

LemPossible Gymnastics Competitive Team Rules, Policies, & Code of Conduct

1. It is very important to have your child at practice on time. We know it can be difficult during the school year, but please try to adhere to this rule as your child is missing out on valuable practice time when he/she is late.
2. Children need to be at most, if not all, practices every week.
3. LemPossible offers an after school pick-up program. If there is going to be a change in your child's pick-up schedule, please let us know in advance. A charge will still be applied if no notification is given prior to attempted pick-up. Please remind your child to be in the designated pick-up location. If your child is not in the designated pick-up location during the attempted pick-up (daycare line, car rider line, etc.) we will move on to the next pick-up. If this occurs, you will be responsible for bringing your child to practice. **Please keep in mind that this service is a courtesy. There will be times when pick-ups are unavailable. If this is the case, we will notify you.**
4. If a child is seriously injured and wants to stay on the competitive team throughout the healing process, he/she is still required to be at every practice. They will need to keep up their conditioning and any other skills/events possible. Tuition will not be prorated.
5. A doctor's note is required for any child to be excluded from any specific event or exercise. Otherwise, he/she will be expected to continue and do his/her best.
6. Sometimes practices will run a little late, please do not take your children unless it is absolutely necessary. We will be working hard to finish up certain events in a timely manner.
7. Summer practice is a requirement to be a part of the competitive team. If your son or daughter takes off the summer, he/she will not be allowed to join the competitive team again until the following June. Your child's level for the summer practices will be determined by the coaches. We evaluate your child throughout the competition season and will place them in a level that we feel will be in their best interest for the upcoming season.
8. If glasses are required for your child during practice, please send an official doctor's note. Loose glasses can be very dangerous during practice and should only be worn if absolutely necessary.
9. A leotard has to be worn to practice at all times. Only tight-fitting shorts will be allowed.
10. If your child forgets to bring a leotard to practice, we have extra that they may borrow. If a leotard is borrowed, it must be returned at the end of practice before your child leaves.

24. Parents are required to become members of the LPGC parent team and will need to sign a copy of the bylaws. As a member of the parent team, all parents are required to help with the home meet.

Code of Conduct

The items listed below apply to all team members. Continued disregard of any of the rules can be a reason for expulsion from the team. Being a team member is a special privilege.

1. Be respectful to one another and to the coaches.
2. Bullying - the use of superior strength or influence to intimidate (someone), typically to force him or her to do what one wants. This is not tolerated at LemPossible. However, please make sure to understand the correct meaning of this word before using it.
3. Do not leave the group without asking permission.
4. Bathroom breaks should take place during water breaks and may be denied at any other time.
5. Follow instructions the first time given.
6. Keep your hands to yourself.
7. Listen when the coach is talking.
8. Stay on task and do not worry about what others may be doing.
9. Always have a positive attitude.
10. Do not talk back to any coaches.
11. Even when you are scared, always try your best.
12. Always show good sportsmanship at practice and at meets.
13. Do not be a distraction to your teammates. Wait patiently for your turn.

All members are encouraged to cooperate together for the betterment of the sport of gymnastics. This includes coaches, athletes, board members and parents.

Child Name _____

Parent Signature _____ Date _____