



**Rockwall-Heath High School and Cain Middle School**  
**Gymnastics Program**

**Rules and policies are a combination of regulations from Rockwall ISD athletics, RISD Gymnastics, and more specific rules applying to athletes attending Cain Middle School, and Rockwall-Heath High School Men's Gymnastics teams.**

It is a privilege to be a part of the Rockwall ISD gymnastics program! Rockwall ISD has a winning tradition and we want to continue that tradition for years to come. Although there are many expectations for athletes to follow, the rewards are even greater. Good luck to everyone and have a safe and productive year!

**Team Concept**

*A **TEAM** is a group organized to work together.*

***TEAMWORK** is a cooperative effort by the **TEAM** members to achieve a common goal.*

The key concept here is cooperation! In and out of the gym, each athlete must pull his own weight. First and foremost, each individual must be eligible to participate. This is vital to the team's progress and success. Academic ineligibility hurts the entire team as well as the individual. In the course of preparing for the upcoming season, we stress to each athlete: in order to achieve your goals as a team, each gymnast must strive to be the best he can be in the classroom as well as in the gym.

**Coaches Responsibilities with the athletes**

1. To introduce skills and progressions as safely as possible.
2. To prepare all competing athletes for any and all competitions.
3. To structure and organize workout proficiently.
4. To build and develop athletes physically and mentally.
5. To observe and enforce all athlete responsibilities.
6. To lead and push a team effort for success.
7. To win or lose with class and follow "Honor before Victory" as modeled by Rockwall Independent School District.

## Athlete responsibilities

Student Athletes will conduct themselves in such a manner that they bring credit to themselves, their teammates, their family, and to Rockwall ISD. They should never engage in any activity that could be considered as inappropriate for a member of any RISD athletic team.

Violation of Athlete responsibilities could result in permanent dismissal from your current team; and could result in dismissal from all other rockwall athletic teams for more serious infractions.

### **In School:**

1. Follow all RISD rules and policies.
2. Be a good teammate who acts with respect at all times.
  - a. the team has agreed upon an immediate consequence for any violations of this rule.
3. Respect and cooperate with all teachers and classmates at all times.
4. No skipping school.
5. No cheating on school work.
6. No detentions, Friday night school, suspensions.
  - a. If there is an incident in which you (the athlete) have received any kind of disciplinary action in school, you must notify your coach at the first available opportunity.
7. All male teachers and coaches will receive a “yes sir” or no sir” and all female teachers and coaches will receive a “yes ma’am” and “no ma’am” when being addressed. Remember to use eye contact.
8. Be well groomed and neat. Hair should be kept neat and no unusual haircuts are permitted (i.e. Partly shaved with designs, multicolored, etc...). Hair needs to be kept short:
  - a. Short enough to not be able to pull past eyebrow.
  - b. Keep out of ears.
  - c. Keep off of the back of the neck
9. Athletes need to keep their hair in accordance with these guidelines, and will get it cut if/when told to do so by the coach.
10. No Jewelry is to be worn in training or in competition.
11. Earrings will not be worn by any males during the school day or when representing Rockwall ISD
12. Locker room:
  - a. Athletes are expected to keep their lockers clean and organized.
  - b. No horseplay in the locker room.
  - c. All showers should be turned off after use.
  - d. Each Athlete is responsible to see that his equipment is in its proper place before leaving.

### **In the gym:**

1. Be a good teammate who acts with respect at all times.
  - a. the team has agreed upon an immediate consequence for any violations of this rule.
2. Be in the gym ON TIME and ready to work.
3. Be dressed appropriately and always come prepared.

4. All male coaches will receive a “yes sir” and “no sir” and all female coaches will receive a “yes ma’am” and “no ma’am” when being addressed. Remember to use eye contact.
5. Be at workout every day.
  - a. Try to make appointments at times when you are not required to be in the gym.
  - b. Other than missing due to illness or family emergency, representing your school in another activity is the only excused absence from workout.
  - c. When ill and at home, call or email ahead of time to notify your coach. Do not use a friend or teammate to convey the message.
  - d. When missing workout is completely unavoidable, give at least 24 hours notice whenever possible
  - e. Missing practice for any reason, will result in a conditioning set assigned by the coach related to the missed time. The athlete will complete the conditioning before participating in practice. Any assignments incomplete before a competition will result in suspension from competition.
6. All athletes should pursue all physical conditioning activities as directed unless medically excused. See the trainer if you have an injury. He/She will send you to a doctor if you need one.
7. Use your time efficiently. Practice time is too valuable.
8. There is no sitting down during workout.

