

Freedom Allstar Cheer & Tumble

Athlete Code of Conduct

As a member of a team, your actions are a direct reflection of this business, team, community, etc. You should always have enough respect for yourself and your team to behave with integrity and good character to ensure that your reflection of the team is a good one.

Your job as a team member is to be your best self to help your team succeed. Individual success is important, as it leads to team success but you should be just as excited for your teammates when they succeed. Your competition should be yourself, EVERYDAY IS A DAY TO BE BETTER! In the same sense, when your teammates are having a rough day or make a mistake, you should take it upon yourself to help them be successful. Sometimes that means just listening or giving them suggestions to fix the problem or getting a coach to assist. We do not put our teammates down for any reason! Cheer is built on trust and your team needs to trust you, just as you need to trust your team. You never know when the person needing help up will be you.

Cursing or other derogatory remarks towards your teammates, coaches, or in general will not be tolerated and will result in disciplinary action resulting in possible suspension or expulsion from the team/organization. This includes but is not limited to name calling, sending unkind messages about them to friends, or belittling them with language or in other ways.

Social media - What you put out there is almost always seen and sent to the coach and NEVER truly goes away, even if deleted. Please refrain from any illegal behavior, bullying, or other behavior that reflects poorly on the team. You are a direct reflection of the entire team and will be held to a standard as such.

Attire – When at practice, competition, or an event representing the team, please dress appropriately. If spirit wear is required you will know in advance and are expected to dress as a team. At certain events, the coach will let you know what to wear in advance. Please do not modify your practice wear or warm ups. They are to look uniform and are not allowed to be modified, cropped, cut, tied etc during the season or during use. Piercings must be removed for practice. Hair must remain in the natural family during competition time. If you change or alter your hair color during competition season and it is not in the natural family, you may be removed from the routine. We are judged in cheer on uniformity among other things and certain hair colors (blue, red, pink, etc) stand out within the uniform look of the team.

A positive attitude should be the goal of every team member, EVERY practice, competition etc. Leave the negative at the door. Use the time at the gym to better yourself and help your teammates better themselves. I realized that not everyone on your team is going to be your best friend but part of learning to work together is overcoming differences. How you handle adversity says a lot about the type of teammate and person you are.

Attendance is required to maintain an active roll in the routine, however, the routine changes on a daily basis and your part of being a great teammate is moving and changing parts/positions/formations as needed for your team.

Any violation of team rules written or otherwise expressed can result in suspension or expulsion from the team. This is all held at the discretion of the coach/owner. If it is determined that you can no longer be a positive team member and add value to our team, then you will be removed from the team/organization.

Athlete Signature

Date

Parent Signature

Date

Freedom Allstar Cheer & Tumble

Parent Code of Conduct

As a parent of a member of a team, your actions are a direct reflection of this business, team, community, etc. You should always have enough respect for yourself, your child, and your child's team (including team members and other parents) to behave with integrity and good character to ensure that your reflection of the team is a good one.

Please read the parent packet as it pertains important information.

If your child is going to miss any of the competitions listed in the parent packet, I need to know ASAP.

Please refrain from booking vacations when competitions are scheduled from here on out. It can result in your athlete being removed from the competition routine. If you are going to miss for any reason, please inform the coach ASAP so that arrangements can be made for that practice.

Attendance is mandatory so please try to attend all practices if at all possible. While it is understood that people have summer vacations and things that are planned in advance, the coach should be informed of these dates as soon as possible.

Competition times are not known until sometimes a week prior to the competition and can still change. When we set aside competition dates you should plan on the entire day(s) being devoted to the competition. The coach has no control over times and event details. As soon as competition times are set, you will receive that information. The athletes will need to arrive at the arena at the given time, fully dressed and ready to go (this includes uniform, hair with bow, makeup and shoes).

Cheerleaders are expected to stay for awards if they are held in person this year. They will need to stay in uniform incase we take team pictures after the awards ceremony.

