

BC Sport Cheer Provincial Team Management Policy

Preamble

This policy outlines the management of Team BC.

Definitions

- 1) Within the bounds of this policy the below terms are defined as follows:
 - a) “Organization” — refers to BC Sport Cheer Association, or its representatives, including but not limited to, board of directors, staff, contractors, and committee members.
 - b) “Athlete” — refers to the athletes being evaluated for Team BC.
 - c) “Evaluation” or “Evaluation Process” — refers to the try-out process to select athletes for Team BC. This includes clear, standardized scoring systems and criteria covering building skills; tumbling and jump skills as well as cheer, dance and performance abilities. Evaluations can take place virtually or in-person.
 - d) “Evaluator” — refers to the qualified professional selected to evaluate athletes. The evaluators are selected at the discretion of BC Sport Cheer and may include level-qualified coaches, current and previous Team BC coaches and judges.
 - e) Coach(es) — refers to the coaches of Team BC.

Purpose

- 2) The Provincial Team Management Policy is intended to establish guidelines for support and management of Team BC. This policy outlines clear expectations for the management of Team BC, including, but not limited to, team selection, training programs and regimens, communication channels and additional team support.

Procedures

- 3) **Selection Process**
 - The evaluation and selection process for Team BC is outlined in the ***Talent Identification Policy***
- 4) **Training Program**

The responsibility of the Coaches includes:

 - a) Developing comprehensive training programs including the following components:
 - i) Skill Development (this can include skill specific drills and additional training)
 - ii) Physical Fitness (this can include gym specific workouts including endurance, cardio and weight training)

- iii) Mental Training (this can include competition preparedness, coping skills, sportsmanship and other mental training as needed)
- b) Conducting regular assessments of team and individual skills.
 - i) Assessments shall be conducted at the discretion of coaches.
- c) Routine development
 - i) Creating innovative and competitive routines that showcase the team's strengths and uniqueness.
- d) Developing practice and competition strategy, which includes:
 - i) Optimize practice sessions through structured training plans and schedules
 - ii) Develop strategic plans for competitions, including warm-up plans and routine adjustments based on judges' feedback.

5) **Communication Channels**

- a) The organization shall:
 - i) Establish an effective, consistent and transparent communication channel which includes athletes, parents, coaches and representatives from the organization.
 - ii) The communication channel should be a **secure communication platform** such as an app like 'Band'
- b) The coaches shall:
 - i) Ensure consistent communication regarding team expectations, schedules, updates, etc.
 - ii) Provide feedback to athletes regarding progress of skills
 - iii) Emphasize and enforce safety protocols to ensure the well-being of athletes during training and performances.

6) **Additional Team Support**

- a) The organization and coaches shall:
 - i) Provide access to sports science resources, which can include: physiotherapists, mental health professionals and dieticians to support athlete well-being and longevity.