



ATHLETE AGREEMENT



This agreement lays out expectations and best practices for athletes participating in West Coast Cheer (WCC) teams. Any questions or concerns should be brought to the attention of the President or Vice President of the board. Athletes not able to abide by the agreement will be dismissed from the team.

Safety

- Safety is the number one priority for WCC. Unsafe behavior will not be tolerated.
- Stunting will only be done with permission from a WCC coach. This includes any time a flyer's feet leave the ground.
- Purposely dropping a stunt at practice, competitions, or any other WCC event will be grounds for immediate dismissal from the team without any refunds. This includes threatening to drop or otherwise injure a member of a stunt group and/or team.
- All stunting must be done using best practices taught by WCC coaches, any other techniques must be discussed and approved by WCC coaches before being used by athletes.
- Athletes (and/or parents) must inform a WCC coach if they are injured, even if the injury did not occur during a WCC event if their injury will affect their ability to safely practice or perform. No exceptions.
- Anytime an athlete is uncomfortable or feels unsafe at a WCC event, please let a WCC coach or your parents know.
- Any behavior that is detrimental to the health or safety of other participants will not be tolerated. This includes any forms of bullying, abusive language, or physical violence. Other participants include but are not limited to other athletes, coaches, volunteers, competition officials, siblings of athletes, and parents.

Education

- Athletes must maintain passing grades at their school.
- Athletes must maintain good attendance at their school.
- School work, homework, athletic activities, achievements, promotions, etc. are priority above competitive cheerleading. Any schedules that may conflict with cheer practice must be discussed with the acting coach prior to missing practice.
 - A proper balance needs to be attained if other activities interrupt practice schedules, as it does affect routine progress and all other athletes who are dedicating full time to the program.
 - If a balance is not attained with the above activities the athlete may be removed from areas within the performance that affect their teammates, allowing other athletes to progress to their full potential due to scheduling conflicts.
- WCC can ask for a copy of the athlete's latest report card or progress report to ensure the athlete's education is in good standing.



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Dress Code

Practice:

- Athletes are required to wear WCC practice wear top and bottoms, cheer shoes with socks, and hair pulled back away from the face and shoulders.
- If WCC practice wear has not arrived yet, athletes must dress in appropriate fitting athletic clothing and shoes.
- Athletes must arrive with a full water bottle.
- No jewelry, jeans, jean shorts, sandals, skirts, dresses, crop tops, sports bras, hoodies, oversized or undersized clothing, etc. will be allowed to be worn during practice.
- No nails longer than an athlete's fingertips.
- Athletes must maintain good hygiene.

Competitions:

- All athletes must wear WCC apparel during competitions.
- All athletes are REQUIRED to be in full uniform for competition and awards including top, skirt, cheer shoes, makeup, hair done, and bow.
- Each child shall arrive with hair and make-up complete, ready to compete unless otherwise asked by the head coach. Refusal to comply with the competition look will result in dismissal from the team. Any concerns about hair or makeup look shall be brought to the attention of the coach at least 48 hours before a competition.
- No jewelry is allowed to be worn during competition. This includes smart watches.
- No nails longer than an athlete's fingertips.

Practice/competition readiness

- No food or snacks during practice.
- No drinks besides water will be permitted at practice.
- No food or drinks (besides water) from check in time until after the team competes (or after Awards Ceremony if we are close to the final competing team) during competitions.
- Any special dietary needs must be discussed with the head coach before the season begins.
- Athletes should use the restroom before practice and before check-in at competitions. All other restroom breaks must be permitted by the acting coach during practice and competitions.
- No phone use at practice. Phones must be kept in a bag on silent mode during practice, practice breaks and competitions, after athletes perform at competitions they can check in with their parents.
- No earbuds during practice hours or at competition.
- Nails must be kept below the tip of the fingers.



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Behavior

- Athletes should be on their best behavior during WCC events. Not only are they representing WCC, they are also role models for other children.
- No cussing at WCC events or while in WCC uniform.
- Athletes must use kind words and positive remarks towards other WCC participants, other competitive teams, parents, volunteers, etc.
- Athletes must fully participate in all WCC events. This includes fundraisers, external gatherings, and especially during practice which includes stretching and warmups.
- Athletes who threaten to quit or leave without notifying a coach will be dismissed from the team without any refunds.
- Athletes are not allowed to bring friends or family to practice; practice will be closed sessions. If there is a need to bring someone to practice, it must be discussed with the acting coach prior to practice. Please invite friends and family to the competitions.
- No pictures are to be taken by athletes during practice. No posting videos of competition routines/stunts on social media until after the season ends.
- The space used by WCC must be taken care of by the participants, this includes the bathroom area. Athletes must clean up after themselves and ask for help when necessary.

Signatures

I, _____, the WCC athlete, have read the above-mentioned information concerning the policies and practices of WCC and agree to follow these policies. I understand the commitment I am making to WCC and that if I should choose not to follow the policies as expressed above and any additional boundaries set forth by the Team’s Head Coach and/or the Board of Directors, I may be asked to leave the WCC program with no possible refunds. This agreement, together with any attachment(s), will be governed by the laws of the State of California. This supersedes all prior oral or written representations or communication between all parties. It also constitutes the entire understanding of the parties regarding the subject matter of this agreement and may only be modified or amended by written supplement signed by both parties.

Athlete Name

Date

Athlete Signature

Date

Parent/Guardian Name

Date

Parent/Guardian Signature

Date