



Loud & Proud Code of Conduct, Rules & Regulations 2021 – 2022 Season

At Loud & Proud, we are committed to the positive representation of our sport in all aspects and also the safety and wellbeing both physically and mentally of our athletes and wider L&P family. Please read this information thoroughly prior to signing up. Upon sign up you agree to abide by the policies laid out here.

These rules will be strictly adhered to for the benefit of the program. The coaches and staff members of Loud & Proud reserve the right to change these guidelines as deemed necessary for the betterment of the program during the season. Members will be provided the best training and we strive to teach self-discipline, self-esteem, teamwork, and how to be high achievers.

1. GENERAL 1.1 ONLY registered athletes are allowed on the practice area.

1.2 Parents/guardians/friends/family members are only permitted in the gym at a request of the team coach and or programme director

1.3 Loud & Proud Cheer are not responsible for any personal items lost or stolen.

1.4 Members must be registered on Coacha prior to attending any session. It is the member's responsibility to keep this information up to date with any medical, contact information changes.

1.5 It is the responsibility of the parent/guardian/athlete to check emails, Facebook page, and Facebook team group daily for any and all updates. There is no excuse for being uninformed.

1.6 Athletes should arrive at training READY prior to the start time of their session. Lateness can result in missing vital information, and body preparation including warmups, stretching which could result in injury

1.8 During team practice times is not the appropriate time to discuss issues/concerns with athlete's coaches. Coaches are available before or after team practices, or via email hello@loudandproudcheer.com

1.9 Please refrain from engaging in any sort of negative behaviour or speech about Loud & Proud or its athletes or any other cheerleading program/athletes.

1.10 Members need to sign in with a coach at the start of each session

1.11 Class payment is taken on the 1st of each month for the up-coming month. Non -payment will result not being able to participate. Please see payment policy for full terms and conditions

1.12 Any negative behaviour towards a member, gym, staff, via any medium (face to face, email, Facebook, texting, etc.), could result in dismissal from the gym/program.

1.13 All choreography including dances, stunts, transitions, tumbling, music selections, editing, etc. are the exclusive property of Loud & Proud and shall not be shown or discussed with others. NO



VIDEOS of routines/choreography should be uploaded to any online site such as Facebook, YouTube, Twitter and any social networking site unless given permission from the owner's.

1.14 Athletes/parents MUST NOT contact coaches or staff of Loud & Proud via personal social media or by personal methods of communication e.g. personal mobile phone for any reason unless in emergencies. Please use the email provided or the Loud & Proud Facebook page/team groups.

ATHLETE CONDUCT

2.1 Athletes will not use inappropriate language or participate in inappropriate behaviour.

2.2 Athletes 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.

2.3 Athletes will not use my mobile phone during training sessions. It MUST be switched off and kept away.

2.4 Athletes 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.

2.5 Athletes will demonstrate good sportsmanship striving to be a humble winner and a gracious loser.

2.6 Athletes 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. Season shirts must be worn to all TEAM practises. Cheer shoes must be kept clean and for indoor use only. All jewellery is to be removed. Nails should be kept short; this includes acrylic nails for safety reasons. Hair should be tied back out of face and off shoulders.

2.7 Athletes will arrive at all competitions on time with my uniform, hair and make-up completed to expected standards.

2.8 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.

2.9 Athletes are not to jump, stunt, tumble without a coach present.

3 PARENT CONDUCT



3.1 Withholding a child from practice or a competition should never be used as a form of punishment.

3.2 Parents or other spectators with Aviators Cheer are not allowed in or around the warm up areas at competitions.

3.3 Parents, or other spectators with Aviators Cheer, must display good sportsmanship and follow the spectator rules/guidelines events.

3.4 When organised by Aviators Cheer, Parents or other spectators are not to contact hotels, airline, buses, etc. involving arrangements made for the teams, parents or coaches unless given permission from program owners.

3.5 Parents are not to distribute written personal information to members without prior approval from the owner's.

3.6 Parents or other spectators with Aviators Cheer are not allowed to contact the competition company or speak to a competition official about issues at competitions/events without prior approval from the owner's.

4 PRACTICES/TEAM TRAINING

4.1 Teams will be trained in all aspects in competitive cheer, dance and tumbling. The training is extremely disciplined, intense, and highly productive it's designed to greatly enhance the skills of the individual as well as the team. Training will also include physical activities that are designed to achieve and maintain a sound physique, which is necessary to stay healthy and compete at this level.

