



# Supernova Cheer Programme

## Athletes Code of Conduct

Supernova Cheer Programme is fully committed to safeguarding and promoting the well-being of all its athletes. The programme believes that it is important that athletes, coaches, administrators and parents associated with the programme should, at all times, show respect and understanding for the safety and welfare of others. Therefore athletes are encouraged to be open at all times and to share concerns or complaints that they may have about any aspect of the club with Jess Henry, Head Coach.

Please read through these THOROUGHLY and keep for reference.

As an athlete of Supernova Cheer Programme you are expected to abide by the following code of conduct.

### Behaviour

Squad athletes are required to maintain and uphold the reputation of the Supernova Cheer Programme through their own conduct and squad spirit.

Athletes are required to be courteous, polite, and friendly and try to have a smile for everyone – this goes for all athletes on the programme and athletes on other squads.

All cheers and chants shall be of a positive and sportsmanlike manner and only contain appropriate language.

Athletes will make every attempt to ignore negative responses at events and not become involved in such actions themselves. Athletes are also not allowed to smoke or consume alcohol or drugs while on any training premises or while representing the programme.

Likewise, we understand that at any time athletes may have problems or bad experiences outside training sessions; we ask that these problems are not brought to training sessions but left at the door. This is to ensure training sessions are fun and most beneficial for everyone. If this does happen and athletes are under 18, parents will be contacted if necessary.

Athletes must pay any fees for training or events promptly.

Athletes will always try the best of their ability!

### Loyalty

Our programme operates as a family unit, and although it's inevitable at times, a departure of an athlete is always difficult for those who remain – especially if they were close. First and foremost we always have to protect the welfare of our athletes and the programme so we need to enforce the following:



Attendance of other local cheer sessions is forbidden. Doing so will likely result in disciplinary actions, warnings and eventually expulsion. If an athlete would like to attend a camp hosted by another programme that isn't local however, feel free to discuss this with a coach.

Cheer is very much a team sport and loyalty to the programme is incredibly important.

## Anti-Bullying Code

Every squad athlete has the right to be free from intimidation, both in the squad and in the surrounding community.

The squad will not accept and will question unkind actions or remarks, even if these were not intended to hurt or done in jest.

Any wounding action or comment will be labelled as bullying and will be dealt with seriously.

We are a listening programme. We all have a duty to report bullying. Bullying is too important to ignore.

## Uniforms & Practice Wear

Uniforms will be offered to those who regularly attend training sessions. Clean your uniforms appropriately, as guided.

Any uniform that is damaged and deemed unusable by the coach must be replaced at full cost.

Practice wear will be provided on payment of membership. This and this ONLY must be worn at all training sessions unless otherwise stated by the head coach or agreed upon beforehand.

Only official squad or blank jackets may be worn over uniform. Uniform will only be worn for events as designated by the coaches.

Cheerleaders in uniform or wearing any official Supernova clothing must always conduct themselves in an appropriate manner.

**LOOK AFTER YOUR UNIFORMS!**

## Appearance

For safety reasons jewellery or watches will not be worn with uniform or at practice. This includes Belly bars/rings.

Uniforms must be kept spotless at all times.

Makeup at events should be natural and not excessive (other than competition makeup).



At practice, performances and competition all hair styles must be secured up out of the face unless allowed by the coach.

Cheerleaders should look their best at all times, especially when in uniform.

## Fundraising Activities

Fundraising is very important and therefore **all** cheerleaders will participate in as many fundraising projects as they can. The money raised will be used to fund additional agreed expenses during the year such as equipment or subsidising competition or hall hire costs.

Donations to, and fundraising for, Supernova Cheer Programme's funds may be conducted as agreed by the committee. All fundraising activities will be approved by members of the committee.

## Attendance Requirement

Competitions – The coaches will decide which competitions to enter and go to.

Once a cheerleader agrees to participate in the competition, all practices must be attended (including extras).

Other Performances – From time to time the squad may be asked to take part in fayres, festivals and other charitable events. All athletes are expected to participate in such events unless there is a valid reason.

Camps – from time to time, the squad may hold day camps for promotion and fundraising, unless stated, athletes are not required to attend but are strongly encouraged.

Social events – from time to time, the squad will arrange social events. All athletes are encouraged but not required to attend. Non-attendance notification is required.

## Practice Schedule

The practice schedule will be arranged by the coaches and regular training will be held at Wycombe Gymnastics Academy.

During competition training or other important events, full day training (also known as camps) may be required.

ALL squad athletes are required to attend ALL training sessions unless valid reasons are notified to the coach(es). It is also required to be punctual to all training sessions.

All athletes must warm up and cool down properly, even if they turn up to practice late – lack to do so, could be damaging to the athlete's bodies.



**Most importantly, ALWAYS HAVE FUN!**