

2008 Avalon Cheer Program

Code of Conduct

Each athlete and parent/guardian will read, sign, and keep a copy of this code of conduct and rules when the practice season begins. These signed forms will be kept on file.

Responsibilities and Expectations

Coaches:

- Responsibilities for providing the team with a viable routine that is competitive on a local, regional, and national level.
- Responsible for productive and organized practices.
- Will lead by example.
- Every decision that is made will be in the best interest of the TEAM, not the individual.

Team Members:

- Responsible for being on time and prepared for practices, games, activities, and competitions.
- Give a SOLID COMMITMENT to your team. Aside from family and school your team is your next priority.
- Respect your coaches and teammates.
- Make the very best effort possible to help fellow teammates.
- Meet and beat all goals set by yourself and our coaches.
- Will be held responsible for your behavior and actions in practice and at all events. Represent Avalon Wolves Association in a positive and professional manner while both in and out of uniform.
- Responsible for constantly improving for the benefit of the team and for yourself.

THE ROLE OF EACH INDIVIDUAL IS TO PLAY A POSITION ON THE TEAM. EACH POSITION IS EQUALLY IMPORTANT. WITHOUT THE INDIVIDUAL FULFILING HER PART, THE TEAM CANNOT FUNCTION PROPERLY.

Parents:

- Respect the coaches' decision.
- Exhibit good sportsmanship at ALL times.
- Support your child, coaches, and program.
- Never publicly chastise, humiliate, or put down your child or any other team member, team parent or coach, league officials, the Avalon or any other organizations' program.
- Provide a healthy, positive environment and foster high self-esteem within your child.
- **All e-mail communication must be kept at a professional level at all times. If you have an isolated issue that does not deal with the team, please do not CC the other parents, your issue will be resolve directly with the head coach. The head coach reserves the right to communicate the issue with other parents.**

Practices

Proper Attire and Equipment:

- Towel
- Water bottle (water only) must have a Thermos type container.
- Cheer shorts and T-shirt or tank. Shirt must cover stomach.
- Sports bra highly recommended.
- **Black** racer style bra must be worn underneath cheer uniform.
- Bloomers must be worn under shorts at practice.
- Cheer shoes with socks.
- **NO** spaghetti strap shirts worn at practice. Tank tops **are** acceptable to wear at practice.
- **NO** plastic “claw” hair clips.
- Hair pulled back off of face (pony, pigtails, or braids). Must be tied securely so you are not playing with it during practice.
- **NO** jewelry.
- **NO** nail polish and fingernails must be cut short.
- **Any deviation of above will result in not being able to practice and will count as an absence.**

Competition Dates Below:

- ❑ **Sunday, October 19, 2008 – Tiny Mite and Mitey Mite Exhibition (Location TBD)**
- ❑ **Sunday, October 26, 2008 - Mid Florida Competition (Orlando - TD Waterhouse)**
- ❑ **Saturday, November 08, 2008 - Chancey Cheer Off (any teams not advancing to regionals, Cypress Creek High School)**
- ❑ **November 28-30, 2008 - Sunshine Classic (any teams not advancing to regionals, location TBD)**
- ❑ **November 28-30, 2008 - Regional Cheer Competition (Orlando - UCF) (If your squad qualifies)**
- ❑ **December 8-12, 2008 - National Cheer Competition (Orlando - Disney) (If your squad qualifies)**

***IF YOU ARE ON ANY OF THE COMPETITION SQUAD (INCLUDING MITEY MITES) PLEASE BE AWARE THAT THE SEASON WILL CONTINUE THRU COMPETITION SEASON AND IS MANDATORY.**

****ATTENDANCE POLICY****

- All cheer practices are **MANDATORY**!!!! You are allowed only 5 missed practices throughout the entire season. You must have a written note **PRIOR TO YOUR ABSENCE** if planned. If sick, there must be a phone call to a team mom or a coach. If a team member exceeds 5 absences, the head coach reserves the right to remove them from the competition routine with no refund for any fees paid.

- **ALL COMPETITIONS ARE MANDATORY. If a team member fails to attend a competition, their position will be eliminated from future competitions.**

- Team members may **NOT** miss any practices during the two weeks prior to a competition. Beginning in September 2008 we start having **SUNDAY PRACTICES.** We try to schedule the gym time later in the day as to not interfere with church. Please plan accordingly. The absent team member **WILL BE REMOVED FROM ALL FUTURE COMPETITIONS** if this happens.

- Due to weather or availability of practice areas, there may be a need to call additional practices or to change dates and/or times of practices. WE ask that you be flexible and work with us to make these practices go as smooth as possible. We will do our best to let your know as early as possible when these practices are scheduled.

PARENTS:

Please read and sign the notice on the last page of this packet and turn it into your coach and/or team mom.

 **2008 Avalon Cheer Program** 

I, _____, parent(s) of
(print parent(s) name)

_____ have read the
(print cheerleader name and squad)

attached 2008 Avalon Cheer Program packet and agree to follow the rules and regulations outlined in this packet. I understand if I do not follow these rules and regulations my child may be removed from the program.

PRINT PARENT NAME: _____

PARENT SIGNATURE: _____

DATE: _____