

GIRLS GYMNASTICS TEAM RULES

Philosophy: Membership on the Spring Lake Park Gymnastics Team requires a commitment on the part of the student/athlete. Those individuals who can make such a commitment will find the results will be productive, rewarding and provide a foundation for future endeavors.

Qualities of a SLP Gymnast:

- 1) Stay straight, competes hard, competes for love of sport.
- 2) Wins without boasting, loses without excuses and never quits.
- 3) Never forgets that she represents SLP High School.
- 4) Courage to face situations in and out of school.
- 5) Encourages others and upholds good sportsmanship.
- 6) Has self control - keeps a level head.
- 7) Is loyal.
- 8) Is honest.
- 9) Is respectful.
- 10) Is dedicated in every respect.

Team Membership: Due to limited space, equipment and coaches there will be try-outs the first and second week of the season. The coaching staff will judge gymnasts on skill level, attitude and student citizenship. Team selections will be made with overall program in mind, therefore cutting may occur.

Team Appearance: There is no dress code per se for our team members. The gymnast should be well groomed and properly dressed when representing our school. If appearance is not acceptable, the coach will discuss it with individual.

Team Conduct: Gymnasts shall conduct themselves appropriately at all times. This means respect opponents, officials, coaches, and teammates. Have good sportsmanship. If necessary the coach will confer with gymnast to change inappropriate conduct.

Language: Any abusive language amongst gymnasts will not be tolerated. If necessary the coach will confer with the gymnast and correct the situation.

Attendance: All gymnasts must know the meet and practice schedules.

- a) Practices: Gymnasts must attend all practices unless excused by the coach. If a practice is going to be missed the gymnast must have prior consent of coach (exception would be illness, not in school).
- b) Missed Practices: First time warning, second time warning, third time sit out the next meet.
- c) Meets: Gymnasts must attend all meets whether they are competing or not. One time missed warning, second time sit out next meet.

Tardiness: Gymnasts are expected to be on time for practice, meets and meetings. If a gymnast is going to be late she should let her coach know in advance. If excessive tardiness continues without a prior consent from the coach the gymnast will be warned twice, third time sit out the next meet.

Academic Tutoring: Gymnasts will be excused from practice for academic tutoring. Because the required G.P.A. is now 2.0, I feel it is important for the gymnast to have the opportunity to keep a good G.P.A. Gymnasts should try to schedule tutoring time during non-practice time, but should a conflict occur the coach must be notified in advance.

Detention: Detention will be considered an unexcused absence. The coach will discuss the problem with the gymnast. First time a warning, second time sit out the next meet.

Respect: Gymnasts are to treat fellow teammates, coaches, opponents and official with respect. If a problem develops a conference will be held between the gymnast and coach.

Curfew: The only curfew gymnasts must abide by are the nights before meets. They must be in bed by 10:30 p.m. getting eight hours of sleep before a meet is important.

Team Rapport: Unlike other sports gymnastics is unique in that you compete individually and your score is individual, but the end result is a team total score and effort. This type of sport makes it necessary to have a very good team rapport. All gymnasts must cheer each other on and support each other fully.

Sub Varsity: Gymnastics is unlike other sports whereas there is a varsity and a junior varsity, but they don't have separate coaches, practices times, and meet times. The varsity and junior varsity together have two coaches, the head coach and assistant, they practice together and compete together. All rules as stated also apply to sub varsity.

Variance from Minnesota State High School League/District 16 Rules: The gymnast's participation in gymnastics will be governed by MSHSL and ISD 16 rules and regulations in regard to alcohol and drug use, attendance and academic fulfillment.

Availability: The gymnastics coaches may be contacted by leaving messages with the athletic office. Calls will be returned usually after 2:30 p.m. Calls to the coaches' homes are not desired. The coaches will also be available after meets.

We have read the above and understand compliance is required as a member of Spring Lake Park High School Girls Gymnastic Team.

Athlete: _____

Parent or Guardian: _____