

Athlete Responsibilities



Expectations of Athlete:

1. Come to practice prepared to train:

- Arrive on time.
- Attend consistently.
- Wear proper practice attire.
- Be ready to listen and learn. If you come with the attitude that you will accomplish something.....you will!

2. Participate:



- Work hard and try your best!
- Be an active part of your learning. If you don't understand...ASK!
- Be the ideal teammate. Be supportive, encouraging, and positive.
- Tumbling may be an individual sport, but we work as a team. Cheering for each other and setting a strong pace in class can make a big difference in your daily performance. Make sure you are a team player.

3. Be responsible:

- Being responsible implies that you are in control of what is assigned to you personally...your attitude, behavior, language, belongings, and example.
- Make good use of your gym time. Practice time is limited...don't waste it!
- Do your strength & stretching homework. This is vital to your progression.

4. Be respectful!

- This applies to coaches, team members, staff, & family.
- Keep gym in tip-top shape. No food or drink allowed.

5. Display good sportsmanship at all times.

- Make friends on your team and with the athletes you compete with. This will make competition a lot more fun and develop lifelong friends.



Parent Responsibilities

Support:

Athlete- Be positive with your athlete. Ask about their personal goals and acknowledge their hard work. Let the coaches critique their performance as you praise their efforts.

Team- Do not belittle or give negative feedback about members of the team.

Staff- Respect our staff. If you have a concern, please take it to the appropriate staff member or to Megan, not to other parents or athletes.

Commitment:

Attendance- Make sure your athlete is on time (being late cuts into valuable stretching and practice time).

Financial- Please keep your account current. All team families are required to have a credit/debit card on file to guarantee the account. If you need any special arrangements we are always willing to work with you. Athletes with a past due account will be asked to drop team. If you have questions or concerns, see the front desk.

Sportsmanship:

Please be aware that you represent The Peak and are part of our team. Be a team player!

At competition or on our Peak bleachers, you never know who is sitting next to you.

Please be careful of your comments and respectful to everyone!

Be supportive of all Peak team members & coaches. Keep comments positive.

Tips for Parenting a Gymnast



Your child will require a lot of encouragement. Practices are hard work! They will experience sore muscles due to repetitions and exercises designed to develop strength and flexibility. Encourage them to drink a lot of water after practice and continue working at home to maximize results.

Sometimes an athlete may take a coach's remarks as negative criticism. We encourage you to remind your child that corrections are aimed at performance, not the performer. It is the coach's job to critique and correct; it is the parents job to praise and encourage.

During your child's training, expect occasional plateaus in development or times when it seems like no progress is being made. This is natural. Please refrain from pressuring your child to reach unrealistic goals. Tumbling skills require orientation, strength and progression to attain. Each child's body is unique and develops differently. Comparing an athlete's progress or ability against that of another is unrealistic and inaccurate.

Inquires about your child's progress are welcomed by the coaching staff. Please feel free to ask questions! Coaches are available immediately before or after class or can be contacted by phone at 723-1280. We ask that discussion in the observation area be positive. If you need to express a concern, please contact either a coach or the front desk to schedule a meeting. Remember that we humans usually see what it is that we are looking for...so look for the positive first!