

# PEARLAND ELITE TEAM POLICIES

In addition to the Policies listed for Recreational Students, Team Members must adhere to the following:

## General Policies

- **Respect your coaches**
  - Always do what you are asked. If you do not feel comfortable or understand what to do, communicate this with the coach
  - Trust that your coach has your safety and future in gymnastics in mind when they tell you to do something
  - Do not talk back
  - Talk to your coach about questions you have related to training and competition
  - Show that you want to work to your fullest potential
  - Remember that your coaches know what it takes to get to the highest level. They understand the struggles it takes to be successful.
- **Respect your teammates**
  - Encourage each other
  - Remember a team is only as strong as its weakest link. Do not let your teammates slack off or lose their confidence
  - Be a good teammate in and out of the gym
- **Respect your parents**
  - Show them your appreciation for giving you the opportunity to be in this sport
- **Respect yourself**
  - Always give 100%
  - Remember everyday you work hard gets you closer to your goals
  - Attend and work hard at all practices. While we want you there, “showing up” is not enough
- **Balance School and Gymnastics**
  - Realize that school comes first
  - Maintain good grades
  - Do not let gymnastics practice be an excuse for not doing your homework
  - Missing gym because you waited until the last minute to start a project is unacceptable. PLAN WISELY!
  - Let your coaches know if you are struggling with classes or assignments. Remember that your coaches have been there and can help you.

**Not following the above policies could cause you to be a distraction to the team, which takes attention away from your teammates. This is not fair to those who came to work hard and learn new skills. If your coach feels you are a distraction, you will be asked to go home, and come back when you are ready to train with a positive and respectful attitude.**

## **Attendance Policies**

- All team practices are mandatory
- The gymnast (not the parent) is responsible for notifying their coach in the event a practice must be missed.
- It is not acceptable to miss a practice the week of a competition. A coach has the right to scratch a gymnast from the competition if they are not present at all practices that week. Excused absences are at the coach's discretion.
- Excessive absences could result in removal from team
- Doing other sports -
  - Many gymnasts enjoy other sports, and some cross-training can be very beneficial. However, gymnastics training is long term and physically demanding. It is very important for the coaches to know if you are involved in other sports so that they can safely manage your practice program.
  - Gymnasts Level 8 and above may not compete if they choose to participate in other activities that will require them to miss more than 3 times per month. At this level, training is very important to master the higher level skills needed. It can be unsafe for someone to compete high level skills when they are not in the gym enough to become consistent.
  - For the safety of the athlete, a coach has the right to remove a gymnast from team at anytime if they feel an outside activity is hindering their progress or putting them at risk.

## **Competition Policies**

- All competitions are mandatory, unless otherwise noted by coaches
- All scheduled practices the week before a meet are mandatory. A coach has the right to scratch a gymnast from the competition if they are not present at all practices that week
- Meet fees must be paid on time or a \$10 late fee will automatically be charged
- Gymnasts must arrive to the competition 15 minutes before general stretch begins
- Gymnasts must eat something light and healthy(preferably something with protein to keep their energy up) before arriving at the meet.
- Hair must be styled neatly and must be fixed to last the whole meet. Gel and/or hairspray is an absolute must.
- Always bring a positive attitude. Crying, bad attitudes, or poor sportsmanship will not be tolerated and may result in removal from the meet.
- No parents on the floor at anytime(this is a USA Gymnastics rule and can cause our gym to be fined if violated)
- At the completion of the meet we will line up as a team for a brief evaluation of the meet. After this, gymnasts are free to take pictures and go with their parents.
- We encourage cheering!! Gymnasts support your teammates, and parents we want to hear you cheering!!!

## Expectations of Parents

- Communication is the key to success
  - Talk with the coaches about how to help your child get the most out of their training.
- Respect our coaches
  - Pearland Elite Coaches are all very carefully selected and well qualified. They work as a team to evaluate every gymnast, so decisions about your child's progress are based on an agreement of the coaching team.
  - Remember, the coach's goal is to prepare your child to compete with the best of their abilities, and to compete **SAFELY!** For example, if your child struggled throughout the competitive season, it is better sometimes to compete another season at the same level and have better results than to struggle just to make it to the next level.
- Always be supportive of your child, even after a bad day or meet.