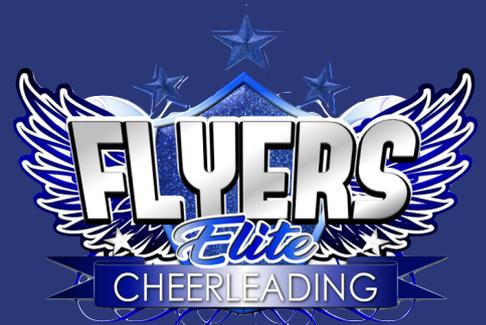


- Athlete Code of Conduct -

Flyers Cheerleading athletes and parents are held to a high standard of behaviour. Please ensure that you read all of the following rules.

- I will learn and obey the rules and regulations set by Flyers Cheerleading (all of which can be found in our code of conduct).
- I understand that this is a COMMITMENT and that my team is depending on me to fulfil my responsibilities as a team member. I will be committed to my coaches, teammates and myself, striving to reach both the team's goals and my own, personal goals. I commit to work with every team member and Coach.
- I will come to practice with a positive ATTITUDE, and I will follow the instructions given by all Flyers Cheerleading Coaches and will work hard to achieve goals set by these Coaches. I realise that a positive attitude will influence my teammates in a positive manner.
- I will not disrespect any team member, Coach, parent or competitor of Flyers Cheerleading or any other gym for any reason, at any time. This includes face-to-face, telephone, text, email and social networking sites.
- I will not use inappropriate language or participate in inappropriate behaviour, including bullying or selfish behaviour. I understand that Flyers coaches will take a zero-tolerance approach to bullying and unkind behaviour.
- I will ensure to maintain a healthy lifestyle, and I understand that this means eating and drinking healthily. Athletes will not have an opportunity to eat during the session so snacks are for after training. A full bottle of water must be brought to every training session. No other drinks are allowed.
- I will arrive at least 10 minutes early for training, in the correct clothing ready for warm-up.
- I understand that it is my responsibility to remove all jewellery before arriving at training. Failure to do so may result in injury to myself or others. We will not be held responsible for anyone failing to comply with this rule.
- I commit to working hard on my strength & flexibility as I understand this is important in all areas of cheer and progressing my tumbling skills. I understand that this may mean working outside of scheduled practice.
- I understand the importance of team moral at training sessions, competitions and events and will ensure to arrive on time and stay with the team throughout the session, competition or event, unless prior permission has been given by the Flyers Coaches.
- I will demonstrate good sportsmanship striving to be a humble winner and a gracious loser.
- I understand that all material, music, and routines are the property of Flyers Cheerleading and are not to be used for any other purposes including school squads, talent shows, social networking sites, personal web pages and internet video sites, without advance permission from the Flyers Coaches. I understand that breaking any of the codes of conduct above may result in suspension or dismissal from Flyers Elite Cheerleading without refund of any fees paid.



- Parent Code of Conduct -

As a parent you have a huge impact on your child's development at Flyers and we feel it is very important for you guys to have an understanding of what we expect from our squad parents. We would like to give a clear understanding on what is expected from a 'Flyers Parent'. Please read through the following parental obligations and expectations:

- I will ensure my child adheres to their athlete expectations and accept full responsibility should they not do so.
 - I will take an active interest in my child's participation and progression.
 - I will never place undue pressure on my child or other athletes to perform, participate or compete.
 - I will assume responsibility for safe transportation and attendance to and from training, performances and competitions. If another adult is bringing my child to training/competition, I will inform Flyers and ensure that the adult collecting my child passes on any messages and communications.
 - I will ensure that my child does not bring any unnecessary valuables to training, performances or competitions.
 - I am expected to keep emergency contact details and any medical changes up to date with the club and assume responsibility if I fail to do so.
 - I will ensure my child's fees are paid in full and accept that if this is not adhered to that my child may not be able to participate in the session or competition.
 - I will respect the rights, dignity and worth of every athlete, Coach and others involved and treat everyone equally.
 - I will not disrespect any team member, Coach, parent or competitor of Flyers Cheerleading or any other gym for any reason at any time. This includes face-to-face, telephone, text, email and social networking sites.
 - I understand that I must wait outside of the gym during training
 - I will keep myself up to date with any changes in the club's policies and procedures, which are found in the code of conduct.
 - I will return any necessary written consent forms to the club or appropriate person as soon as possible when requested.
- I understand that any and all negative behaviour towards a coach, volunteer or team member will result in my child's instant dismissal from the club.
- I accept and adhere to the code of conduct and athlete expectations
 - I understand that breach of any of these will affect my child's position within the team.

