



# COMPETITION GUIDELINES



- ◆ All cheerleaders are to commit to the complete cheer season if they are to accept & keep their spot on a squad. This is a team sport & requires commitment from both the athlete AND their families to ensure the best chance for each team to develop, bond & improve throughout the season. The competition schedule will be sent home early in the year, it is each cheerleader's responsibility to inform the coach ASAP if they can not attend any of the competitions listed at the start of the season this way adjustments can be made if needed. Holidays do not count as a valid excuse to miss comps unless they were arranged prior to the start of the season. If you leave it too late to inform your coach then you may lose your spot in the routine.
- ◆ Competition fees will be split up into 2 payments due at the start of Semester 1 & 2. Paying these fees upfront confirms your spot in the team, failure to do so will see you loose your spot. There will be no refunds given unless you can produce a medical certificate or prior arrangements have been made.
- ◆ Each cheerleader must attend ALL the required training sessions each week unless they have seen their coach for certain circumstances. 3 unexplained absences from either Cheer or Tumbling will see you loose your spot on the squad. This is a TEAM sport where everyone relies on each other's attendance. Having homework/assignments is not a valid reason. Each cheerleader needs to organise their schedule to allow for enough time to complete schoolwork & training.
- ◆ All competitive cheerleaders must train in appropriate SEA attire, including hair up in a ponytail with a bow, cheer shoes for all sessions, no jewellery or long nails & in set SEA merchandise. This allows the athletes to both look & feel like a team, allows the coaches to see body shapes in training & is for the safety of themselves, team mates & the coaching staff.
- ◆ Comp cheerleaders at SEA are required to purchase the complete competition outfit of top, skirt/shorts & bow. Athletes need to have proper plain white cheer shoes which they can purchase themselves. Athletes in multiple squads will be required to purchase each squad's comp bow & possibly different bottoms.
- ◆ Throughout the year there may be performances or activities in which we will be involved to spread awareness or support for community organizations. It is mandatory to attend/be involved with at least one of these per year. Although the more the better!
- ◆ Each athlete on a squad is equal & as such should be treated that way by other team members. There is to be **NO BULLYING** of any kind. If you have any dramas with a person on your squad please inform your coach so the matter can be looked into. If you are found to be bullying in any way you will receive a warning & if it happens again you will be asked to leave the club. The good of the team will ALWAYS come first & athletes need to remember that every one has strengths & weaknesses, no individual person is better then anyone else.
- ◆ Whenever you are in uniform or representing our club athletes need to look their best, act as a credit to the club, be respectful of others including other squads/coaches & ALWAYS be very supportive towards all SEA cheerleaders. I will NOT tolerate ill-mannered, nasty or rude athletes in my teams. Cheerleading is about fun & making friends for life from all over the world! This goes for parents/families watching in the stands!
- ◆ If you are carrying an injury from outside of cheer or you feel you have become injured during training it is the athletes responsibility to inform the coach as soon as possible so the best course of action can be determined.