

Rules and Guidelines
Gym-Masters
Southern Adventist University
2008 – 2009

The Gym-Masters at Southern Adventist University are part of the School of Physical Education, Health, and Wellness. Members of the Gym-Masters include the athletes, coaches, technicians, and drivers. The head coach reports to the PEHW Dean. Gym-Masters is budgeted by Southern Adventist University and is active in community service, recruitment, and public relations for Southern Adventist University.

These rules and regulations are subject to addition and change when found necessary and beneficial. The Gym-Masters coach regulates these changes.

Philosophy and Objectives

Gym-Masters are student athletes attending Southern Adventist University to get an education. There is time for academics and athletics, and members are expected to do both well. To be a Gym-Master, the student must be in good academic standing (minimum 2.0 GPA) and be taking classes at Southern Adventist University.

The primary responsibility of a person when acting as a member of the Gym-Masters is to support Southern Adventist University and the school of PEHW. Support is defined as:

- Participation in the athletic portion of Gym-Masters by performing partner stunts, pyramids, gymnastics, and routines that entertain and promote our team message of living a drug-free life.
- Serving as public relations ambassadors by reflecting and projecting the goals and ideals of Southern Adventist University and its school of Physical Education, Health and Wellness.

Members of the Gym-Masters should benefit from their experiences by developing into responsible, mature, and independent adults. For example, members should develop life, leadership, social, and decision-making skills.

Priorities

The Gym-Masters will not work with or around any other job, school, church, social, family, etc. functions (Exception: family emergency presented by your parent). To be successful you must respect yourself, each other, the coach, the school of Physical Education, Health and Wellness, and Southern Adventist University. Actions that violate the spirit of this concept will result in disciplinary action and may result in your dismissal.

Conduct

This document and the Southern Adventist University Student Handbook should guide your conduct as a member of the Gym-Masters. It is your responsibility to be familiar with the contents of these documents. As a member of the Gym-Masters, you represent the entire team as well as the school of Physical Education, Health and Wellness and Southern Adventist University. ***This is a privilege and something of which you should be proud.***

In all policy and program matters, members of the Gym-Masters shall first be law-abiding citizens of their nation, state, and city, and second shall be exemplary representatives of Southern Adventist University. Members must display proper behavior and avoid creating or participating in situations that cause personal,

team, school of Physical Education, Health and Wellness, or university embarrassment. Failure to do so will result in disciplinary action and potentially dismissal from the team.

Gym-Masters members are expected to be courteous and act as role models in all situations. This improves the learning process. Class attendance is very important to success. Members will miss some classes due to team travel and performances and therefore cannot afford to miss extra classes. Make sure professors know well in advance about any absences. Most professors, given ample warning, will work with their students with respect to scheduling. Always offer to turn in papers and take tests early and at your professor's convenience.

Tobacco/Alcohol

Use of tobacco and alcohol in any form while on the Gym-Masters team is prohibited.

Violators of these rules shall be subject to serious disciplinary measures up to and including immediate dismissal.

Drugs

Southern Adventist University is committed to providing a safe and healthy environment for its students. Thus, conduct that involves the unlawful possession, use, dispensation, distribution, or manufacture of controlled substances by a Gym-Masters team member shall result in dismissal.

The legal use of prescribed medicines under the direction of a licensed physician is permitted. However, the coach should have knowledge of the reasons for and which prescription medication is being taken.

Gym-Masters members are reminded that, as highly visible members of the university community, their actions and behavior are under constant observation. Both in and out of uniform, members are known, subject to scrutiny, and can easily be the object of criticism for their behavior or actions, in particular, for indulging in tobacco, drugs, or alcoholic beverages.

Attendance

If you believe you cannot attend practice or a performance for health reasons, the University Health Center or a doctor must examine you prior to the event. Attendance is required unless dismissed by the University Health Center, doctor or coach.

