

Hampton Roads



(Partnered with Impact Cheerleading)

Handbook/Code of Conduct

Philosophy:

Our philosophy is to build Christ like characteristics into the lives of each cheerleader. God can operate through cheerleading to produce desired character qualities of leadership, loyalty, love, and faithfulness. They will learn to be under authority as well as in authority. They will be aware of their individual responsibility to each other.

We are all one body; when one hurts, we all hurt, and when one rejoices, we all rejoice. Each girl will learn what it means to make a commitment to the squad.

Policies & Procedures

General:

- Only registered athletes are allowed in the practice area. Parents, siblings, family members, friends, etc. are not allowed in the practice area. Siblings must be monitored at all times. We are not a babysitting service.
- All spectators (when allowed) must remain in the designated area. Anyone that disrupts a practice will be asked to leave the gym immediately.
- Only water (in a sealed bottle) is permitted in the practice area. No food or gum is allowed.
- All trash must be properly disposed of inside the facility.
- Cell phones are not permitted during practice. Phones are to be put on silent mode and placed in the phone bin or left outside of the practice area.
- Hampton roads Royals is not responsible for any personal items lost or stolen. It is your responsibility to make sure nothing is left behind at the end of the day.
- Parents/athletes are responsible for keeping up with notifications & announcements on the BAND app. There is no excuse for being uninformed when the information has been provided.
- No videos of routines/choreography should be uploaded to any online platform such as YouTube, Facebook, Instagram, etc until AFTER the last competition of the season.

Teams:

Hampton Roads Royals retains the right to:

- Place its athletes on the team(s) it feels will best suit the athletes and the program.
- Decide if an athlete may participate on more than one team. If chosen to be on more than one team, crossover fees will apply.
- Decide the roles and/or positions an athlete will have on their team(s).
- Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary by the coach.
- Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: attendance, conduct, skills, finances, parent conflicts, etc.

Athletes that are chosen and elect to participate on more than one team must:

- Be in good financial standing
- Be willing and able to fulfill all the responsibilities required by each team

- Be responsible for any additional entry fees they incur beyond their first team (included in crossover fee)

Attendance Policy:

Competitive cheerleading is a team sport, which requires regular attendance by all team members. We expect all team members to attend all scheduled practices. All practices and competitions are mandatory. After three **unexcused** absences, your athlete may be dismissed from the program without refund. Birthday parties, school holiday festivals etc. are not considered excused. Band/Chorus concerts etc. would be excused if coaches know well in advance. None of this will be excused for Competition day so please communicate dates to anyone that needs them. (teachers, admin, coaches etc.)

We understand there are sometimes legitimate reasons for an athlete to miss practice. If the parent feels that it is in the best interest for the athlete to miss practice, we ask that the parent contact the head coach immediately to discuss the situation. We believe that with adequate lead time, we will be able to resolve conflicts that arise.

All athletes must arrive on time and are expected to stay the entire length of practice. All athletes must arrive ready to practice (shoes on hair up etc) in correct practice wear and water for breaks. Not being on time and in correct practice wear will be recorded and appropriate action will be taken if it becomes repetitive. This can lead to losing a certain position in the routine or even dismissal if it is excessive.

Because competitive cheerleading is a team sport and requires all athletes to be in attendance for every practice, we ask that you do not over commit your child in other traveling sports during the season.

If the athlete is going to be absent, you must contact the head coach 24 hours **before** the scheduled practice time.

- Make your Hampton Roads Royals team a priority.
- Choreography and Competitions are Mandatory- no exceptions.
- Notify Royals in writing immediately of all expected tardiness or absences.
- Any athlete missing three practices without making arrangements and getting approval in advance will be subject to dismissal from the program.
- Notify your coach by phone immediately of any unexpected tardiness or absences.
- An athlete is considered tardy after 5 minutes from the start of practice. Three unexcused tardy's will equal one absence.
- Athletes who miss practice the week of competition will not be eligible to compete. If an athlete misses a competition, they will not compete in the following competition.
- Athletes who are sick (vomiting or contagious) are expected to contact your coach **PRIOR** to practice and a doctor's note is required to be counted as excused. Otherwise, you should attend and watch
- Notify Royals immediately if an injury occurs so changes can be made prior to practice. Injured athletes are **REQUIRED** to attend practice for support/teach the alternate their part and to keep up with routine changes.
- Athletes who are dismissed or withdraw from the program require **ADMINISTRATIVE** approval to re-enroll for Royals teams.

ALL practices, unless stated will be **CLOSED** to parents to allow the best focus and practice time. Please drop girls off at the door and pick up there as well. Parking is limited, so we ask to be mindful of not taking parking spots from the other businesses in the parking lot.

Dress Code:

All athletes must arrive to practice in the proper practice attire. Practice schedule will also include a specific clothing schedule. Black or Purple shorts are required for everyone at every practice. Once practice wear and bows are received, specific practice shirts or tanks/bows will be required for practice. Cheer shoes are to be worn and no one can practice barefoot at any time. Hair is to be pulled back out of the face and bow worn, jewelry removed, and nails properly trimmed. This is for the safety of your athlete and other athletes. Please do not get any new piercings. Camp in June requires all jewelry is out NO MATTER WHAT as a National Rule. Please know jewelry cannot be worn at any time in season practices and camps etc. NO Jewelry or nail polish permitted at competitions.

