

Pittsburgh Pride Cheer & Dance All Stars



Parent & Member Handbook Rules & Information

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Pittsburgh Pride All Stars

Cheer and Dance

Parent and Member Handbook of Rules and Information

This handbook provides the rules required to be followed for membership to a Pittsburgh Pride All Star team and which correspond to signing the Team Contract Agreement for the season.

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Pittsburgh Pride Mission Statement:

We are a family based program dedicated to teaching positive values & good sportsmanship by training body, mind & spirit! We train athletes in proper technique with the highest of standards so they can set and achieve both individual as well as team goals.

1.) TIME COMMITMENT

This is a **team** sport like no other. Every single athlete is needed 100% of the time. A missing child prevents our goals from being accomplished: Stunts cannot be practiced for safety and execution, timing cannot be mastered, formations cannot be perfected. All practices, camps, team events and competitions are **mandatory** to make our team successful. While the individual interests and goals are the heart of the program, we must always value that the purpose of creating our program is to fort a **team with team interests, a team environment, and team goals!** Catering around individuals and individual schedules will not promote our team accomplishments.

EXCUSED summer absence, June-Aug, 1 full week, (or 2 individual days, if spread out) are permitted for family summer vacation, on top of our gym vacation weeks that we are closed. Must provide dates using the team "Vacation Form" and in advance to be excused. **A second week will require gym make-up time. Additional vacation time needs gym owner approval with gym make-up time if approved.**

EXCUSED absences (3 days) permitted for the year (Sept-May):

- family vacations during school year ONLY when dates are pre-approved through the head coach; Dates must be given through our Vacation Form and provided at the start of your team's season; therefore, trips which are scheduled later in the year must not interfere with our competition schedule that has been already set. These are highly discouraged.
- Dr excuse for severe /contagious illness or injury (so that you are unable to even observe practice). When sick or injured you should still attend practice unless a doctor has said you are contagious. Reviewing counts, walking through formations, learning changes or doing the conditioning that the child is capable of, makes it valuable to be there.
- mandatory school functions that effect a school grade (not a voluntary sign-up)
- Consideration may be given to excuse special events if notification is given prior to tryouts (such as weddings, Confirmations, Communion, National Honor Society) or unforeseen circumstances. This will be by coaches discretion.

UNEXCUSED absences at any time of year: (2 days) permitted for the year

- school team events, such as cheer, dance, band or any sport, and it's games, practices, or camps. We will not be able to make Pride schedule adjustments around other activities schedules.
- Parties, birthdays, concerts, family reunions, formal dances, Professional ball games, school talent shows...
- School work, projects, tests. School academics are obviously a priority, but we expect each child to take responsibility for their school work, apply good time management skills, and get work done promptly. If your child is having difficulties please inform their coach. We can also offer tutoring times and encourage the use of our spare room for homework time.
- No ride, not looking at calendar for time of practice.

Excessive absence or tardiness, even if excused, hinders one's performance or ability to keep up with expected progress, demonstrates a lack of care for one's team, and prevents one from fulfilling their team commitment to practices or competition dates. There will be consequences which can include one or more of the following: to lose their position within their team (such as their spot in formation or position in a stunt), be moved to another Pride team, make-up practice time, physical conditioning, not perform at an upcoming competition (but still attend in uniform), or if excessive, it may lead to dismissal from the program.

We will keep attendance throughout the entire year, but you are responsible to know your child's misses.

Missed practices are expected to be made-up whether excused or unexcused. We feel that when a child has physically missed out on training then it is their responsibility to keep up. Many children have benefitted from this extra gym time and it should be viewed as a bonus to use the gym, not a punishment. This make-up should be done within the immediate week following in Open Gym or in time provided by a coach. We understand that some injuries prevent this make-up time and coaches will guide when this needs to be done.

Parents (not the child) must notify a coach prior to the start of practice if your child must miss or be late and state the reason why. Minimum of two weeks notice should be provided when appropriate. The sooner we are notified, the better we can assist your child in not falling behind. **No practices the week prior to a competition should be missed for any reason. This would cause the athlete to be removed from that competition and is the final decision of the coach to do so.**

2.) CALENDAR

Schedules of mandatory practice times, events, and competitions will be provided with as much advance notice as possible. Additional practices, competitions or events may be added as needed. Every effort is made to have very few unexpected changes to the schedule BUT changes must be accommodated for by the athletes when they do happen.

3.) CAMPS

Summer camps If a camp is scheduled for a team, it is mandatory and held at our Pride Cheer Gym. Attendance rules apply (such as excused vacations). It is a longer practice schedule, with more days and hours. Skills and/or Choreography for each routine can be taught at this time and often includes visiting coaches being brought in. Some camp costs are included in the monthly tuition fee, others will be paid in addition.

