



CHEERLEADING CLUB CODE OF CONDUCT

“Respect yourself – Respect each other – Respect the Club”

YOU SHOULD.....

- Respect yourself, take responsibility for your behaviour
- Respect each others race, culture, religion & gender.
- Attend training regularly. Always contact us if you are unable to be there (call, email or text is fine).
- Be ready to start on time
- Dress appropriately for training
- Keep the training venue tidy, put litter in bins
- Talk to the coach to help resolve conflicts
- Tie your hair back during training.
- Double-knot your trainers!
- Pay for your classes in full, before you enter the training room, unless previously agreed with Coach Paul or John.
- Understand that the coach’s word is final.
- Look after your club uniform, and wear it when instructed to.
- Purchase the correct club uniform and trainers. These will be provided at cost price with no profit to Cheervision.
- Always remember that cheerleading is not all about winning. It is about taking part and achieving yours and the squad’s personal best.
- show a positive attitude towards other squads at competition, and be supportive at all times. This is in the true spirit of cheerleading.
- Take care of your own property. If collected, lost property will be available at the front desk during term time. Any unclaimed property to be given to charity at end of each term.
- Enjoy yourself. Cheerleading is a great sport!

YOU MUST NOT....

- Bring in valuable items e.g. ipods.
- Miss training without a valid reason
- Be late for training sessions
- Drop litter, bring gum or food into the training area
- Wear unsuitable clothing: denim, casual skirts, tights or “Converse” style trainers (these are designed as fashion shoes and have no support for sports).
- Leave your mobile phone one during training. You may not answer your phone, or read or send text messages during training.
- Wear jewellery or piercings in training. If they cannot be removed they must be taped over.
- Argue with your coach.
- Gossip! If you have any problems involving another cheerleader, a parent, a routine etc. seek advice from Coach Paul, or John in the office – not another squad member.

IF YOU CHOOSE TO....

- Bring in, or use, anything that is dangerous or illegal
- Threaten, bully, fight, be violent or abusive to others
- Damage club property or steal
- Play fight, or act in a dangerous way
- Be confrontational or speak offensively to your coach, assistants or other club members.

YOU WILL BE WITHDRAWN FROM TRAINING AND YOUR PARENTS WILL BE INFORMED, YOU MAY ALSO BE EXCLUDED FROM THE CLUB.

EXPECTATIONS

In Training:

- Arrive on time ready to train
- Follow your coaches instructions
- Warm up properly & train safely
- Respect your coach, team members & visitors
- Try your best in all elements of training

With visiting coaches:

- Value the session
- Be especially polite and helpful
- Respect all coaches

Coaches should:

- Set clear and interesting tasks
- Reward good behaviour
- Arrive on time
- Remind you of your targets
- Involve all students in lessons
- Apply rules fairly and consistently
- Value all students contributions
- Try to remain positive and calm

Parents/Carers should:

- Ensure that you arrive on time
- Support the Club Code
- Provide correct clothing/footwear

Cheerleading is like no other sport. And competitive cheerleading is like a different world!

In competition, cheerleaders are required to display good behaviour and manners at all times. Squads have been reprimanded, even threatened with disqualification in the past because a judge has heard them swearing in the competition venue. An un-tucked shirt, a dirty uniform, incorrect trainers, or anything less than military-style precision could incur a loss of points!

The squads will be trained to adhere to these rules from the beginning. It is important that parents and cheerleaders understand these requirements, and understand that a coach may use extra conditioning (sit-ups, push-ups, running etc) as a disciplinary measure at their own discretion.

WE AGREE TO SUPPORT & UPHOLD THIS CODE OF BEHAVIOUR

Signed by:

Cheerleader

Parent

Date

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