Practice or appearances are not over until you are dismissed by the coach. Do not exit the practice/appearance area until you have policed the area and have taken steps to leave it in a better condition than it was when you entered.

Travel

When traveling as a representative of Southern Adventist University, the members' behavior shall be exemplary. Behavior that is boisterous, rude, rough, offensively harsh or discordant, unruly, etc. will not be tolerated.

- When traveling to an appearance, members must travel in the manner specified by the coach. On the road prior to an appearance, meals should be consumed with your teammates. Parents may join us.
- From departure until arrival back at the university members, are ambassadors of the university and are expected to behave in a manner that is above reproach.
- In the traveling party there are 50+ people to satisfy. Please be courteous to each other and attempt to make everyone comfortable.
- Keep the noise level down in the bus, restaurants, schools, and churches.

- While riding in the Southern Adventist University buses that are equipped with video and DVD players, only PG movies will be shown.
- After an appearance, members must ride back in the manner specified by the coach. Members may only be released by the coach, and the coach will only consider an alternative means of transportation if a written request is made 24 hours in advance of the trip.

Tardiness

You are expected to arrive at every Gym-Masters event 10 minutes prior to the time stated. All preparation for practice, including taping, must be completed prior to the start of practice. Even if present, being unprepared to begin is considered tardiness.

Injury

Any injury is to be immediately reported to the coach. In addition, you must seek immediate assistance from the assigned safety staff. At all times you must be courteous to the safety staff. If so prescribed, you must attend rehabilitation sessions at the days and times assigned by the doctor or coach. After an injury, the coach will determine when you will return to participation.

Costs

When you travel representing the Gym-Masters, your basic expenses will be covered by the Gym-Masters. However, there are a number of expenses you may incur. These may include replacing uniforms, shoes, bag, and warm-ups. The Gym-Masters also participate in an optional spring break (mission) trip. Those team members participating will be responsible in raising their money needed for this trip. There may be activities available to defray these costs; however, you and your teammates must develop these opportunities.

Schedule and Appearances

You are committed to the Gym-Masters from September through April while school is in session. Your weekly commitment is approximately 10 hours per week. At a minimum this will require attendance at practices Monday through Thursday 8:00 PM until 10:00 PM and two hours of individual fitness training.

In addition, there will be public appearances, team vespers, community service activities, fund raising activities, and other appearances that will require your attendance. All effort will be made to limit Gym-Masters responsibilities to four per week (e.g. 3 practices, 1 appearance or performance). However, exceptions will occur (home show, acrofest and mission trip preparations).

Squad makeup

Gym-Masters is a coed team. The Gym-Masters will be made up of the number of athletes the coach feels has the appropriate talent, dedication, and attitude.

Appearance, Uniforms, and Equipment

Females

- No jewelry of any kind should be worn during all Gym-Masters events (i.e. practice, appearances, etc.).
- No colored fingernail polish may be worn during programs or appearances.
- Hair must be kept out of the face, either “half-up” or in ponytail.
- Accessories like ribbons and headbands will be worn only if approved by the coach and all females on the team are willing to accessorize in a uniform manner for programs and appearances.
- Gym-Masters cheer shoes must be worn in stunting and group routines.

Males

- No jewelry of any kind should be worn during all Gym-Masters events.
- Beards and/or mustaches are permitted if neatly groomed.

- Hair must be neatly groomed and kept out of the face.
- Face must be “clean shaven” for all functions except for permitted beards and mustaches.
- Gym-Masters shoes must be worn in stunting and group routines.

Uniforms, shoes, and equipment must be kept in a clean, presentable condition for all appearances. Uniforms may not be altered.

Gym-Masters team members are financially responsible for replacing their uniforms (up to \$150), specialty t-shirts (up to \$50), shoes (up to \$50), bags (up to \$40), and warm-ups (up to \$150). These must be kept in good condition, as they will be used throughout the year. Damage beyond normal wear and tear or loss of these items will require that you pay for replacement. Payment for these items must be received prior to any subsequent participation. Uniforms or equipment may not be lent to anyone outside of Gym-Masters for any reason.

