

EXPECTATIONS FOR PARENTS AND GUARDIANS

Be supportive: Support and understanding from parents and guardians is crucial to the development of a gymnast.

If a problem arises, be a good listener and avoid taking sides. Ask your son or daughter questions such as, “How do you feel about that?”, “What could have been done to avoid it?”, or “How would the other person feel if...?”

Be involved as a parent, understand KCGC’s philosophy, and positively support our activities. Your child has made a commitment to be part of the KCG family and without your support and understanding the coaches cannot help your child reach his or her potential.

Let the coach do the coaching: While it is in your child’s best interest that you are supportive and interested in their gymnastics training, it is imperative that the coaching be left to the coaches.

Avoid making technical comments about gymnastics. Your gymnast just spent the last few hours of training being told what they need to work on, they do not need to hear it again from a parent. Also, you may be asking your child to focus on something that is counterproductive to the coach’s goals.

Your child needs to have a break from thinking about the gym when they are outside it. They will talk to you about their gymnastics when they have a concern or exciting news.

Privacy and safety of minors during class observation: Parents/guardians are welcome to watch in the parent viewing area, however, we expect that all parents and guardians will respect the safety and privacy of other participants by following these rules:

1. **Safety:** Please do not create distractions of any kind including, but not limited to, making noise, attracting a child’s attention, waving, or setting off a flash. It is crucial that the gymnasts and coaches be able to concentrate. Any distractions can break concentration and lead to injury. DGS cannot accept the increased risk and the potential liability for such occurrences.
2. **Privacy:** Please do not take any pictures or videos anywhere in the facility. Even if your goal is to take your own child’s photo, you may unintentionally capture the image of another participant. As parents do not have consent from other parents to share their child’s image, we ask that no pictures or videos be taken anywhere in the facility.
3. **Communication with coaches and staff:** Please talk to coaches after class, not during. Please do not try to contact the coach/staff from the viewing area. If you cannot speak to them after class, you can communicate with them by phoning the office and leaving a message or sending an email.
4. **For the safety of all children in the gym, only registered participants may remain in the gym (except for Parent & Tot and Drop-in).**

Punctuality:

- Parents and Guardians must pick gymnasts up from the lobby of the gym. Children 11 years old and under will not be allowed to leave without a parent.
- Please communicate alternative pick-up arrangements to your child's coach.

Contact and payment information: Any changes to your address, phone, email, Emergency Contacts, payment information or banking information must be communicated to the office staff.

Communication: KCG communicates with parents via e-mail and newsletters, by posting notices around the facility, and on our Facebook page and website. It is the responsibility of the parent to stay informed and updated.

If you have a concern about your child's progress, or any matter related to their coaching and learning, please discuss it with their coach first. For more information about how to contact coaches and program coordinators, please see our *Coach Contact* list.

Parent Signature

Date Signed