



Code of Conduct

ATHLETES

Parents/Guardians, please read through the following obligations with your athlete explaining each one .

- 1.I will not use inappropriate language or participate in inappropriate behaviour.
- 2.I will not participate in illegal consumption of tobacco, alcohol or drugs. I understand that all of my actions both inside and outside the gym are a reflection of my programme and should model good behaviour.
- 3.I will not use my mobile phone during training sessions. It **MUST** be switched off and kept away.
- 4.I will come to practice with a positive **ATTITUDE**, and I will follow the instructions given by all coaches and will work hard to achieve goals set by these coaches. I realise that a positive attitude is contagious, and I will do my best to influence my teammates in a positive manner. I will not disrespect any team member, coach, parent or competitor from my gym or any other gym for any reason at any time. This includes face-to-face, telephone, text, email and social networking sites.
- 5.I will demonstrate good sportsmanship striving to be a humble winner and a gracious loser.
- 6.I will wear the scheduled practice clothes to each practice. I understand that it is my responsibility to help my parent/guardian keep up with the schedule and outfits.
- 7.I will arrive at all competitions on time with my uniform, hair and make-up completed to expected standards.
8. Athletes are not permitted to train within another cheer programme (unless specific permission given from head coach only). This includes open tumble classes, tumble camps, stunt camps or any other form of class offered by the club which is in direct conflict with our own classes. Training is permitted at dance schools, trampoline clubs, gymnastics classes and free running.

I understand that breaking any of the codes of conduct above may result in suspension or dismissal from Loud & Proud without refund of any fees paid.

PARENT/GUARDIAN

- 1.Encourage your children to learn the rules and participate in them
- 2.Set a good example by recognising good sportsmanship and applauding the performances of all cheerleaders.
- 3.Never punish or be little a cheerleader on their performance
- 4.Parents are encouraged not to disturb training sessions, and should only enter the training area of the gym when invited
- 5.Share concerns or complaints through the approved channels laid out in the Athlete Manual
- 6.Ensure your child is appropriately dressed for the activity they are involved in.
- 7.Ensure they attend training at the correct times and have plenty to drink
- 8.Follow all absence policies and inform coaching staff of any injuries or concerns that may affect an athlete's training
- 9.Treat all participants equally, with respect and dignity. Intimidation towards other will not be tolerated within the club
- 11.Publically accept the rulings of all officials
- 12.Help your child to recognise good performance and not just results
- 13.Conduct yourself at times when supporting your child at training or events in a manner that neither bring the sport of Cheerleading or Loud & Proud into disrepute, nor causes a