

Ayrshire Gymnastics Trust Club Rules

All Gymnasts should:

Be on time for training

Pay fees at the start of the block/month

Be courteous, polite and RESPECT all other gymnasts, coaches and helpers at all times

Help to look after and tidy up any equipment/mats used at the end of a training session

Wait outside the hall until called in by a coach at the start of a session

Let a coach know if they know they are going to miss a future session

Come prepared for a training session-bring a drink to each training session {no fizzy juice} and tie hair up

Not eat during training (longer sessions for senior gymnasts will have designated breaks)

Dress appropriately for a session: e.g. shorts and T shirts. No strappy or belly tops should be worn during a session.

Club leotards, shorts, hoodies and joggers are available to buy-please see a coach if you would like one

Not wear any jewellery whilst doing gymnastics. Please cover over/take out body jewellery before a session begins

Wait until a parent comes to the hall to pick you up at the end of a session

Each gymnast MUST enrol to Scottish/British Gymnastics in September each year

(preschool gymnasts/recreational gymnasts/competitive club gymnasts over 8)

BUT MOST IMPORTANTLY, GYMNASTS SHOULD HAVE FUN!!!

Competitive and Display Gymnasts Should Also:

Wear a leotard to train in

Pay for competitions/display events in advance

Wear full club attire when representing the club (club tracksuits/hoodies)

Help to fundraise for the club where possible

Competitive and Display gymnasts have a duty to see through events with their team. If they do not, they still have to pay for entry into these (the club pays for these events months in advance)

Meet the standards to train on a Monday/Tuesday/Thursday/Saturday in order to be invited in to these sessions

Not compete/represent for another gymnastics club whilst competing for Ayrshire Acro

Let a coach know if they have missed a training session and why

Always set a good example and behave appropriately whilst representing the club at events