You must wear the clothing selected by the coach or team captains for all appearances.

Practice

- You are expected to contribute to the team. Individual members of the squad may be close friends. Squad members' friendship or non-friendship shall not have a negative effect on the team.
- You are expected to be at every practice. You must schedule your classes around practices. If a class conflicts with practice you will need to get permission from the coach, drop the class or Gym-Masters. Do not schedule or expect to attend study sessions, convocations, or group meetings during practice. If necessary, obtain permission from your professor and then have a classmate audio or video tape the session.
- You are to come to practice dressed to be active and safe.
- No jewelry of any kind should be worn.
- Do not sit or lie down during practice except during the initial stretch or when instructed to do so. When not directly involved with what is being worked on, spot, critique, or instruct.
- You are expected to contribute to solving any problem that presents itself.
- If you believe you cannot practice for health reasons, see the University Health Center or a doctor prior to practice. You still need to attend practice unless dismissed by the coach.
- Your performance is directly related to how you practice. Poor, lousy practices result in poor, lousy performances.
- Stay focused and intense during practice. Loss of focus wastes time and leads to injury.
- Learn from your mistakes. Do not repeat errors.
- Communicate with your stunt partner(s), throwing group, and your teammates.
- Improve daily. Work hard to make yourself better. Do not be the weak link.
- Help your teammates overcome hurdles and transition through plateaus. Do not let them be the weak link.
- Listen to your teammates. Appreciate their input. Give them credit.
- All first aid needs must be attended to immediately.
- Come early, stay late, and be mentally and physically ready for practice.
- No excuses! Do not think or verbalize what you can't do. Just do it!
- Practice is not over until you are dismissed by the coach. Once dismissed, do not exit the practice area until you have policed the gym and have taken steps to leave it in a better condition than it was when you entered.

Performances

- You are a leader, not an entertainer.
- When not performing, you are to be in an area that is not directly behind the performers.

- Do not walk around talking to teammates or spectators. Instead, support your teammates on the performance area.
- If you believe you cannot perform for health reasons, you must see the University Health Center or a doctor prior to the performance. You still need to attend the performance unless dismissed by the coach.
- All warm-up activities should be performed before the majority of the audience is present. This includes stretching, warming up, pyramids, tumbling and routines.
- You are expected to contribute to solving any problem that presents itself.
- Confidence and enthusiasm are contagious; therefore, you should always look excited and involved in the performance.
- Compliment and show appreciation to the audience.
- Your performance responsibilities are not over until you are dismissed by the coach. Once dismissed, do not exit the performance area until you have policed the area and have taken steps to leave it in a better condition than it was when you entered.

Physical Training

You are expected to participate in physical training that will improve your Gym-Masters performance. Suggested exercises and programs will be provided for you, but it is up to you to improve your strength, flexibility, balance, and coordination. Periodically during the season you will be tested for physical progress in a number of areas. A lack of improvement will result in discipline or your dismissal.

Tryouts

All students must try out every year. To try out candidates must have a 2.0 minimum grade point average the preceding semester and a 2.0 overall grade point average. If you are an incoming student, you must meet the above criteria at your preceding institution and be accepted to Southern Adventist University.

Members of the team are chosen by the coach with advice from whomever he deems appropriate. Selection to the squad is not finalized until after a complete examination conducted by the Records Office. The coach may add members to the squad during the year as necessary. Only with the coach's special permission can one try out after leaving the team on a previous occasion.

Tardiness Disciplinary Action

Tardiness after the official start of practice or stated time for departure for a performance results in 15 step-circuits. These are to be performed on the steps just outside of Iles Physical Education Center after practice and must be observed by a team captain or manager. After 30 minutes you are considered to have missed the event. The first event missed will require five practice's worth of step circuits (75) if the coach accepts your excuse. This does not provide you with a "freebie". If your excuse is considered to be unacceptable (e.g. putting yourself before the team), you will be dismissed at the sole discretion of the coach. In any event the second event missed will result in your suspension and possible dismissal.

