

# ROGUE CHEER ATHLETICS CODE OF CONDUCT (JR/SR)

EFFECTIVE AS OF AUGUST 3, 2022

## FALL/WINTER PRACTICE SCHEDULE STARTING SEPTEMBER 6th 2022

JUNIOR TEAM GAMEDAY Mon / Fri 5:00-7:00

JUNIOR TEAM TRADITIONAL Tues / Thurs 5:00-7:00

ALL JUNIORS Wednesday 5:00-6:00

SENIOR TEAM Tues / Wed / Thurs 5:00-7:00

**NEW 2022: The gym will be available and open to junior/senior athletes at 3:45 PM starting 9/6 if athletes need to be dropped off early prior to their practice. They can use this time as a study hall or to relax/hang out before their practice starts at 5:00 PM.**

## ATTENDANCE

Attendance is mandatory unless there is an exception made by the coaches.

Examples of **excused absences** include: illness, pre planned vacations cleared with coach and family emergencies.

Examples of **unexcused absences** include: not having a ride, homework, hair/nail appointments, doctor/dentist appointments (we ask that these be planned on non-cheer days if possible), being grounded, involvement in other sports and non-cheer activities. Proper notice and planning will avoid conflicts!

Vacations need to be cleared with the coaches at least 1 week prior to leaving. Please keep in mind that it is crucial to be present during competition season (January-February)

DO NOT come to practice if you are: vomiting, coughing profusely, have a fever, are dizzy or have anything that could be contagious. Make sure to notify your coaches at least 24 hours before practice. Not the day of if at all possible. **\*\*These are considered excused absences, as long as the coaches are informed PRIOR to practice\*\***

The Youth, Junior and Senior Team has two unexcused absences allowed each season. The third unexcused absence will result in being benched from the next performance/competition. Any further absences may result in removal from the program.

**Contact the following coach(es) if you will be absent from practice:**

**MINI TEAM - COACH MAISY 541-601-7338**

**YOUTH TEAM - COACH AMBER 541-619-8027**

**JUNIOR TEAM - COACH ERYNE 541-292-1569**

**SENIOR TEAM - COACH BECKY 541-778-7778**

## YOUTH, JUNIOR & SENIOR ARRIVAL REQUIREMENTS:

All Rogue Cheer Athletics Athletes must be present and on the mat no later than 5 minutes before their practice starts and "practice ready". The only exclusion being Tiny and Mini team. (reach out to us if your athlete has a later release time from school).

## **“PRACTICE READY” :**

Hair up, bangs out of face

Jewelry out

Practice clothes on

Phones/ smartwatches/ fit bits etc... Juniors (on Coach Eryne's door) , Seniors (in locker)

Nails trimmed

Have used restroom already

Failure to abide will result in an unexcused absence.

## **ATTIRE/PRACTICE READY**

Come prepared! That means proper athletic clothes, cheer specific shoes, sports bra (junior/senior athletes), hair and bangs pulled back (please see Arrival Requirements).

Absolutely NO jewelry allowed during practice. Coaches are not responsible for holding onto jewelry.

Nails must be kept short. We will have random nail and jewelry checks. This is a safety requirement.

Athletes need to be "practice ready" when they begin their cheer practice. If an athlete arrives in jeans, skater shoes, a dress etc. or anything that does not fit "practice ready" (as described above) we will ask said athlete to sit out of practice until a parent can bring the needed cheer gear.

## **ARRIVAL/DEPARTURE PROTOCOLS**

Mini and Youth athletes need to be walked in to the foyer by the person responsible for dropping them off. Upon departure - pick up person needs to enter the foyer to depart with their athlete. Please be sure that a coach knows you are leaving.

-Junior/Senior athletes can be dropped off but person responsible for dropping off MUST watch their athlete enter into the building before driving away. Upon departure - athlete must let a coach know they are leaving before exiting the building. If an athlete drives themselves in their own vehicle, they will be observed by a coach until safely in their car.

-Rogue Cheer Athletics fall/winter practices will be closed in order to prioritize the focus of the athletes. However there is more flexibility with our younger athletes on the Mini team. If you have a reason for needing to stay in the foyer during practices please let our coaching staff know ahead of time. If you travel a long distance for practices (Grants Pass, Ashland, Kfalls) please let us know so we can work out an adjustment for this protocol.

## **COMPETITIONS**

Competitions are run in a structured and timed manner by competition directors. Please plan for plenty of time when traveling to competitions. If you believe you will be late, let your coaches know as soon as possible. If an athlete is too late they miss the warm up time, that athlete will likely have to miss participating in the routine that day.

