



Dronfield Gymnastics Academy

Squad Parent/Guardian & Squad Gymnast Expectations

Squad Parent/Guardian Expectations

- Help your child be fully committed to their training programme and ensure that they have good attendance at training (we only expect them to miss training when they are unwell, on holiday or on special occasions). Please let us know, via email, as soon as possible when they won't be attending.
- Ensure that your child arrives at training (and competition) and is collected on time. All children under the age of 18 must be handed over to and collected by a responsible adult whom they know.
- Provide your child with adequate hydration and nutrition for training sessions and competitions.
- Ensure that your child has all the correct kit and equipment for both training and competition and that this is well maintained (e.g. washed, replaced when worn etc)
- Ensure that you keep up to date with information published by the club, respond promptly to communication and pay monies due on time.
- Ensure that you are following club and competition rules and policies and encourage your child to do the same.
- Do not attempt to coach your child or get them to practice at home.
- Ensure that their home life is focused on good sleep, health, nutrition, education, time spent with family and friends and having other interests outside of gymnastics.
- Trust club and coaching decisions with regards to training groups, competition pathways, skills and levels – we have your child's best interests at heart and are experts in gymnastics. If you don't understand or agree with decisions – come and speak to us and we will explain our reasonings to you.

- Leave data analysis and goal setting to the coaches who are highly educated in gymnastics. Getting involved in this can be unintentionally demoralising for the gymnast and undermine the athlete-coach relationship.
- Discourage your child from comparing themselves to others – everyone is on their own journey.
- Value non gymnastics skills such as hard work, resilience and sportsmanship.
- Only speak positively about your child's club, coach and other gymnasts in front of them.
- Openly communicate any concerns or problems with the club or your child's coach as and when they occur.
- Refrain from asking your child about other gymnasts and/or discussing other gymnasts with fellow parents.

Squad Gymnast Expectations

- Be committed to the programme, aiming to attend all sessions unless you are unwell, on holiday or it's a special occasion.
- Be punctual and arrive ready to train/compete.
- Fuel your body correctly for both training and competition.
- Ensure that you have all the correct kit and equipment for both training and competition and that it is well maintained. Tell your parent/guardian if it needs washing/replacing.
- Work hard and always try your best.
- Listen, ask questions and be willing to learn.
- Show good sportsmanship and be a good teammate – gymnastics is HARD and everyone will need support at times.
- Be adaptable and resilient – there will be many ups and downs along your gymnastics journey!
- Don't compare yourself to others – everyone is on their own journey.
- Work with your coach to reflect on progress/results and set realistic goals.
- Trust club and coaching decisions with regards to training groups, competition pathways, skills and levels – we have your best interests at heart and are experts in gymnastics. If you don't understand or agree with decisions – come and speak to us and we will explain our reasonings to you or you can get a parent/guardian to do this for you.

- Ensure that you are following club and competition rules and policies.
- Show respect for your club, coaches and fellow gymnasts.
- If you are unhappy, upset or have a problem you can speak to your coach, another coach, parent/guardian or the club welfare officers about this – we are all here to help you!
- Refrain from practicing at home, unless your coach has specifically instructed you to do so.
- Out of the gym we want you to focus on getting good sleep, nutrition, education and remaining healthy. Enjoy spending time with friends and family and have other interests that aren't gymnastics.