

COACH EXPECTATIONS OF THE GYMNAST

As your coach, there are certain things you expect of me; reliable spotting, good advice, and lots of encouragement. In order for us to work well as a team, there are things I need to expect of you. Please read the following expectations so you know what I want when you step into the gym.

Come prepared. Come focused, awake, fueled and ready to go. If you come hungry, please have a snack ready to eat before practice. Something you can leave in your personal cubby for those times you need extra fuel.

Leave the drama outside. If you are having a bad day, fighting with a fellow teammate, or worrying about silly gossip you can't focus on your skills which leads to frustration on both our parts and a waste of practice time.

Trust your coach. Trust that I have your safety as the highest priority and that I will only allow coaches that I trust to spot you. You have to try.

Remain focused on your goals. If you need a certain skill to complete your routine.....work on it.....a lot. I understand frustration, walk away for awhile onto something else, but always come back and try again. Giving up is not acceptable.

Please do not come to practice if you are sick or so injured that you can't do anything. It then becomes social hour and practice breaks down. If you are seriously injured with a hard sprain or a broken bone, you **must** have a doctor's note to come back to practice. This is for your safety.

Communicate, communicate, and communicate. The key to a successful season is good communication between coach and gymnast. I can't read your mind although sometimes I am a good guesser! Tell me what's going on in your head and we can work through it together. There is nothing I dislike more than hearing you are unhappy or have quit through another teammate. Be responsible, and have the respect to talk to me in person. I PROMISE I WILL NOT BITE YOUR HEAD OFF!!!

Do not let jealousy ruin your potential. If you are the one others are jealous of, that is not your fault, and you **must not** let others dictate the way you practice. Be proud of who you are and what you can do. If you are the one being jealous.....**get over it!** It takes away energy better spent working on your own skills and it upsets others enough to ruin theirs. The only person you should worry about having good skills is yourself.

We are a team, which means caring, respecting, and supporting each other all the time.