

Team Gymnast Contract

1. I understand that coaching is to be done by the coaching staff, not my parents
2. I understand that I must tell my coach when I am feeling ill or have an injury that may hamper my workout.
3. I understand that it is my responsibility to keep myself healthy and do rehabilitation on any injury that I may have.
4. I understand that I have the right and obligation to ask questions if I do not understand something during my workout.
5. I understand that gossiping is frowned upon at or outside of the gymnastics facility, and that I may be called in for a meeting if there is a problem with my behavior.
6. I understand that stealing will not be tolerated.
7. I understand that I have the right to test my skills and receive progress reports to document my progress.
8. I understand that, if needed, the coach may recommend or require a private lesson to help me improve my skills.
9. I understand that I may request a private lesson with a coach to help improve my skills.
10. I understand that doing private lessons does not guarantee success in a skill.
11. I understand that the Bannon's Gymnastix staff, not the parents, decides on uniforms & competition locations.
12. I understand that I must keep my grades in good standing at my school.
13. I understand that I am expect to be supportive of all of my teammates, regardless of their achievements.
14. I understand that my family comes first, then school, followed by gymnastics.
15. I understand that once I commit to competition, I am expected to complete the season.
16. I understand that I am to respect my coaches and other Bannon's Gymnastix staff at all times.
17. I understand that during competition I am required to remain with my team on the competition floor until the completion of the awards ceremony.
18. I understand that I am expected to show up to meets with adequate time to prepare for the competition, both mentally and physically.
19. I understand that I need to look my best when representing Bannon's Gymnastix.
20. I commit that I will always try my hardest to become the strongest, most confident gymnast I can be!

Gymnast Signature

Date