

Athlete's code of conduct– Season 16 (2024/25)

Accountability for one's actions is imperative; therefore, should the Code of conduct be violated, the athlete will have to speak with their team coach and/or the head coach to rectify the situation. Should the problem continue, suspension from Lazer Cheer Academy may become necessary.

I therefore agree:

ATTENDANCE

- To attend **all** training sessions. I have been given a space on the squad and I am expected to fulfil my potential and more, which will be achieved whilst attending all training sessions. Should I be unable to attend training, I will let my coach know at the **earliest** time possible.
- I understand that I must work my **time management** to allow for exams, revision, and work commitments not to affect my attendance.
- I understand should my attendance become an issue to the squad's progression I may lose my space in the routine for the upcoming competition.
- I understand that if I start the season in a squad, it does not mean I remain in that squad for the upcoming season.
- I understand the red zone training policies and I will stick to them.

Additional routine/ Training in a different Cheer Gym

- I understand cheer program crossovers are not allowed. You can crossover to another team within our program but will not be able to compete for 2 programs. You will either compete with Lazer Cheer or not. This is to protect the athletes you are on a Lazer Team with – it is not fair for them if you are missing any training for another team. If you want to look elsewhere for something that is not currently offered at Lazer Cheer, speak with Mandy or Chelsea to see if we can offer that or give permission for you to train your skills elsewhere.
- There are some athletes on our highest level international team who have come from other programs as they do not offer this level at their home gym. They do so with permission and support from their home gyms due to them being open and honest through the tryout process and we have allowed them to still compete there as their gym has prioritized Lazer training and competitions.
- If I choose to train in another gym I will be transparent with the Head Coaches of Lazer Cheer and ask for their permission to train **before** I attend a session. This applies to all open gyms, camps, privates etc. If we find out you have been training at a different gym without speaking to us first, you will be removed from our program.
- I understand that my energy and commitment must be the same for both squads and I must give 100% at all training sessions regardless of how close they are to each other.
- I understand I will have **MORE** financial commitments for training, uniforms and competition should I take part in more than 1 team. I must be able to comply with all financial commitments.
- I understand if I compete with Lazer Cheer at a competition that any other routines that I participate in, will not impact my performance energy for my routine/s. It is not fair on other Lazer Cheer members.

TRAINING

- I will ensure I am wearing my season 16 T-shirt to every training session
- I understand my hair will be tied back and **ALL** jewelry will be removed. I understand that fake nails are a hazard and therefore will not attend training or competitions with them on.
- I will bring a **BOTTLE** to all training sessions – it is not the responsibility of Lazer Cheer to supply athletes with cups.
- I understand I will keep my Water bottle off the mat and equipment.

- I understand I **MUST** attend training 5 mins before the session starts, to ensure I am ready for the start time – this includes having my cheer shoes on.
- I understand I must respect the session and the coaches training me.
- I understand I **MUST** take part in ALL aspects of cheerleading.

Attitude

- I understand my attitude must always remain positive and in respect of the squad I am training with.
- I understand that a poor attitude reflects on my own performance and the squads.
- I understand I must remain accountable for poor attitude.
- I understand that should my attitude remain poor after some additional coaching and attention from the coaches to find the reasons for the poor attitude, I may be asked to leave a squad as it could be hindering their progression.

The following applies to both athletes, parents, and guardians.

BEHAVIOUR

- I will not use inappropriate language or participate in inappropriate behaviour both in and out of the gym whilst representing Lazer Cheer Academy.
- I will not train/support under the influence of alcohol or illegal drugs.
- I will treat all Coaches with respect and understand their decisions have the squad's best interests. I will understand that Coaches decisions do not appease individuals but as a squad.
- I will treat all fellow athletes with respect regardless of their skills and ability.
- I will respect all other teams, athletes and spectators at competitions and events.
- ***I will NOT use social networking sites to disrespect ANYONE from the cheerleading community in any manner. Not naming someone or a gym specifically will still result in a warning.***

FINANCIAL

- I understand that I am committed for the full season and that all my monthly fees **MUST** be paid on time.
- I understand should I not attend a training session my fees will be still be due for that month to ensure the squad can financially be cost effective to run and provide this opportunity.
- **I understand that lack of payments may result in dismissal from the squad.**
- I understand my fees will be non-refundable.
- I understand I will be paying for competitions, uniform, and training.
- I will participate in fundraising events to help the full squads reduce their payments where possible on uniforms.
- **I understand that competition payments must be paid on time – failure to do this will result in the athlete not being entered in the competition**

PARENTS/ GUARDIANS CODE OF CONDUCT

- **Parents/ Guardians must speak to coaches to discuss their athlete's development. They must not compare their athlete's progression and time scales of progression to other athletes in the program.** Parents/guardians must understand that athletes progress at different levels during different time scales. Coaches will **only** progress an athlete when it is **safe** to do so. Coaches will **not** allow athletes to conduct elements of cheerleading that their bodies are not physically ready to do thus resulting in reduced risk of injury to the athlete and other athletes.
- **Training sessions are closed sessions to spectators** – Private tumble sessions and parents being invited in to watch the final full out of a session are the only exceptions to this rule.
- **All conversations must be respectful. Any rude comments will be not tolerated.**
CONVERSATIONS MUST NOT INVOLVE ATHLETE COMPARISONS, DISCUSSING SQUAD PLACEMENTS OR PREDICTIONS!
- I understand I must not engage in placement conversations or try out conversations.
- I understand that Lazer Cheer ALWAYS has the best interests of ALL it's athletes and to respect their decisions are the best for the program, squads, AND individuals.
- Parents will not contact coaches on their personal social media accounts. All correspondence will go through the Chelsea Mandy Cheer Foreman account on facebook messenger or by email to mandy@lazercheer.co.uk and will be forwarded on to the relevant coaches.

NON-COMPLIANCE ACTIONS

1. You will be asked to attend a meeting with Mandy and Chelsea regarding your actions.
2. If you continue with your actions, you will be given a warning. This can be the result of breaking the SAME or a DIFFERENT rule.
3. Should you continue to disrespect the code of conduct you will be asked to leave the program. All fees paid will be Nonrefundable. Any merchandise or uniforms ordered will NOT be refunded or given once you have left.
4. Should we feel that you have broken any of these points in a way that we feel puts other athletes or our business at risk, we hold the right to remove you from the program with immediate effect.