PRACTICE & ATTENDANCE POLICY

PRACTICE ATTIRE

Every athlete is required to purchase practice clothes and will be required to wear the assigned outfit to every practice. Athletes will also need to wear cheer shoes and have their hair pulled back at all times for safety. In the event you lose an article of clothing, you will be required to purchase a new one.

CLOSED PRACTICES

Our practice atmosphere will be high-intensity, fun, and informative for our athletes. In order to keep our athletes focused and on track, practices are closed. Only athletes practicing, visiting coaches, and pre-determined staff will be allowed in practice. The absence of an audience alleviates the added stress and helps us properly and thoroughly coach all athletes.

PRACTICE/ATTENDANCE/ABSENCE POLICY

We understand there are circumstances that may be unavoidable, but keep in mind this is a TEAM sport that is unlike any other because there are no back-ups or a "second string." Every team member has a specified function, and one absence could disrupt practice effectiveness. All practices, events, exhibitions, competitions, and any functions of Flames Cheerleading are mandatory. Our competition season begins June 1 and ends December 31. Practices may be changed and/or added throughout the season at any time. If practice is altered, you will be notified of any changes.

Two (2) unexcused absences will result in the athlete being pulled from any upcoming performance or competition at the discretion of the coaching staff.

EXCUSED ABSENCES

The following are excused absences from Flames Cheerleading activities:

- Family emergency or death in the family
- School function that results in a grade.
- Illness. If your child has a non-contagious illness, she is still required to be at practice.

The following are examples of unexcused absences:

- Birthday parties, weddings, anniversaries, family celebrations, etc.