

Practices

All gymnasts are expected to be at all practices. If you must miss any practice, contact a coach in advance. Once school starts, let a coach know in advance if you need to go to extra help. Weekly reports for all subjects will be required during the season. Remember that academics come first. Be prepared for all practices and always bring socks and sneakers.

Do not mistake activity
for achievement.

Absences

Absences from any gymnastics event (practices, meets, etc.) will be considered unexcused unless an acceptable reason is given. Acceptable reasons include illness, medical excuses, family emergencies, and certain academic obligations. Except for emergencies, advance notice is required for all absences.

Cell Phones

All cell phones are to be off and out of sight during practice. For any emergency, parents can contact the 9-10 office at 597-9481.

Nothing will work
unless you do.

Car Wash

Please arrive by 9:30 in front of the 9-10 building on July 30. Cleanup will be at 2:00. The rain date is Aug. 6. Please dress appropriately for the school car wash. If you choose to wear a bathing suit, remember we are on school property representing a school team. Bring an extra pair of shorts and shirt just in case.

Be more concerned
with your character
than your reputation.
Your character is what
you really are, while
your reputation is
merely what others
think you are.

Credit to Coach John Wooden

Hopefully, you are inspired by the catchy motivational phrases in our newsletters. Most of the credit for these sayings goes to the late great UCLA basketball coach, John Wooden.