

## Code of Conduct

Name: \_\_\_\_\_

### As a member of the Performance Gymnastics Team, I have the responsibility to:

Conduct myself on and off the gym floor in a manner that will bring credit to our team, the sport, and myself

- a. Be a good sport at all times, regardless of results.
- b. Be a positive role model for other gymnasts.
- c. Never use foul or abusive language

Practice and perform with a positive attitude and with the commitment to improve my skills.

- a. Inform the coach of any injury or illness prior to workout
- b. Listen to corrections from my coach and make an effort to incorporate them
- c. Inform the coach of any problems I'm having with skills, other gymnasts or him/her.
- d. Wisely use time given on equipment (don't waste time)
- e. Refrain from talking while on the apparatus

3. Take an active role to ensure that the gym is a safe/fun training environment:

- a. Refrain from unsafe behavior
- b. Wait quietly for my turn
- c. Follow instructions
- d. Be self-disciplined
- e. Maintain equipment (check mats are pushed in after landing, pit is fluffed)—ready for next gymnast
- f. Offer to help move equipment
- g. Keep my locker area clean and tidy

4. Recognize that training as a gymnast requires making a commitment to:

- a. be on time, bring equipment (grips, tape, etc). and be suitably dressed with hair tied back (no hanging jewelry, gum or baggy shorts/pants.)
- b. attend practice regularly
- c. respect myself by being clean and healthy for training.
- d. bring healthy snacks and water to the gym
- e. accept criticism gracefully

5. Treat coaches, officials, administrative staff and other gymnasts with respect at all times.

- a. Let the office know when you will miss practice or be late.
- b. Pay attention, follow instructions and be respectful of the coach during training.
- c. Be supportive and respectful of others.
- d. Make sure all team members feel welcome (no clicks)
- e. Refrain from behavior that would demean or put at risk the emotional and/or physical well-being of others. (No bullying will be tolerated.)

6. Accept disciplinary actions if I do not follow this code of conduct.

- a. First offense- 10 minute time out and/or meet with coach
- b. Second offense – phone call or email to parent
- c. Third offense – sent home and meeting with parent
- d. Fourth offense – subject to removal from team

Date: \_\_\_\_\_

Athlete's signature: \_\_\_\_\_

Parent's signature: \_\_\_\_\_