



Rules & Expectations for Parents & Athletes

1. Be On Time. “On time” means ready to begin, not walking through the door. Training begins on the hour, athletes are expected to be early enough to change if needed and get through the General Warm-Up.

- a. Changing facilities are limited, it is strongly encouraged that the athlete dressed and ready to participate prior to arrival.
- b. Please do not wear outside shoes in gym, bring shoes intended for gym only.
- c. Please do not drop your athlete off more than 15 minutes prior to the start of training.

2. There’s A Reason For Everything. In a training environment there are many ways to reach a goal, however trying to follow multiple paths will be an exercise in futility.

- a. “That’s not the way we do/did it” is irrelevant. Parents may stay and observe but are not allowed to participate or offer training advice, any special considerations regarding the athlete will be discussed prior to beginning the training program.

3. There will be NO unsupervised training. For the safety of the athlete they will not be allowed to train or exercise unsupervised. Once the athlete achieves a sufficient level of competence in the necessary skill, the athlete will be eligible for a full membership to participate in Open Gym.

Rules & Expectations for Athletes

1. The Mind is Primary. The first objective is to learn

2. Respect Others First. The best way to earn respect is first to show respect to others. There will be a level of competition in the training, but this is a learning environment where we will learn from success as well as failure.

- a. Rude and disrespectful behavior will not be tolerated and will be corrected immediately, repeat behavior will result in removal from the training program.

3. Always Try. There will be new challenges during training, I don’t expect every attempt to be successful but I do expect the attempt.

4. NO unsupervised training. The only exception is the General Warm-Up 15 minutes prior to the start of training.

5. When the coach is speaking, everyone listens, even if the coach isn’t talking to you.

6. Keep the gym and all facilities clean, everyone is expected to return all equipment to its proper place and EVERYONE participates in clean up after the training session.

Expectations for Coach

1. Safety First. My primary concern is the safety of the athlete, everything else is secondary.

2. How To, then How Well. This relates to Rule 1.

- a. How Much is irrelevant.

3. Each athlete is treated equally, there are no favorites, and no one is left out.

Parent or Guardian _____ Date _____

Athlete _____ Date _____

Coach _____ Date _____