

# Competitive Gymnastics Teams: Training and Competition Rules and Policies



Athlete name: \_\_\_\_\_ Level \_\_\_\_\_ Training Site: \_\_\_\_\_

Rules and Policies for CSC Team Athletes consist of "training rules" & "competition rules". Training rules (T) cover regular practice times. Competition rules (C) cover participation at competitions or sanctioned events. Some rules are our own, while others are required by our governing bodies and outside organizations.

Please review this document and make sure questions are answered. Any change to this document must meet the approval of the athlete's primary coach, the site's Head Coach, and Director, Dave Peterson. Once completely signed, this document is kept in the athlete's file.

## ATHLETE Rules and Policies - I will:

- [T] Give my best effort – both for my team and for myself.
- [T] Be on time. If late, I will check in with my coach.
- [T] Be dressed properly for training, with all gear.
- [T] Arrive no earlier than 15 minutes prior to practice without a plan. Stay until the end and please get picked up on time.
- [T/C] Be respectful of everyone around me, at all times.
- [T/C] Support my teammates. Disagreements will be resolved with the support of a coach or administrator.
- [T/C] NEVER allow myself to be alone in the gym with my coach or another adult. I will tell my parents if this happens for any reason, including to my teammates.
- [T/C] Turn off my phone, except in emergencies or when given permission by the coach or staff.
- [T/C] Not wear jewelry – except as allowed by rules.
- [T/C] Eat healthy for improved performance and proper growth.
- [T/C] Sleep, rest, and agree to follow the physical and mental recovery plans put in place by the coaches.
- [T/C] Drink water as my main source of fluids while training or competing and eat healthy snacks.
- [T/C] Understand that flexibility, strength, pre-hab, basics, and mental training are as important as the skills for my level.
- [T/C] Let my coach know when I am experiencing distress, fear, pain, injury, or illness.
- [T/C] Report any drug I am taking for any reason (including aspirin, cold or cough medicine, asthma mist, etc.).
- [T/C] Help keep my gym clean and assist the coaches and my teammates to keep the gym in good working order.
- [T/C] Agree to be dismissed from training due to poor behavior. My parents will be called at the END of workout to explain. Returning to training the following day is expected. If the behavior continues, a conference with my parents will be required before being allowed to return to training.
- [T/C] Avoid social media contact with any coaches or staff at CSC, except through CSC's accounts.
- [T/C] Report abuse of any kind to my parents or known authorities whether to myself or to another teammate/friend.
- [T/C] Stay with the team coaches and only touch or use equipment when given permission to do so.
- [T/C] Understand that if I miss practices the week of a competition I may be held out of competition, in part or total.

- [C] Prepare my competition clothing and grip bag before the meet to be sure all is clean and ready.
- [C] Report to my coach at the competition site 15 minutes prior to the planned start time of "open" warm-ups.
- [C] Be supportive of all my teammates and courteous to other competitors – good sportsmanship is more important than performance or results, in all situations.
- [C] Come to competitions and events dressed appropriately in all CSC competitive clothing, as required by CSC.
- [C] Understand if I have not safely performed skills consistently I may not be allowed to perform them at competition.
- [C] I understand that I must stay for the entire competition – and awards - regardless of the outcome.
- [C] Understand I must be in my team uniform to receive awards and that I may not wear shoes on the awards stand.
- [C] NEVER APPROACH A JUDGE OR COMPETITION OFFICIAL

## PARENT Rules and Policies - I will:

- [T/C] Love and support my athlete at all times -win or lose - and focus on my very important role in partnership with the coaches and gym.
- [T/C] Honor the sport and respect the coach and athletes' dedication in all my interactions.
- [T/C] Understand that I am my athlete's #1 role model. MY good sportsmanship and attitude is critically important.
- [T/C] Make every effort to support the finish of any season that my athlete starts.
- [T/C] Bring my athlete to training and competitions on time (no earlier than 15 minutes prior without arrangement.)
- [T/C] Understand that attendance to all practices and competitions is important to my athlete's progress.
- [T/C] Support decisions made by coaches, staff, and/or administrators. If I disagree, I understand a private conference may be arranged to talk through the issue.
- [T/C] Stay off the gym floor. If my athletes needs me they will get permission through the staff.
- [T/C] Follow up with the coach and/or CSC if I am concerned about incidents / issues at events or practices,
- [T/C] Avoid conversations with coaches during practices and competitions.

