

## GLOVERTOWN HURRICANES GYMNASTICS CLUB

10 Penney's Brook Rd, Glovertown NL, A0G 2L0

Phone: 709-533-8668

Email: [glovertowngymnastics@gmail.com](mailto:glovertowngymnastics@gmail.com)

Website: <https://glovertownhurricanes.uplifterinc.com/>



### Guiding Principles for Gymnastics Parents and Athletes

#### 1. **Respect Individual Journeys**

Do not impose your own ambitions on your child or peers. Gymnastics is an individual sport, and each athlete progresses at their own pace. Success is not defined by placement, but by personal growth, effort, and the lessons learned along the way.

#### 2. **Encourage and Support**

Be positive and supportive. Encourage participation and effort. Focus on meaningful questions such as: *"Did you have fun?"*, *"What did you learn today?"*, and *"You did a great job."* These reinforce confidence and enjoyment.

#### 3. **Understand Your Role**

Parents are not coaches. The coach is responsible for technical instruction, while parents and peers provide encouragement, emotional support, and care. Trust the coaching staff and maintain a positive, supportive role.

#### 4. **Acknowledge Fears and Build Confidence**

Fear is a natural part of learning new skills and competing for the first time. Support your child by recognizing these feelings and reassuring them that progress takes time and that coaches use safe, step-by-step progressions.

#### 5. **Promote Positivity at Competitions**

Be respectful and encouraging at all events. Cheer for all athletes, celebrate effort and improvement, and speak positively about the overall experience, including coaching and judging.

#### 6. **Focus on Growth, Not Just Winning**

Help athletes understand that success is not always measured by winning. As athletes move through levels, they may experience both success and challenge. This is a normal and valuable part of development.

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### 7. **Keep Expectations Realistic**

While high-level achievement is possible, it is rare. The primary goal should be to develop confident, healthy, strong, flexible, and well-rounded individuals who enjoy the sport.

### 8. **Support the Club Community**

Gymnastics clubs rely on the support of their members. Contribute positively by promoting the club, participating in fundraising, and offering constructive feedback when appropriate.

### 9. **Value the Life Lessons**

Gymnastics teaches discipline, resilience, decision-making, self-awareness, and perseverance. These skills extend far beyond the gym and contribute to lifelong success.

### 10. **Keep the Big Picture in Mind**

Always consider what is best for the athlete, the team, and the club as a whole. A positive, respectful environment benefits everyone involved.