Limelight Rules and Guidelines

General Guidelines

1. If you have a concern, please contact the gym directly so we can assist you.

2. Each team member and parent must be aware of all of the responsibilities required and the commitment they are making to the team, placing the team first.

3. All members must be aware that participation at LCA is a privilege, not a right. Each athlete is committed until the end of each season.

5. Each member will follow all additional rules and guidelines given by the coach, director, team mom or person in charge.

Gym Rules

1. Please leave all valuables at home. We are not responsible for lost property.

2. There is no gum, candy, food or drinks (except water) allowed in the gym.

3. No outdoor shoes allowed in the gym. Please wear cheer shoes to practice only.

4. NO LONG FINGERNAILS OR JEWELRY ALLOWED AT PRACTICE.

5. No cell phones allowed during practice except during breaks.

Athlete Behaviour

1. Each member will set and maintain the highest levels of behaviour and must realize that how they conduct themselves directly reflects on the entire program.

2. Challenging the authority of a person in charge, use of profanity or abusive language or any negative behaviour toward a coach, gym directors or another athlete or parent by an athlete or parent is not acceptable and will not be tolerated.

3. There will be no negative behaviour towards another LCA member or toward another gym, via any medium (i.e. directly or via internet message boards, chat rooms).

4. Any action, whether intentional or otherwise, which jeopardizes the safety of oneself or any other member is unacceptable and will be dealt with severely.

5. Athletes must be willing to work hard, take directions and strive for excellence.

6. No smoking, drinking of alcoholic beverages or use of drugs while representing LCA.

Attendance Policy

1. MEMBERS WILL BE PRESENT AND ON TIME TO ALL REQUIRED ACTIVITIES!

2. We understand summer absences for vacations and camps. However, team camps are mandatory.

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3. Missing during RED Dates is not allowed.

4. Excessive tardiness or absences may be a reason for removal from the team. **Absences are only allowed for extreme sickness/Injury, family emergencies, or school-mandated events. NOTE: Studying for an exam, birthdays, work, school trip/dance, not having a ride, etc., are not excused absences.**

5. Parents are to inform the coach and administration of all tardiness and absences using GroupMe. 1 minute late is late.

6. Team members are required to attend all competitions. This includes remaining until the awards ceremony is over, in full uniform or team apparel as outlined by the coaching staff. If parents are unable to stay for the whole competition, other arrangements must be made so that the athlete can stay with the team for the awards ceremony.

7. All athletes must be picked up promptly at the end of their class/practice.

<u>Parents</u>

1. Parents are required to fulfill all financial obligations on time.

2. While we encourage parental support and understanding, questioning the coach's decisions about routine choreography or practice planning is unacceptable.

3. The viewing area is a DRAMA-FREE ZONE. The viewing area will remain open if the environment remains supportive and friendly.

4. Parents should be aware of all gym policies and abide by gym, competition, and other event policies.

5. Parents should enroll in BAND for all team/coach communication.

Apparel Guidelines –

<u>Team Practice</u> - Each competitive athlete will be provided with practice attire. You MUST wear a Limelight top to practice. This includes (shirts, bra tops, hoodies, sweatshirts, and other practice-appropriate attire). You can wear the attire you receive with registration or any LCA attire sold in our pro shop. You may wear any bottoms you prefer. No other attire is allowed. If you do not have the appropriate attire for practice, you must purchase new attire from the pro shop to participate. We will have occasional fun days where your apparel rules are relaxed. Cheer shoes should be worn at all practices. Athletes must wear their hair in a ponytail during practice with any limelight bow. When in classes or other events that are not team practice, you can wear any Limelight tops with any bottoms.

<u>Competitions</u> – Please refrain from mixing LCA pieces with street clothes. A full uniform must be worn for awards. Between performance and awards, athletes may wear Limelight clothes such as hoodies, T-shirts and sweaters over their uniforms.