



## Selkirk Selects Gymnastics Club

### Gymnast Code of Conduct

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

**1. Treat Others with Respect**

- a) Always treat other athletes, coaches, and members with respect and courtesy.

**2. Take Pride in the Selkirk Selects Facility**

- a) Take care in maintaining the cleanliness of the facility
- b) Store valuables securely

**3. Always Speak Positively About Other Athletes, Clubs, and the Sport of Gymnastics**

- a) Never say anything negative about other athletes or clubs, including the Selkirk Selects, or the sport of gymnastics in general to other coaches, gymnasts, parents, the media, members of the general public, or on any social media platform.
- b) Discuss any issues you may have with your coach or leave a note for the board in the lock box.

**4. Attend Practice Regularly**

- a) Frequent absences undermine and disrupt training regimens/cycles. Gymnasts shall always strive to be punctual for training, competitions or activities ensuring they inform coaching staff of any anticipated absences