

# General Practice Expectations

- You must wear a leotard to practice and have your hair tied back (biker shorts are allowed) by the start of practice.
- We are discouraged from using the locker room this year. However, you may put shoes and jackets in lockers if you come back out immediately. If we are unable to follow these expectations we will lose access to the locker room. **There can be no changing, socializing, eating, etc. in the locker room at this time.**
- Taping, icing and other training room needs must be taken care of prior to practice.
- There can be no food in the gym or eating in shared spaces during Covid19.
- You are responsible for cleaning up after yourself and keeping the gym clean (i.e., throw away your used ice bags, tape and other garbage).
- Bring a water bottle to practice, do NOT SHARE WATER under any circumstance during Covid19.

- Practices are closed. No friends, parents, relatives, etc. Invite them to come watch you at a meet!
- Music will be played by coaches and captains. Coaches reserve the right to veto music at any time. (I reserve the right to veto any Metal Head music, Brad.)
- No cell phones during practice. (Please make transportation arrangements ahead of time.) **Phones out during practice will be confiscated until the end of practice.**

## General Meet Information

- Meet lineups are the coaches' decision and will be based on scoring potential, past meet performance, attitude/work ethic and performance in practice.
- 13 gymnasts can compete on each event in a dual-meet. 5 Varsity and 8 JV.
- Additional gymnasts may compete, in a normal season, as exhibition at the coaches' discretion and where the opposing team does not use their 13 line-up spots.

- Lineups will be announced on Monday nights after practice.
- All gymnasts are to stay on the competition floor and stay out of the spectator area.
- All gymnasts must wear their school issued warm-up gear to meets.
- Warm-ups must be worn during all awards ceremonies.
- No cell phones once warm-ups begin

**\*Important Changes Due to Covid19**

- Only gymnasts who are competing will attend meets.
- Gymnasts will warm up and compete in their competition leotard.
- There will be no march in.