

# General Participation Requirements

## **REQUIRED PRACTICE TIME**

BE ON TIME and remain for the duration for both practices each week to maintain team eligibility. Though allowances will be made for school concerts, regents testing and final exams, illness and family emergencies, athletes are expected to plan and prepare for school projects in advance and plan accordingly to accommodate their commitments. Consistent attendance is necessary for the athlete's physical, mental and emotional preparation. Consequently, coaches may withdraw athletes from competitions when they have not participated in sufficient practice time to be prepared and safe. Practices are Wednesday 4:10-6:10 and Friday 5:15-7:15.

## **Athlete Conduct**

Athletes and their parents must read and sign the code of conduct. You cannot participate in team without this agreement and the other signed paperwork including waivers, contract and any applicable membership forms. We reserve the right to send an athlete home on any given evening or suspend team privileges. Verbal or physical violence toward others and blatant disrespect to coaches will absolutely not be tolerated.

## **Attire for practices:**

- Bare feet or tumbling slippers (specially made for this purpose) are permitted.
- Absolutely NO jewelry of any kind is permitted in the gym during workouts.
- You may keep your grips and braces in the grip bucket in a small bag with your name on it.
- Deodorant should be worn for all athletes.
- A snug t-shirt or snug tank top tucked in; or a competition style shirt (not your uniform), may be worn with shorts. Pants & socks are permitted for pommel horse work.
- Washing hands after using the restroom is mandatory.

## **Snacks and Water Bottles**

It is most beneficial to your athlete to snack **before** practice. No food or drinks other than water is permitted in the gym. Athletes should bring water bottles with their name on (to keep in the gym with them) and use the bathroom before practice to maximize their practice time.

## **Parent Drop off and Pick up**

Practice starts and ends promptly as per the scheduled time allotted. Parents are asked to drop off and pick up your athlete at the gymnastics center. For your convenience, please note back lobby hours if you use the back parking lot.

## **Observing practices**

Parents are welcome to watch their gymnasts practice from the lobby area during any of our practices on occasion, but coaches cannot remain after practice so that gymnasts can show off new skills or get extra practice in. We respectfully ask that parents refrain from watching every practice so that athletes can concentrate on their skills and not be concerned with their performance while drilling or attempting new skills. Mental focus is one of the things we work on during practice. Your support is needed to help cut down on distractions for them as they learn.

## **Parent Coaching**

Please leave the coaching and critiquing to the coaches. The best support a parent can provide their athlete is unconditional love and acceptance. This kind of support will contribute to your athlete's self esteem and, therefore, their success. With this in mind, we do not recommend that family members give rewards for achieving scores, but rather for something related to character growth.

## **IMPORTANT!**

Forms in this packet need to be returned to Tammy by September 1<sup>ST</sup>.  
USAG membership fee is due September 1st and uniform fees (see uniforms) are due September 13<sup>ST</sup> (see attached forms).