

# FLIPS TEAM COMMITMENT FORM

I have read and understand the team handbook and the responsibilities within for parent/gymnast/coach. I feel that this sport and the Flips program will provide great benefits for my daughter. I make a commitment to fulfill my roles and to support the Flips program and coaching staff with my words and actions. If I have a concern, I will contact the appropriate coach to resolve the problem in a mature and responsible manner. If at any time I feel this is no longer the best program for my daughter, I will contact the head coach and understand they will help me find a program that better suits my needs. I also understand that if my words or actions are not supportive of the team and coaches, my daughter will be removed from the program.

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

I have read the team rules and expectations and "My Gymnastics Commitment".

I understand these rules and will follow them. I make a commitment to compete for the Flips team for the upcoming season.

**Gymnast Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Consent to Team Travel / Medication Form 2026-2027

My daughter, \_\_\_\_\_ has permission to travel with the Flips Team Staff to competitions during the 2026-2027 competitive season.

I give the staff permission to make necessary medical decisions regarding my daughter's health if necessary, when traveling with the Flips team.

Insurance Carrier: \_\_\_\_\_ Policy/ Group #: \_\_\_\_\_

Staff is allowed to administer the following medications to my daughter during team travel or regular practices (please initial by each medication):

\_\_\_\_\_ Motrin and/or Tylenol

\_\_\_\_\_ Cough drops or cough medicine

\_\_\_\_\_ Tums, Pepto or similar stomachache medication

\_\_\_\_\_ Other (please list): \_\_\_\_\_

\_\_\_\_\_ Prescription Medications/instructions: \_\_\_\_\_

In an emergency, I can be reached at: Mom \_\_\_\_\_ Dad: \_\_\_\_\_

**Parent Name:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please print, sign and return to Flips Manager by May 1<sup>st</sup>, 2026.**

**Electronic copies will not be accepted.**