

CODE OF CONDUCT
CHEERLEADERS AND DANCERS (ages 9 and up)
PITTSBURGH PRIDE ALL STARS

Pride athletes will be held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goals and their personal goals. Parents should read through the following obligations with your athlete explaining each one. Both parent and athlete should sign at the bottom agreeing to uphold each standard.

1. I understand that this is a full season commitment, up to one year, and that a team is depending on me to fulfill my responsibilities as a team member. I will not give up, quit or threaten to quit during my team membership.
2. If I have a difficult issue I can not solve on my own I will seek council from a coach or parent to help solve the issue and not encourage it to grow.
3. I will come to practice with a positive attitude and work hard to achieve personal goals and help my team to reach the team goals in which my coaches have set. I realize that a positive attitude is contagious and I will do my best to influence my teammates in a positive manner.
4. I will speak respectfully not use profanity at practices or competitions.
5. I will demonstrate good sportsmanship to teammates, parents, coaches, judges, cheer company's staff and rival teams. This includes speaking and acting with good manners at Pittsburgh Pride practices & events as well as when I am away from my team. I am always representing my Pride team as a member. I will take that responsibility as an honor.
6. I will not misuse the internet, social media sites, emails, Instagram or websites.
7. I will take care of my body and show self-respect at all times. I will not use alcohol, drugs or tobacco and will eat properly to nourish my body. I will be dismissed from the team if caught drinking, using drugs, or smoking.
8. I will keep my cell phone turned off and leave it outside the practice gym during Pride practices, and not use it during Pride time so I can instead be with my team.
9. I will respect my coaches and coaches helpers at all times. This includes only training with my Pittsburgh Pride instructors and at the Pride Cheer Gym for my sport.
10. I will strive to be in top physical condition and work my hardest during my team's conditioning drills so that I can get the most out of every practice.
11. I will come to practice on time and be responsible for my team's times and days so that I am a dedicated teammate and show accountability to my parents for this privilege.
12. I will learn and obey the team and gym rules set forth by coaches.
13. I will wear proper attire to practices: shorts that cover well, socks and cheer shoes, no jewelry, hair pulled up, and the recommended coach's shirts.
14. I will come to competition day with my hair, make-up, uniform and warm-up ready for competition according to gym specifications.
15. I will respect the value of the Pittsburgh Pride choreography and not reuse it or it's music for other venues or events.

I realize that failing to uphold these standards and causing a serious offense may lead to dismissal from my team(s).

_____ date _____
athlete's signature

_____ date _____
parent's signature

CODE OF CONDUCT
PARENTS
PITTSBURGH PRIDE ALL STARS

Pride parents play an important role in their child's commitment to our program. It is a good reminder to parents to observe a Code of Conduct that we are mutually on the same page as each other, uniting for a common goal of our children. Pittsburgh Pride desires to not only have great athletes but great families who care about upholding our high standards. Parents should read through the following obligations and sign at the bottom agreeing to uphold each standard.

1. I understand that this is a full season commitment, up to one year, and that a team is depending on my child to fulfill responsibilities as a team member. I promise to keep my child committed for the duration of the season.
2. I will teach my child to be respectful at all times and if my child is involved in a matter of disrespect towards any member or staff at Pride, I will resolve this problem with my child immediately.
3. I will not use profanity at the gym, lobby area or at competitions and respect that I am in a child friendly environment and a representative of the Pittsburgh Pride program.
4. I will demonstrate good sportsmanship to my child's teammates, other parents, coaches, judges, cheer company's staff and rival teams.
5. I will not misuse the accessibility of communicating through email to my Pride coaches and will address issues with care and respect.
6. I will trust my child's coaches and their decisions. I will allow the Pride coaches to exercise their coaching skills and not intervene with practices. This includes only having my child train with their Pittsburgh Pride instructors and at the Pride Cheer Gym.
7. I will prepare to get my child to practice on time and stay for it's entirety. In the event that she is late, I realize she will have to warm-up and stretch properly as her teammates did but this may require her to do it by herself or at the end of the set practice time. I am aware conditioning for this sport is essential.
8. I will send my child to competition day ready to go according to gym specifications, such as proper uniform & shoes (& for girls hair, bow & make-up).
9. I understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition as a disciplinary action if rules and codes of conduct are broken.
10. I realize that cheer companies that host competitions also have codes of conduct that include parent actions, and poor sportsmanship by parents can cause deductions or disqualifications of my child's team. I will demonstrate good sportsmanship as a Pride parent.
11. I will hold confidential any personal family information of my Pride families which would be acquired from my participation (such as phone numbers, email addresses, home addresses and the like) and not solicit or share for my benefit or the benefit of other business solicitation, while I am at Pride or when my contract is complete.

I have read and understand my role as a parent and will value and uphold my end of the commitment.

_____ date _____
parent's signature