

Great Falls Gymnastics Academy (GFGA)

Meet Etiquette for Gymnasts and Their Parents

Here, at GFGA, we know how confusing a Gymnastics competitive season is, especially for "New Parents". GFGA hopes that this will prepare you so that our parents and gymnast get a positive experience.

Understanding the Meet Schedule.

The schedule gives you important information regarding the gym opening, warm-up, competition itself, and awards. It is useful to understand what the meet schedule means to better plan your day. The meet schedule is divided into levels and groups. The essential information you need to know is what group your athlete belongs to. Allow at least 5 hours for the meet.

GFGA Competitive Team Back Pack. (Easy to get to items)

Athletic tape - Pre-wrap -Pain relievers (if needed)

Water (bottles need to be spill proof), Band-Aids, Deodorant, Hair elastics , Extra uniform , lip balm/lip-gloss, Socks, Hair brush, Hair spray, Pads/tampons , Safety pins, Nail polish remover , Cotton (pads), Nail Clippers, Zip lock bag, A Snack bag. (Beef jerky, Dried fruit, Gatorade Gummies, No Nuts).

Getting detailed information on the meet.

Your best resource for meet information is <http://greatfallsgymnastics.com/Booster>. There are Links to the Meets Fliers, Location/Directions/Host Hotel, Meet schedules and The Hosting Gym. There is also "The Team Bulletin Board" It is located in the breeze way next to the apparel. It also has updated information on the meets.

Planning your visit to the meet.

First, be sure to communicate with seasoned parents. They can help!

In most cases the hosting club does not establish sessions or times until the registration is closed. This means that if a meet is scheduled for 3 days you should book your Hotel for all of the scheduled days. It is easier to cancel a reservation then to try and get a Hotel last minute.

You are responsible for the arrangements of your athletes transportation to and from the meets. Don't hesitate to clarify the meet locations or the best way to find it. Do not rely on Google Maps or your navigator only.

Meet Etiquette for Gymnasts

- Check-in for the meet 10 – 15 minutes before timed warm-up
- Report to the coach after checking in
- Wear a competitive leotard and a team suit if required
- Be well groomed
- Remain in the designated competition area during warm-up, march-in and competition
- Obey all regulations and procedures
- No crying and other excessive emotions
- Be respectful to coaches, hosts, and competitors
- Keep all personal belongings in the sport bag
- Stay in the competition area until the coach gives permission to leave

Meet Etiquette for Gymnast's Parents

- Don't enter the competition area
- No flash photography is during the competition
- Keep team spirit high, cheering up your athlete and the teammates when possible
- Show respect to meet officials, coaches, competitors, and gymnasts' parents
- Keep the competitors' performance discussions positive during the meet

All of this together is meant as a general guideline to help you and your athlete with the most frequently asked questions about gymnastics competitions. If you'll have any questions after reading the guide, please don't hesitate to contact [GFGA](#). We'll do our best to make your competitive experience be as far positive and rewarding as possible.

Looking forward to a fantastic year with your athletes.

406-727-8782

The GFGA Coaching Staff