

Big Sister/ Little Sister Program

The Big Sister- Little Sister Program was established early on in the development of Docksiders Gymnastics. And over the years has become an integral part of the teams training success at Docksiders. The functions and goals of the program are to help bridge the gap between the very young beginner gymnasts and the older, higher level gymnasts. Functionally the program is a large mentoring program that allows for growth and development of all individuals involved. Gymnastics is unlike typical sports, as most sports are seasonal. Gymnastics is year round competitive and training activity that requires a large commitment both physically and mentally. It takes up a large portion of an individual's time both with training and weekend competitions. There are many sacrifices, but those who have walked the road know the life lessons learned make great personal rewards. Though gymnastics is viewed as an individual sport, one that a single person performs for a score and can rise to their own level of success at their own rate, it also involves team competition and the girls train very closely with each other every day. It is imperative that the girls at Docksiders feel a sense of belonging to a huge family for total cohesiveness of the program. Therefore participating in the Sister program is not something we option into doing but something we do as part of the total team program.

The basics of the program are quite simple. Optional gymnasts are Big Sisters and Compulsory gymnasts are little sisters. At the beginning of the season Optional gymnasts who do not have a little sister. (Maybe they just moved up to Level 7, or maybe their little sister retired or left the gym). Once a sister relationship is established it will continue for the duration of the gymnasts careers. As a gymnast moves up to Level 7, she may have a big sister who is Level 9 or 10, but she will also become a big sister to one of the younger gymnasts. The sister program is designed to be a positive mentoring program. The Big Sisters have some one who is looking up to them for guidance and inspiration. Little Sisters have someone to help them through the rough times and help them feel successful at their level. There are no set rules except to be kind and caring. Hugs, high fives, notes, and even gifts at birthdays and special occasions are all a part of the routine. It does not have to be elaborate, just enough to know they are thinking of one another. There is a calendar of sister activities that is set up in the beginning of the year and serves as a guide to Sister Fun. Working with over 80+ gymnasts make sit nearly impossible to make each outing convenient for everyone. With everyone's competitive schedules there is no way to have a perfect plan; the ideas are to have an outline to start us off. If you have any questions please contact the Sister Program Coordinators and they will be able to answer your questions. The sister creeds are as follows on the back and hopefully reading through them will enlighten everyone on the programs goals.

Big Sister Creed

As your Big Sister, I am here to inspire, support, and befriend you. I will always be there if you have questions or just want to talk. I understand how things can get hard; you may have fears, or problems along the way. I travel the same path. I know that everyday will not be your best day, because we all have bad days. Looking back, those days can only make you stronger. I challenge you to make this year your best year yet. Whether you get new skills, improve at a meet, or even move up a level. Be proud of who you are. I will also work for this goal and try to help you get there. I would like you to know that although I have one specified little sister; I will be a mentor and friend to all of the Docksidiers family. Believe in me, Believe in yourself and Believe in Docksidiers.

We are a TEAM and united we SUCCEED.

Little Sister Creed

As your little Sister, I will look to you for friendship. You are older, more skilled and because of this you can help me grow as a Docksidiers gymnast. Your experience can help me to reach my goals and learn what Docksidiers Pride is. Teach me the rules, how to tough things out, how to stick with it and about the spirit it takes to be a great gymnast and friend. I will come to you for pep talks and smiles. I know I am not alone because I have you, my Big Sister to watch over me.