

Parent Etiquette at Gymnastics Meets

Attending a gymnastics meets is an exciting and important experience for your child. As a parent, your role is to provide positive, supportive, and respectful encouragement to your gymnast, their teammates, coaches, judges, and fellow spectators. Here are some guidelines to ensure a great experience for everyone:

Positive Attitude:

- **Cheer Loudly & Enthusiastically** - Support your child and their teammates with positive energy.
 - **Praise Hard Work & Determination** - Acknowledge your child's effort, commitment, and improvement, regardless of the outcome.
 - **Encourage Growth & Resilience** - Remind your child that progress is more important than perfection.
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Respectful Behavior:

- **No Coaching from the Stands** – Allow the coaches to do their job; refrain from giving instructions or corrections.
 - **Do Not Interfere with Coaches or Judges** – Trust in their decisions and guidance for all gymnasts.
 - **Cheer at Appropriate Times** – Applaud during transitions between skills but remain quiet when your child is performing difficult elements to avoid distractions.
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After the Competition:

- **We will always stay out on the floor to watch the last gymnast** because that is respectful and encouraging to other teams.
- **All children are required to stay till the end of awards.** It is rude to get up and walk out before it is done (even though I know some people do)- I understand they are young and it is a long time, but it is the politest thing to do. Please send non electronic things for them to do while they wait.
- **Provide Genuine Support** – Offer positive feedback and encouragement.
- **Let Your Child Share Their Experience** – Give them the space to express their thoughts and feelings on their own terms.

- **Celebrate Effort, Not Just Results** – Recognize their hard work, not just scores or placements.
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What to Avoid:

- **Overly Emotional Reactions** – Stay calm and composed; mistakes are part of the learning process.
 - **Comparing to Other Gymnasts** – Focus on your child's individual progress rather than how they measure up to others.
 - **Pressuring for Results** – Avoid placing undue pressure on your child to win or achieve a specific score.
 - **Disrespectful Comments** – Do not criticize coaches, judges, or other gymnasts; keep the environment positive.
 - **Distracting Behavior** – Stay seated, avoid excessive noise, and respect the focus needed for all gymnasts to perform their best.
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By following these etiquette guidelines, you help create a supportive and uplifting environment where all gymnasts can thrive. Thank you for being a positive part of your child's gymnastics journey!