

SUN COUNTRY SPORTS Gymnastics

Welcome! We are so happy to have you in our gymnastics program. Together, we will work to instill a love of gymnastics that can last a lifetime. Please review the following guidelines and let us know if you have any questions.

PROGRESSION:

Sunbursts (ages 18 months-5 years): Students progress based on their age, ability to follow directions and interact with fellow students safely.

Rainbow (ages 5 and up): Students progress through the colors of the Rainbow on their own time based on the mastery of skills. As students master all the required skills for their current level, they will receive a certificate of completion as well as a ribbon for the level from which they are graduating.

PROPER ATTIRE:

Male gymnasts: t-shirt and stretch athletic shorts, bike shorts, sweat pants, or leggings. No snaps, zippers, buttons, or hard fasteners. Hair past the shoulders needs to be pulled back. Please refrain from using gels or oils in hair. Bare feet.

Female gymnasts: t-shirt and stretch athletic shorts, bike shorts, sweat pants, leggings, or any color or style leotard (with no skirt attached). Hair must be pulled back and secured away from the face. Please refrain from using gels or oils in hair. No bulky metal clips, but flat clips are acceptable. Bare feet.

PROPER ETIQUETTE:

1. No gum, food, drinks, or cell phones allowed in the gymnastics area. NOTE: During parent/child gymnastics classes cell phones may be used as cameras only.
2. No rings, watches, necklaces, bracelets, or dangling earrings. Post earrings are acceptable.
3. Gymnasts should not enter the gym without a coach.
4. Gymnastics may not leave the class without permission.
5. Parents are asked to please not coach from the sidelines. Your child needs to give their coach their full attention.
6. Good attendance is imperative, as absences and tardiness can hold back the progression of your child. Please make every effort to have your child at every class.
7. Being late is very disruptive to the class. Please be sure your child is at the gym at least 5 minutes prior to their class time. Stretching and warming up our muscles is a big part of gymnastics and is always done in the first part of the class.
8. If your child is ill or will not be able to attend class, a courtesy call is very much appreciated; make-up options will not be granted without calling in your absence in advance. Please see our policies for make-up options.
9. Please be prompt in picking up your child.
10. Our coaches have 5 minutes built into their class schedules for communication with parents. This is the perfect time to get to know your coach and discuss your child's progress and any other questions you may have for them!
11. All students are expected to conduct themselves in a safe, courteous, respectful, and responsible manner and be mindful of the rules posted in the gym.

RAINBOW MEET AND GYMSTARS SHOW:

Look forward to a gymnastics show for our Rainbow classes (ages 5 and up) in the fall and in the spring. The GymStars classes (ages 3.5 – 5) will have a show in the spring. These shows are designed to allow your child to show off the skills they have learned in a fun and non-competitive format. All children receive a trophy or medal. The shows are not mandatory but we believe it will be a valuable experience for your child. It will help to develop their self-confidence and self-esteem, and it will give them a true feeling of accomplishment and pride.

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