At Waterford gymnastics, we want to ensure that our gymnasts are safe and happy. In addition to coaching gymnastics, we are responsible for teaching them how to work within a group and to encourage and expect good behaviour while in the gym. Our coaches encourage and praise good behaviour, we also do not tolerate repeated misbehaviour and disruption.

We have a 'card system' to encourage positive behaviour:

Card 1

If a gymnast is misbehaving or disrupting a class, our coaches will discuss why that misbehaviour is inappropriate and explain to the child what is expected while in gymnastics class. The child will be re-introduced to class after this small chat with his/her coach.

Card 2

If misbehaviour continues, our coaches will ask the child to sit out and to gather themselves and when they are ready to behave, they can join back in. (approx. 3/4 minutes). Again the coaches will explain what behaviour is expected for the gymnastics group to continue so everyone can learn.

Card 3

Our coaches will have a chat with the gymnast’s parent and make sure they are aware of misbehaviour or disruption. Parents will be expected to support coaches in explaining the importance of good behaviour in gymnastics and how good behaviour not only benefits themselves but also every other gymnast in the group.

Card 4

If the above cards/discussions did not work, coaches in collaboration with the parent will then have the deciding factor on whether the child continues gymnastics.

Our coaches are approachable and will be happy to discuss with any parents who may have any issues regarding their child. The coaches of Waterford Gymnastics appreciate all parent’s support in matters of discipline.