#### **In Travel and Competition representing Rockwall ISD:**

Any violation of the following rules and policies may result in removal from the competition and further disciplinary action as deemed appropriate:

1. Be a good teammate who acts with respect at all times.
  - a. the team has agreed upon an immediate consequence for any violations of this rule.
2. Always arrive on time for all meets and travel arrangements.
  - a. The bus will leave an athlete at the school if they do not show up on time.
  - b. All athletes will travel with the team to and from any competition. If, for any reason, an athlete must be excused from riding the bus, a written note **MUST** be given to (and approved by) the head coach at least 24 hours in advance. Should an emergency situation occur, individual circumstances will be addressed by the head coach. Athletes are to **NEVER** be released to anyone other than his parent or guardian.
3. When riding the bus, all athletes will show the bus driver proper respect and behave themselves accordingly.
  - a. Address all bus drivers with “yes sir” and “yes ma’am” as stated before.
  - b. Be sure to thank the bus driver when exiting the bus.
  - c. Never leave any trash on the bus.
4. When traveling and competing, all athletes are representing Rockwall ISD. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves appropriately in keeping with this code.
  - a. Address all other coaches and judges at competitions with “yes sir” and “yes ma’am” as stated before.
  - b. Be respectful to all other athletes and coaches involved with the competition

- c. Use appropriate manners when outside the gym representing your team (such as in restaurants, in the stands, at the hotel, etc...)
5. Respect and accept the judges and the results regardless of whether or not you agree.
  - a. NEVER speak to the judge unless they speak to you first, and even then, NEVER ask about your score.
  - b. There will be no complaining or questioning of any scores by an athlete at any competition.
6. Win or lose with class and follow “Honor Before Victory” as modeled by Rockwall Independent School District.
7. Hair: Athletes will cut their hair when told to do so by the coach. Failure to do so will result in suspension.
8. Personal appearance when representing Rockwall ISD: Dress appropriately (team shirt if specified), hair, no jewelry, etc...
9. Profanity will not be tolerated at any time when you are representing Rockwall ISD.
10. Theft of any kind is unacceptable and also punishable by law.
11. No smoking.
12. No alcoholic beverages.
13. No drugs of any kind (unless prescribed by a doctor).
  - a. If you are in an environment with such contraband, there is always suspicion of guilt by association.

**Miscellaneous:**

1. School equipment – The athlete is financially responsible for all equipment checked out to him. Wearing or using the same equipment for personal use will be handled as thievery. Equipment must not be abused, and must be kept with care in the locker room or another appropriate place. Vandalism will not be tolerated and any violation of this policy or lack of respect for facilities or equipment may result in termination from the program.
  - a. Any/all issued items will be tagged with a label upon handout. Athletes will be required to turn in (at the end of the year) the exact items that were handed to them or face consequences.
  - b. Turning in someone else’s items, or having yours turned in by someone else after having things mixed up does not excuse this requirement. KEEP UP WITH YOUR OWN ITEMS!
2. Quitting
  - a. If an athlete chooses to quit after the first competition, they will not be allowed to participate in another sport until the gymnastics season is complete ~ unless the head coaches of both sports agree that the student would be better off in the other sport.
  - b. When quitting an off-season program, athletes will not be allowed to enter the same type of program for another sport, except by agreement by both head coaches.

## RHHS Code of Conducts Contract Gymnastics Code of Ethics

1. Adhere to all the Hawk Gymnastics Practice and Meet Procedures, so I will be mentally and physically prepared.
2. Follow all the Hawk Gymnastics Rules and Expectations.
3. Be respectful and polite to all my coaches and teachers.
4. Be a positive role model and set a good example for my peers in the gym, in the classroom, and at home.
5. Be a team leader and encourager at practice and meets.
6. Give 100% everyday in practice and strive for excellence!
7. Create and promote good team morals and sportsmanship.
8. Represent my school with dignity at home and away.
9. Place the team's success and goals ahead of my individual glory.
10. Never give up! "The biggest mistake an athlete can make is to be afraid to make one." –Anonymous
11. Be responsible for all athletic equipment trusted to my use and return it to the school in the best possible condition.

