

## **Vortex Gymnastics Rules – Gymnasts training 1hr 15mins or more weekly**

As your child progresses through Vortex Gymnastics, it is important to realise the level of commitment and attendance required.

This involves but is not limited to;

- Listening to and following instructions of coaches at all times
- Cooperating with other gymnasts in a respectful and sportsmanlike manner
- Attending classes in a punctual manner
- Maintaining excellent attendance at classes is compulsory
  - o In the event that your child is sick, an email should be sent **prior to the beginning of class**
  - o This includes attendance at weekly classes, extra training and summer classes (where appropriate)
- Practice necessary stretches as recommended by coaches during their own time
- Attire
  - o In the interest of safety, gymnasts training for 1hr 15mins or more weekly must wear a leotard to every training session.
  - o Gymnasts do not have to wear a Vortex leotard for weekly training, however any gymnast representing Vortex Gymnastics at National events must wear the Vortex leotard and tracksuit to these events - available at <https://www.vortexgymnastics.com/shop>
  - o If a child attends training without suitable clothing, they will not be allowed to participate in the class activities. They will be given a list of conditioning exercises to complete instead during class time.
  - o As per general rules, no jewellery of any description should be worn

Failure to follow any rules will lead to disciplinary action as outlined in our Complaints and Discipline Policy