



## Agreement Contract for Squad Gymnast / Parent / Coach

### As a Gymnast I will

- Participate within the rules and respect Coaches, Judges and their decisions.
- Show loyalty and respect my Club, fellow Club members and opponents.
- Keep to agreed timings for training and competitions, or inform the Club and my coach if you going to be late or that you are not able to attend.
- Wear suitable attire for training and the "Club Code of Dress" for events and competitions as agreed with my coach. Keep hair tied back & remove all body jewellery.
- Not smoke, consume alcohol or take drugs of any kind whilst representing the club at competitions or other events.
- Treat all equipment with respect and return it after use to the storage areas.
- Inform my coach of any injuries or illness I may have **before** the warm-up begins.
- Not eat or chew gum during a session.
- Not use bad language.
- Not leave the training area without the consent of my coach.
- Contact the Coaching Director or Senior Coach on arrival and departing from the club premises.
- Not leave the club premises without my parent or guardian and remain with coaches at the end of a session until collected by my parent or guardian.
- Pass any gym correspondence given to my parent/guardian, read the club notice board and make myself aware of the annual date sheet and the list of events published regularly. If selected or nominated for events I will inform my coach if I am not available as soon as possible.
- Always try to work to my potential and try to believe that I can.
- Talk to my parents about my gym activities.
- Inform my coach that I have a list of the "Club Uniform" and equipment that I will require for training and to compete in competitions.
- Abide by the British Gymnastics and Club Safeguarding Communication policy statement about social networking and the use of photography and recorded images.

### As a Parent/Guardian I will

- Ensure that your child's Annual Membership to the British Gymnastics is completed and paid promptly in October and that any change relating to that membership is reported to British Gymnastics.
- Pay Club Term fees and Annual Club Membership and Admin Fee promptly. Failure to comply may result in suspension of training and non-selection for competitions.
- Familiarise myself with the information on the club notice boards and respond to any information passed on as quickly as is possible.
- Keep the club informed if my child is ill or unable to attend sessions.
- Always collect my child promptly at the end of a session.
- Inform the club of any changes in Contact Details.
- Always ensure my child is dressed appropriately for the activities and for competitions has the correct club competition leotard and Club Tracksuit. Please see the attached Annex Listing the "Club Dress Code" and equipment that will be required to train and compete. Also that they have plenty to drink.
- Encourage my child to learn the rules and participate within them
- Discourage challenging / arguing with officials.
- Publicly accept the officials' judgements.
- Help my child to recognise good performance and not just the results.
- Set a good example by recognising good sportsmanship and applauding the good performances of all.
- Never force my child to take part in sport.
- Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
- Share any concerns or complaints about any aspect of the club through the approved channels.
- Use correct and proper language at all times.
- Never punish or belittle my or any other child for poor performance or making mistakes.
- Support my child's involvement and help them to enjoy their sport.
- Talk to my child about their gymnastics activities.
- Volunteer to support the Club when possible.
- Abide by the British Gymnastics and Club Safeguarding Communication policy statement about social networking and the use of photography and recorded images.
- I agree that photographs, video clips and other images of my gymnast can be published whether in print or electronically on the official Club social media sites.



## As a Coach I will:

- Consider the wellbeing and safety of all club members before the development of performance.
- Develop an appropriate working relationship with all gymnasts based on mutual trust and respect.
- Hold the appropriate valid qualifications and insurance cover.
- Plan and ensure all activities are appropriate to the age, ability and experience of those taking part and ensure all gymnasts are suitably prepared physically and mentally when learning new skills.
- Display consistently high standards of personal behaviour and appearance with tidy hair, dressing suitably with no body jewellery and not using inappropriate language at any time whilst involved with club activities.
- Never consume alcohol immediately before or during training or events.
- Obtain prior agreement from the Club Coaching Director and the parent/guardian of gymnasts and officials (if under age) before transporting them anywhere for any club arranged events. In principal it is not recommended that coaches transport gymnasts at all.
- Never have gymnasts stay overnight at your home.
- Never exert undue influence over gymnasts to obtain personal benefit or reward.
- Always report any incidents, referrals or disclosures immediately, following the appropriate guidelines set out in the BG Child Protection and Exeter Gymnastics Club procedures.
- Never condone rule violations or use of prohibited substances.
- Make sure that confidential information is not divulged unless with the express approval of the individual concerned.
- Promote the positive aspects of the sport (e.g. fair play).
- Encourage gymnasts to value their performances and not just the results.
- Follow all Policies & Guidelines laid down by British Gymnastics and Exeter Gymnastics Club.
- Maintain attendance and performance records after each training session.
- Be prepared, with the Coaching Director, to supply gymnast and parents with clear evaluations of progress and achievement for each term of the training year.
- Abide by the British Gymnastics and Club Safeguarding Communication policy statement about social networking and the use of photography and recorded images.
- Always ensure that a minimum of two adults are present in the gym at any time when you are training your squad, in accordance with Club & British Gymnastics policy.

