

Vortex Gymnastics Club Rules for Developmental (1.5hrs), Intermediate (2hrs) and Competitive Level Gymnasts

As your child progresses to more competition focused classes 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 to their best ability
- Cooperating with partners and 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.
- Practice necessary stretches as recommended by coaches during their own time
- Attire
 - o In the interest of safety, children in classes lasting 1.5 hours or longer must wear a leotard to every training session. This does not have to be a club leotard, however club gear is 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