

**CHEER EXTREME**  
**CODE OF CONDUCT**



**Applies to Athletes and Parents**

- If you have any questions or concerns that need immediate attention please use the following chain of command: **1. Team Mom 2. Head Coach 3. Allstar Director 5. Owner**
- Cheer Extreme Allstars maintain the right to refuse services at any time.
- Good Sportsmanship, polite manners and a good disposition are mandatory at all practices, classes and competitions.
- It is the athlete's responsibility to wear the appropriate practice wear to every practice *if/when* assigned.
- Personal items such as cell phones, school bags, or gym bags must be stored in the proper place during practices. All cell phones must be turned OFF before practice starts. Cell phones left laying around the gym floor will be removed from the gym. CEA is NOT responsible for lost or stolen items.
- **NO GOSSIP** about any other teams (allstar or school). **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about coaches or staff. It is much better to address a problem than to listen to idle gossip.
- **NO PROFANITY**
- Athletes must arrive at all practices, competitions or any scheduled events on time. Punctuality is a **MUST**.
- During practices, please keep your opinion to yourself. All team and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coach about anything; remember to do it at the appropriate time. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- **NEVER** post any negative comments on social media.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area during practices or tumbling classes. This is extremely distracting and may cause injury to an athlete.
- It is the parents responsibility to know what is going on with your child's team(s). Please check Team GroupMe and Gym/Team Facebook pages *frequently* for updates and last minute changes, especially on competition days. Team Moms may also use email and or text messaging.
- Parents, relatives, friends, and cheerleaders are *never* allowed to speak with competition officials for any reason.
- Parents are *never* allowed to represent Cheer Extreme Allstars under any circumstances concerning Accommodations, competitions or any other situation.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- Anonymous emails/letters/texts/Twitters/Social Media Posts, etc will be ignored.
- The Gym Manager/Owner/Allstar Director may change, add or subtract any rule at any time.

Athlete Name \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_