

Competition FAQs & Information:

- **What time should I arrive?**
 - Arrive 30 minutes prior to your scheduled warm up time.
 - Be sure to look closely at competition schedules; sessions are often divided by level and birth year.
 - Note: competition warm up times do not wait for late arrivals.
- **What should I Wear?**
 - Team Gymsuit
 - Team Tracksuit
 - Hair Done neatly (*pulled away from your face*)
 - Note: If you have a roll in your routine, choose a hairstyle that allows this.
 - Refrain from wearing nail polish, make up (*except what is normally worn*), and remove any ink stamps, markers etc.
 - Optional: Shorts (*Note: shorts must be Plain black with no large logos, stripes, etc. and they must be snug fitting.*)
 - Undergarments (*such as bra straps*) should not be showing.
- **What else should I Bring?**
 - Labeled Water bottle
 - Grips / grip bag
 - Any other individual needs such as tape, wrist guards etc.
 - A **small**, non-messy snack (*there is no designated snack time, but it is a good idea to have in your gym bag*)
- **Who will coach my child?**
 - Peaks aims to have 2 coaches on the competition floor to help guide the athletes and ensure the most positive experience possible.
 - Sometimes athletes from the team will be divided into different groups.
 - Your child will have a coach, but may not always have their primary coach with them.
- **What is the parents' role at a competition?**
 - We encourage parents to cheer for all athletes! You are their biggest fans!
 - Please refrain from calling your child over to you during competition time.
 - Occasionally athletes may get upset during a competition, but they will still be asked to stay with the team / coach who will help them regain focus.
 - If you have questions during the competition, please email or ask your child's coach at a later time.
- **What is the Athlete's role at a competition?**
 - Athletes are representatives of the club, and are expected to be respectful, courteous and have good sportsmanship.
 - Athletes are expected to support and cheer on their team, and encouraged to cheer for other teams as well.
 - Athletes are expected to try their best, listen to instruction and stay with the team/coach for the duration of the competition.

- What is Peaks competition philosophy?
 - We understand that Competitions always come with some surprises! Sometimes these are good surprises, sometimes not.
 - We strive to teach athletes resilience and sportsmanship. This means we celebrate accomplishments, learn from errors, we try not to dwell or focus on mistakes, but to move on from them.
 - We encourage athletes to set personal and individual competition goals, (which are not based around scores, awards or areas out of their control.)
 - Competitions are learning opportunities! Of course we hope athletes have their best day! But we also understand that mistakes are learning opportunities that will help them grow as people!
 - We hope to guide the athletes through a positive competition experience!

If you have any unanswered questions, please feel free to chat with your coach, or email us!

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