

## **GYMNAST CODE OF CONDUCT CHINOOK RHYTHMIQUE GYMNASTIC CLUB**

- ❖ The Head Coach will place each gymnast within the pre-competitive or competitive category and level most suited to their ability, attitude and goals.
- ❖ At each training session, gymnasts are expected to greet their coaches upon arrival. Gymnasts should attempt to arrive on time to all training sessions. If a gymnast is late and the class has begun, wait for an interruption or a natural break, greet the coach and explain lateness.
- ❖ Gymnasts are expected to focus on training and show respect to the coach and other gymnasts at all times.
- ❖ Gymnasts will agree to participate in all aspects of the competitive program within the gym training set by the Head Coach. This includes warm-ups, stretching, running, dance, ballet and any other special conditioning as may be set by the Coach.
- ❖ Gymnasts are expected to help with music systems, mat rolling and storage of the same each day.
- ❖ Gymnasts are expected to use exemplary behavior and good sportsmanship, both within the training gym and when representing the Club at competitions, meets and demos. This includes following guidelines as set out by designated parents and coaches.
- ❖ Gymnasts must refrain from entering into discussions about the performance or behavior of any athlete, coach or judge.
- ❖ Coarse language, rude behavior, angry outbursts or other such behaviors, deemed as inappropriate in the training gym will not be tolerated. At the coaches' discretion, gymnasts may be asked to leave. Please refer to *Behavior* in the Competitive Handbook.
- ❖ Gymnasts are responsible for their own belongings, including all apparatus, music and attire and insuring these items are brought home each day.
- ❖ Only water in plastic bottles are allowed in the gym area of Repsol Sport Centre. No food is allowed on the carpets.

I, \_\_\_\_\_ a competitive gymnast with Chinook Rhythmique Gymnastic Club have read and understand the policies in the Code of Conduct for Gymnasts and I further agree to abide by such policies.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2019.

\_\_\_\_\_  
Gymnast

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