Safety Guidelines
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- Safety in spotting is everyone's responsibility.
- If at all possible the spotter should be touching the person they are spotting.
- The spotters hands should always be ready to act.
- Everyone at risk should have a particular spotter, and that spotter should know who he or she is responsible for.
- Spotters should never leave the person they're spotting until both of the person's feet are safely on the ground.
- Do not chew gum or eat candy while practicing or performing.
- Keep fingernails short and trimmed.
- No stunts or pyramids should be performed in shows until perfected.
- Talking should be kept to a minimum with the exception of relevant communication for the stunt or pyramid being performed.
- No one should ever yell or scream in an uncontrolled manner.
- Always listen for statements such as "dismount," "down," or "cradle." Remember, in a pyramid, no one is to move until the layers above have dismounted.
- Each member should visualize every movement prior to any attempt.
- If anyone cannot conceive of what is supposed to happen, the movement should not be attempted until they do.
- All will be involved in a sound weight-training program. The additional control, strength, endurance, and muscle mass will assist in the prevention of injuries and a successful performance of the skill. Being physically fit is not good enough. One must be in Gym-Masters shape.

Stunting

- All stunts should be learned in a logical progression.
- A proper skill foundation is a necessity to ensure future safety.
- During learning, all stunts must be spotted properly by at least two people. Stunts should not be executed without spotters unless they can be performed consistently without difficulty.
- All partner stunts must seek approval from the coach in order to perform the stunt in shows.
- When performing partner stunts, the flyer should always lock out. The base should do the balancing.
- Partner stunts should be preceded by verbal confirmation of the intended stunt, transitions, and the dismount.
- All dismounts should be verbally called; however, silent communication for dismount should be practiced to avoid problems that may occur when noise prevents the base and flyer from being heard.
- All flyers' dismounts must be assisted upon landing.

Pyramids

- All mounts over "two persons high" must have a "responsible" spotter in proper position. This person's only responsibility, once the flyer begins to mount, is to spot.
- Before attempting a pyramid, everyone should mentally walk-through and pantomime their responsibility.
- When building pyramids, each layer or combination partner stunts should be practiced separately before putting the combination together.
- All dismounts from pyramids over two high must be caught or spotted by two bases.

- For pyramids performed over two high, a spotter must be available in the front and in the back whose sole responsibility is the person that is above two high.
- Dismounts should be preceded by verbal and visual signals between the catchers and the person dismounting.

Basket Tosses

- Basket tosses should have at least three persons in the toss and catch.
- Basket tosses must be performed with both base's feet on the ground.

Apparel

- Practice and performance apparel should not create a hazard.
- No pockets on T-shirts.
- Nothing should be in pants pocket.
- Remove all jewelry (watches, earrings, piercing, etc.).
- No shorts with large fasteners may be worn.

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I _____ understand fully all of the rules and regulations presented. I will abide by these rules and regulations. I understand that violation of the rules and regulations will result in disciplinary action that may include my dismissal from Gym-Masters.

Date: _____ Signed _____
(Gym-Master)

Date: _____ Signed _____
(Coach)

I _____, do hereby authorize the officials of the Southern Adventist University to release all records pertaining to my enrollment and Financial Aid at Southern Adventist University to the coach of the Southern Adventist University Gym-Masters. This release may include transcripts from my high school(s), junior college(s) or other four-year college(s) I may have attended. I understand the Family Educational Rights and Privacy Act of 1974 otherwise protect my records. This release may be in the form of reading my records, making photocopies, or discussing the information with appropriate officials.

This permission is granted as long as I am an active member of the Southern Adventist University Gym-Masters team. A photocopy of this release shall serve as good as the original.

Date: _____ Signed _____
(Gym-Master)