

All-Star Cheer Athlete Code of Conduct

As an athlete of the All-Star Cheer program, you are representing our team, our values, and our community. This Code of Conduct is designed to foster a positive and respectful environment for all athletes, coaches, and staff members. By participating, you agree to adhere to the following expectations and standards:

1. General Expectations

- **Respect:** Treat coaches, teammates, officials, and spectators with respect at all times, both in and outside of practice and competitions.
 - **Integrity:** Demonstrate honesty and ethical behavior in all actions related to cheerleading.
 - **Leadership:** Set a positive example for your peers by demonstrating strong character, sportsmanship, and teamwork both in practice and in public.
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2. Commitment and Attendance

- **Punctuality:** Attend all practices, competitions, and team events on time. If you are unable to attend, notify your coach as soon as possible with a valid reason.
 - **Accountability:** Understand that your commitment to the team affects the success of the entire program. Each athlete's role is important to achieving our goals.
 - **Consistent Participation:** Make cheerleading a priority, ensuring you consistently attend practices and events, and meet the expectations set by the coaching staff.
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3. Sportsmanship and Teamwork

- **Positive Attitude:** Always approach practice, competition, and team activities with a positive attitude, even in challenging situations.
- **Support and Encouragement:** Support your teammates in their growth and success. Encourage them to perform to the best of their ability and celebrate their accomplishments.
- **Respectful Communication:** Resolve disagreements or conflicts with teammates and coaches in a constructive and respectful manner.

4. Practice and Training Etiquette

- **Focus:** Give 100% effort during practices. Stay engaged, listen to your coaches, and avoid distractions.
- **Preparedness:** Come to practice prepared with the appropriate attire, hair, and any required equipment. Always have a water bottle and a positive mindset.
- **Respect for Coaches:** Follow instructions and guidance from your coaches, understanding that they are here to help you succeed.

5. Safety and Conduct During Practice

- **Safe Environment:** Practice in a safe manner, following all safety protocols outlined by the coach. Always use the proper technique and avoid taking unnecessary risks.
- **Injury Prevention:** Report any injuries or discomfort immediately to your coach or trainer. Participate in warm-ups and cool-downs as instructed.
- **Responsibility:** Use equipment appropriately and take care of all gym and team property. Clean up after yourself at all times.

6. Behavior and Conduct During Competitions

- **Professionalism:** Represent the team with professionalism at all times, whether you're competing or cheering on other teams. Maintain a positive attitude towards all teams and competitors.
- **Respect for Officials:** Treat competition officials with respect, even when decisions do not go in your favor.
- **Team Support:** Cheer on your teammates regardless of the outcome. Always stand by them as a cohesive unit.

7. Social Media and Public Representation

- **Responsibility Online:** Be mindful of the content you post on social media platforms. Avoid sharing anything that could be viewed as inappropriate, offensive, or detrimental to the team's reputation.

- **Privacy and Respect:** Do not post any personal information about teammates, coaches, or team events without consent.
 - **Positive Representation:** Always represent the team and program positively on social media, especially when you are wearing team attire or during any team-related activities.
 - **No Tolerance for Bullying:** Any form of bullying or harmful behavior online, directed towards teammates, competitors, or anyone associated with the sport, will not be tolerated.
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8. Disciplinary Action

Failure to adhere to the Athlete Code of Conduct may result in disciplinary action, including but not limited to verbal warnings, temporary suspension, or removal from the team. Any serious violations will be addressed immediately and in accordance with team policies.

Definition of Bullying

Bullying is any intentional, repeated behavior that causes harm, intimidation, or distress to another individual. It can occur in person or through digital means and may target a person's appearance, abilities, or personal characteristics. Bullying creates an environment of fear and exclusion and goes against the core values of respect and sportsmanship that we strive to uphold in our program.

Types of Bullying That Will Not Be Accepted

1. Physical Bullying:

- Any form of physical aggression, such as hitting, kicking, pushing, or damaging personal belongings, is strictly prohibited.

2. Verbal Bullying:

- Insults, name-calling, teasing, or making derogatory comments about a teammate's abilities, appearance, or personal life. This also includes threatening language.

3. Social Bullying:

- Deliberate exclusion, spreading rumors, or intentionally isolating an individual from team activities or events. This includes making someone feel unwelcome or unsafe.

4. Cyberbullying:

- Using digital platforms, such as social media, texts, or emails, to harass, intimidate, or embarrass a teammate. This includes spreading false information, making hurtful comments, or sharing private details without permission.

5. Psychological Bullying:

- Manipulating, humiliating, or intimidating others in a way that affects their mental or emotional well-being. This includes excessive criticism or trying to control someone in an unhealthy manner.

6. Sexual Bullying:

- Any unwanted, inappropriate, or harmful comments or actions related to an individual's gender, sexual orientation, or appearance. This includes physical actions or verbal comments that make someone uncomfortable or unsafe.

Zero Tolerance Policy on Bullying

All forms of bullying are considered a violation of this Code of Conduct and will not be tolerated under any circumstances. Any athlete who engages in bullying behavior will face disciplinary actions, including but not limited to a meeting with the coach, suspension from the team, or permanent removal from the program.

By signing below, you acknowledge that you have read, understood, and agree to abide by the All-Star Cheer Athlete Code of Conduct:

Athlete Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____ **Date:** _____