5 GYM CANCELLATION POLICY

5.1 Closures due to unforeseen circumstances (weather/covid etc.) will be determined at least 2 hours prior to practice times. Closings will be posted via email and on social media pages on Facebook. Makeup sessions will be provided

6 ATTENDANCE

6.1 Loud & Proud has in place an attendance policy that will encourage time management skills and dedication to their team. If an athlete is unable to attend their session you must send an email to absences@loudandproudcheer.com PRIOR to training. In an emergency you may contact a coach/director directly.

6.2 Athletes will be granted a MAXIMUM of 3 unauthorised absences. Any additional could result in suspension from the team.

6.3 Failure to adhere to the attendance policy fully could result in athlete's being pulled from teams or even the program.

A list of what constitutes authorised and unauthorised absences-



Excused Absences

- Graded school event
- Illness with fever/vomiting
- Family celebrations out of red zone
- Holidays out of red zone
- Family Bereavement
- Suspected covid/isolation due to covid

Unexcused Absences

- Homework/revising
- Grounding or disciplinary Action
- Family celebrations in red zone
- Holidays in red zone
- Transport issues
- Injury where athlete can safely watch practice

It is important to still be at all practices and competitions to learn any changes to routines and to be a positive influence to his /her teammates.

7 FEES

7.1 responsible parties understand that they assume full responsibility for all costs incurred as a member of Loud & Proud regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team.

7.2 Fee payments are expected on the 1st of each month. Any outstanding balance/missed payments will have a £5 late fee to pay in addition. Failure to keep up to date with fees may result in athletes sitting out of practice until the fees are brought up to date.

7.3 Loud & Proud reserves the right to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations

7.4 If your credit card information changes, you must inform admin staff immediately.

7.5 Loud & Proud reserves the right to turn over all delinquent accounts to a collections agency and the member will be responsible for all additional costs incurred.

7.6 If you choose to leave the program prior to the end of the season, you will be subject to a 1 month cancellation fee; requests must be submitted in email. If you are dismissed from the team or quit, any deposits, fees paid, ordered supplies such as uniform, warm-ups, sneakers, etc., are forfeited and are completely non-refundable. At Loud & Proud our competitive teams are a YEAR long commitment. Please consider this before registering. Our cancellation fee is there to PROTECT other families and their investment in our program.

Athlete Agreement You MUST sign this form online before attending your first training session. Accepting your spot and clicking 'accept on your Coacha registration means you agree to the following. This agreement is made by the athlete and/or parent (I, me, my) and Loud & Proud (we, us) By signing below, I agree to the following statements listed above; I have read the rules, regulations and information outlined in the supplied athlete pack/code of conduct and I fully understand them. I have read and agree to all the following points and conditions in this athlete



agreement and code of conduct. I understand that my child and I must abide by these rules or they will be disciplined which may include being dismissed from the program at the sole desecration of the program owners. I understand that my actions as a parent may also be grounds for dismissal from the program. I also agree to notify Loud & Proud in writing when there is a change in custody, personal financial responsibility for the child, change in medical history, change of address or other contact information, and change in emergency contact information.

By signing below the named adult cheerleader or parent/guardian claims financial responsibility for the participation in Loud & Proud Activities. I also give permission to Loud & Proud to add a £5 late fee per payment to any outstanding fees or financial commitments.

I (parent or guardian if under 18 years) hereby release and absolve Loud & Proud, its subsidiaries, staff, employees, directors and presidents from all liability and responsibility for injuries, sickness, accidents, loss of money and property that may be sustained whilst participating at training, events, workshops, camps and/or competitions. I also hereby acknowledge the risks involved when taking part in cheerleading I am able to use NHS medical care in the unlikely event of an injury or accident when taking part.

In consideration of me signing this release form, I am allowing myself / my child, to participate in a Loud & Proud events as above and intend to be legally bound and agree to waive and release all rights to claim for injury or accident whilst participating which I or my child may sustain at events, including travelling to and from events. I also confirm that I / my child, have/has not been advised by a doctor or paramedic to avoid physical exercise and do not know of any problems that may adversely affect my / their health when taking part at the event. Should Loud & Proud staff feel in their professional opinion that I am not physically able to participate, I / my child will cease participation.

I also give permission for myself / my child to be photographed, video or audio-taped during any of the Loud & Proud events, and give permission for such photographs, video and audio tapes to be used in print or broadcast through any media which is deemed appropriate for the promotion of Loud & Proud.

I have read and accept the Code of Conduct, Rules & Regulations outlined above: (Under 18s must be signed by parent or guardian)