Please use great caution when washing uniforms. I recommend putting them inside out in a lingerie bag that you can purchase at Walmart or Amazon, etc. **NEVER wash with other items, always separately and NEVER DRY IN DRYER.** This will prolong the life of sequence/bling and keep it nice! Please never show up in dirty uniforms! Please wash uniforms within 24 hours of wear to prevent smell.

When training, competing, or representing Hampton Roads Royals, all athletes must:

- Maintain good personal hygiene
- Wear their designated practice wear, socks, and cheer shoes to Practice
- Keep hair out of the face (in a high pony tail if possible)
- Keep nails shorter than fingertips- no acrylics
- Remove ALL jewelry prior to the start of practice (this includes apple watches)
- Immediately repurchase all lost or noticeably damaged articles and wear a matching substitute until the item is replaced.

Competitions:

Please make yourself familiar with www.cheerfcc.org. You can find competition and National's info on this site. Competition schedules are usually uploaded to this site about 5pm MONDAY of the week of comp!

Details about each competition will be sent out prior to each competition. This will include information such as parking, competition ticket information, address and schedule for the competition/event.

Please arrive on time. Each team must be on time for warm-ups at every competition or the team WILL LOSE their warmup time before competing.

You should plan for each competition to last all day. If a parent is unable to be/stay at the competition until the END of the awards ceremony, it is up to each parent to arrange alternate transportation and guardianship for your athlete.

Before any awards are presented, a message and worship set will be done at each competition. The girls will remain with their team during this time.

NO athletes' phones will be allowed on the mat during this time.

Team pictures will be taken at the end of each of every award's ceremony. There will also be time for parents to take individual photos of their child with any awards that may have been received at the competition. Once all pictures are taken, your teams will be dismissed to their parents.

Please never leave before permission is granted.

Competition Dress Code:

All Athletes:

- MUST have hair and makeup complete as per coach's request by your scheduled call time
- Remain in FULL uniform until after awards/pictures
- Remove all jewelry prior to arrival for competition
- Put away cellphones- must remain in your bag during awards
- Put on braces or get taped prior to going to the warmup area

Conduct and Sportsmanship:

Negative remarks towards other team members, coaches, or other teams will **NOT** be tolerated from athletes or parents. Being a member of the Hampton Roads Royals requires athletes and parents to present themselves in a respectful manner at all times. Sportsmanship and team unity are very important to our organization. Please do not speak negatively about any person, decision, or result. This includes in person or all social media (internet, message boards, Facebook, Twitter, and Instagram). Parents, please help your kids with this.

We strive to create a positive, encouraging, loving, and pleasant learning atmosphere for our athletes. Discipline will be carried out fairly and equally at the coach's discretion. The best interest of the whole team will be considered prior to enforcement of individual consequences.

A child **CAN and WILL** be dismissed from our team due to the parent's actions. Please be sure your actions are in line with our mission. If you have any issues please go directly to the coach, parent or director Kyla Brent and avoid discussing them with other parents. We are very approachable and are here to work with you.

Parents, friends, relatives, and cheerleaders are **NOT** allowed to speak with competition judges for any reason. The dismissal/addition of a cheerleader is solely the Head Coach and Program Director's decision.

All athletes AND parents must always:

- Set a positive example for others to follow
- Be respectful and courteous to everyone (directors, coaches, team moms, athletes, other teams, competition staff, etc)
- Schedule an appointment to speak with a coach or staff member to discuss an issues that may arise
- Refrain from gossiping (including on social media) or any form of verbal or physical confrontation
- Refrain from celebrating the misfortune or defeat of another person, team or program
- Accept team placements with dignity and class
- Must NEVER show disrespect toward any member of the Royals Staff, parent or athlete.
- Any parent/athlete threatening to quit their team may be dismissed from the program and not allowed back
- Understand that practices are **CLOSED** practices. There will be times when we allow parents to watch but understand that the parent viewing area should be a positive atmosphere and you may be prohibited from using it if you cannot maintain a positive attitude while there.
- Be supportive and cheer on our competitors at competitions

Health/Injuries

All parents/athletes must:

- Provide Royals with Emergency contact information (included in registration process) and notify us immediately if contact information has changed
- Inform Royals of all medical conditions that may limit or prevent the athlete's ability to participate in any activities
- Notify Royals of any injuries sustained as a result of your participation in any sanctioned Royals activity
- Provide written documentation from a doctor explaining the reason(s) and the duration for which you may be limited or unable to participate in practice/competition
- Refrain from the use of drugs, alcohol, tobacco, or any other Substances
- In the event of an injury, your team coach will decide the appropriate time for an athlete to be put back in the routine.
- Athletes may not be able to return unless they are fully able to participate in all aspects of the routine. Athletes must be cleared with a Doctor's note before participating in a practice

Choreography:

All music, dances, stunts, and any choreography presented to athletes during practices are to remain confidential. They should not be taught or given to others outside of our program. We do not wish for our material to be compromised by sharing with friends, schoolmates, athletes or parents outside of the ROYALS program.