Cursing or other derogatory remarks towards athletes, the team, the coach, the owner, other parents, or the business will not be tolerated and will result in disciplinary action resulting in being unable to attend practices or events or expulsion of Athlete from the team/organization.

Any concerns need to be addressed with the coach personally and not in front of other athletes or parents. Another athlete or situation regarding another athlete will not be discuss with anyone other than the parent or guardian of that athlete.

Practices are closed to parents and parents are asked to drop off or remain in their cars. There should be no smoking or vaping within 20 feet of the entrance of our facility.

Spirit gear is only to be ordered through the team and creating your own with the team or business name is against policy.

At competitions, points can be deducted from the team for poor sportsmanship from athletes, coaches or team associated spectators (family or friends associated with our team specifically). If spectators are allowed and they are there in conjunction with our team, they will need to adhere to the same standards. No cursing or derogatory remarks towards other team's coaches, athletes, arena staff or team fans.

The team dynamic is directly affected by what you say to your athlete about your athlete and other members of the team or coaching staff at practice, competition or at home. Please refrain from negative comments about other team members or parents in front of your children or on social media. These messages almost always get repeated or screenshot and as adults, it doesn't send the right message to our children when we cannot monitor our words to know what is and is not appropriate.

If you are unhappy enough to post something negative on social media about our team, my business, another athlete or parent, please remove your child from the team as it breaks trust and this entire industry is built on trust.

Situations dealing with social media posts will be addressed as they arise and any issue that come to the attention of the owner will be handled promptly. If you plan to post pictures, tag teammates or share business posts, it's imperative that you show the team and business respect by acting like an adult on social media in regards to our team and other athletes, parents, coaches and affiliates.

If you are interested in participating in another Allstar Cheer gym camp, clinic, class etc during the Freedom Allstar Cheer & Tumble season, it must be approved in advance by the owner/coach as to make sure it doesn't violate USASF rules.

Violation of any of these standards can result in your child being removed from the team. It's going to be a very sad day for an athlete if they have to be removed from a team or our organization because of their parent's or an adult's actions.

If you cannot adhere to these standards, Freedom Allstar Cheer & Tumble LLC is not the team for you.

Freedom Allstar Cheer & Tumble LLC reserves the right to refuse service at any time for violation of these standards or any reason deemed appropriate by the owner.

This code of conduct can be updated at any time and a signed copy from parents and athletes is required to participate. If it is updated in the middle of a season, a new copy with signature will be required in order to continue on with the team.

Athlete Name

Team

Parent Signature

Date

Freedom Allstar Cheer & Tumble

Social Media Code of Conduct

Social media has quickly become a platform that all of us use in some way or fashion including most of the athletes associated with our gym. Now that you are a member of our program, your presence on social media is a direct reflection of Freedom Allstar Cheer. For athletes and parents, this is not only in regards to negative comments about competitors, but also for inappropriate pictures and /or videos.

- If any member (athlete or parent) of FAC implies anything defamatory against FAC (or another program – directly or implied, your athlete can be dismissed from the program immediately with no reimbursements for tuition paid in.) You are each a reflection of Freedom and so it is expected that you carry yourself in a respectful manner.
- Athlete/parent contact will be made to discuss anything that is found to be inappropriate on any social media platforms.
- Please do not post videos of current seasons routine without permission.
- Phones are not allowed to be used during practice and must be stored away safely while in the gym. Videos taken at the gym are not to be shared without consent from the coach present. Please be mindful that others might be in your videos/pictures when you do post as to not post anything embarrassing without everyone's permission.
- Your athletes are free to follow Freedom Allstar Cheer on our public pages on Instagram and Facebook, however they should not be "friends" or followers with any coaches on their personal private pages without consent from their parents per USASF.
- No communication between athletes and coaches should occur via social media unless it is completely related to the current practice schedule or information regarding the current season. Parental permission should also be granted in these situations.

Athlete Signature

Date

Parent Signature

Date