

# Meridian Gymnastics Team Program

## Rules and Policies 2011-2012

1. Attendance at all practices is very important and expected. Please call the gym if you will be absent.
2. Payments for all team programs are due on the first of the month. Payments remain the same regardless of the number of lessons received. Failure to pay by the 15th will result in a \$5.00 late fee per student.
3. Please come to practice on time, ready to perform. Your hair should be pulled up, your leotard on, etc.
4. There is to be no hair hanging in your face. All hair should be up neat and secure so that you don't have to fix it at all during practice.
5. All team members must wear a leotard to practice in. In cooler weather, warm-up suits may be worn over your leotard at the beginning of practice.
6. No underwear should be hanging out of your leotard. This is not appropriate for a gymnastics facility.
7. If you must change out of your leotard at the end of practice, please do so in the bathroom, not in the gym or lobby area.
8. Attendance at all shows and team functions is expected of all team members.
9. You will be responsible for purchasing your team's attire. All teams will need to purchase team leotards and warm-up suits. All Sanctioned competitors will also need to purchase competitive leotards, competitive warm-up suits, and bags. All team members must have their teams' attire.
10. Please wait quietly in the lobby for the class to end and your class to begin. All shoes should be left in the lobby.
11. Competitors should keep their grips and other belongings in their cubbies and make sure that the cubby is cleaned each time they leave practice.
12. Everyone should bring water or a replenishing drink to every practice. Please do not bring energy drinks to the gym or consume them before practice as they can cause dehydration, increased heart rate, and increased adrenaline levels which can be dangerous and could potentially lead to cardiac events.
13. Negative attitudes, back talk, and inappropriate language will not be tolerated.
14. All team members must be registered with Meridian Gymnastics through our online computer system and agree to abide by all the rules and policies of Meridian Gymnastics and Youth Fitness.
15. All team members who wish to remain in their current level or move up a level are expected to attend summer practices as well. All sanctioned competitors are required to attend summer practices.
16. All pertinent and important information will be distributed via e-mail. If you would like a paper copy of the handouts, please make sure to let your child's instructor know.

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17. All competitors are expected to participate in all competitions and team functions. When the meet schedule comes out you must let us know *ASAP* if you have a schedule conflict and are not able to attend a competition. If the meet fee has already been sent in, it will not be refunded to you and you will be responsible for payment even if you cannot attend. Meet fees are sent in months before the competition, so again, let us know immediately about schedule conflicts so that you do not have to pay for something you cannot attend.

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Gymnast's Name: \_\_\_\_\_

(Please Print)

Parent/Guardian's Name: \_\_\_\_\_

(Please Print)

I have read and agree to abide by the Team Rules and Policies set forth by Meridian Gymnastics and Youth Fitness.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Gymnast's Signature: \_\_\_\_\_