Gymnast Signature/date \_\_\_\_\_

Parent/Guardian Signature/date \_\_\_\_\_

Coach Signature/date \_\_\_\_\_

*This agreement should be signed by both gymnast and parent and will be signed by the coach when returned to the Gym Club.*

*Please retain the Club Uniform and Kit Requirements List for your information.*



Exeter Gymnastics Club Uniform and Kit Requirements List for Squad Gymnasts Annex A - Dated 1<sup>st</sup> November 2017 – please retain for your convenience.

**Other Items required regularly & when appropriate to improve performance chances.**

Available direct from: - A Star, Designed to Perform, Quality sportswear, handmade in UK

[www.astar.uk.com](http://www.astar.uk.com) 01884 266226

1. **Boys Tracksuit Jacket:** Code TSCL010BJ – Boys Jacket Navy, Royal Blue & White M/tex with print
  - a. Child Price = £30.95
  - b. Adult Price = £36.95 (Inc VAT)
2. **Boys Tracksuit Trousers:** Code TSCL010BT – Exeter Trousers in Navy M/tex Boys
  - a. Child Price = £17.00
  - b. Adult Price = £21.00 (Inc VAT)
3. **Boys Competition Leotard:** CL426 – Boys Vest Leotard BV10 White Matt with Jade & Navy Lycra Lines
  - a. Child Price = £23.95
  - b. Adult Price = £28.95 (Inc VAT)
4. **Boys Competition Long Whites:** Code BSP- J11 – Boys White Matt Plain Stirrups/Longs
5. **Boys Competition & Training Shorts:** Code PBC – J02 – Boys Navy Lycra Plain Shorts
  - a. Child Price = £12.95
  - b. Adult Price = £15.95 (Inc VAT)
6. **Girls Tracksuit Jacket:** Code TSCL010J – Exeter Girls Tracksuit I Navy, White & Cornflower with Diamante
  - a. Child Price = £35.95
  - b. Adult Price = £42.95 (Inc VAT)
7. **Girls Tracksuit Trousers** Code: TSCL010T – Exeter Tracksuit Trousers – Navy Bootleg
  - a. Child Price = £17.00
  - b. Adult Price = £21.00 (Inc VAT)
8. **Girls Competition Leotard:** Code CL897 – Long Sleeved Leotard in Black Velour, Azure Shimmer and Azure Gem Mist with Diamante.
  - a. Child Price = £47.95
  - b. Adult Price =
9. **Hair Scrunchies:** Code H-S52 – Azure Shimmer Girls Hairband/Scrunchie.
  - a. Price = £3.00
10. **NB: Boys and Girls Club Training Leotards are available from the club (ask the coaches)**
  - a. Girls Black & Pink Leotard - Child Price = £26.00
  - b. Boys Blue Leotard – Child Price = £18.00
  - c. Boys Navy Shorts – Child Price = £15.00

**Gymnasts will be told when they will need them. Visit –[www. Gymnastic Express.co.uk](http://www.Gymnastic Express.co.uk) for other items**

- a. *Girls Handguards for A/Bars (Discuss with coaches before buying)*
- b. *Boys Handguards for High Bar & Rings (Discuss coaches before buying)*
- c. *Girls & Boys Loops & Gloves for “Shiny Bar Work”*
- d. *Wrist Supports*
- e. *Ankle Weights*
- f. *Tape for Wrists – Zinc Oxide Tape (Also available from vending dispenser)*
- g. *Magnesium Chalk for Grip (Also available from vending dispenser)*
- h. *Container / Bag for Chalk*