

Proper Etiquette for a Gymnastics Class

Athletes show respect for themselves by:

- Being prompt for class
- Being dressed properly for class...
 - No jewelry and proper gymnastics attire
- Having hair up and out of the face
- Taking their time to complete all skills properly
- Bringing a water bottle to class

Athletes show respect for others by:

- Keeping their hands to themselves
- Waiting quietly while the coach gives instruction
- Waiting quietly while others have their turn

Athletes show respect for their coach by:

- Being properly dressed and ready for class on time
- Listening when the coach speaks
- Always listening to the coach giving instructions or corrections
- Being prepared for their turn
- Always asking before leaving the gym for any reason and returning quietly
- Always finishing every exercise to the best of their ability