

Meet Etiquette

Gymnast

As with any event, there are rules set forth to make the event run as smoothly and safely as possible please see the list below for the proper gymnast behavior guidelines for gymnastics meets. Failure to follow these rules can lead to a gymnast being disqualified from the meet.

During a meet gymnasts are expected to:

1. Eat a good meal before the meet. Your body needs fuel to perform at it's best!
2. Be dressed in your leotard and warm ups with your hair pulled back and be ready for warm ups 15 minutes before General Warm Ups begin.
3. Have all of your personal equipment (grips and wrist bands, extra hair ties, water bottle) in your gym bag.
4. Walk in with a positive attitude ready to compete.
5. Give your best effort and accept both success and failure gracefully. Crying is NOT allowed at gymnastics meets, it is a distraction that can lead to injury.
6. Stay with your team & coaches, in the competition area, at all times.
7. Show good sportsmanship by watching, encouraging, & respecting your teammates as well as other competitors.
8. Pay attention to the meet progression. Know when it is your turn.
9. Respect the other gyms and their equipment.
- 10. HAVE FUN!**



Gymnastics Employee Handbook

Schrier, Karen, Gibson, David



Gymnastics Employee Handbook:

USA Gymnastics Safety Handbook for Gymnastics and Other Sport Activities USA Gymnastics,1994

Conditions of Employment Manual Queensland Gymnastics Association,1995 Occupations Handbook ,2000 **The**

Rotarian ,1984-02 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine

Legal Handbook on School Athletics ,1997 *California. Court of Appeal (2nd Appellate District). Records and Briefs* California (State)., **Shevolved** Kristen Elizabeth,2026-01-29 Shevolved is the unflinching fiercely human memoir of a

young performer who walked straight into the fire strip clubs late night cable sets predatory directors medical trauma and the quiet devastations no one warns you about But it s also the story of a woman who refused to disappear A woman who learned to rise rebuild and reclaim the narrative on her own terms

The Relocating Spouse's Guide to Employment Frances Bastress,1987 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1960

Includes Part 1 Number 2 Books and Pamphlets Including Serials and Contributions to Periodicals July December

Employee Recreation ,1960 **Resources in Education** ,1973 **Arkansas Reports** Arkansas. Supreme Court,2005 *Ethics and Game Design: Teaching Values through Play* Schrier, Karen,Gibson, David,2010-02-28 This book addressing an emerging field of study ethics and gamesand answers how we can better design and use games to foster ethical thinking and discourse in classrooms Provided by publisher

Research in Education ,1973 **Nation's Health** John Augustus Lapp,Charles-Edward Amory Winslow,Frank Leslie Rector,1923 **Vertical File Service Catalog** ,1981

Vertical File Index ,1991 **Unemployment Insurance Reporter** ,1936 *Journal of the American Association for Health, Physical Education, Recreation* American Association for Health, Physical Education, and Recreation,1954 **Books**

In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004

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