



## 2023 Region 6 Camp

Region 6 Men's Gymnastics  
Camp Director: Craig Thibaudeau  
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### Athlete and Coach Responsibilities for Camp

- You have been selected as a representative of Region 6 and your behavior must, at all times, be that of a Region 6 program member.

#### **Athlete Responsibilities:**

1. Uphold all Region 6 Elite Team Program (R6ETP) rules and policies including respect for Springfield College Staff and Residents.
2. Arrive early (10 minutes prior) to all scheduled times; workouts, meals, workouts, meetings.
3. Keep your dorm room and workout areas clean. *Spot checks will be performed.*
4. **Never** leave the training gym building during scheduled workout time or leave the Springfield College Gymnastics Center complex without permission.
5. **Cell Phones Must be Turned off during Meetings. Cellphones may be allowed during certain training sessions (e.g., the Sunday showcase of skills) only as an option for personal videotaping.**
6. Attend all scheduled training sessions, meetings, and team meals.
7. Get adequate rest.
8. Discuss any physical ailments with your personal coach or group leader immediately who will report those to the Camp Director.
9. Condition properly and follow-up with all appropriate physical therapy to maximize your performance.
10. Understand that you will be under the direction of the Camp Director and/or your Group Leader. Your personal coach might be in attendance as a member of the support team.
11. Communication, respect, and support for all camp staff members is always required.
12. Demonstrate respect and support for your teammates and other camp attendees.
13. Have all necessary listed apparel with you and in good condition.
14. Be responsible for extra grips and necessary items for training and competition.
15. Be prepared to show competitive readiness at any time.
16. Follow the daily training set up by the R6ETP.
17. Training alterations due to injury or illness must be communicated to the R6ETP Director and/or Group Leader prior to workout.
18. All athletes are expected to remain a part of the team and adhere to the team schedule.
19. Do not share privileged information, photos or comments from training camps or competitions to the public via phone, social media, email or other method. Privileged information includes selection information, injuries, athlete performance information, skill, or routine video, etc.
20. Use of tobacco, alcohol or any other intoxicant is strictly prohibited.
21. Inviting individuals not affiliated with the camp, either to participate in workout or to take part in post workout activities is strictly prohibited.
22. Inviting people not affiliated with the camp into the living, eating or workout facility is strictly prohibited.
23. You shall not engage in any form of Prohibited Conduct
24. You shall not willfully tolerate Prohibited Conduct
25. You have the duty to report any actions that may constitute Prohibited Conduct, or any suspicions that Prohibited Conduct has occurred to the Camp Director.

### **Coach Responsibilities:**

1. Support the decisions of the training camp and be responsive to the camp director.
2. Each coach will be assigned dorm supervision during the camp.
3. **All coaches must set a good example by following all R6ETP and Springfield College rules and policies.**
4. **Respect and uphold professional conduct AT ALL TIMES including after hours.**
5. Assist all gymnasts with respect and permission of their personal coach.
6. Be positive, outgoing, and motivational to all gymnasts in the camp.
7. Dress in uniform according to USA gymnastics rules and policies.
8. Manage your personal athlete(s) according to the established team policies
9. Voice all opinions and concerns within coaches' meetings or directly to the Camp Director.
10. Attend all coaches/team meetings.
11. Attend all training sessions.
12. Be on time and adhere to daily schedule of activities as outlined.
13. Respect, communicate with and support all members of the camp.
15. Understand that each member's role and all decisions are made in the best interest of the R6ETP.
16. Present a positive image at all times; especially, when in public.
17. Refrain from any conversations or activities which could be construed as inappropriate or divisive.
19. Show respect for athlete rest and preparation needs by refraining from conversations with athletes outside of the scheduled event times.
20. Check the athlete's apparel to ensure safety.
21. Do not share privileged information, photos or comments from training camps or competitions to the public via phone, social media, email or other method. Privileged information includes selection information, injuries, athlete performance information, skill, or routine video, etc.
22. Use of alcohol or any other intoxicant is strictly prohibited.
23. Tobacco use, if any, shall be restricted to designated areas not accessible to campers.
24. Inviting individuals not affiliated with the camp, either to participate in workout or to take part in post workout activities is strictly prohibited.
25. Inviting people not affiliated with the camp into the living, eating or workout facility is strictly prohibited.
26. You shall not engage in any form of Prohibited Conduct
27. You shall not willfully tolerate Prohibited Conduct
28. You have the duty to report any actions that may constitute Prohibited Conduct, or any suspicions that Prohibited Conduct has occurred to the Camp Director.
29. You must be a member in good standing with USA Gymnastics