

**Athlete Code of Conduct**

Participants in Gymnastics Energy programs shall:

* Arrive at the gym on time and be physically and mentally prepared to work hard and focus on their training.
* Be attentive to your coaches and follow their instructions – your best effort is always required.
* Take responsibility for the gym facility, locker room and equipment by keeping it clean and using equipment appropriately.
* Always demonstrate good sportsmanship in practice, competition and outside the gym, whether you have excelled or are disappointed. Honest effort is as important as awards.
* Have a positive attitude and confidence that through consistent hard work and determination; with this, you will be better equipped to reach your goals.
* Understand that each gymnast has different strengths and weaknesses and will develop in different ways and at different rates.
* Treat athletes, coaches, staff and members with courtesy and respect to maintain a positive environment where everyone thrives and succeeds.
* Remember that you are an ambassador of the club and should always demonstrate respect, courtesy and a positive attitude towards competitors, judges, meet officials, other team coaches and spectators.
* In addition, athletes are not to engage in any negative or unwelcome conversation or conduct against the gym, coaches, staff, other athletes and/or Gymnastics Energy members.

Failure to adhere to this code of conduct will result in progressive disciplinary action which includes:

1. Verbal warning – discussion with program manager/coach, Executive Director and/or Board Members
2. Documented written warning
3. Suspension
4. More serious violations can result some disciplinary stages being skipped (i.e. discipline could start at #2 or #3).

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I realize that it is a privilege to be a part of the Gymnastics Energy Competitive/Invitational team. I agree to come to all my training and other activities on time and prepared for gymnastics. I will show respect for my coaches and fellow athletes and adhere to the rules of the gym at all times. I promise to participate fully in my training through easy days and tough days throughout the entire season and during summer training, optional training and events.

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Athlete(s) Name (print) Date

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Athlete Signature Parent/Guardian Signature