Junior and Senior athletes need to verbally confirm with their coach that they are departing before leaving any competitive event.

Parents are responsible for driving their athlete to competition if a bus is not available.

## **TEAM COMMUNICATION**

All cheerleaders (if they have a phone), cheer parents and coaches are required to be part of the BAND App. This is a free app / private group that streamlines communication throughout our season. We use this instead of group texting. Your notifications for this app need to be ON.

### **BAND IS WHERE THE FOLLOWING COMMUNICATION FOR YOUR TEAM WILL TAKE PLACE:**

- cheer schedule & last minutes schedule changes
- cheer documents
- cheer photos and videos for easy downloading
- cheer event updates / cancellations

athletes and parents are responsible for keeping track of information and updates that are posted on BAND.

**It will be considered an unexcused absence if an athlete misses an event due to either the athlete or parent not checking their BAND app.**

## **CHEER COST**

-Monthly cheer payments are due by the 25th of each month. A \$10 fee will incur for each day unpaid after the 25th.

-Payments can be made via square on our payment portal at the link here:  
[www.roguecheerathletics.com/paymentportal](http://www.roguecheerathletics.com/paymentportal)

## **ATTITUDE/BEHAVIOR**

-Always keep a positive coachable attitude.

-Always talk with love and respect no matter who is being spoken of or to (teammates and coaches)

-Understand that there is no tolerance when it comes to lying, backstabbing, bullying, discouraging teammates and/or creating drama on the Rogue Cheer Athletics teams.

-There will be no arguing with coaches' decisions. They are final.

-All coaching staff are to be treated with respect. Any attitude or dismissive behavior towards a coach by an athlete (regardless if it is your team's coach) will result in a documented strike and follow up conversation. Please note - if any Rogue coach is present for your teams practice, they too are acting as your coach and will be treated as such.

-Have the mindset of an athlete. As with all athletes, no grumbling when it comes to your responsibility as a cheerleader which includes conditioning, practicing, competitions etc.

-Talk to the coach privately if there is an irresolvable problem. If athletes and/or parents have a conflict with any member of the coaching staff and/or cheer family, we ask that this be handled with the biblical principles as stated in Matthew 18:15-17. Any conflicts will be handled confidentially.

-Do not air team laundry or speak negatively while with teammates, at school, via text, Group Text, Facebook, Twitter, SnapChat, TikTok, Instagram or any other social media.

-Inappropriate talk amongst teammates and/or compromising or suggestive photos/content posted, shown TO each other or shared on social media will be used as grounds for disciplinary action. Please see \*3 strike policy\* for further explanation.

-Remember that you represent the team as whole, your faith and your family.

-Phones / smartwatches / fit bits are to be put away and on silent in the coach office cubby area. If an athlete needs to be reached please text or call your team's coach via their cell phone.

-Remember, being a Rogue Cheer Athletics cheerleader is a privilege, not a right. By making the squad you've earned the privilege, but failure to maintain team standards and expectations may result in loss of this privilege.

-If you choose to quit the team at any time during the year, you will not be allowed back on the team at any point during the same season. Please also note, if you decide to try out again in the future, the fact that you have quit in the past will weigh heavily on your chances of making the team.

Coaches will be keeping an attendance book starting in the 2022 season. Any strikes or unexcused absences will be documented in the attendance book.

## **ROGUE CHEER ATHLETICS CODE OF CONDUCT 3 STRIKE POLICY**

Failure to abide by the Rogue Cheer Athletics Code of Conduct will result in a strike per offense:

First Offense = Verbal communication: Coaches will pull the athlete aside and communicate directly the concerns being had, however, failure to correct the behavior will result in a second strikes

Second Offense = Conversation with Parent/guardian: We will pull athlete aside and bring parent/guardian into the conversation. We will work together with parents/guardians to come up with a solution and see if we can solve the issue. If issue does not resolve we will continue to strike three.

Third Offense = Removal from program: We will remove athlete from the program if the deliberate attitude continues after the two conversations before hand. This is never our first choice, and clear communication will be made before removal.

***BY SIGNING MY NAME BELOW, I AM STATING THAT I (THE ATHLETE AND PARENT/GUARDIAN) HAVE RECEIVED AND READ THE 2022-2023 ROGUE CHEER ATHLETICS CODE OF CONDUCT, UNDERSTAND ITS CONTENTS AND WILL ABIDE BY THE RULES SET FORTH IN IT***

PARENT/GUARDIAN SIGNATURE & DATE \_\_\_\_\_

ATHLETE SIGNATURE & DATE \_\_\_\_\_

***Please return THIS PAGE to coach Becky by Thursday August 4, 2022***