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[T/C] Read, understand, and sign where required, the following documents:

- o The Makings of a Team Member
- o Rules and Policies for Training & Competition
- o Athlete Emergency Card for travel with coaches

[T/C] Stay current with all my fees - registration, monthly, assessments, competitions, etc. ~ at all times. I understand that failure to do so will result in automatic withdrawal from training and competitions, until paid.

[T/C] Report any drug my athlete is taking for any reason (including aspirin, cold or cough medicine, asthma mist, etc.).

[T/C] Submit, in writing, any planned absences (vacations, school trips, etc.) from practices.

[T/C] Support my athlete avoiding all direct social media contact with any coaches or staff at CSC, except through CSC's official accounts.

[T/C] Check my gymnast's uniform regularly and agree to replace it and other equipment such as grips, etc., when advised by the coach.

[T/C] I understand my athlete may NEVER be alone with any coach or staff member at CSC.

[T/C] Agree to discuss and educate my athlete around issues of abuse and will use the resources provided by Safe Sport, USA Gymnastics, and NGA.

[T/C] Understand that CSC will also engage athletes in ongoing education about abuse.

[C] Deliver my gymnast to the meet site and understand he/she is in the hands of the coach until released after awards.

[C] Only use flash photography during non-performance moments.

[C] Not speak to judges, officials, or event personnel. I understand that if I need something I must go through a coach.

## COACH Rules and Policies - I will:

[T/C] Always put the "athlete first and winning second."

[T/C] Work to earn the respect of my athletes and expect the same effort from them.

[T/C] Give my athletes my best coaching at all times.

[T/C] Arrive on time to all practices and competitions, and stay through the completion of awards.

[T/C] Stay up with all rules and requirements for the competitive levels I coach.

[T/C] Remain certified as required by our competitive organization(s) and CSC.

[T/C] Coach safely and make decisions in support of athlete safety at all times. I understand the risks involved and will advise of specific risks as needed and appropriate.

[T/C] Follow all training and competition guidelines as outlined in the most current "The Makings of a Team Member".

[T/C] Abide by the Rules and Policies as set forth above for my athletes and families.

[T/C] **Never be alone in the gym with a minor.**

[T/C] Listen and adjust activities as appropriate when I notice - or my athletes express - they are experiencing distress, pain, injury, or illness.

[T/C] Coach all my athletes using the principles and techniques of positive discipline. Natural and/or logical consequences will guide my efforts in building my athletes' self-regulation and development. I will not punish my athletes.

[T/C] Educate myself and my athletes on the issues of abuse and will use the resources provided by Safe Sport, USA Gymnastics, NGA, and CSC to prevent and report any misconduct by a coach, parent, or athlete.

[T/C] Maintain regular communications with my team families.

[T/C] **Only use CSC's communication channels to send emails, texts, and calls to athletes and families.**

[T/C] Welcome any note or call from the parents to resolve questions or concerns at any time. I will attempt to return a call or make contact within 24 hours of any note.

[T/C] **Understand I may not have direct social media contact with any of my unrelated athletes at CSC except through official CSC accounts.**

[C] Always keep my Athlete Emergency Cards with me at competitions.

[C] Only use personal cell phones for parent communications in emergency situations.

[C] Model professionalism and sportsmanship at all competitions and events.

Please sign below, any one parent is an understanding of both parents, though it is preferred that both parents sign. When signed, return this original in its entirety. Athletes will be met with in a group to review with the coaches and sign at that time. A copy will be made for you if you request it. The original will be kept in your athlete's file. I understand and agree with the Rules and Policies for the **2023-2024** season as outlined above:

Athlete: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_ Parent / Guardian: \_\_\_\_\_

Coach: \_\_\_\_\_ Coach: \_\_\_\_\_ Director: \_\_\_\_\_