



Region 5 Training Camp Rules

The Region 5 Training Camps were established with the purpose of bringing together our coaches, athletes and judges to share ideas, drills, and knowledge for the betterment of our regional gymnastics. The following rules have been established to ensure that we continue to represent Region 5 and the sport of gymnastics to the highest level.

- * Be respectful of each athlete, coach, volunteer, chaperone and administrator.
- * Personal coaches are ask to refrain from coaching "your" athletes over the designated camp staff. You may ask questions and/or advise during rotations or after camp. You may give suggestions. You and the camp staff have the same goals, so respect each other and work together. Coaches observing may jump in and assist on any event with a side station but please ask the head coach first, and remember your credentials must be up to date to be on the gym floor.
- * It is important that we have a fully staffed camp. You are required to provide a coach for every 10 athletes your gym is planning to bring to camp. If you have circumstances that prevent you from providing enough coaches, please discuss in advance with the Region 5 Camp Coordinator.
- * Be prompt in following the camp schedule, rotate on time and quickly to the next event.
- * Proper attire is required: gymnastics leotard, no shorts, hair tied back, no jewelry, (basically usag rules for attire)
- * Respect the facility by depositing of trash and helping clean up at the end of each camp day. Keep the restrooms neat and clean. Follow rules specific to the host gym
- * While in the hotels remember you still represent Region 5. There is a curfew each day and it will be announced by the camp director. Athletes must respect the curfew as stated. Coaches must also observe this time by refraining from loud or disturbing noise and behavior during quiet times. Athletes should never be up past 11:00 pm. Athletes should never be outside your hotel room past 11pm.

Anyone who does not conduct themselves according to the guidelines listed above will be subject to disciplinary procedures.

Region 5 Committee