

# NTPS Gymnastics Expectations Contract & General Info

## Expectations:

- **At Practices—**
  - Come prepared
  - Have a positive attitude
  - At practice to work out and learn, not to socialize
  - SAFETY 1<sup>st</sup>
    - Coach must be present before going out on the gym floor
    - Ask before going on equipment to work individually
    - Tell one of the coaches if you have injured yourself
    - Gymnast may not “spot” each other....only coaches!
    - Be aware of the surrounding area and of other people or classes
    - No friends or parents are allowed to watch practice (COVID restrictions)
    - Masks must be worn in the building—you may remove when actively working out on the equipment
    - No jewelry
- A monthly practice schedule will be handed out to gymnasts at the beginning of each month. Please notify one of the coaches if you aren't able to come to a practice otherwise it's an unexcused practice. Three unexcused absences results in being removed from the team.

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- **Academics are Priority!!—**
  - Must be passing 5 out of 6 classes with a 2.0 or higher.
  - Grade checks will be every 2 weeks.
  - Absent from school (even 1 period) can not practice that day (or compete if there is a meet)
- Everyone is expected to compete...This is a Gymnastics **TEAM** not a class. Those who are interested in only “practicing” should enroll in a class outside of the school TEAM.
- Gymnasts must have at least 15 practices in before they are eligible to compete in their first meet. (1<sup>st</sup> meet is Dec. 16<sup>th</sup>)
- Coaches will assist with choreography of routines but gymnasts may be required to make up parts of their routines by themselves. We do have an outside choreographer if you would like to have your beam and/or floor routine made by her. I will hand out her information and prices later if you are interested.

- **At Meets**—
  - Come prepared with your entire uniform!
    - Backpacks
    - Masks
    - Jacket and Pants
    - Competition leotard
    - Hair fixed with matching bow or ribbon
    - Sports bra (must be white, beige, black, or same color of the leotard)
  - Bring a drink and some snacks! (long bus rides and meets)
  - Stay with the team at all times! No wandering around the school grounds!
  - Buses to away meets will usually leave from River Ridge around 4:00-4:30pm and return around 10:30-11:00pm.
    - You will need to find own rides to and from RRHS
    - Parents please pick up on time after meets!
  - If you are planning on going home with your parent after a meet you must have your parent sign you out with the coach before leaving.
  - Good Sportsmanship!
    - Help teams put equipment away at all meets!
    - Be polite to other teams and gymnasts—cheer them on too!
    - Don't complain about scores—they will often be inconsistent—that's the gymnastics world!
  - Do Your Best!
  - Have FUN!
- **Varsity** will have approximately 6 meets plus post season meets.
- For **JV**, we will try to get you into at least 2 Varsity meets on at least one or two events. Coaches will tell gymnasts in advance if they will be competing in an upcoming Varsity meet. JV gymnasts are expected to travel with the Varsity girls to meets to cheer them on, support the team, and learn from the competitions.

### **OTHER:**

- Fundraiser Clinic for grades K-6<sup>th</sup> will be during mid-winter break in February. Team gymnasts will be coaching the younger children. Money raised will go towards future team equipment costs. All gymnasts are expected to help at the clinic.
- Home Meets—Parent volunteers will be needed! (flash scores, timers, work the scores tables, awards, set-up, clean-up, etc.)
- Gymnasts must purchase the required competition leotard which is approximately \$150 dollars.....we will do our best to keep the costs down but gymnastics leotards are custom made and are expensive.
- Gymnasts will also be required to buy a team sweatshirt/jacket and black leggings.
- Spirit Wear Order Forms will be handed out at the beginning of the season for sweatshirts, t-shirts, or sweats. Parents may also order if wanted. These items are optional to purchase!

**We have read the NTHS Gymnastics Expectation Contract**

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Print player's name

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Print parent/guardian's name

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Player's signature

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Parent/guardian's signature

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Date signed by player

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Date signed by parent/guardian