

Dear Parents-

The coaches at Performance Athletics recognize that many kids want to do another sport in addition to gymnastics. While we encourage our athletes to be well rounded and believe that cross training is beneficial in some instances, we also see the downside. The combination of gymnastics and another sport, especially one that requires lots of running, can cause fatigue and overuse injuries. Due to scheduling conflicts, workout attendance may be negatively affected.

It puts us in a difficult position when parents ask, "Why is my child not progressing/moving up/doing better at meets?" when we know that the answer is due to fatigue and their commitment to another sport. In general, the athletes who do an additional sport progress more slowly than those who do just gymnastics. This is not true of all sports, and we have seen when sports such as dance have helped a gymnast's performance. We just want to be sure that each family weighs the positives and negatives of doing more than one sport. We will respect your decision because we know that you are the best judge of what is best for your child.

To have more open communication about your child and his/her other athletic activities, we are asking that you fill out the form below to inform us when your child is beginning another sport. This will help the coach to better understand your child's needs and we can better plan team workouts if your child is going to be late or misses workout. We do not want to push a tired child to do a skill when she/he is not up to it. Safety and success are our top goals for your child.

If you have any questions, please let us know.

Leslie & PA Team Coaches



_____ is participating in _____
Gymnast's name sport

beginning _____ for approximately _____ weeks.
date

Athlete & Parent understand that I may not progress as rapidly as possible due to the commitment of an additional sport. We will let PA know if Athlete is going to be late or miss workout. Athlete & Parent realize that poor attendance may affect performance ability as well as mobility to the next level.

Parent name & signature - Child name & signature date