**I understand I have broken one or more rules above and I am willing to adhere to the consequences of my actions.**

**1<sup>st</sup> Warning:** This is a verbal warning followed by a physical conditioning assigned by the coach.

Rule Broken: \_\_\_\_\_

\_\_\_\_\_  
 Student Signature                      Date                                      Coach Signature                      date

**2<sup>nd</sup> Warning:** This is a verbal warning followed by a physical conditioning assigned by the coach and parent contacted.

Rule Broken: \_\_\_\_\_

\_\_\_\_\_  
 Student Signature                      Date                                      Coach Signature                      date

**3<sup>rd</sup> Warning:** This is a verbal warning followed by a physical conditioning assigned by the coach and parent contacted.

Rule Broken: \_\_\_\_\_

\_\_\_\_\_  
 Student Signature                      Date                                      Coach Signature                      date

**1<sup>st</sup> Offense:** The student/athlete will receive a verbal warning and complete the conditioning set that is attached before returning to practice. Parent Contacted.

Rule Broken: \_\_\_\_\_

\_\_\_\_\_  
 Student Signature                      Date                                      Parent/Guardian Signature                      date

\_\_\_\_\_  
 Coach Signature date                      Date

**2<sup>nd</sup> Offense:** The student/athlete will not be able to participate in the next meet and complete an extra conditioning set before returning to practice. There will be a conference between athlete, parent, coach, principal, and/or the campus athletic coordinator.

Rule Broken: \_\_\_\_\_

\_\_\_\_\_  
 Student Signature                      Date                                      Parent/Guardian Signature                      date

\_\_\_\_\_  
 Coach Signature date                      Date

**3<sup>rd</sup> Offense:** The student/athlete will be removed from the RHHS gymnastics program. There will be a conference between athlete, parent, coach, principal, and/or the campus athletic coordinator.

Rule Broken: \_\_\_\_\_

\_\_\_\_\_  
 Student Signature                      Date                                      Parent/Guardian Signature                      date

\_\_\_\_\_  
 Coach Signature date                      Date

## Successful Athlete, Successful person

Throughout your gymnastics career, you will learn things that are valuable for both gymnastics, and adulthood: Intangibles such as responsibility, accountability, reliability, goal setting, handling victory or defeat, communicating, planning, structure, and much, much more. Among other things, the following are qualities that can be helpful for this season, the rest of your gymnastics career, and life in general:

- **Accountability** – Everyone makes mistakes from time to time. The test of true accountability is what that person does to fix their mistake. Own up! Man up! Take accountability for your own actions. If you make a mistake, fix it as soon as possible!
- **Responsibilities** – Attending all events either early or on time. Keeping up with and taking care of items that are not yours (gym equipment), trusting yourself to make the right decisions.
- **Dedication** – The willingness to put all the time and effort needed into this sport. Having the drive to not waste any time.
- **Determination** – Never giving up.
- **Patience** – Not every workout is perfect. There will be days when nothing seems to go right. On those days, a patient gymnast can stay cool, calm, and collected in order to still salvage a good workout and not waste any time getting frustrated and off track.
- **Communication** – The ability to understand what is being done correctly or incorrectly. The willingness to ask someone if you don't understand and the willingness to listen to feedback.
- **Application** – The ability to take in information (in this case a correction), and actually make those changes.
- **Cooperation** – Learning how to work with others as a team, trust in your coach, and rely on your teammates.
- **Goal setting** – Learning how to manage long-term goals with short-term goals. Setting reachable yet challenging goals and working towards them with a purpose.
- **Sportsmanship** – Learning how to win or lose with class, and respect all other participants in the competition.
- **Respect** – Appropriately communicating with your coaches and teachers will teach you how to communicate with your authorities later in life.



I have read and understand all the rules and policies for the Rockwall-Heath High School and Cain Middle School men's gymnastics program outlined in this packet. I will do my best to follow these rules. I am proud to be on a gymnastics team representing Rockwall Independent School District, and I will act in an appropriate manner as to bring credit to the Rockwall Independent School District and myself. I also understand that failure to comply with these rules and policies, and/or inappropriate behavior may lead to dismissal from the gymnastics team.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_