

**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 Parent 2. Gym Director 3. Head Coach 4. Owner
- Cheer Extreme maintains the right to refuse services at any time.
- Good sportsmanship, polite manners and good disposition are mandatory at practices, classes and competitions.
- It is the athlete's responsibility to wear the correct practice wear to every practice.
- Personal items such as cell phones, school bags, or gym bags must be stored in the proper place during practice. All cell phones must be turned off before practice starts. Cell phones left lying 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 (all star 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 BULLYING—Athletes and/or parents are not to address other athletes in a negative or aggressive manner.
- No Separate Group Me/Group Chats set up by parents to discuss teams/athletes unless a coach, team mom and/or gym director included.
- 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 so at the appropriate time. Never interrupt practice to have a conversation.
- 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 practice or tumbling classes.
- It is the parent's responsibility to know what is going on with your child's team. Team GroupMe and Gym/Team Facebook pages will be used for updates and last minute changes especially on competition days. Email or Text messaging may also be used.
- Parents, relatives, friends or athletes are never allowed to speak with competition officials for any reason.
- Parents are never allowed to represent Cheer Extreme under any circumstances concerning accommodations, competitions or other situations.
- There will be no arguing or questioning of the coaching staff's decisions regarding team placements, athlete team positions at any time or at competitions.
- Anonymous emails/ letters/texts, etc will be ignored. We cannot address/discuss if we don't know who you are to have conversation.
- The Gym Director/ Owners may change, add, or subtract any rule at any time.
- No athlete releases will be signed after January 15 for Worlds teams or March 1 for Summit teams.
  
- By signing I have read and agree to all of the above
- Athlete Name: \_\_\_\_\_
- Athlete Signature: \_\_\_\_\_
- Parent Name: \_\_\_\_\_
- Parent Signature: \_\_\_\_\_
- Date: \_\_\_\_\_