

Athlete Expectations & Responsibilities



As a Gravity Team Member, the athlete will have a series of responsibilities. The team program is more disciplined than the recreational program by design. Therefore, the expectations of the athlete are higher.

- A Gravity Team Member is expected to be on time and maintain good attendance.
- A Gravity Team Member is expected to call the office if she is going to be late or miss practice. (Gravity Team Members will not be allowed into practice if they arrive twenty minutes after practice has started. This is for the safety of your child).
- A Gravity Team Member is expected to respect her instructors, her teammates, and herself.
- A Gravity Team Member is expected to enter the gym with a positive attitude.
- A Gravity Team Member is expected to maintain good academic standing.
- A Gravity Team Member will be evaluated in order to determine her competitive level. Determination will be based on many factors: attendance, commitment, skill level, physical abilities and scores obtained in current level.
- A Gravity Team Member is expected to cooperate with Gravity Gymnastics Special Events.
- A Gravity Team Member is required to have her practice uniform & assigned competitive uniform.
- A Gravity Team Member is expected to always have her gymnastics bag with everything needed for daily practice, including grips, tape, wrist bands, Thera bands, and/or ankle weights.