

Coach's Message

Dear Southern Gymnastics Family,

Our coaching staff maintains an open door policy. Communication is extremely important in achieving success. If you have any questions about our rules and expectations, please contact us.

Rules & Expectations

• Participation

All team members are expected to participate in all aspects of the gymnastics team. All absences will be considered unexcused unless an acceptable reason is provided. Acceptable reasons include illness, medical excuses, family emergencies, and certain academic obligations. Except for emergencies, advance notice is required for all absences.

Success is peace of mind.
It's the result of self-satisfaction in knowing that you put forth the effort to become the best that you are capable of being.

(John Wooden, UCLA)

Rules & Expectations

• Academics & Behavior

1. You must attend school and be on time daily. If you are absent, notify a coach when possible.
2. You are expected to set a good example for behavior, attitude, and participation in school.
3. Detentions are not tolerated. If your behavior warrants a detention, you must notify the head coach as soon as possible. Dismissal from the team may be considered.
4. Extra help is encouraged as we believe academics come first. Plan ahead and do not delay making up work. A written pass signed by the teacher is required for extra help sessions.
5. You are expected to comply with all school policies related to students and student athletes.
6. Weekly reports may be required when academic concerns arise.

• Practices & Meets

1. All practices are mandatory. For one or more unexcused absences from practice, dismissal from the team may be considered.

Rules & Expectations

• Practices & Meets

2. If you are absent from school, you may not attend practice or a meet that day. If the absence occurs the day before a meet, you may not participate in that meet.
3. If your absence is unexcused, you will sit out the next meet.
4. Practices start at the scheduled time, according to the coach's watch. Appropriate consequences will be given if you are late.
5. Practices will end at least 15 minutes before bus dismissal. All team members must assist in the cleaning up of all equipment.
6. For all practices and meets, jewelry, gum, food, cell phones, and loose clothing are not permitted.
7. No eating in the team room or Gym. Finish eating before practice starts.
8. For all meets, the team lines up in height order for the start. Be prepared, remove all jewelry, and wear the appropriate uniform.
9. You're expected to be a good teammate. You must also maintain a positive attitude toward coaches, teammates, judges, other teams, and for yourself.

• Home Meets

1. You must be in the Gym, ready to begin, 90 minutes before home meets. Always stretch first. Competitors on bars must go first. The visiting team gets bars first.
2. Gymnasts who are competing at a meet are expected to help move mats for teammates.
3. Teammates who are not competing are expected to be timers, scorers, and runners.
4. All team members are expected to be supportive of each other during meets.

• Away Meets

1. The bus leaves at the scheduled time. All team members are required to have all equipment on the bus before departure.
2. All team members must ride the bus to and from the meets. A written note 48 hours in advance must be given to the Athletic Department to vary from this requirement.

• Transportation

You are responsible to arrange your transportation in advance of practices and meets.

**Everything counts, so
make each day count.**