



Practice and Competition Etiquette for Team Members and Parents 2012-2013

We are an all-star competitive cheer team that focuses on correct and safe cheer and tumbling instruction. Centre Spirit promotes hard work, dedication, and leadership to build strong character within our team members. We pride ourselves in true sportsmanship and teaching positive teamwork skills, but most of all WE HAVE FUN!!

1. Always have respect for your team members, coaches, and parents.
2. Do not talk while you are in practice or while others are performing. Listen to your coaches and follow rules.
3. Parents: If you have an issue with a coach, the studio, another child, routine, safety, etc., please talk to the coach directly first. If it is about a student, go to their parent in an appropriate way; then let the owners know of the situation. It is not acceptable to talk about others in or out of the studio. This is not setting a good example for the kids nor is it healthy. It must be discussed immediately so that things do not get out of hand.
4. Be positive and willing to learn and try new things!
5. No bullying will be tolerated. That includes physical, emotional, taunting, calling names, talking about one another, etc. If you are victim of this behavior, you must come to a coach or owner immediately so we can address this issue. Do not wait.
6. Be responsible for yourself and for your children in practice and competitions. Students are not allowed in rooms without a coach.
7. Clean up after yourselves at studio and outside practices.
8. Be an encourager by supporting the others in practice, performances, and competitions.
9. Always use social media to promote positive thoughts, ideas and images.
10. Do not post any competition videos on facebook, u tube, etc.
11. As a team member, you are committing to the team fully beginning in August. The expectation is that you will finish out the season until after recitals. This means that you are expected to be present at all practices, all extra practices, all competitions and scheduled events.
12. Always support and encourage the other competition teams with Centre Spirit as well as COPA Dance Teams.

Competition DO's and Don'ts (USASF Rules as well)

- **DO** Arrive looking the way you expect to compete.
- **DO** demonstrate Good Sportsmanship in the stands, restroom, outer halls, and everywhere.
- **DO** applaud for all Participants.
- **DO** wait to cheer for your Team until your name is called.
- **DO** follow directions of the Announcer, stay on the floor until dismissed, and congratulate all Teams.
- **Don't** arrive at the event without wearing full uniform and hair done
- **Don't** arrive wearing sweatpants, pajama bottoms, trendy boots or jewelry.
- **Don't** speak negatively about other individuals, teams, or programs.
- **Don't** swear or use vulgar language.
- **Don't** use social media to brag, belittle or ridicule any person, team or program.
- **Don't** change into uniform, practice wear or "street clothes" in the stands or halls.
- **Don't** jump up and down when the 2nd Place Team is called if it isn't your Team.
- **Don't** overly emphasize the win, with overt displays of excitement.
- **Don't** demonstrate disrespect by not allowing others their moment of recognition.

I agree to the following rules and guidelines.

Student: _____

Parent: _____

Date: _____

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