



KIROI ACADEMY EXPECTATIONS OF A COMPETITIVE GYMNAST

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Approved by: Kiroi Academy Management

1. TRAINING EXPECTATIONS

Competitive gymnasts at Kiroi Academy must uphold the highest standards of commitment, punctuality, conduct, and professionalism.

Attendance & Punctuality

- Gymnasts must arrive **on time**, fully prepared, and appropriately dressed in the Kiroi Academy training uniform.
- Attendance at **100% of training sessions** is expected.
- A minimum of **90% attendance** is required to maintain placement in a competitive squad (exceptional circumstances will be considered case-by-case).

Presentation & Dress Code

- Training uniform: **black leotard**, black shorts/leggings, bun hairstyle, and toe shoes or white socks (as per KA Uniform Policy).
- No coloured clothing, loose items, or jewellery.
- Hair must be in a **neat bun** for all squad sessions.

Communication Requirements

Gymnasts (or parents/guardians for younger athletes) must notify coaches of:

- Absences
- Late arrivals
- Illness
- Injury
- Any reason for modified participation

Injury & Modified Training

- Injured gymnasts are still expected to attend training **unless medically unable**.
- Where appropriate, athletes will complete a modified program focusing on strength, flexibility, rehabilitation, or apparatus foundations.
- Medical certificates are required for extended modified training.

Parent Presence During Training

- Parents are **not permitted** inside the training area unless invited by coaches.
- This supports athlete focus, safety, and program integrity.

2. COMPETITION EXPECTATIONS



- **2.1 Competition Opportunities**

Kiroi Academy provides competitive gymnasts the opportunity to participate in:

- Interclub competitions
- State events
- National events
- Invitational tournaments

Eligibility is determined by KA coaches based on readiness, attendance, safety, and compliance with training expectations.

Squad Placement & Selection

- Coaches determine which competitions each gymnast may enter.
- Readiness is assessed according to KA's technical, physical, and mental preparation standards.
- Selection for teams, groups, and individuals is made in the best interest of athlete safety and performance.

Holiday Periods

- Some competitions occur during school holiday periods.
- Competitive gymnasts are expected to remain available to compete in **all KA-calendared events**.
- Attendance at holiday training is essential to maintain readiness.

Pre-Competition Attendance Standards

- Gymnasts must have **excellent attendance** in the four weeks prior to competition.
- Missing key sessions can impact safety and performance; therefore, the gymnast may be **withdrawn**, and entry fees forfeited.
- Extended holidays taken within 4 weeks of competition may result in automatic withdrawal.

Routines & Performance Expectations

Gymnasts must:

- Know their routines thoroughly
- Understand their apparatus handling
- Be well-rested and follow nutritional guidelines
- Wear competition uniform in excellent condition
- Maintain professional behaviour at all times

3. COMPETITION CODE OF CONDUCT

Competitive gymnasts are required to follow the Kiroi Academy Competition Code of Conduct:

Behaviour Standards

- Support teammates with good sportsmanship at all times.



- Attend competitions at your level even if not competing (team culture requirement).
- Wear Kiroi Academy tracksuit during march-on and presentations.
- Keep all frustrations, disappointments, or grievances **out of the competition floor** and address them privately with coaches later.

On the Competition Floor

- Present a positive, focused attitude.
- No speaking to spectators or parents while competing (may result in disqualification depending on event rules).
- Ask the coach before leaving the competition floor or warm-up area.
- Maintain hydration and follow nutritional routines.

Professional Respect

- Treat all judges and coaches with respect regardless of routine outcome.
- Always present courteously to the judging panel at the start and end of your routine.

4. PERSONAL RESPONSIBILITY AT COMPETITIONS

Gymnasts must demonstrate independence, organisation, and professionalism.

Equipment

Gymnasts must bring all required equipment, including:

- Correct apparatus for each routine
- Toe shoes
- Hair kit
- Emergency spares
- Competition uniform

Arrival & Preparation

- Arrive **15 minutes before general warm-up**.
- Hair, make-up, and costume preparation must be completed before arrival or by parents **before warm-up starts**.
- Strapping or taping must be completed **10 minutes before warm-up**.

Presentation & Awards

- During awards, gymnasts must remain in full competition attire.
- Stand with strong posture and respect for ceremony procedures.
- Show courtesy to teammates, other clubs, competition directors, volunteers, and event staff.