approx \$120

Nike CDH Spirit Wear (optional): may be ordered online

Team warm-up leotard (required): approx.

Team warm-up jacket (required): approx

Team pictures (optional purchase): depends on what you order

*\*Please see coaches if you are unable to purchase apparel.*

**6. Transportation:**

CDH will provide transportation to and from meets.

**7. Banquet Information:**

The banquet information will be provided later in the season when information is available.

**8. Practice Times and Location:**

CDH practices at Gleason's Gymnastic Center in Eagan during the winter competition season. The team will practice Monday - Friday from 7:30 - 9:30 pm at Gleason's. There will be Saturday practices on select dates to be announced by the coach.

Transportation to and from Gleason's for practice is the responsibility of the student and family.

*\* If school is cancelled due to weather, or students are released early, practice may be cancelled on coaches. Coaches discretion will be used, an email or text message will be sent in these cases.*

**9. Program Philosophy and Goals:**

The CDH Gymnastics program is committed to the development of our student athletes as team members and young women. We hope to continue to build a strong, positive and competitive gymnastics program by promoting confidence, time management, responsibility, strength, grace, power, flexibility and teamwork. The team will exude the seven values of CDH and work toward **excellence** in all that we do, tending to our minds, bodies and spirits. We will focus this year on intentionally working toward **joy**. We continue to remember that there is dignity in risk. The CDH gymnastics team is a family that works hard and plays hard.

- To yourself:
  - To strive for excellence academically
  - To give 100% at all practices and meets
- To your team and your school:
  - To be supportive and respectful to all team members
  - To represent Cretin-Derham Hall High School with pride and appropriate behavior
- To your coaches:
  - To listen, respect, and cooperate with all coaches at all times
  - To give your full effort and work to your full potential at all practices and meets

**10. Websites:**

Cretin-Derham Hall Athletics Website: <http://www.cretin-derhamhall.org/athletics/>

**11. Attachments to this packet:**

- Team Rules & Pledge
- Meet Schedule
- Dates to remember

**\*\*\*\* DATES TO REMEMBER\*\*\*\***

- All Paperwork is due before the first week of practice-no paperwork, no practice: November 10th
- Picture Day is
- Parent Night
- Senior Night

**CRETIN-DERHAM HALL GYMNASTICS  
TEAM RULES  
2014-2015**

1. Monthly calendars will be given out with practice times. **Gymnasts are expected to be at all practices and on time.** You will be excused for the following:
  - a. Sick from school
  - b. Pre-arranged\* medical
  - c. Pre-arranged\* family vacations
  - d. Family emergencies
  - e. Pre-arranged\* religious obligations
  - f. School/class commitment
  - g. **NOTE: Jobs are not excused absences**
2. Unexcused absences result in the following:
  - 1st time = Verbal warning
  - 2nd time = Parent contact
  - 3rd time = Questions of continuation in program
3. We are a team first and individuals second! All gymnasts must support their teammates.
4. Behavior/attitude problems will be dealt with by:
  - 1<sup>st</sup> time = verbal warning
  - 2<sup>nd</sup> time = Parent contact
  - 3rd time = Questions of continuation in program
5. NO SWEARING or inappropriate talk!
6. No music playlists with swearing at practice.
7. Social Media: Please remember that you not only represent yourself but you also represent Cretin-Derham Hall as a student and as an athlete. Please present yourself appropriately on all social media outlets, and ask that your friends do the same for you as well.
8. **If you are injured you still must attend practices and meets.**
9. You must maintain the MSHSL Scholastic Eligibility Requirements.
10. You must follow the MSHSL Behavior Regulations and student code of conduct
11. Participation in athletics is considered an extension of the school day and provides additional means to carry out the mission and values of Cretin-Derham Hall.

