

**Ferris Gymnastics**  
**2022-2023 Season**  
**Policies and Information**

Welcome to the team! I'm so excited to get our year started and want to make sure you have information and resources handy.

**What to wear to practice**

Athletes are highly recommended to attend practice in a **leotard**. From an instructional and safety standpoint, this is the best option. A leotard allows me to make better corrections and helps me to have a good grip if the need to spot should arise. A tucked-in T-shirt or tank and shorts or stretchy athletic style pants or leggings are acceptable. No loose jewelry should be worn, and hair should be tied back if possible. Please no sports bras alone as they can make it difficult to use equipment and for me to spot skills adequately.

**Practice leotards will be provided this season to help with this policy.**

**What to wear to meets**

At meets, our goal is to look like a strong and unified team, so our uniforms are important. If you are competing, you will wear our team provided competition leotard. You will also wear our team warm up jacket and your own black leggings. If you are not competing, you do not need to wear a leotard but should still come in a team warm up jacket and black leggings. Jewelry needs to be removed for meets (studs in ears allowed) and hair must be tied back tightly. Exposed undergarments are only allowed in nude, black, or white. Glitter, makeup, and adhesive gem are allowed and encouraged!

**Attendance and participation**

Attendance will be taken at all practices. In order to compete, athletes must attend *at least 10 practices* before the first meet. This qualification requires active participation at all events that will be competed. In practice, that means participation and practice at all events you are assigned to at the time.

Attendance to gymnastics meets is required. Even if you are not competing, you will attend to support and cheer on your team!

In order to excuse an absence, an athlete and a parent must contact me **24 hours** before the practice or meet you intend to miss with an acceptable excuse. **More than 3 unexcused absences will result in removal from the team.**

## Transportation

Transportation to anything away from Ferris will be provided by bus. This includes weekly practices and meets. For practices at Shadle, the bus will pick you up at 2:40 and return you to Ferris after practice ends at 5:00. For meets, we will meet at Ferris in the entrance to the gym to be picked up at 4:15. The bus will return you to Ferris after the meet.

**Athletes are required to take the bus unless otherwise authorized.**

(Driver approval form linked here!)



## Equipment

Athletes are allowed to wear their own grips for bars if they would like to, but they will not be provided. They are also encouraged to wear any supportive or protective gear to prevent sprains, tears, or other injuries. All other gymnastics equipment (including chalk) will be made available at our facilities between Ferris and Shadle.

## Injury

In case of any injury or risk of injury, athletes are required to check in with our athletic trainer, Madeline Elliot. She will help decide if the athlete is cleared to return to practice and will be available to help with injury prevention as well.

## Stay in touch!

Our team will use Remind to stay in touch. Parents and students can join our 'class' to get updates and reach out to me directly, as well. To join our Remind class,

Send this message: @ferrisgy

To this number: 81010

Thank you for your excitement and dedication to our team! I'm so excited for the season ahead and can't wait to get started.

Hailey Herrington

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