



Ritmo Gymnastics

306.717.1849

ritmogymnastics@gmail.com

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## Developmental, Pre-Competitive, Competitive Program Regulations

Ritmo athletes must agree to:

- Attend 100% of training to the best of their ability. In the event a training day must be missed, prior notice must be given to the coach.
- Bring all necessary apparatus and training equipment to each practice.
- Come prepared in proper training attire: form fitting top, tight leggings or shorts (knees must be visible), toe shoes/socks, hair up and contained, back warmer (recommended for athletes who train 4hrs/night).
- Arrive 10 minutes early for training time to ensure they have proper time to change and/or assist with any set up.
- Take the necessary time at home to stretch/visualize and be mentally prepared for each training session.
- Advise coach of any injuries BEFORE training and update when necessary.
- Keep cell phones in gym bags-absolutely no cell phones allowed on the carpet. May be used to video skills/choreography on breaks only.
- Maintain a positive and respectful attitude towards their coach and fellow athletes.  
*Athletes will be asked to leave training if this is not followed.*

Ritmo parents of athletes must agree to:

- Assist and support their athletes with the responsibilities listed above.
- Avoid the carpet area when training is in session.
- Refrain from coaching or correcting ANY athlete in the gym (whether it's their daughter or not), unless they are a NCCP Certified Coach and have been hired by Ritmo to do so.
- Maintain a positive and respectful attitude towards all Ritmo coaches and athletes.  
*Parents will be asked to leave the gym and may be banned from the gym entirely if this is not followed.*
- Assist the coaches with set up and take down of carpets and flooring underlay for each session when needed.