

Workout Etiquette and Expectations

1. Gymnasts need to be on time to practice.
 - If you know you are going to be late, please inform the coach or the front office prior to practice.
2. Gymnasts need to wear the correct attire to workout.
 - Download Team Attire Sheet
3. You will be expected to purchase the full uniform by the beginning of the summer, for Competition in the fall.
4. A snack break will be given about half way through practice for Pre-Team, Compulsory and Optional Team members.
 - Please provide a nutritious snack. No candy or soft drinks. No Popcorn.
 - Gymnasts are responsible for cleaning up their mess.
 - Try to provide snacks that do not require the use of the microwave.
5. Gymnasts are expected to give 100% during each workout. If your child is ill, please make the coach aware and use good judgment about sending them to workout.
6. Coaches are expected to have open communication with the parents. If you ever need to speak with your coach, contact them either at the gym, or via email at Bannons.gymnastix@yahoo.com
 - . Coaches' personal information, i.e. home or cell phone numbers, will never given out to parents. Please respect their privacy.
7. Communications will also be conducted through papers sent home. Please check the mailboxes, located outside the party room, each time your child is in for workout.
8. There is a team website bannonsgymnastix.org. Information will be updated frequently.
9. Both parents and gymnasts must sign Team Contracts before joining the team program.