

Rules

- Athletes are expected to join in with the session, students who do not follow basic instructions and disrespect the positive learning environment for others will be asked to leave.
- Running around, roughhousing or interfering with other students in anyway will not be tolerated.
- Dress appropriately: long hair must be tied up, training kit and cheerleading trainers must be worn to all sessions, no belts, zips, drawstrings or false nails.
- All jewellery must be removed for training and competitions NO EXCEPTIONS. Please wait until the end of the season to get new piercings.
- No chewing gum, food or drinks are allowed in the practise space. Water only please.
- No smoking in or around the practice facilities.
- MKCA athletes and parents are representatives of the team and therefore are expected to bring a respectful, positive attitude to training, events and competitions.
- Open cuts or abrasions must be covered with a plaster and athletic tape. Staff must be notified of such injuries prior to the session.
- Athletes must stretch appropriately prior to the session to prevent injury.
- Only 1 person is allowed on a piece of equipment at a time.
- Be aware of your surroundings as people may be dismounting or tumbling around you.
- Coaches may restrict skills or equipment for any reason.
- If any of the rules are not followed, you will be asked to leave without refund.
- Coaches have the right to deny any person from attending its classes and reserves the right to ask any participant or parent to leave at any time for any reason.

Bullying

Every child has the right to experience cheerleading in a safe environment, free from abuse and bullying.

Absence policy

All Star Cheerleading is a demanding team sport which takes commitment from both athletes and parents. The following Excused and Unexcused policy is non-negotiable and applies to every team member. Please remember that every member of a team is vital to its success and as a competitive team it is crucial that athletes attend ALL scheduled competitions, events, workshops and training sessions.

EXCUSED- Graded school event, illness with fever/vomiting, family death, family holiday

UNEXCUSED- Homework/revising, Birthdays/birthday parties, family celebrations/parties, recreational sports.

- **ATHLETES MAY NOT MISS ANY TRAINING DATES IN THE 3 WEEKS LEADING UP TO COMPETITION**
- **ATHLETES MAY NOT MISS COMPETITION DATES**
- **ATHLETES MAY NOT MISS CHOREOGRAPHY CLINICS OR WORKSHOPS**

Any events that conflict with dates on the calendar must be communicated by email from a parent/guardian no later than 4 weeks before the event. Approval of the absence is at the coaches' discretion. 3 unexcused absences will result in loss of position on the team.