Additional camps to further skills can be offered in our program that are mandatory as well as non-mandatory. They will be scheduled on an as needed basis or by sign-up. (such as visiting instructors, Tumble Clinics, Dance workshops, specialty clinics). These are not included in tuition.

4.) COMPETITIONS

All competitions are mandatory. We will provide a tentative and preliminary schedule at registration. It is possible for circumstances to change that would effect the final schedule. If changes do need to be made, members are expected to adjust their schedules as needed. Companies can add or cancel competitions for various reasons or coaches may add something in to benefit the team. **If registration fees go beyond the tuition budget, the difference may be required to be paid. If a child does not compete at a competition for an unexcused reason, there will be a penalty of \$100 applied.**

DIVISIONS: While we try to participate in events that have had a large attendance so that all divisions have teams to compete against, not all divisions can be guaranteed of this. We value ALL the experience that competition day provides such as team unity, confidence in front of a crowd, program support, and practice of our skills outside the practice gym. We also sometimes have control to **change levels** of a team and may do so at the coach's discretion. This may provide your child the opportunity to throw a skill they normally could not on their particular team (a more advanced level), but it may also prevent them from throwing a skill they do have (a lower level) where they can focus more on technique. Please be supportive and familiar with ALL the positive aspects that your team at Pride is providing.

Awards - It will be mandatory for each athlete to stay for all awards ceremonies of their own teams. Please allow your child this opportunity to experience the full circle of competing and being committed. Any exclusion from awards must be approved by the gym owner.

Parents are expected to show support for the entire program on competition days. Members and parents will be asked to stay to cheer-on other Pride teams. The kids thrive on the support felt from not just their own family but the crowd of Pride parents. We see competition day as a celebration of their accomplishments.

5.) REGISTRATION FEE

A non-refundable yearly membership fee for the season is due at time of **tryouts**. The Membership Registration fee is used to help us budget your child's expenses. Late registration fees may apply to those registering later than the original date.

6.) MONTHLY GYM TUITION and FEES

Tuition is due by the first of the month. Payments will be made with Autopay using our online secure website. **A \$10.00 late fee will be added if payment is not made on the 1st of that month** due to an unusable account or failure to bring in a payment. If payment including late fees has not been received by the following month the student may not be permitted to participate in any gym time until the tuition is paid up to date. No child will be allowed to attend first practice without payment of first month's tuition. Time missed due to unpaid balances can not be made up and the contracted tuition continues. Competition fees will not be refunded if missed for any reason. Any portion or item unused by a member that is included in tuition will not be pro-rated (such as missing camp). The monthly tuition is spread out among 11 months to help you budget the year. Months will not be pro-rated when practices are canceled or shortened for reasons such as holidays, snow days, or a shorter month at the end of season. These have already been predicted in your season's budget.

FEES - Any fees past due, tuition not paid by the **1st of the month**, or penalty fees applied, can be automatically drafted from your Autopay/credit card provided.

7.) CONTRACT AGREEMENT

Members must commit to one full season. See your individual team requirements for start & finish dates. The only case in which the contract could be terminated without penalty fees is if the athlete moves more than 40 miles further from the Pride Cheer Gym. Proof of moving along with date must be submitted. A one month's tuition past the move date would be still required. Any prior balances would still remain due.

8.) UNIFORMS should not be worn anywhere but to a Pride competition or event.

Full year cheer teams will have a uniform ordered for them in which they will purchase. This is not included in the set tuition and it will not be ordered until payment is made. If lost or ruined, the athlete is responsible for it's own replacement in order to compete. There is no guarantee of the reusing of uniforms per repeated seasons.

Dance teams will have a uniform ordered for them. A partial payment will be included in tuition but a balance may be due depending on the final price of the customized outfit.

Prep Cheer Teams will have a uniform that is designated per season. They require a separate purchase by the member.

9.) ADDITIONAL COSTS

Some additional costs that can be needed that are not covered in the monthly tuition are (examples):

- make-up (approx. \$25)
- Booster fees to provide things such as parties, banquet items, coaches gifts or senior gifts (approx. \$40)
- USASF mandatory membership fee (approx. \$30)
- additional Pride practice wear
- Warm-up suit
- All Travel and hotel expenses
- End of year expenses to Bid Events (Travel, coach fees, and Registration) such as Summit or Worlds

10.) SAFETY

Safety is always the gym's top priority. Class rules must be followed at all times. No stunting or tumbling is to be started without the consent or direction of the coach at any time or ever when a coach is not present in the gym. Parents are responsible to inform the coach of any current injuries or history of injuries that a child may have. Waiver & Release forms are to be signed by a parent for all participating members prior to the first practice in the gym, such as tryouts, and will include safety and health information and emergency numbers. Parents are responsible to update current medical information as needed.

