

# Sierra Spirit Cheerleading

Welcome to Sierra Spirit Cheerleading. We, as your coaches, will try to make this year a memorable one through practices, community performances, and competitions. Our number one priority is to be safe and have fun with our students, so...we hope your child is ready for some hard work and lots of FUN!!!

- 1) Please be on time! We only have a limited amount of time with you, be considerate of your teammates and coaches. Attendance is very important. Your child's dedication and commitment needs to be considered carefully as it will secure placement in the routines and determine ability to compete. If you are going to be late or not going to be able to make it to a practice, you must notify the gym immediately. We do not have make-up days for missed practice. Bring a bottle of water to each practice.
- 2) All students are expected to dress appropriately for class. Team Practice clothes must be worn each day with cheer shoes. Suggestive clothing will not be permitted. Hair must be pulled back or off the shoulders. No metal or plastic clips are allowed. No jewelry what so ever at any time. All rings, necklaces, and earrings must be removed before practice. Nails must be kept short so we don't scratch others while stunting.
- 3) All students must have a signed medical/release form on file before they can participate in any class or event associated with Sierra Spirit cheerleading. All accidents and injuries must be reported immediately to a staff employee and appropriate forms must be filled out before 24 hours of injury. Safety is our primary concern. Dangerous maneuvers, actions and stunts will not be tolerated. No stunting, jumping or tumbling is allowed without an instructor present.
- 4) Spectators of any kind are not allowed on the blue gym floor but are welcome to sit in the lobby or view from a specified area in the gym. If you are going to stay at practice, please observe where you will not distract the team by talking to them or others. It is not permitted for parents to coach from the sidelines. If you talk to your child while she is on the blue mat it distracts the team. In addition please do not discuss complaints with the coaches if students are present. If you have a concern, please ask to speak to the coach in the office.
- 5) It is expected that all students and their parents as well as their friends will act with complete respect to the instructors and the other students in the class. Any behavior that is rude or disruptive will not be tolerated. Physical or verbal harassment will result in dismissal from the gym. Gossip about others will not be tolerated. If you have complaints about the gym, please see the office management. Discussion of complaints on Sierra Spirit Property will result in dismissal of your child from the program. Keep you personal opinions to yourself, we are a team. Constructive criticism is appreciated but only in private.
- 6) Students must place all belongings in the areas provided in the gym. Sierra Spirit Cheerleading is not responsible for lost or stolen items. All items left in the lost and found area will be given to charity after 30 days if not claimed. Make sure all clothes brought to the gym have names clearly labeled inside with a permanent marker.
- 7) Please help keep the gym and lobby areas clean. After practice throw away all garbage and water bottles. Take all personal belongings with you. Food and drinks are not allowed on any performing surfaces and gym equipment. Gum is not allowed in any part of the facility.

- 8) Fundraisers are not mandatory, however, throughout the year we will implement various opportunities to help alleviate the cost of travel expenses for those who wish to participate.
- 9) When all teams travel to competition on a chartered bus, for insurance purposes, all participants must ride the bus with the team to the competition but they may ride home with their parents. Parents are welcome to ride the bus with the team if seating permits.
- 10) If a student misses mandatory practices just prior to a competition, they will be asked to join us as a spectator rather than a participant for that competition only. All competition and associated fees must be paid in advance of all competitions or student will not be allowed to participate. Competition fees are due at the beginning of the season to ensure that everyone will participate at all competitions. It hurts the entire team if cheerleaders miss competitions.
- 11) All uniform purchases are final. No exchanges, no returns, no exceptions. All returned checks will result in a \$35.00 fee. We also accept Visa and Master Card.
- 12) A \$50.00 registration fee is due at the time of enrollment and is also due yearly. This fee will be assessed one year from the time of enrollment date. This fee covers insurance and administration costs.
- 13) All fees are due at the time of enrollment. Tuition will be prorated to the 1<sup>st</sup> of the month if enrollment is made mid month. There will be no class participation if tuition is late or competition fees have not been paid.
- 14) If payments are made monthly they are due prior to the first of each month and late on the 1<sup>st</sup>. If you pay by the session, tuition is due prior to the end of the session to secure your child's space on the team. If it is not paid before the last day of the session there will be a \$25.00 late fee and \$5.00 additionally per day for every day after. Late fees are strictly enforced.
- 15) Private lessons must be paid for ahead of time to assure your spot. Please arrive 5 minutes early to warm-up and stretch. If you cancel your lesson, you must give 24 hours notice. If less than 24 hours notice is given, or you don't show up for your private, you will still be charged for the lesson.
- 16) Upon disenrollment, a written two week notice must be given. If no notice is given, You will be responsible for two weeks tuition.

We hope you enjoy your time at Sierra Spirit Cheerleading and if at any time you have any comments, questions, or concerns please do not hesitate to contact us.

**We appreciate you business...Thank you for choosing Sierra Spirit Cheerleading**

I have read and agree to the above policies of Sierra Spirit Cheerleading

Parent Signature \_\_\_\_\_

Print name \_\_\_\_\_