

Forest Lake Gymnastics Honor Code/Team Expectations 2020-2021

1. I understand that it is a privilege to be a member of the Forest Lake High School Gymnastics Team.
2. I have completed the MSHSL eligibility form, insurance forms, trainer consent forms, and have an updated physical. I have read the eligibility form and understand the consequences if I were to break the High School League rules.
3. I understand that practice begins at 3:30 or 4:00 for all gymnasts.
I will be PREPARED FOR PRACTICE with my attire (leotard, shorts, tennis shoes, grips, water bottle, hair ties, and jewelry removed, etc.)
I will have made any necessary phone calls prior to that time and my cell phone will be left in my locker or given to my coach upon entering the gym.
If I need to leave the gym for any reason, I will communicate with the coaches.
4. I will do my best in helping with equipment set-up, moving mats, carrying the vaulting board, and preparing the gym for practice and competition. If I must leave before practice ends, I will notify the coaches and ask what needs to be done prior to leaving.
5. If I am unable to attend gymnastics practice, I realize I must communicate with the coaches ASAP regarding the reason for my absence. The coaches will decide if it is excused or unexcused. Absence at practice affects the team and my own performance. I also realize that absences may result in not being able to compete—or changing my place in the line-up. This is up to the discretion of the coaches.

Coach Lindsey's Contact Information: Email: lperron@flschools.org (best option)
Phone: 651-982-3221

6. I will look at and listen to the coaches when they are coaching me. When coaches address the group, I will be quiet, pay attention, be respectful and respond.
7. I realize "body language" can be disrespectful—(rolling eyes when being spoken to, not looking at the coaches when corrections are being made, facial expressions, etc.). I understand the coach's job is to help me be a better gymnast and person. I will work diligently to show them respect and consequently, work hard to be the best gymnast I can be.
8. As an individual on a team sport, I realize it is very important to support and care for everyone on the team. I will be a team player—trying my best to think and act positively in the gym.
9. I understand that failure to respect coaches and teammates carry consequences including, but not limited to, dismissal from practice, not being able to compete, change in place in the lineup, or dismissal from the team.
10. I will go to a team captain/coach if I am aware of a situation that warrants the attention of the coach or captains. I realize complaining only contributes to a negative atmosphere. I want this to be the best year ever!

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Gymnast signature_____

Parent signature (awareness of information) _____

Date: _____