

Gymnastics Camper Rules

1. No horseplay, or running allowed in the gym.
2. No pushing, fighting, name calling, or teasing allowed. If you have problems with other students, bring it to your Counselor's attention.
3. You are expected to listen when your coach/counselor is speaking.
4. Report any injury, however minor it might be, immediately to your counselor or camp director, so proper treatment can be administered.
5. If a problem with other students or a counselor happens regularly, you will be asked to sit out of class. If a problem persists, your parents will be notified with the understanding that you could be dismissed from camp.
6. Please go to the rest room before class begins. You will not want to miss any of your gym time.
7. Lunch should be brought to camp daily, unless you have made arrangements through the Snack Bar.
8. Bring a snack daily as we have a short break during morning rotations.
9. No food or drink is to be consumed on the Gymnastics Floor and Equipment areas.
10. Please be prompt. When a gymnast is late to class, he/she misses the proper warm up, and will run the risk of injury.
11. Campers will meet each morning in the Gymnastics Facility for roll call and announcements.
12. While in the gym during rotations, campers need to line up before rotating to their next event.
13. Spectators and parents are encouraged to observe the gymnasts only during designated Parents Night Shows.
14. **You can not use the pit area, trampoline, or any area for that matter, without Gymnastics Staff supervision!**
15. Keep up good communication with your coaches. Make sure to let them know what you needs are, so we can better serve you.
16. Bring a happy face to the gym; it will help you to perform better!

REMEMBER TO ALWAYS GIVE YOUR BEST EFFORT

In the event of an injury, always notify your counselor first. He/she will administer ice and first aid for minor injuries. If the problem is more severe, parents and the proper medical authorities will be notified immediately. When you put forth your best effort, fewer incidents will occur and more gymnastics will be learned.

DRESS CODE

1. Leotard for girls, or leotards with shorts.
2. Shorts and T-Shirt for boys, or sweat pants.
3. All the gymnasts can practice in their bare feet, but shoes must be worn to the gym.
4. Bring a swim suit, sun bloc and towel daily to Gymnastics Camp.