

CODE AND CONDITIONS CHEER AND DANCE COMPETITIVE TEAMS

2018 - 2019 SEASON

NAME

- I fully commit to SA ACADEMY and will not participate in any way with any other cheer squads or cheer schools that will conflict with my training and commitment to my squad.
- The squad will be given my full commitment leading up to all competitions.
- Any absences required during training will be notified when handing in my competition fees. I understand that any other absence requests after this date will be refused or classed as a break OF commitment.
- I understand that if I break the commitment to the squad, I will receive a warning letter and may have to step down from competing at that competition with no refund. If I break the commitment on more than one occasion, I am aware this will affect my place on the squad for future competitions also.
- I understand that if I break my commitment leading up to a competition, I will be expected to pay a £10.00 fine to the SA fundraising committee.
- I agree to give 24 hours' notice (where possible) if I cannot attend due to illness or injuries. Also, if possible, I will attend the lesson to watch providing my illness is not contagious.
- If I receive an injury, I will attend all classes and take part in all stretching and conditioning exercises (taking care to protect the injury).
- I agree to arrive on time for training and understand leaving early is also not acceptable.
- No jewellery or long false nails will be worn during training or at cheer competitions
- I understand that full training uniform MUST be worn to all training sessions and no outdoor shoes are to be worn in the gym.
- I understand that food and drink are not allowed in the gym or dance studio.
- Due to the nature of the sport, my parents/guardian and myself, acknowledge the possible risks of injury (see the emergency declaration below).
- I agree that the coaches decision is final therefore parents or squad members must accept any decision made which is always for the good of the team.
- I agree to engage in the upmost level of sportsmanship when representing SA Academy at any event. Any behaviour that displays the Academy in a negative way both on social media and at events, will result in immediate dismissal.
- Athletes/dancers will not post anything on social media which will bring disrepute to the Academy's reputation, particularly when posting videos/photos whilst wearing the Academy's training kit. This includes the use of foul language, underage drinking, provocative dancing/posing etc.
- Athletes/dancers will not spread gossip/rumours about their coaches, team mates or other programs whilst at the gym or on social media. I understand that if I am found to start or take part in gossip about the school, coaches or any of its members, I will be asked to leave the school immediately.
- I agree to apply my full effort to every training session and understand that I will be asked to step down from competing if I do not apply full effort to every session.

- I understand that curfew rules apply before competition. All athletes under the age of 10 must be in bed before 9pm, other athletes before 10.30pm.
- I agree to my child being photographed or video recorded by an appointed member of the Academy for advertisement, training purposes or DVD distribution amongst the team.
- I agree to always show my coaches, team members and parents the utmost respect.
- I agree that I will not attend any training session whilst in an intoxicated state and will be fully prepared for each training session. Whilst the Academy understands that athletes have a social life outside of practice, in order to ensure the safety of all team members we ask that you do not drink excessive amounts of alcohol the night before training sessions.
- Athletes/Dancers must understand that training is not a social gathering. Whilst we want all athletes to enjoy their training sessions, the priority of all athletes should be work first, socialise second.
- Athletes/dancers will not answer back to any of the coaching staff.
- Athletes/dancers must arrive 15 minutes prior to their warm up time for training, with all jewellery removed and in full training kit.
- Athletes/dancers must arrive at all competitions at least 1 hour prior to their warm up time.
- Athletes/dancers are expected to support all teams at competitions.
- Athletes/dancers are expected to attend the award ceremonies at each competition regardless of the time of day.
- Athletes/dancers must make their All-star team a priority over any external recreational activities, including school sports teams, after school clubs, brownies/scouts, school plays etc. Please note that we will not allow absences for Duke of Edinburgh and your position on the team may be effected if these commitments clash with training times.

I agree to abide by all of the conditions as set out above.

I have read through the 2018-19 competition season pack.

Signed Cheerleader

I have read and understand all of the above code and conditions and will reinforce the rules to my child to ensure that full commitment is given to the Academy.

Signed Parent (if child under18)

Emergency Declaration

In the event of a serious incident/accident, I agree for any necessary treatment to be administered in my absence.

Signed Parent/guardian (if squad member under 18)

Date/...../.....