

Athlete Guidelines

- 1) Skills that are mastered at the start of the year must be maintained throughout the competition season. If skills are not maintained athletes may be moved to a more suitable team.
- 2) Strictly no jewellery is to be worn during practice. This is an IASF rule. Athletes must have ALL jewellery removed before competitions.
- 3) Be a positive and friendly teammate.
- 4) Athletes must communicate with coaches. If you're injured please let us know so we can work with you to fix the problem.
- 5) We value hard working and positive athletes who understand that the TEAM comes before the individual.
- 6) Coaches have the right to change routines if needed. Athletes must support the decisions that are made by the coaches as we are doing what is best for the TEAM.
- 7) Skills in routines may be altered at competitions.
- 8) Be your favourite teammate. Gossip and bullying will not be tolerated between teammates in or outside of TNT. Any bad mouthing, gossip or bullying between athletes will result in a one week suspension.

Parent Guidelines

- 1) Be our biggest fans! Support your athletes, their team and TNT.
- 2) Please ensure all fees are paid up to date and in a timely manner. If fees go outstanding past 1 month, athletes will be asked to sit out of practice.
- 3) Choose the correct point of contact for all enquiries.
- 4) Attend all parent meetings. Parent meetings are held in week 2 of every term. Times are emailed out in week one.
- 5) Support your athlete's commitment to the team. Taking away practice as a consequence affects the entire team, not just your athlete.
- 6) Read ALL emails. Emails are sent out regularly and include important information about competitions, arrival times, and upcoming events.
- 7) Be the best parent! Gossip and bullying will not be tolerated between parents in or outside of TNT. Any bad mouthing, gossip or bullying between athletes will result in a one week suspension.

Club guidelines

- 1) The more we work together, the more we achieve.
- 2) We do not tolerate ANY gossip between parents, athletes, or other clubs. The key is to be a family.
- 3) Find the light in every situation. There is always a positive! If you have concerns please discuss them with the gym director.
- 4) Please review our social media policy. There is not to be ANY negative conversations on social media regarding athletes, parents, the team or TNT. If issues arise please work with us to figure out a solution.

- 5) Check the lost and found regularly. Our lost and found grows ever so quickly and is donated at the end of each term. Please ensure your athletes are not bringing valuables to practice. Lost items are not our responsibility.
- 6) Please do not use our logo to brand your own items without TNT's permission. Our branding is important to us!