Please do not post any video of the routines until the season ends. I know this is a hard one because we are proud but this protects our choreography from being copied!

Choreography is mandatory!

If your family has an out-of-town vacation already planned during that time that cannot be changed please let me know and we will see what we can do. However, not being at choreography does impact the placement of your child in formations etc.

Tumbling Classes:

We encourage everyone to work on tumbling skills. Please get in a class at a gym or private lessons when possible. This has been our weakness in the past and it works against us on the score sheet.

Once the season starts, we understand classes may be a lot to add to your schedule so please train hard in the summer/off season months!

Travel:

Each athlete will be responsible for their own travel to and from all practices and competitions. Any overnight accommodations are the responsibility of the parent to book and pay. Travel expenses are not included in the season fees.

All athletes and their families must:

- Read BAND notices and/or emails concerning competitions dates, venues, and itineraries- there is in excuse for being uninformed.
- Stay in the hotel arranged by team the day before event (if overnight stay is required)
- Arrive to competition by designated call time (dressed and FULLY ready) and will check-in with the coaches/staff accordingly
- Parents are responsible for getting their athlete to and from each competition on time

- Not use competitions as family vacations- Athletes/parents will adhere to the designated schedule and abide by all rules set forth by Hampton Roads Royals.
- Return home in time for practice after the competition weekend At NO TIME are you allowed to speak to any judge, event producer or any other competition official for any reason

Nationals room rates at Rosen Shingle Creek Resort run approximately \$148/night. Rooms blocks were booked prior to leaving Nationals. March/April the room block will be sent out. **ALL rooms must be booked and **PAID IN FULL by SEPTEMBER 1st**. After Sept 1st, the rooms will be released. It is required that you stay at the Rosen Shingle Creek.

Use of Hampton Roads Royals Logos:

In an effort to maintain a consistent, professional image at Hampton Roads Royals, the use of the Royals logos and team icons are limited to Hampton Roads Royals (unless given special permission). Individually produced items with our logos or team name are prohibited to be sold or distributed without approval. All apparel items that do not have the logos must still be approved by the Royals Administration if the intent is to wear them as a team/group. We appreciate your cooperation

Financial Obligations/Payment Plan:

All payments are due upon scheduled collection dates, unless otherwise raised through sponsorships/donations/fundraisers. All parents will be informed before each due date of the remaining balance for their athlete(s). **All payments are non-refundable**, even if the child does not continue with the team.

- Registration Fee \$125
- Tiny Tiaras: \$1000
- Reign: \$1400
- Dynasty: \$1500
- Empire: \$1600
- Please make sure any and all checks are made payable to "Hampton Roads Royals" with the athlete name in the memo line.
- You may pay via Venmo @HRRcheer or contact and give all checks or cash to Kyla Brent our program coordinator. She may be reached at (757)373-0123 or via email at hamptonroadsroyals@yahoo.com

Please do not hand any payments to coaches at any time.

All parents must understand that:

- They assume full responsibility for all costs incurred as a member of Hampton Roads Royals including but not limited to: program registration, monthly payments/season cost, travel expenses, additional items purchased through our shop, or any other items(s) or services purchased or rendered and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team..
- Tuition payments do **NOT** fluctuate based on the number or duration of practices in any month.
- Payments are due between the 1st and 5th of each month. Due dates must be met. Late payments will incur a \$15 late fee per week.
- Any payment attempts resulting in a NSF (non-sufficient funds), returned check, etc. will incur a \$30 service charge. It is your responsibility to update your information with us if your information changes.

- An athlete's account must be current and in good standing to participate in practices, competitions, and private lessons.
- HR Royals reserves the rights to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations.
- Accounts must be current before an athlete may receive any clothing/ uniform or other retail items.
- If an athlete chooses to leave or is asked to leave HR Royals for any reason before the season is over, any and all funds and/or payments are completely non-refundable.
- HR Royals reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.

Payment Schedule:

The entire account balance for each athlete must be paid in FULL by December 1st, 2023. You can pay in full for the entire season if preferred. No athlete will receive any items such as practice wear, choreography etc. if payments are not up to date.

- Registration- February-June \$125
- Cheer Camp- June 15th \$155
- Uniforms- July 1st \$300
- August 1st
 - Empire \$260
 - Dynasty \$240
 - Reign \$220
 - Tiaras \$120
- September 1st
 - Empire \$260
 - Dynasty \$240
 - Reign \$220
 - Tiaras \$120
- October 1st
 - Empire \$260
 - Dynasty \$240
 - Reign \$220
 - Tiaras \$120
- November 1st
 - Empire \$260
 - Dynasty \$240
 - Reign \$220
 - Tiaras \$120
- December 1st
 - Empire \$260
 - Dynasty \$240
 - Reign \$220
 - Tiaras \$120

(Registration) Secures spot and IS NON-REFUNDABLE due Up registering. ALL Payments are NON-REFUNDABLE