

Play by the rules.

Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.

Control your temper. Verbal abuse of officials, sledging other athletes or deliberately distracting or provoking an opponent is not acceptable or permitted behaviours in any sport.

Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.

Be a good sport. Applaud all good performances whether they are made by your team or the opposition.

Treat all participants in your sport as you would like to be treated. Do not bully or take unfair advantage of another competitor.

Cooperate with your coach, team-mates and opponents. Without them, there would be no competition.

Participate for your own enjoyment and benefit, not just to please your parents and coaches.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Remember that children participate in sport for their enjoyment, not yours.

Encourage children to participate, do not force them.

Focus on your child's efforts and performance rather than whether they win or lose.

Encourage children to play according to the rules and to settle disagreements without resorting to hostility or aggression.

Never ridicule or yell at a child for making a mistake or losing a competition. Remember that children learn best by example.

Appreciate good performance by all participants.

Support all efforts to remove verbal and physical abuse from sporting activities.

Respect officials' decisions and teach children to do likewise.

Show appreciation for coaches, officials administrators and volunteers. Without them, your child could not participate.

Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Offer your assistance and expertise where you can and encourage your child to do the same to help build the Gymnastics Club Programs.

Support the Club Staff by offering them your trust and confidence and show interest in what they are doing - they are striving to do their best to support the interests of your child.

