

# Glencoe-Silver Lake Community Education Gymnastics Contract

**I have read the Panther Paws Gymnasts Team 2021-2022 Handbook**

## **Gym Rules – By signing this contract I will comply with the Gym Rules**

- For safety reasons, no gymnast is allowed to enter the gym until the coaches have instructed you to enter.
- Do NOT use equipment when practice has not started, or when doing “lines.”
- Ask permission for use of drinking fountain and bathroom.
- A distracted gymnast or coach is a prime candidate for injury. Contact the coach if you need to communicate with a gymnast during practice and/or competition, and try to communicate with a coach before or after practice. Friends and family are allowed to observe practices, but must sit in the designated seating area and do not disrupt practice.
- To keep the gym clean, shoes will be taken off prior to entering the gym. Flip-flops should be worn when the gymnast needs to leave the gym area (bathroom, drinking fountain, etc.) Please bring your own flip flops for this purpose.
- Absolutely no food or drink is allowed on the workout floor. All snacks or meals must remain in the lobby area. Water bottles are the only exception to this rule.
- Leave the gym cleaner when you leave than when you arrived.
- Please respect the coaches, and keep noise level & talking amongst one another to a minimum during instructions.
- Try YOUR BEST! Be YOUR BEST! BE PRODUCTIVE with your time! Hair up, dress appropriately, and BE ON TIME.
- Show a POSITIVE attitude at all times ☺

## **Gymnasts' Standards**

By registering, I agree to uphold the following standards:

1. I will place my teams' well-being ahead of my own.
2. I will adhere to my obligation as a gymnast. I will attend meets/practices ready and eager to participate and to follow my coaches' instructions.
3. I will participate drug and alcohol-free.
4. I will treat my fellow gymnasts, opponents, coaches, judges and league officials with courtesy and respect.
5. I will be a positive participant for my team, refraining from foul language and unsportsmanlike behavior.
6. I agree to uphold these participant standards for the benefit of my team.

## **Alcohol-Drug-Smoking-Chewing-Vaping Violation**

**First Offense:** No participation in the event for 2 weeks or two meets, whichever is greater.

**Second Offense:** Player is ineligible for the remainder of that activities season.

\*Family is still financially responsible for missed sessions

## **Players' Consequences**

Gymnasts not upholding the Gymnasts' Standards and/or Gym Rules will be subject to the following consequences.

**First** occurrence will result in the communication from PPG Coaches to the gymnast and his/her parent/guardian and will result in a verbal warning..

**Second** occurrence will result in a conference with the Community Education Director, the gymnast, the coach, and his/her parent/guardian and will result with a written warning.

**Third** occurrence. The gymnast will be notified of their dismissal and at the gymnast or parents/guardians request and additional meeting with Community Education Director and coaches.

\*Family is still financially responsible for missed sessions

PARTICIPANT'S NAME: \_\_\_\_\_ DATE \_\_\_\_\_

PARTICIPANT SIGNATURE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_