

ACTION CALISTHENICS CODE OF CONDUCT

PARENTS

- Encourage your child to attend all training.
- Ensure your child is punctual to training.
- Respect the Coach's decision regarding team placements and selection.
- Be aware that Coaches may make changes to team selections and/or positions throughout the year. These are not fixed at the beginning of the year and are subject to change dependent upon your child's attendance, performance and behaviour during the year.
- Remember that children learn best by example. Applaud the efforts put in by all teams & members.
- Remember to praise your child for what they can do well and not criticise for what they can't do.
- Discuss concerns or problems with the team manager / club management as early as possible. It can't be fixed if the club does not know it is broken.
- Be committed to the calisthenics season. Withdrawing your child does change the team considerably and affects the club's presentation at competitions. Give plenty of notice if a child needs to withdraw.
- If your child is injured and are unable to participate in training, please advise the team manager and/or provide a medical certificate if applicable.
- If your child is injured but is able to compete, ensure you have advised the team manager and have completed the necessary documentation for submission to Calisthenics ACT. This will avoid the team being penalised for failing to notify the competition committee.
- Show appreciation of the team managers, costume managers and officials. These people volunteer their time to the successful running of the club.

PARTICIPANTS

- Respect your fellow participants and their goals.
- Be committed to your team and your club. Withdrawing from team midway through a year affects the whole team and reduces their success at competitions
- Have consistent attendance at training (no more than 20% of classes can be missed). If there is a problem with a date, reasonable notice is to be given to the team manager and the Coach.
- Co-operate with your Coach, cadets and class assistants.
- Respect your Coach's decision with regard to team selections and/or movement within a team.
- Verbal abuse towards the Coaching staff, team managers and/or fellow participants will not be tolerated.
- Any concerns or problems that you may be experiencing should be brought to the attention of the team manager or Coach during a break or after the completion of a class NOT during a class.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will you.
- Treat your fellow participants, as you would like to be treated.
- Be prepared for class. This means wear a leotard and have your hair tied back.
- Do not wear jewellery to class as these can catch on apparatus and cause injury.
- If you have an injury and are unable to participate at training, please provide a medical certificate if applicable and ensure your parent has advised the team manager.
- Enjoy your year as an Action Calisthenics participant and take pride in the knowledge that you are a member of a great team and club.