

CHEER RULES

REFUNDS:

There are no refunds on any fees due throughout the year. The costs do not change based on the number/duration of practices in a given month. If an athlete leaves, or is dismissed from the team before the season's end for any reason, any and all their funds are used for the team. There are no refunds on uniform or apparel once ordered.

ATTENDANCE:

Athletes must come prepared and arrive on time for EVERY practice. Cheer is the ultimate "TEAM" sport. Attendance on all competitive teams is mandatory since success of the entire team is dependent on each participant. An athlete that is perceived by the coaching staff as unable to make a full commitment will not be taking the competition floor at competition. WE ASK THAT PARENTS NOT WITHHOLD PARTICIPATION WITH THE CHEER TEAM AS A PUNISHMENT TOOL, AS THIS NOT ONLY AFFECTS THE CHILD, BUT ALSO PUNISHES THE ENTIRE TEAM.

Missed Practice: If there are dates that are known ahead of time to be missed practice, the athlete/parent is to let a member of the coaching staff know AT LEAST a week in advance. Coaches spend time preparing for practice and it is unfair to them to tell them the day of that you will not be attending practice.

Illness: Illness is not an excuse for missing practice or competition unless you've missed school that day. No matter what the case, coach needs a conversation with a parent or a note from a doctor with the reason the athlete missed practice. Coaches deserve sufficient time/notice of the absence to re-work a practice plan. If a note/conversation is not provided to prove their absence then they will receive a strike against them and will be verbally warned. If the athlete receives 3 strikes, they may not be taking the competition floor at competition.

*There are always things to learn even by sitting on the side-lines at practice. New additions or changes to dance/counts/motions/routine will be made each practice, it is the athlete's responsibility to make sure learn what we've taught each practice. Athletes who do not attend jeopardize the success of the entire team. Their roles in the routine will be filled if illness persists.

*All injuries are to be reported to your coach immediately no matter how significant the injury seems and/or whether or not it is cheer-related. If you are missing due to an injury, please come to practice. Coach Jess is a Kinesiologist and can assist with injury prevention and treatment strategies.

COMPETITIONS:

All competitions are MANDATORY for all indicated teams/athletes. All athletes are expected to remain in uniform and attend their team's award ceremony. Details and itineraries for each competition will be provided prior to each competition.

PRACTICE ATTIRE, SNACKS, AND WATER:

Cheerleaders must wear appropriate clothing (t-shirt and shorts) and hair tied back and away from the eyes. A t-shirt or tank top is required to wear over a sports bra at every practice and no midriffs will be shown. All athletes will be required to wear indoor/cheer shoes. Athletes will be sized for cheer shoes and their shoes will be ordered during the first couple weeks of the season.

Athletes should not be wearing loose clothing, hoodies, or clothing with sharp objects on them (e.g. zippers, buttons, etc). At practices, athletes participate in stunting and tumbling and the clothes they wear is important to consider in order to prevent injury to themselves or others.

It is recommended that athletes come to practice with a snack and a water bottle. At the Kinsmen Community Complex, there isn't a way to refill your water. So, please ensure that you each athlete brings sufficient water for practices! If a water and proper clothing is not brought to practice then they may not be participating in stunting or tumbling, and they will watch what is being learned. It is at the coaches discretion if an athlete should be pulled from the activity if they see that they appear not physically able to participate.

PIERCINGS/JEWELLERY:

Piercings will be removed for competition, no excuses. There will not be options for taping piercings, etc. At practice, piercings are worn at the athlete's own risk, and should know that there is the possibility that they can hurt themselves or others and may damage the skin of the piercing beyond repair. This rule may change in the future depending on the necessity of it. Absolutely no dangling earrings, necklaces, bracelets, or rings should be worn at practices. They should have a safe place in bags or backpacks.

*acrylic nails but also be short during the season and must be removed for competitions.

POLICY on ALCOHOL AND DRUGS:

No athlete shall or shall attempt to possess, use or transmit or be under the influence of drugs or alcohol. Please be aware that if caught breaking this policy (e.g. photos on social media, word of mouth, etc), the offense will be discussed with the parents and athlete involved, and will be handled appropriately, this could mean immediate removal from the team/gym no matter how late in the season.

NO CELL PHONES AT PRACTICE:

The use of cell phones at practices is the largest distraction and is a disrespect of practice time. Athletes will be asked to put their cell phone into a clear bin if they are caught using cell phones during practice time. For example, if it is a water break and they take out their phone/device, they will be asked to put their phone/device into the bin. If they are going to disrespect their practice time, then they will be given this option to "redeem" themselves by placing their phone/device in the bin for the remainder of practice. If they do not put their phone/device into the bin, then coaches will be calling parents to come and pick them up - another total disrespect of practice time and this will be the first warning.

It is STRONGLY SUGGESTED that cell phones be left AT HOME and the phones never enter the gym at all. Coaches have their phones/devices and are prepared for emergencies, parent calls, etc. If parents are looking to get in contact with your athlete, they know where they are for the 1.5 hours and coaches can reach be reached by any means of contact (phone, messaging, email, etc). There are no acceptable excuses, coaches should be made aware of any potential emergencies.

GENERAL RULES, LEADERSHIP, AND EXPECTATIONS FOR ATHLETES AND PARENTS:

- Challenging the authority of the coaches in charge, an athlete, or parent, within the gym or at events and competitions will result in immediate dismissal.
- Abusive behavior, lying, or any negative form of behavior is grounds for dismissal. Any negative behavior towards PGASC, another gym, team, athlete, etc by any medium (e.g. Facebook, SnapChat, Instagram, etc.) may result in dismissal from the program.
- It is a privilege to be a member of PG All Stars Cheer, no athlete has the right to be a part of any team because of any particular circumstance. Athletes and parents should be aware of the responsibilities and commitment they are making when being a part of PGASC.
- Each athlete and parent must realize the manner in which they conduct themselves while representing PGASC is a direct reflection of the entire program and coaches.