

KD Gymnasts' Code of Conduct

A KD Gymnast must:

- Show respect to coaches, judges, officials, and other gymnasts.
- Listen to and follow the instructions of his/her coach.
- Support and encourage his/ her teammates.
- Always train with a positive attitude.
- Attempt to do every move with good form.
- Take care of the Club's equipment.
- Take pride in their Club and make sure that they do their part in keeping the gym clean and tidy.
- Conditioning is an essential part of Gymnastics. Without strength core elements cannot be performed, without flexibility leaps and jumps are low and lack amplitude. All body preparation is an aid in reducing the risk of injury to the gymnast. Manual stretching by the coach is a fact of gymnastics and although there is an element of discomfort at first, most competitive gymnasts adjust quickly. If a coach has requested that a gymnast is to do some conditioning and stretching at home, we request that you as parents encourage and support them in doing their "homework". The coach has asked the gymnast as this would assist her in obtaining a certain goal or element. Further information can be obtained from her coach.
- If your child brings in a lunch/snack box to the gym due to a long training period (more than 3 hrs) then a balanced diet will be desirable. Gymnast's food intake prior and during training affects their training efficiency.
- A gymnast must always drink plenty of fluids during training, i.e. water/squash only.
- Our coaches wish to maximise coaching time with their group of gymnasts, therefore if you wish to speak to your child's coach, please do so either before or after the training session.

Recreational Gymnasts/Parents Guidelines

Training Females/ Males:

- Female gymnasts should wear a one-piece gymnastic leotard/ crop top (not a swimsuit or a dance suit with narrow shoulder straps).
- Hair must be neatly tied up, out of the gymnast's face.
- Male gymnasts should wear T-shirt and shorts.

Training:

- If your child is expected to be away longer than 2 weeks, please let the gym know by email if possible.

- Gymnasts should arrive a few minutes before the start of training. It is particularly upsetting for the younger children to arrive after all the others have started. All gymnasts should attend and take part in the warmup. It is an essential part of the training that helps the prevention of injury.
- Please do not drop off your own, or other children early, unless you have contacted and planned with a coach.
- Please ensure you are punctual collecting your children and remind them that they must wait in the building until collected.
- Please advise the Gym Club of any change of circumstances, i.e. medical, change of address and particularly Mobile Phone No's.

Our coaches wish to maximise coaching time within the gym, therefore if you wish to speak to us about anything to do with the classes, please either speak to Tony if he is not coaching or drop us an email.

As you can imagine with over 800 children coming through the gym each week, the amount of lost property (mainly socks) is substantial. All lost property will be cleared at the end of each month. Please ensure your child has all their belongings before they go home.