



COMPETITION & EVENT GUIDELINES

HART GYMNASTICS CLUB COMPETITION & EVENT GUIDELINES BEFORE THE COMPETITION OR EVENT (C/E)

GENERAL COMPETITION ATTIRE

1. Squad Competition
Leotard
2. Red & Black
competition tracksuit
3. Arrive in trainers (not
Ugg boots)
4. Hair – Artistic two
French plaits.
Aerobics- High tight
bun
5. Black/ White HGC t-
shirt
6. Pack your training
heart leotard just in
case.
7. Water
8. Aerobics: Tights,
white long socks,
CLEAN white trainers.

Return any slips or emails in the appropriate timescale with payment. Please note late entries will not be accepted and the club will not chase gymnasts or payments for entries.

Attend all training and extra training prior to the C/E. If you are unable to attend any session prior to the C/E let coach know before entering. Missing sessions prior may result in gymnasts being withdrawn.

Ensure you have all C/E attire prior to entering if you do not have correct attire please let the club know as some items take up to 6 weeks to order.

Practice and remember routines for C/E. If sessions are missed it is the gymnast responsibility to catch up.

(ATLEAST) DAY BEFORE COMPETITION OR EVENT

Plan your journey to avoid arriving late.

Ensure you have all appropriate attire and accessories if needed (trainers, Handguard, Number etc)

Pack extra hair products just in case: Hair grips, hair bands, Hairspray, Hairbrush.

Ensure you have all competition attire and its name labelled, clean and presentable.





COMPETITION & EVENT GUIDELINES

COMPETITIVE GOALS GYMNAST

1. Be respectful to everyone
2. Be kind
3. Use correct and proper language at all times
4. Be a good sportsperson – celebrate and applaud good performance by all.
5. Support your team mates
6. Remember what behavior your coach expects from you when in the venue.
7. Reserve your energy until you compete.
8. Stay with your parent when waiting. Never go off with strangers.
9. Most importantly have fun and try your hardest !!!

COMPETITION OR EVENT DAY (GYMNASTS)

Aim to arrive at least 5-10mins before requested arrival time to avoid being late due to unforeseen circumstance.

Have Breakfast- Porridge is a good one!

Arrive with hair ready to go, in competition attire and trainers.

Find coach and register.

Ensure you only eat healthy foods before you compete- No chocolate and sweets please save these until after.

If you need to go to the toilet let your coach know.

- Remember you are representing the club at all times:
- Be respectful to everyone
- Be kind
- Use correct and proper language at all times
- Be a good sportsperson – celebrate and applaud good performance by all.
- Support your team mates
- Remember what behavior your coach expects from you when in the venue
- Reserve your energy until you compete.
- Stay with your parent when waiting. Never go off with strangers.

When at competition ensure you put all your belongings in your bag to avoid losing them forever.

**MOST IMPORTANTLY HAVE FUN AND TRY YOUR HARDEST!!!!
BE THE BEST YOU CAN BE!!!!**



COMPETITION & EVENT GUIDELINES

NEVER LET YOUR CHILD GO WITH ANYONE OTHER THEN THEIR COACHES AT A COMPETITION OR EVENT.

Please ensure your child stay with you at all time until you pass them over to the coach. The coach will **NEVER** send an “security guard” or “Competition/Event Official” to collect your child. If in doubt stay with your child until a coach is there and says its ok. Remember stranger danger.

*****The clubs reserve the right to withdraw any gymnast from any competition or event. Without refund of competition fee if the fees have already been paid to another organisation. This include if a gymnast arrives late to a competition.**

COMPETITION OR EVENT DAY (PARENTS)

Aim to arrive at least 5-10mins before requested arrival time to avoid being late due to unforeseen circumstance.

Arrive with hair gymnasts hair ready to go, in competition attire and trainers.

Find coach and register.

Ensure your gymnasts only eat healthy foods before they compete- No chocolate and sweets please save these until after.

- Support your coach
- Discourage challenging / arguing with officials
- Use correct and proper language at all times
- Never bribe a child to do their best- they should **want** to be their best.
- Never punish or belittle a child for poor performance or making mistakes
- Be a good role model for your child be a good sportsperson – celebrate and applaud good performance by all.

Please ensure your child isn't running around the venue if they are not competing they are your responsibility please look after them.

Ensure you know where they are at all time incase the coach need to get them quickly.

Take lots of pictures and share them on our social pages. Have fun and support your child, coach, team and club

**MOST IMPORTANTLY HAVE FUN AND TRY YOUR HARDEST!!!!
BE THE BEST YOU CAN BE!!!!**