

Middle School Gym Responsibilities

This really comes down to leaving the facility as well or better than we found it.

Rules

Respect the facility:

- No throwing/kicking balls against lockers or aiming for unnecessary targets like lights, ceiling, tables, etc.
- No running around in areas outside the reserved space or horseplay on other elements of the room stage or bleachers.
- **Indoor only shoes:** Players need to bring shoes used only indoors and change into them after entering the building.
- **NO FOOD (this includes gum) or DRINK other than water in a sealed container**

Don't enter early if another practice is in session Wait in the hall quietly or outside while the previous session wraps up. Use this time to change as needed and stretch.

Start wrapping up EARLY Often times someone will be in the gym following your practice. Be respectful and start wrapping them up about 10 minutes early. They should gather all their stuff, stretch and have final words with the player to avoid other teams coming in and mixing items.

Closing Checklist

(Do the first three before the kids leave the gym)

- Floor is clear
- Put things back where they were (mats, tables, etc)
- Nothing left behind (sweatshirts, jackets, water bottles, soccer balls, shin guards, masks, etc)
- Bathrooms checked (All toilets flushed, nothing running, paper towels in the waste bin)
- Lights off
- Confirm all players have left the building
- Lock the door!**