

Coach's Code of Conduct



Coaching is a lifetime commitment to learning and teaching. Coaching is understanding your own shortcomings and weaknesses and fixing them. Professional coaches have the highest standards when it comes to the role model they are for their athletes and follow a code of conduct in their personal and professional lives.

At the Selkirk Selects Gymnastics Club we expect our coaches to:

1. Always Speak Positively About Gymnasts

- a) Use positive feedback and never say anything negative about any gymnast to or in front of any other gymnasts or parents. Always make any necessary negative comments or corrections in private and find opportunities to praise gymnasts in front of their parents, teammates, and friends.

2. Deal Positively with Parents

- a) Make an effort to get to know your athlete's parents so that you can influence all aspects of the athletes training and mental preparation.
- b) When speaking with parents, use a respectful dialect and never raise your voice

3. Always Speak Positively About Other Coaches and Clubs

- a) Never say anything negative about other coaches or clubs to other coaches, gymnasts, parents, the media, members of the general public, or on any social media platform.

4. Always Speak Positively About the Selkirk Selects Gymnastics Club and the Sport of Gymnastics

- a) Never say anything negative about the Selkirk Selects Gymnastics Club or the Sport of Gymnastics to other coaches, gymnasts, parents, the media, or members of the general public. Discuss any issues you may have with your supervisor, the Head Coach, or a member of the Board of Directors in a respectful manner.
- b) Your job is to help build the gymnastics program in Selkirk and in all other areas.
- c) Resist placing blame on others and concentrate on creating solutions.
- d) Speaking positively will portray a responsible and respectful image for yourself and the gymnastics community.

5. Always be Professional in Your Manner of Speech, Methods, and Appearance

- a) Use a professional dialect that reflects the values of the gymnastics club.
- b) Use professional teaching methods and respect all gymnasts and coaches.
- c) Wear your coaching uniform during training and competitions. All other attire is considered inappropriate. Ensure your hair is pulled away from your face and refrain from wearing jewelry that could interfere with your ability to assist gymnasts.

6. Use Positive Reinforcement as Your Main Training Tool

- a) Never verbally abuse, intimidate, embarrass, or degrade any gymnasts or coaches.

b) Build upon each gymnast's strengths to further their development

In addition, the Selkirk Selects Gymnastics Club requires that their coaches agree to the following responsibilities:

- Maintain gymnast safety at all times
- Remain up to date on the rules and regulations surrounding the sport of gymnastics in the province
- Maintain a healthy physical condition so as to not jeopardize your safety and the safety of the gymnasts
- Be a role model for all the gymnasts in regards to the sport and all other aspects of their life
- Know your gymnasts strengths and weaknesses so that you can make the most of their training sessions
- Set mutually agreed upon goals for each season with the Head Coach
- Be prepared for all classes; arrive on time and be ready to execute your lessons efficiently
- Give positive feedback, encourage gymnasts and find ways to motivate all the athletes
- Continuously find ways to develop your coaching skills and share your methods and knowledge with other coaches
- Always support your gymnasts at meets; it's not about the placement, it's about the effort