



Competition Etiquette

8-06-09

Participation:

If an athlete is performing a skill/routine in a manner in which the inherent risk of the sport is greatly increased then she will have to omit the skill/routine from her competition until the specific risk is reduced.

Pre-competition:

- Get plenty of sleep the night before the meet.
- Arrive at the competition site at least 20 min. before the designated time given.
- Be dressed in the proper competition attire including hair and make-up before open warm-up begins. Hair should be pulled back in a competition style (a tight ponytail into three braids with the ends tucked under or a bun). If you are unable to get the hair into a braided ponytail then a style in which the hair is secure, out the face and off the neck is required. No jewelry or painted nails are allowed to be worn for competition
- Eat a light meal at least an hour before the meet.
- Make sure all items that may be needed on the competition floor are all in one bag: (Grips, music, tape, pre-wrap, hair spray, snack, water, wrist braces, wrist bands, etc.)
- Be sure to always have your USAG number

Warm-up and Competition:

- Once the gymnast is on the competition floor she is to stay with the team at all times. Gymnasts are not to leave the competition floor without permission.
- Parents are never allowed on the competition floor without a meet official. This is a violation of the sanctioning rules outlined in the USAG rules and policies.
- Parents are to be spectators **ONLY**. Let the coaches be responsible for any preparations, or corrections needed. The way you can best help you child is to let them know that you love them and that you are proud of them no matter what.
- Parents are to be supportive of all athletes.
- If there is ever a need to communicate with someone on the floor inform a coach or meet volunteer.
- It is encouraged to attend sessions of other teammates when ever possible.
- Respect any meet officials (judges, coaches, meet helpers, meet hosts)
- For the safety of the gymnast there is to be no flash photography.
- Relax. Do your best. Have fun.

Snacks:

- Snacks appropriate for workouts include fruits, vegetables, pasta, crackers, bagels, potatoes, or any complex carbohydrate. There should never be any candy, soda, or high sugar content foods eaten before or during practice.
- Other foods to stay away from are high fatty foods and spicy foods.
- As a general rule an athlete performs better when he or she is slightly hungry rather than full, therefore it is recommended to eat at least an hour to an hour and a half before activity.
- Hydration of an athlete is very important for optimal performance. Drinking water at regular intervals is suggested. The "Sport drinks" such as "Gatorade" are very concentrated therefore it is recommended to dilute these drinks for better absorption.

Attitude:

- All athletes are to show sportsmanship to their fellow teammates and coaches at all times.
- Respect your coaches by listening to and acknowledging their instructions with appropriate communication and work ethic.
- Utilize time efficiently in order maximize the productivity of the workout for yourself and others.
- Encourage other athletes and contribute to the positive motivation of the group you are training in.
- Appreciate the facility by throwing your trash away, and helping to keep the gym clean for all to enjoy.