11.) PHOTOS & VIDEOS

Photographs & videos of Pride members may be taken throughout the year & may be used by Pittsburgh Pride on it's website, brochures, flyers and other advertising materials. Parents will be asked to sign a consent to use your child's photo. Care will be taken that it will always be in good taste.

12.) CODE OF CONDUCT and the "iPromise" Campaign

Parents and members will be expected to follow a "Code of Conduct" demonstrating positive attitudes and good sportsmanship at all times while connected to the Pittsburgh Pride All Stars. Such times include practices, competitions, travel locations, events, and any time Pittsburgh Pride is being represented. Parents, athletes and coaches will follow the iPromise campaign of USASF and sign the parent & child Code of Conduct Agreements which gives more specific examples of expectations & sportsmanship standards. Failure to follow these will have consequences.

13.) GENERAL GYM RULES

- A. While we appreciate each parent's involvement, **parents are not permitted inside the gym** during practice time. Special dates will be set to allow viewing and dress rehearsals. Practices should not be disrupted for any reason. This can distract the coach from their job of being attentive to the children in the gym, it puts visitors in a dangerous position when they are unaware of the direction of a current tumbler, and it endangers a child who is in the action of tumbling and spots the movement of a visitor who is in the wrong place at the wrong time.
- B. When you have questions or concerns that you feel we can be helpful with, please contact the appropriate coach, Booster Board Advisor, Parent Team Coordinator, or Gym Owner who can assist you in getting the right answer. We try to communicate all issues with good intentions and expect the same of parents and athletes.
- C. **Please do not address coaches during practice time to discuss a lengthy issue.** This takes away from another's right to be coached at their practice session.
- D. **Proper communication.** Please reserve the email system for constructive communication of information. Sensitive or lengthy issues that do deserve attention should NOT be dealt with by email and will be dismissed. You may call the gym to request a meeting time for valid issues of which you feel we can be of help. Please do not call a coaches private cell phone. A coaches cell phone is given out as a courtesy for competition days or to arrange private lesson times.
- E. **No gum, food or drinks** are permitted in the gym, except water. Water bottles are a must at practice time, we will not guarantee endless water break to leave the gym but they should instead have their water in the gym. Kids who use the snack area or kitchen must clean up after themselves or will be asked to not use the area. Please encourage your child to take care of our space so that privileges are not lost.
- F. **Siblings or visiting friends are the responsibility of the parent and must be supervised by the parent at all times while at the Bianco Training Center facility.** For safety, no one is allowed inside the cheer gym area or the baseball cages unless with a Pride or Bianco instructor. Members and member siblings who are not having a scheduled practice should wait outside the gym in the lobby area until their own team's practice time. For the safety of each child, they cannot be left unattended. 15 min prior to a practice is a reasonable amount of time to plan drop-off.
- G. **Proper gym attire** must be worn to practice: shorts not baggy sweatpants; t-shirts or tank tops. Cheer shoes should NOT be worn outside. Dance footwear should be clean and designated of indoor practice use. Specific team attire may be assigned and vary per team.
- H. **No jewelry is ever permitted at a competition. Do not get new piercings that will overlap into the competition schedule because the child will be forced to take them out regardless.** The only exception are small earring studs *at practice* but it is at the discretion of the parent to allow them. Please note, numerous pieces of jewelry and clothing are left every week and sent to lost and found never to be claimed. Do not bring extra items and label all items with your child's name. Personal clothing & bags should be labeled with name & taken home each day. Do not leave items stored at the gym, including in lockers or cubbies.

14.) EARLY DISMISSAL or QUITTING

Dismissal from the team for **any** reason, including failure to follow **any** of the above stated rules, poor sportsmanship such as to an opposing team or own teammate or coach, excessive unexcused absences, involvement with drug or alcohol use, or quitting on your own free will, means you forfeit any monies owed you from the program. Monies owed to the Pittsburgh Pride program and/or "Bianco School of Baseball" or your team boosters, by contract or services rendered will still be owed and the monthly tuition contract must still be fulfilled for the length of your contract, including late fees.

There will be an **early dismissal penalty fee** if an athlete leaves or is dismissed on or after **January 1st** within their season of an additional \$100 on top of the contracted tuition balance, or \$200 if an athlete leaves or is dismissed on or after **February 1st** of their season. This will be charged immediately upon dismissal or quitting.