



# JAMES FAMILY PRESCOTT YMCA

## Prescott Lightning Gymnastics

### Gymnast and Parent Behavior Contract

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

#### GYMNAST COMMITMENT

##### **I Commit to being on time and ready to work.**

- Girls
  - Practice attire: Practice leotard with hair pulled up. Tight fitting shorts optional.
  - Meet attire: Competition leotard and warm-ups with hair jelled or sprayed and pulled up tightly in a bun. No fingernail/toenail polish may be worn.
- Boys
  - Practice Attire: Tight shirts/tanks and tight shorts/pants.
  - Meet Attire: Competition tank, black stir-up pants, black shorts and black socks.
- All dangling jewelry must be removed.
- Attendance card pulled and signed every day I attend practice.
- No gum, food or drinks permitted on floor.
- Homework and eating completed prior to start of practice and conditioning.

##### **I commit to a good work ethic.**

- Our team practices are shorter than most private clubs. In order for our team to be competitive with these clubs, we must utilize every minute we have for practice, leaving the socializing for before or after practice time.
- No leaving practice area without coach's approval.
- Performing, focusing and giving 100% at all times.
- Be Coachable. Listen to your coach corrections and work on them the next time you perform.

##### **I commit to being respectful.**

- Remember. To gain respect, you must first be respectful.
- Have a positive attitude throughout the whole practice.
- Be respectful to coaches. Mouthing off, eyeball rolling, tantrums, equipment throwing, refusing coaches request, back talk, etc. is unacceptable. You may be asked to leave the gym floor for a time or home for the night if the behavior continues.
- Be respectful to teammates. Assist and support your team. Encourage your team to be their best. Intimidation, bullying, elbowing, pushing, arguing, gossiping, name calling, etc. is unacceptable behavior.

##### **I commit to being a team supporter.**

- We are a competitive team. Competing not only helps better you as an individual gymnast, but also strengthens team unity and spirit. Attending meets as a team and cheering for each other builds team successes. I commit to competing at meets with my team members to the very best of my ability.
- While at meets I commit to being professional. There will be no crying or tantrums when your routines or scores are not to your expectation. This may only distract your other team mates' who are still preparing to compete and really looks bad to everyone around us including the judges and other teams. I understand while at meets I represent the YMCA and the City of Prescott. I will look and act professional and I will be respectful to all people I come into contact with.
- While at meets you will remain on the competitive floor with your coach. In order to remain focused you will not be allowed to wander off to see your family or friends until you session is completed.
- Fundraising is a vital part of this team's success, enabling the team to have banquets, sleepovers, fun activities away from the gym, yearbooks, new leotards, new equipment, meet expenses, etc. The more team athletes and parents help with the fundraising; the more successful the fundraisers will be.
- Take pride in your gym. Keep lockers and food eating areas cleaned up.

**I commit to being responsible**

- For my work ethic.
- For my healthy diet, including healthy snacking.
- For my conditioning.
- For my homework.
- For my attitude during gymnastic practice.

**PARENT COMMITMENT**

- I have reviewed and will encourage my gymnast to adhere to all parts of this contract.
- I will not call my gymnast away during practice or at meets without prior notice to his/her coach.
- I will not enter the gym floor during practice times or meet competitive area during session times.
- I understand while at meets, I represent the James Family Prescott YMCA.
- I will look and act professional and I will be respectful to everyone.
- I will support my gymnast physically and emotionally.
- I will teach my gymnast healthy eating habits. I will make it possible for my gymnast to eat healthy, and will encourage him/her to do so.
- I will be respectful and supportive of both the desk, coaching staff, team members and families. I will set a good example by not bad mouthing, bullying, shaming, spreading rumors, etc. If there are issues to discuss I will schedule an appointment to meet with my gymnast’s coach and/or Gymnastics Director.
- I will support the team by encouraging my gymnast to attend as many meets as possible with his/her team. I understand the head coach recommendation is at least 5 meets per season.
- I will support team fundraisers and will volunteer to help.

**I have read, understood and agree to the behavioral contract.**

Gymnast: \_\_\_\_\_ Level: \_\_\_\_\_  
(please print)

Gymnast Signature: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_  
(please print)

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_