

Gymnastics for All

Entry Routine

1. Coach enters the foyer and announces that GfA athletes need to line up (with their parents) in front of the coach. They should have socks and a drink bottle.
2. Coach marks the entire roll for the class.
3. Once roll is marked, all athletes enter the locker area and remove shoes, storing their belongings in a locker.
4. Once completed, athletes then wait in front of the coach next to the TV.
5. Coach delivers specific instructions to begin warm-up.
6. Late arrivals follow the steps above then report to their coach.

Athlete Expectations

We have a positive attitude to training:

- Try our best and give everything a go
- Speak and act kindly to each other

We listen to our coaches:

- Look at them when they are speaking
- Follow their instructions
- Only use equipment they have told us to touch

We use the gym safely:

- Be aware of other people in the gym
- Walk between apparatus or to locker area
- Keep our hands to ourselves

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Consequences

There are consequences if we choose not to meet the expectations of training.

First consequence: The coach verbally reminds the athlete of the expectation. They ask the athlete how they will change their behaviour.

Second consequence: The coach reiterates the expectation and explains the next consequence.

Third consequence: The athlete is removed from one turn on the apparatus. After a conversation with the coach, they return to training.

Fourth consequence: The athlete is removed temporarily from the training group to their parents, or a designated place in the gym. After a conversation with the coach, they return to training.

Fifth consequence: The athlete is removed from training. The coach communicates to Rec Centre staff if the parent is not already in the foyer.

*If any consequences have been issued, a **conversation with parents** at the conclusion of training is required to explain the behaviours, reinforce expectations and explain the consequences delivered.*