



The following rules must be reviewed and signed by a parent and the gymnast before the gymnast can begin practicing. Please print, sign, and return by first practice.

Training Rules:

- No gymnasts are allowed in the gym area during setup of the equipment. Gymnasts are to wait in the hallway until setup is complete, and they are invited in the gym by the Coach.
- While waiting for a class to begin, gymnasts must wait on the benches quietly, until the Coach invites them into the gym area. Please arrive no earlier than 10 minutes before class time.
- Absolutely no gymnasts are allowed in the gym area or on the equipment, unless a Coach is present.
- Gymnasts can only attempt or perform skills that have been taught or instructed by the Coach.
- All backpacks and personal items must be left in the hallway outside of the gym.
- NO food is allowed inside the gym.
- Gymnasts may not leave the gym during their class without the permission of the Coach.
- Classes begin with warm up which is a very important part of any athletic activity in preventing injury. Please be on time, dressed and ready.
- Gymnasts must wear appropriate clothing, preferably leotards for girls and stirrup pants for boys. No baggy clothes will be allowed.
- Long hair needs to be tied back in a ponytail, pigtails, or braided.
- **No** jewelry - exceptions can be made for small studs.
- Please bring a water bottle to each class – label bottles with gymnast name.
- Out of consideration for the Coach and other gymnasts please keep sick children home. Sending a sick child to any physical sport may increase the risk of injury.
- Please notify the Coach if a gymnast will be late, has to leave class early, or is unable to attend a class. **Missed classes cannot be made up or refunded.**
- All injuries must be reported to the Coach, even minor ones.
- **Respect to the coaches, fellow gymnasts, equipment and the gym is to be demonstrated and practiced at all times.**

Misconduct Policy:

Violation of the above Training Rules not only causes disruption to classes, but also endangers the well being of the gymnasts. All misconduct will be handled with the following procedures:

- 1) Verbal warning by Head Coach up to 3 times;
- 2) Letter/phone call to parents to inform about the situation;
- 3) Two week suspension from classes with no refund;
- 4) Gymnast removed from program.

X

Parent

X

Gymnast