



Code of Behaviour for Squad Gymnasts

All team members must support each other at all times and show good sportsmanship.

Gymnasts not competing should attend all competitions of the same level. This is for team support and knowledge. Team uniform should be worn in support of team mates.

Gymnasts should not let any problem they may have affect other gymnasts. Keep this between you and the coaches. If you are upset about something in your performance it should be worked on back in the gym. It should never be displayed on the competition floor.

A positive 'go for it' attitude must be presented before stepping into the competition gym.

Gymnasts must enter the competitions with the goal of performing the routines to the best of their ability at that time.

No speaking to anyone in the stands

The gymnasts must ask the coach and competition official to leave the competition floor at any time

Gymnasts must not eat junk food 24 hours prior to the competition. Their diet should be low in fat, with high carbohydrate prior to competition. If you are unsure, check with your coach about what is appropriate.

The gymnasts must be respectful of all judges and coaches no matter how your routine is performed, or what has happened. The gymnast will always present properly to the judges, and then go immediately to the event coach.

A gymnast's area of personal responsibility is as follows

Make sure you have all personal equipment with you at the competition

Optional gymnasts should bring a spare copy of their music

Gymnasts must arrive 15 minutes to 1/2 an hour before the general warm up. Late arrival because of traffic or getting lost makes it difficult for mental and physical preparation for competition

Hair and other preparations are to be completed by parents before warm up starts

Any strapping/ taping should be completed at least 10 minutes prior to the start of official warm up

When awards are presented gymnasts must remain in full competition attire until presentations are finished. When receiving awards stand with your feet together and stand tall

Show appreciation to other gymnasts, coaches, the competition director and anyone else who helped support you during the competition.