



GGI Rhythmic Gymnastics Club

Expectations of Competitions

Parents, Caregivers and Gymnasts,

With a trip to Christchurch for the Canterbury Championships coming up, I am sending out this letter to remind everyone of the behavioural expectations that we have set here at GGI to ensure our competition experience is positive and successful.

For many years, we have had these guidelines in place and I feel it is important to remind everyone every once in a while, especially for those who are new to our club or competing or travelling to competitions. I assure you these guidelines are set with the best intentions for each and every gymnast as well as for our club as a whole.

We ask that you adhere to them to the best of your abilities. By following these guidelines, the gymnasts will benefit by ensuring they have optimum energy levels and endurance when competing. It also helps them to maintain focus on their main purpose (to compete!), reduce chances of injury or illness (Sore bellies from KFC!).

Although these may seem unreasonable, please remember they are set for a purpose. Please remind yourselves that the activities and treats feel even better when you have earned them as a reward for your hard work and dedication at the commencement of your competition!

Thank you in advance for your cooperation.

Yours respectfully,

GGI Coaches and Committee

Away Competition Expectations:

Please remember to follow these expectations to the best of your ability:

(This only applies PRIOR to competition. What you allow after competition is up to you!)

Fast food is to be saved for AFTER competing.

Even when travelling, please try your best to refrain from fast food such as KFC, McDonald's, Burger King, Pizza Hut. No one wants to be up all night with a sore belly nor does it fuel the body with energy it requires to compete to a high standard. If you have no other option, please try and stick to places like Pita Pit and Subway to allow the gymnast to consume SOME helpful nutrients that can be converted into energy the next day. This only applies PRIOR to competition. What you allow after competition is up to you!

Keep sugary treats to a minimum.

For the same reasons as fast food, the gymnasts need to be fuelling up on long-lasting energy that can be exerted during competition. It is also important that they are not eating lots of sugar before bed as it will prevent them from a good quality sleep. A few jelly beans or barley sugars are acceptable DURING their session. This only applies PRIOR to competition. What you allow after competition is up to you!

Gymnasts must go to bed at a respectable hour on the night before they or anyone else in their room competes.

It goes without saying, you need sleep to be highly focused and energised when competing - so does your room mate so please be respectful!

Keep activities calm and relaxing.

Refrain from activities that have potential for injury, muscle soreness or are highly energy depleting until AFTER competing. This goes for swimming, jumping pillows, trampoline parks etc. Shopping and hanging out with each other in the motel room is totally acceptable! This only applies PRIOR to competition. What you allow after competition is up to you!

Support each other during their sessions.

It is highly important that we are there to support each other so please remember to spectate as many of our girls as possible, and remember to clap and cheer before, during and after their routines! Remember to check the timetable and stay at the gymnasium to support other sessions with GGI gymnasts even after your gymnast has competed.

Represent our club with pride.

Please ensure you are always in tidy uniform (clean tracksuit, hair tied up and off your face, tidy shoes, proper training uniform - black leggings and GGI singlet), wear a smile/ a positive attitude, compose yourself on and off the floor when things go wrong, support each other and respect each other. Apart from the uniform, this goes for parents too!

Listen to your coach and check in with them for any specific instructions.

If your coach gives you any specific instruction or expectations, please try your best to respect and adhere to that. Once again, everything is set with the best intentions for you so please trust and respect that. It also pays to see if there is anything in particular that they need you to do as each coach may have a few other things that they expect from you.

READ THE ACCOMPANYING 'COMPETING FOR GGI' DOCUMENT.

This document is your go-to guide for everything competing. Hair, leotards, uniform, supporting, group, It covers it all so please read and follow as best you can!

Thank you very much for your cooperation and contribution to our GGI pride and team spirit.

We look forward to seeing you at the competition!