

# SHIRE GYMNASTICS GYMNAST CODE OF CONDUCT

**AS A MEMBER OF SHIRE GYMNASTICS YOU MUST MEET THE FOLLOWING REQUIREMENTS IN REGARD TO YOUR CONDUCT DURING ANY ACTIVITY HELD OR SANCTIONED BY SHIRE GYMNASTICS, GYMNASTICS NSW AND GYMNASTICS AUSTRALIA:**

- CONDUCT YOURSELF TO ALIGN WITH SHIRE GYMNASTICS CORE VAULES
- RESPECT ALL MEMBERS OF SHIRE GYMNASTICS: STAFF, GYMNASTS, PARENTS AND VOLUNTEERS AND RESPECT THE PROPERTY AND EQUIPMENT YOU TRAIN IN/ON.
- BEHAVE, LOOK AND ACT IN A PROFESSIONAL MANNER WHEN REPRESENTING SHIRE GYMNASTICS IN THE COMMUNITY, INSIDE THE GYM AND AT COMPETITIONS AND CAMPS,
- WEAR YOUR UNIFORM WITH PRIDE TO EVERY TRAINING SESSION, COMPETITION AND CAMP.
- BE FAIR, CONSIDERATE AND HONEST.
- BE A POSITIVE ROLE MODEL.
- REFRAIN FROM BAD LANGUAGE, HARASSMENT AND BULLYING, THIS BEHAVIOUR WILL HAVE REPERCUSSIONS.

## **GOOD QUALITIES IN A GYMNAST:**

BE COACHABLE

BE RESILIENT

PUT IN EFFORT

BE MOTIVATED

BE COMMITTED

SHOW SELF COMPASSION

BE SUPPORTIVE

BE A GOOD HUMAN.

**NONE OF THESE QUALITIES REQUIRE TALENT!**

SHIRE  
GYMNASTICS