

Gymnastics Parents Code of Conduct

As the parent or guardian of a gymnast, you are integral to your child's development and to the overall success of our gymnastics community. To ensure a safe, respectful and positive atmosphere for all athletes, families, and coaches, we request your adherence to and compliance with the following Code of Conduct:

1. Support & Encouragement

- Encourage your child to do their best and celebrate effort, not just results.
- Emphasize enjoyment, personal growth and skill development over winning.
- Recognize that mistakes are part of learning.

2. Respect for Coaches & Staff

- Trust the coach to provide instruction, corrections and guidance.
- Refrain from “coaching from the sidelines” during practices or competitions.
- Address concerns privately and respectfully with the coaches or staff at appropriate times.
- Refrain from pressuring coaches to accommodate personal preferences, such as requesting specific skills in your child's routine or dictating coaching methods. Respectful collaboration ensures the best experience for everyone involved.

3. Sportsmanship & Behavior

- Demonstrate exemplary sportsmanship during all competitions, testing events, training camps, invitationals and regular practice sessions.
- Applaud and motivate all athletes, regardless of team or outcome.
- Avoid negative comments, gossip or criticism of athletes, parents, coaches, or officials.

4. Safe & Positive Environment

- Ensure your child arrives on time, properly equipped, and ready to participate.
- Promote healthy habits: rest, nutrition, and a balanced, effective training routine.
- Encourage and ensure gymnasts maintain proper personal hygiene and comply with the established dress code.
- Adhere to all facility regulations and follow the guidance of coaches and staff members.
- Please collect your child promptly at the end of class and ensure that late pickups do not exceed five minutes.

5. Zero Tolerance for Inappropriate Behavior

- No use of abusive language, threats, or aggressive behavior.
 - No harassment, bullying, or discriminatory actions toward athletes, families, coaches, or officials.
 - Parents who display inappropriate behavior may be required to leave the premises or face suspension, which could apply to both themselves and their participating child.
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Parent Agreement

By signing below, I acknowledge that I have read, understand and will comply with the Gymnastics Parents Code of Conduct. I agree to uphold these standards and support a positive, safe, and respectful environment for all gymnasts, families, and staff.

Name of Parent or Guardian:

Signature:

Date: _