

## Cobequid Spartans Gymnastics & Trampoline Centre

### MISSION

The Cobequid Spartans Gymnastic Centre is a non-profit gymnastics club. Our mission is to develop champions at every level, in a safe, healthy and rewarding environment, while enhancing the physical, social, and emotional wellbeing of our athletes

### VALUES

**In pursuit of our Mission, we adhere to the following core values that guide all program planning and delivery**

**Excellence** - in everything we do. We are committed to fostering an environment that will challenge athletes and coaches to achieve their fullest potential while learning important lessons such as discipline, commitment, passion, respect, and fair play. We believe that high quality, certified, ethical coaching and consistent standards across all our programs are the foundations for our success.

**Respect** - Respect for all. We are committed to providing an environment of respect for our gym, athletes, coaches, volunteers, spectators and ourselves.

**Sportsmanship** - by nurturing a culture grounded in good sportsmanship and fair play: in demonstrating modesty in victory and composure in defeat; in celebrating individual and team success; and in encouraging one another in the face of adversity or challenge.

**Diversity and inclusiveness** - by ensuring equal participation for all, regardless of gender, race, ethnicity, socioeconomic status, or ability, and striving to develop programs and services that foster inclusiveness and success at every level.

**Leadership** - by developing leaders from within; investing in the personal growth and development of our athletes and coaches, giving them the opportunity to take on leadership roles within our gym community.

**Empowerment** - by promoting gymnastics as a foundation sport that supports physical performance and endurance in all other athletic pursuits. We believe all athletes, regardless of skill level, can enjoy the benefits of gymnastics, while enjoying a healthy, active lifestyle for a lifetime