**SPECIAL RULES FOR COMPETITIONS:**

12. **If you have an absence that is unexcused or due to illness the day before a meet, you will not compete.**
13. The day of a meet you **must be at school at least half day in order to compete.**
14. **Gymnasts must stay with the team at all times during meets.**

### **LETTERING REQUIREMENTS:**

To earn a letter, a gymnast must meet the following criteria:

- Compete at the varsity level in at least 50% of the scheduled meets.
- Maintain a positive attitude and demonstrate sportsmanship throughout the season.
- Demonstrate a strong commitment to gymnastics, the team, the team's goals, and individual improvement throughout the season.
- Be chemical-free and have no behavior violations.

### **\*\*COACH'S DISCRETION MAY BE USED\*\***

- The coach may award a letter due to extenuating circumstances
- Letters may be denied due to attitude/disciplinary problems

**CRETIN-DERHAM HALL H.S. GYMNASTICS  
RAIDER TEAM PLEDGE**

As a member of the 2014-15 Cretin-Derham Hall High School gymnastics program, I understand that our program has decided to set a higher standard of acceptable behavior for its student-athletes.

The CDH Gymnastics program is committed to the development of our student athletes as team members and young women. We hope to continue to build a strong, positive and competitive gymnastics program by promoting confidence, time management, responsibility, strength, grace, power, flexibility and teamwork. The team will exude the seven values of CDH and work toward **excellence** in all that we do, tending to our minds, bodies and spirits. We will focus this year on intentionally working toward **joy**. We continue to remember that there is dignity in risk. The CDH gymnastics team is a family that works hard and plays hard.

**CDH Values**

**CATHOLIC** – A conscious focus on Judeo/Christian traditions and Gospel values and Catholic doctrine as understood, celebrated and lived in the Catholic Church. Within a community of faith, we explore our relationship with God through worship, prayer, study and service promoting the dignity of each individual to insure and care for the common good.

**ACADEMIC** – The process of imparting an identified curriculum for the purpose of preparing students for opportunities in postsecondary education.

**LEADERSHIP** – Provide an environment in which students learn about, develop and exercise the skills necessary to positively affect their community.

**COMMUNITY** – A body of diverse and inter-related individuals who support, care, and respect each other and seek to demonstrate these values in society.

**SERVICE** – A commitment to ministry within the church, school, and community at large to develop a sense of stewardship.

**DIVERSITY** – A conscious focus on and a shared responsibility to understand and respect the differences in abilities, religions, cultures, and socio-economic back grounds of the school community and society.

**EQUITY** – A conscious focus on and a shared responsibility for the development of a gender fair environment.

**Please sign and return to the gym by the end of the first week of practice!**

I have read the team rules and pledge and agree to abide by them during the 2014-15 gymnastics season.

\_\_\_\_\_  
Print Gymnast Name

\_\_\_\_\_  
Gymnast Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

# 2014-2015 Competition Schedule

All CDH meets are away meets

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Start Time</u>
Thur 12/4	Stillwater	Stillwater Area HS	6:30 pm
Tue 12/9	Hastings	Hastings HS	6:00 pm
Thur 12/11	Forest Lake	Forest Lake HS	6:30 pm
Thurs 12/16	White Bear Lake	White Bear Lake HS	6:30 pm
Thur 12/18 pm	Mounds View	Midwest Gymnastics	6:30
Sat 1/3	V. MGGOA	Roseville Gymnastics	11:00 am
Wed 1/7	Park Cottage Grove	Park HS	6:30pm
Thur 1/15	Roseville	Roseville HS	6:30 pm
Thur 1/22	East Ridge	East Ridge HS	JV TBD V 6:30 pm
Mon 1/26	Highland	Highland HS	6:00 pm
Thur 2/5	Woodbury	Woodbury HS	6:30 pm
Sat 2/7	JV Conference	Forest Lake HS	11:00 am
Thurs 2/14	Section 4AA	TBD	TBD
Fri 2/20	State Tournament - Team	U of M Sports Pavilion	pm
Sat 2/21	State Tournament – Individual	U of M Sports Pavilion	pm

