



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Tuscarawas County YMCA Gymnastics Team Rules/Responsibilities for 2020-2021 Season

Gymnasts:

1. Listen to all coaches during practices.
2. Give 100% effort at practice. No whining, complaining or saying "I Can't!"
3. Follow all safety rules.
4. Let coaches know if you are feeling ill or are injured at practice.
5. Dress in leotard. Spandex shorts may be worn over leotard.
6. Hair must be pulled back and out of your face.
7. No jewelry or socks.
8. Contact the coach by email or Remind App if you are going to miss or be late for practice.
9. Display good sportsmanship at practices and meets.
10. Schedule/pay for private lessons if you are not meeting routine requirements.

Parents:

1. Are encouraged to attend practices to observe gymnasts' progress.
2. Are prohibited from yelling from the spectator viewing area.
 - a. This is a distraction and safety hazard for all gymnasts in the gym.
 - b. If there is an emergency and you need your gymnasts' attention, please come to the gym doors.
3. All team fees and payments for YMCA Membership must be kept current.
4. Bring any concerns about coaches or the program directly to the head coach: Rachel Cummings (rachel@tuscymca.org)
You may schedule a meeting by phone or in person.
 - a. Available after practice. The coach will not leave during scheduled practice time to meet with you.
 - b. Remember, coaches cannot read your mind. If we don't know about an issue, then we can't work to find a solution.
5. Will volunteer to help at home meets and will donate food or money for the concession stand.



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CODE OF CONDUCT FOR GYMNASTICS TEAM

Definition of Inappropriate Behavior:

- Name calling (of teammates, team gymnasts, coaches or adults)
- Foul language
- Fighting
- Horseplay (such as pushing, tripping, or running around)
- Irresponsible behavior resulting in injury to another
- Disregard of gym rules (in regards to spotting teammates, skills allowed, use of chalk, ect)
- Vandalism to building
- Damage to another person's property or belongings
- Theft
- Use of drugs/alcohol
- Misuse of equipment
- Disrespectful behavior to a coach, another team member, parents, volunteers, visitors, or spectators
- Refusal to follow instructions given by a coach for warm-up, conditioning, workout, ect
- Any negative or derogatory communication that violates our social media policy

Discipline:

- **1st Offense**- A written warning will be filed by the coach. Discussion of the problem with gymnast.
- **2nd Offense**- Gymnast will be asked to sit out the rest of practice or leave practice/competition. A 2nd written warning will be filed. Parents will be contacted.
- **3rd Offense**- Parents will be contacted and the problem will be discussed. Appropriate disciplinary action will occur, this may include suspension/removal from gymnastics team. If the problem cannot be resolved and the inappropriate behavior continues, the gymnast will be asked to leave the team.

This code of conduct will be enforced at all practices, at all meets, and at any event involving the team.

If at any time, a gymnast commits a severe offense, the coaches have the right to punish as a 3rd offense.



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Tuscarawas County YMCA Gymnastics Team Social Media Policy

The Tuscarawas County YMCA Gymnastics Team is committed to creating a positive and safe environment. Therefore, the following policy has been adopted regarding the electronic communications of its team members.

In our global electronic world, filled with instant and constant communication, Social Media and electronic communications (including but not limited to Text Messaging, Facebook, YouTube, Twitter, Snapchat, Instagram, TikTok, Emails, and Webpages) provide opportunity for misconduct to occur. Thus, the Tuscarawas County YMCA Gymnastics Team does not permit individual or private communication to coaches, staff, volunteers, and administration from gymnasts via these communication media.

All emails, texts, and posts must be professional and solely related to the Tuscarawas County YMCA Gymnastics Team activities or events. It is unacceptable for gymnasts who are "friends" or follow each other, or use texting or group texting to say anything derogatory or negative about another team member, coach, administrator, or volunteer within our program or any other gymnastics program.

Gymnasts shall not "friend" or follow any staff, administrators, and volunteers on his/her personal social media account. Gymnasts and parents should only engage with coaches through email or the official Tuscarawas County YMCA Gymnastics Team Remind App.

Gymnasts are not permitted to be on their cell phones during practice unless given permission by a coach to call home when needed, or video a new skill....otherwise if on a phone for any other reason and without permission it may be taken away and put into the team office. The phone will only be returned to a parent after practice has ended. No cell phones are allowed on the competition floor at any meet. Parents may video from the stands.

Any violation of the electronic communications policy could result in temporary suspension from the program for a first offense, up to and including termination from the Tuscarawas County YMCA Gymnastics Team for multiple offenses. This policy will be reviewed and updated as necessary.



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Tuscarawas County YMCA Gymnastics Team

Code of Conduct, Rules/Responsibilities, And Social Media Policy

Signature Page for 2020-2021 Season

Please sign and return the following sheet to confirm that you have read and agree to the code of conduct, rules/responsibilities, and social media policy.

If you have any questions or concerns about these, please contact:

**Tuscarawas County YMCA
Gymnastics Head Coach
Rachel Cummings
rachel@tuscymca.org
330-364-5511**

I have received and read the gymnastics team rules and responsibilities, code of conduct and social media policy.

I agree to abide by all rules and regulations stated.

Gymnast Signature_____

Parent/Guardian Signature_____

Today's Date_____



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Tuscarawas County YMCA Gymnastics Team Membership Fees

★ **YMCA Membership**

- National YMCA rules require that each team member be a YMCA member. This can be a youth membership or family membership.

★ **Team Monthly Tuition**

- August 1, 2020 through May 20, 2021
- Payment must be auto withdraw to the Tuscarawas County YMCA
 - \$72 per month for family membership
 - \$88 per month for a youth membership

★ **Competition Fees**

- Payable to the Tuscarawas County YMCA
- All required YMCA competitions are included. Invitationals not required will be an extra cost.
- Payments can be made in full or 2 drafted auto payments.
- Level 3
 - \$192 per year or 2 payments of \$96 due 9/1 and 12/1
- Level 4, Level 5, Level 6
 - \$252 per year or 2 payments of \$126 due 9/1 and 12/1

★ **Apparel Costs**

- Payable to the Tuscarawas County YMCA
- Competition Leotard, replaced every 2 years for all levels
 - \$189.50
- Warm-Up Jacket and Black Capri Legging
 - \$ 65
- Team T-Shirt
 - Donated to the girls, by a local family

YMCA financial aid is not available for team apparel or competition fees