

Tri Star Gymnastics

Code of Ethics



At Tri Star we aim to ensure that our training culture is a supportive and inclusive one, thus providing a safe and enjoyable environment for all our members; **Athletes, Employees and Supporters**. Our club values of **Belong, Respect** and **Excel** guide the behavioural expectations of our training and competitive environments which are outlined below. Thanks for your contribution to making our club a great place to enjoy gymnastics.

Athletes

BELONG

- We will make fun and positive connection with our team mates a priority.
- We will be welcoming and inclusive; diversity is a strength.
- We will remember that Tri Star is a big team and that we need to play our part.
- Tri Star is a family friendly environment and we will adjust our behaviour to ensure it is a safe place for all ages to enjoy.
- Our physical, emotional and mental wellbeing are more important than winning, and we will encourage each other to access available support if we feel this is ever compromised.

RESPECT

- We will be open, honest and respectful in all our communication.
- We will honour the service of our supporters by treating our training, travelling and competing environments with respect.
- We will represent Tri Star with integrity and pride (uniform, courtesy, fair play, team spirit).
- We will show kindness and generosity to our team mates, coaches, supporters and officials.
- We will take personal responsibility to learn and adhere to all club policies, and do our best to live out the values of Belong, Respect and Excel.

EXCEL

- We will celebrate our personal successes (even the small ones).
- We will remember that mistakes are an opportunity to grow, and will learn to be kind to ourselves in these moments.
- We will take responsibility for the things in our control; time management, effort, growth mindset, nutrition, recovery, injury management.
- We will focus on doing *our* best and not being *the* best.
- We will face our challenges and in doing so grow in courage and resilience.

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Employees

BELONG

- We will make fun and positive connection with our athletes and colleagues a priority.
- We will be welcoming and inclusive; diversity is a strength.
- We will remember that Tri Star is a big team and that we need to play our part.
- Tri Star is a family friendly environment and we will adjust our behaviour to ensure it is a safe place for our athletes to enjoy.
- We will make sure all athletes in our care are valued and supported equally.

RESPECT

- We will remember that an athletes physical, emotional and mental wellbeing are more important than winning, and will ensure this is never compromised.
- We will coach all our athletes fairly and in a professional manner according to the rules of gymnastics, and with high standards of personal integrity.
- We will respect the role of and engage other sport professionals (e.g. nutrition, physiotherapy, psychology) to help support our athletes goals.
- We will be open, honest and respectful in all our communication.
- We will honour the service of our club and supporters by treating our training, travelling and competing environments with respect.
- We will represent Tri Star with integrity and pride (uniform, courtesy, fair play, team spirit).
- We will show kindness and generosity to athletes, other coaches, supporters and officials.
- We will take personal responsibility to learn and adhere to all club policies, and do our best to live out the values of Belong, Respect and Excel.

EXCEL

- We will help *all* our athletes to reach their individual potential.
- We acknowledge the role of the coach as a leader, mentor and educator and will behave in a way that projects a positive image of our profession.
- We will commit to ongoing professional development and adopt best practise to our training and competing environments.
- We will remember that mistakes are an opportunity to grow, and will encourage our athletes to be kind to themselves in these moments.
- We will take responsibility for the things in our control e.g. time management, planning, effort, growth mindset, athlete recovery, injury management.
- We will focus on helping our athletes be *their* best and not *the* best.

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Supporters (volunteers, parents, club members)

BELONG

- We will make fun and connection with Tri Star staff and families a priority.
- We will be welcoming and inclusive; diversity is a strength.
- We will remember that Tri Star is a big team and that we need to play our part (volunteering, cheering, car pooling, fundraising).
- Tri Star is a family friendly environment and we will adjust our behaviour to ensure it is a safe place for our athletes to enjoy.
- We will celebrate and supported all Tri Star athletes equally.

RESPECT

- We will remember that an athletes physical, emotional and mental wellbeing are more important than winning, and will play our part to ensure this is never compromised.
- We will respect the role of coaches and other sport professionals (e.g. nutrition, physiotherapy, psychology) in our childs sporting development and focus our efforts on being supporters.
- We recognise our greatest contribution is to provide a supportive home environment free of judgement, additional pressure to perform or 'side line' coaching.
- We will be honest and respectful in all our communication to other families, athletes and officials.
- We will honour the service of our club and supporters by treating our training, travelling and competing environments with respect.
- We will represent Tri Star with integrity and pride (courtesy, fair play, team spirit). We will take personal responsibility to learn and adhere to all club policies, and do our best to live out the values of Belong, Respect and Excel.

EXCEL

- We will remember that mistakes are an opportunity to grow, and will encourage our athletes to be kind to themselves in these moments.
- We will take responsibility for the things in our control e.g. turning up to training on time, , good nutrition, encouragement, prompt fee payment.
- We will focus on helping our athletes be *their* best and not *the* best.

