



925 Boyson Ct Hiawatha IA 52233 (319) 393-4345

C.R.A.G Team Rules

1. Upon passing your routines by the coaching staff, you will be considered “Competitive Ready”. (On that event) Two passed routines for girls are a minimum to compete.
2. If you miss a regularly scheduled practice session, you must inform coaches by a note beforehand or call before practice begins.
3. If you miss a regularly scheduled practice, contact a coach about a possible make up class. **Make up classes are at the discretion of the coach.**
4. Be courteous and kind to all teammates and coaches that you work with.
5. Your fundraising goal for the booster club must be met by December 1st.
6. Any regularly scheduled practice time, missed the week before a meet, must be approved by the coaching staff. The coaches will determine whether or not the gymnast should be allowed to participate in the upcoming meet. Entry fees are non-refundable.
7. Your attitude and behavior at meets reflects upon yourself, your teammates, your coaches and our program. Please conduct yourself like a lady or gentleman.
8. If a gymnast suffers an injury and cannot perform an entire workout the week of a meet, it will be a coach’s decision whether or not he or she will be able to compete.
9. If you are in a carpool situation and leave early, please make arrangements so that the rest of the carpool is allowed to stay and complete their entire workout.
10. If the athlete must be taped regularly, they are expected to supply their own tape.
11. If a question arises about a meet or at a meet, please do not approach other coaches, judges or a gymnast. Consult with your own coaches and they will handle the problem.
12. Entry fees for meets are often due several weeks or even months prior to an actual competition. It is the family’s decision whether to commit this payment for a child who has not passed the minimum number of routines when the entry fee is due.
13. Working out at another gymnastics club is not permitted unless authorized by coaching staff.

