

BRAVE[®]

COMPETITIVE CHEERLEADING COMMITMENT FORM AND CODE OF CONDUCT

ALLSTARS

NAME.....

- I fully commit to Brave Allstars and will not participate in any way with any other cheer squads, the only exception to this is cheerleading with your school, I must ensure this does not conflict with my training and commitment to my squad at Brave.
- The squad will be given my full commitment throughout the 19/20 season.
- Any absences required during training will be notified when handing in this paperwork. I understand that any other absence requests after this date which don't come down to graded school events, family emergencies or sickness with vomiting will be refused or classed as a break OF commitment.
- I understand that if I break the commitment to the squad I may have to step down from competing with no refund.
- I agree to give 24 hours' notice (where possible) if I cannot attend due to illness or injuries. Also, if possible, I will attend the lesson to watch providing my illness is not contagious.
- If I receive an injury, I will attend all classes and take part in all stretching and conditioning exercises (taking care to protect the injury).
- I agree to arrive on time for training and understand leaving early is also not acceptable.
- No jewellery will be worn to training or at cheer competitions, tape will be permitted for 6 weeks after a piercing but only at training, not at competitions.
- I understand that full training uniform **MUST** be worn to all training sessions and no outdoor shoes are to be worn in the gym.
- I understand that food and drink are not allowed in the gym with the exception of water.
- Due to the nature of the sport, my parents/guardian and myself, acknowledge the possible risks of injury (see the emergency declaration below).
- I agree that the coaches decision is final therefore parents or squad members must accept any decision made which is always for the good of the team.
- I agree to engage in the upmost level of sportsmanship when representing Brave Allstars at any event. Any behaviour that displays Brave in a negative way both on social media and at events, will result in immediate dismissal.
- Athletes/dancers will not post anything on social media which will bring disrepute to Brave's reputation, particularly when posting videos/photos whilst wearing the Brave Allstars apparel. This includes the use of foul language, underage drinking, provocative dancing/posing etc.
- Athletes/dancers will not spread gossip/rumours about their coaches, team mates or other programmes whilst at the gym or on social media.
- I agree to apply my full effort to every training session and understand that I will be asked to step down from competing if I do not apply full effort to every session.
- I understand that curfew rules apply before competition. All athletes under the age of 10 must be in bed before 9pm, other athletes before 10.30pm.
- I agree to my child being photographed or video recorded by an appointed member of the Brave for advertisement or training purposes.
- I agree to always show my coaches, team members and parents the upmost respect.
- I agree that I will not attend any training session whilst in an intoxicated state and will be fully prepared for each training session. Whilst we understand that athletes have a social life outside of practice, in order to ensure the safety of all team members we ask that you do not drink excessive amounts of alcohol the night before training sessions.
- Athletes/dancers are expected to attend the award ceremonies at each competition regardless of the time of day.
- I understand if I do not maintain skills that I came to tryouts with, I may have to step down from the team.
- The Brave Allstars name and logo are trademarked. Any unauthorised use of the name or logo, on any clothing or apparel, or any other item is an infringement and strictly prohibited.

- Training kit covered in the membership fee is mandatory and if it gets lost, the athlete will be responsible for purchasing a new one through Brave Allstars.

I agree to abide by all of the conditions as set out above.
I have read through the 2019-20 competition season pack.

Athlete sign here: Signed

I have read and understand all of the above code and conditions and will reinforce the rules to my child to ensure that full commitment is given to Brave Allstars.

Parent sign here (if child is under 18) Signed

Emergency Declaration

In the event of a serious incident/accident, I agree for any necessary treatment to be administered in my absence.

Signed Parent/guardian (if squad member under 18)

Date/...../.....

Please list any dates you will not be able to make training:

Training for our Allstar teams commences on July the 28th, please list any Sundays that will need to be missed, please look at the competition dates and ensure you will not miss any of the sessions three weeks leading up to a competition. There will be no training on December the 22nd or 29th.

Remember any sessions missed after what you have written may affect your placement on the team. As stated above: Any absences required during training will be notified when handing in this paperwork. I understand that any other absence requests after this date which don't come down to graded school events, family emergencies or sickness with vomiting will be refused or classed as a break OF commitment.