



Glovertown Hurricanes Gymnastics Club  
Email: [glovertowngymnastics@gmail.com](mailto:glovertowngymnastics@gmail.com)  
Number: 709-533-8668

### **Ten Commandments for Gymnastics Parents/Athletes**

1. Do not try to impose your ambitions on your athlete/peer. Gymnastics is their individual activity and your athlete/peer must progress at their own speed. One of the best things about gymnastics is that it does not matter whether you finish first or last, but the fact that each individual will experience fantastic lessons from striving to do their very best.
2. Be supportive, encourage your child/peer to participate and strive to do their best. Important questions and statements are "Did you have fun?" "You did fantastic" "What did you learn today?" and "Did you make a new friend?"
3. Be the parent, not the coach. Special bonds exist between parent/child and peer to peer. The coach's task is the technical part to this sport; yours is the love, support, encouragement, health and wellbeing part. Trust your coach and be a strong parent/peer.
4. Acknowledge your child's fears as it is very normal to have fears when introducing and learning new skills. Acknowledge the fact that it is very normal going into your first competition and assure your child that this is normal and their coach has many progressions for each and every new skill taught.
5. Be positive, cheer and applaud at competitions, think and say positive things about the experience: the learning that took place, the new friends made, the coaching and the judging.
6. Teach goals other than to always win. At one level, your child may excel and could be at the top of the heap but at a level up, they could be at the bottom while they work their way up. This is normal!
7. Do not expect your child to become an Olympian. There are over 150,000 gymnasts in Canada and only 7 are chosen every four years to go to the Olympics. Shoot for happy, confident, strong, flexible and coordinated young athletes.
8. Support your gym. Gymnastics clubs all seem to struggle to survive. Find ways to bring new students, explore ideas for raising money for those new mats or bars. Give positive suggestions for improvement when you see something that no one else seems to notice.
9. This great sport is also great life training. The discipline of striving for perfection; the ability to make quick decisions; the knowledge of what one can and cannot do; the realism of the competitive aspect of sport; keeping positive attitudes.
10. See the BIG picture. We often tend to see only our own little area now. Look at what is good for everyone all the time.