



Gymnast Name: _____

2016/17 Level Placement: _____

FUSION GYMNASTICS 2016-2017 Team Commitment Form

We are happy to have you as a member of our competitive team! Gymnastics is a wonderful sport with many rewards. To ensure that you get the most out of your competitive experience, we ask that gymnasts and parents read and check off each of the following rules prior to team placement:

As a Parent Member of Fusion Gymnastics *(check each box):*

- ☐ I agree that practice is important and I will notify a member of the staff if my child is injured, ill, or missing practice. I also agree to drop off and pick up in a timely fashion and I will notify a staff member if I am running late.
- ☐ I understand practice is required for safe progression so I will not use it as a disciplinary or bargaining tool at home.
- ☐ I understand that my gymnast is part of a team and is expected to participate in all regular season meets. I agree to notify the club in writing of any conflicts that we have prior to the start of the season.
- ☐ I understand that it is the responsibility of the coaches and staff to decide on uniforms/apparel and meet locations.
- ☐ I understand that coaching will be done by the coaching staff and my job is to be a supportive parent.
- ☐ I understand that if I have a problem or concern with gym policy or coaching, I will address it with a member of Fusion staff at an agreed upon time that does not interrupt training. I will not air my concerns in parent room.
- ☐ I understand that distractions during practice or competitions can result in serious injury and I agree not to communicate with or distract my gymnast anytime she's on the gym floor. I will seek a staff member's help if I must reach my child during practice or competition.
- ☐ I understand that I am not allowed to enter the gym unless invited by a coach. This includes going to the locker area before/after practice.
- ☐ I understand that gossiping is not allowed and that any negative words toward or about coaches, staff members, gymnasts, or the club in general will not be tolerated and may result in a temporary or permanent suspension.
- ☐ I understand that Private Lessons are a privilege and not a right. I agree to adhere to the rules of the Private board and I understand that Privates may be canceled if gym fees and/or booster fees are not current.
- ☐ I agree to make all booster club payments on time. If a situation arises and I am unable to pay on time, I will submit my reason with a payment plan in writing by the due date.

Parent Signature

Date

As a Gymnast Member of Fusion Gymnastics *(check each box):*

- ☐ I understand that being on team is a privilege and I will bring a positive attitude to practice every day.
- ☐ I understand that it is my responsibility to bring my gym supplies to practice & meets, to keep my locker area neat and free of food/trash, and to do my part in keeping our gym clean and organized. I will be a responsible gymnast!
- ☐ I will be respectful to my coaches, my teammates, and other Fusion staff members, both on and off the gym floor.
- ☐ I will **listen**, **respect**, and **respond** to coaching corrections, advice, or directives.
- ☐ I will display a proper attitude at all times. Crying, pouting, talking back, and poor body language is frowned upon and could result in dismissal from the gym floor.
- ☐ I will take care of my body by eating a nutritious diet and getting proper sleep, especially before a meet.
- ☐ I will be a good sport at practice and at meets. I will congratulate my teammates and celebrate their successes.
- ☐ I understand that being a competitive gymnast requires commitment from my parents as well, so I will thank them regularly for the opportunity!

Gymnast Signature

Date