

## **Rules and regulations:**

### **Attendance**

Gymnasts are expected to attend all the days of their classes. If injured or a needed holiday, please notify the gymnast's coach with a permission written and signed letter, so they know why there is no attendance over the days. We have a long waiting list of eager children who will fill a place if attendance is low.

### **Conduct during training**

Gymnastics is a sport that requires a high degree of personal discipline. The gym is a highly stimulating environment but also one where accidents may happen if people are careless and do not follow instructions. As a result, we expect all our gymnasts to attend carefully to the instructions given to them by the coaching staff and we operate a discipline protocol should the gymnasts fail to follow instructions.

In the first instance, gymnasts are given a warning by their coach. A further infraction of the rules will result in the gymnast sitting out for ten minutes. Normally, parents are informed if their child has been asked to sit out during a session. Should a gymnast have to be checked a third time by one of the coaching staff during a session, then a parent is called to collect the child from the gym. Repeated bad behaviour may result in suspension from training. Please ensure your child is aware that they must follow the instructions given to them by the coach and ensure that they understand that there will be consequences for bad behaviour during a training session.

### **Club Uniform**

All gymnasts need to have a Club Uniform.

Order for Leotards and other club merchandise can be given to the coach. All gymnasts need to bring a water bottle to training. No fizzy juice or food is allowed in the gym.

All long hair must be tied up and no jewellery is allowed. Anyone wearing long earrings will be asked to remove them.

### **What we expect of Parents**

Parents should:

- ensure their child arrives 15 mins before time for their session.
- deliver their child into the gym to ensure their child's coach is present and also collect them from the gym to ensure they are safely returned to a responsible adult at the end of a training session.

- ensure their child is appropriately dressed for gymnastics and has a water bottle, healthy tiffin( no junk food), hair tied up, no jewellery etc.
- ensure their child understands that they must follow the instructions of the coaching staff at all times.
- inform the coaches of any condition their child may have that may affect their participation in the sport.
- ensure all necessary paperwork for club and camp fees are paid or discuss any problems confidentially to Mrs. Smita Surve.
- encourage their child to value their own performance and not just the result. Winning is not within their control, their own effort is!
- appreciate and respect the efforts of the coaches and club officials in the development of their children and understand that success in gymnastics takes many, many years of hard work and dedication.
- support the efforts of the coaches and committee members and assist where possible by lending your help and expertise to further the objects of the Club.
- share in the safety and welfare of all Club members and report any concerns they may have to a coach
- recognize their child's efforts, improvement and successes in every form and encourage them to understand that although trying to win is important, that it isn't the be all and end all!

We hope you have read all this important information and ask you to sign all pages and return it to the Coach at the PGA.

Note : Gymnasts and their parents have to be present on the last day of the camp for demonstrations and certificate distribution .

Signature Parents/guardian:  
Date:

Director PGA.