

**KC CHEER**  
**CHEER PREP CONTRACT**  
**POLICIES, EXPECTATIONS & COMMITMENT**

We are competitive cheerleaders. This means we compete, and are therefore subject to an entirely different set of rules and regulations than most of you may be used to.

Just because we use “cheerleading” as our medium, this does not lessen the fact that we are athletes. As athletes we must train just as diligently as a gymnast or ballplayer.

These rules and regulations have been set up in the best interest of the entire program. We understand that as a parent or participant you may not agree with every decision that our staff makes. We assure you that the decisions are carefully thought out and a great amount of time has gone in the process, which leads us to our decisions. All decisions and changes regarding teams & routines are left solely to the discretion of the coaching staff.

The most important job we have is to create a positive environment for learning. As coaches it is our goal to create a disciplined, positive and productive atmosphere in which to learn and compete. As a result, we can produce outstanding individuals & teammates with a mentally strong attitude, a physically strong body and remarkable leadership skills.

**GENERAL RULES & REGULATIONS**

- Any and all use of the KC Cheer logo is prohibited without the approval of Kristi or Michael Whitney. The selling of any apparel or spirit wear items is also prohibited with **prior** written approval.
- No posting of Team Performances on Facebook or YouTube under any circumstances.
- All paperwork must be completely filled out prior to any member participating in practices. These documents include: Registration Form, Medical Release Form & Contract Signature Page.
- All questions and/or may be addressed to:  
Kristi or Michael Whitney—Gym Owners (kristi@kccheer.com)  
Mary Lewis-Gym Operations Coordinator (mary@kccheer.com)
- There will be no food, gum or drinks in the gym. You may bring a snack and bottled water for breaks if it is kept in the lobby.
- Back talk, rolling of the eyes and any other disrespectful gestures toward coaches will not be tolerated.
- KC Cheer is a Drug and Alcohol Free Environment. Abuse of this policy will require immediate removal from the team.
- Teammates are expected to treat one another with mutual respect. They should talk to one another in a manner in which they wish to be spoken to.

**ATTENDANCE**

- WE EXPECT 100% FROM EACH AND EVERY MEMBER! AND YOU CAN EXPECT 100% FROM YOUR COACHES!
- The only excused absences will be those in which you have made every attempt to contact KC Cheer to inform us of your school or family related event. Please email the coaching staff at kristi@kccheer.com if you will miss practice for any reason.
- If you are sick and non-contagious you will attend practice to watch from the side for changes that may affect you in the routine.

- We understand that there are circumstances for which absences are unavoidable; however, this is an activity that you have chosen to participate. Your attendance not only affects you, but all of the other members of your team.

## **TUITION & PAYMENTS**

- Each member of a Cheer Prep squad is required to pay tuition of \$80 each month. Tuition is drawn on a credit card kept on file in the Jackrabbit Portal on the first of each month from October through April.
- TUITION IS PAYABLE REGARDLESS OF INJURY, ILLNESS OR VACATION. IF A TEAM MEMBER QUILTS, PARENTS THAT HAVE SIGNED THIS CONTRACT WILL REMAIN FINANCIALLY RESPONSIBLE UNTIL THE COMPLETION OF THIS CONTRACT.
- Each member of a Cheer Prep team will be required to pay Competition Fees for the Season. These payments are non-refundable and may be used for a replacement if the need arises. Competition fees paid via credit card will be subject to a 3% surcharge.
- Each member of the Cheer Prep team must have an account on the Jackrabbit Portal and a credit card on file in that account.
- Cheer Prep team members may choose to attend an additional (optional) tumbling class for a discounted rate of \$30 per month.
- Payment due dates and amounts will be communicated via email. All Cheer Prep team members' parents should have an active email address on file with KC Cheer and check it often for updates and notices.

## **PRACTICES**

- Tuition pays for training. It does not pay for the right to perform. Please be clear that each member earns the right to perform through preparedness as a team member.
- Cheer Prep team practices are once a week for 2 hours.
- Unexcused absences, excessive tardiness, or missing more than 3 consecutive practices may call for removal from the team.
- Practice dress is required and will be scheduled by your coaching staff.
- No jewelry will be worn in practice.
- No cell phones are allowed in practice. If they are found in the gym, they will be taken and held until the end of practice.
- Jewelry, cell phones, iPods & other valuables brought to, or left at, the gym ARE NOT the responsibility of KC Cheer. Please leave all valuables at home.
- We will give time off for holidays that do not conflict with the competition schedule. The week from Dec. 23 to Jan. 2 is always time off of regular practice. Thanksgiving Day, Christmas Day, New Years' Day & Easter are all KC Cheer holidays.
- ADDITIONAL TEAM PRACTICES WILL BE SCHEDULED THE WEEK OR WEEKEND PRIOR TO EVERY COMPETITION. THESE PRACTICES ARE MANDATORY.

## **COMPETITIONS**

- All members will show up to competitions in attire selected by the staff.
- Full uniform will be worn during competition unless otherwise stated by staff.
- After you perform, you may change into the KC Cheer attire selected by the staff (Warm ups or KC Cheer t-shirt)
- No jewelry will be worn in competition.
- We will be respectful of other squads and squad members. Sportsmanship is the key to Success!

- We will not taunt, brag, boast, name call, or otherwise humiliate other teams. Let your performance on the floor do all the talking for you.
- As part of the KC Cheer Family, we support all members of our organization. We will stay and give our support for other squads within our organization...no exceptions!
- You can expect a gym meeting at the conclusion of each day at each competition.
- Parents are responsible for getting your child to and from competitions.
- Specific times & meeting places will be communicated through email.

## **PARENTS INFORMATION**

- We understand this is an expensive and time-consuming sport. The sport of competitive cheerleading takes a total commitment by the entire family. Just as we have rules and regulations for the competing KC Cheer members, there are certain rules that we ask of our KC Cheer families.
- Parents & spectators are not allowed in the gym unless invited by the coaching staff.
- Coaching from the window is not acceptable. The best way you can help is to support and reinforce the coaches' decisions.
- Name calling, disrespecting other parents or children, and down talking a coach are not permitted. If such actions take place, the individual (s) will be asked to not attend practice.
- Parents are NEVER to address another team member personally. If you or your child has an issue with another team member you must first go to the coach for assistance.
- If you have a suggestion or concern, please feel free to discuss this with the coach or the program director. Parents may also find emailing a useful way to resolve minor issues.

As a parent your support is crucial. Without you there are no kids, and thus no program. KC Cheer will not show favoritism to any child. We feel each and every child is an important part of the entire program, and that no one person is bigger than the KC Cheer All Star Spirit. You may not agree with every decision made here, but you have chosen to be a part of this competitive cheer program. In essence this means that you have chosen to follow the rules and regulations as stated in this contract.

Remember, we are all part of the KC Cheer Family. Each and every person is here to learn, have fun and win championships. Together and only together, can KC Cheer be Successful. It takes a strong and serious effort by everyone involved to build positive, confident, successful individuals and award-winning teams.

Once you become part of the KC Cheer Family, we know you will understand the Determination, Feel the Passion and be Rewarded with Support of the largest, most successful cheer program in the Metro Area!! We are thrilled that you have chosen to be part of our SPIRIT FAMILY!