PITTSBURGH PRIDE

ALL STARS - CHEER TEAM PROGRAM

Parent and Member Handbook
Code of Conduct
Contract Agreement

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Parent and Member Handbook
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 with Pride Cheer Gym LLC located on the final page. Details of topics are also found in the "Pittsburgh Pride Tryout Packet" and coincide with this Agreement.

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1.) PRACTICES

- Practices are mandatory.
- 2 practices can be missed during the summer schedule
- 3 practices can be missed starting with the fall schedule through the end of season
- Practices cannot be missed 2 weeks leading up to a competition

Excessive absence or tardiness. 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, team conditioning being done alone if missed, 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.

Notify a coach: Planned dates must be given through our ONLINE ABSENTEE FORM; **a minimum of two-week notice** should be provided when appropriate. **Parents, not the child, must notify us.** The sooner we are notified, the better we can assist your child in not falling behind. **Missed practices are expected to be made-up** if a coach feels necessary. When a child has physically missed out on training, it is their responsibility to keep up. Many children have benefited 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 and coaches will guide when this needs to be done.

2.) CAMPS

- Team Camps are mandatory

Summer camps: If a camp is scheduled for a team, it is mandatory and held at our Pride Cheer Gym. Attendance rules apply. It may be a longer practice schedule, with more days and hours, which may be AM or PM hours. Skills and/or Choreography for each routine can be taught at this time and often includes visiting coaches being brought in. Choreography and some skills camps are included in the monthly tuition fee, others may require an additional fee (see the tuition per team).

Additional camps: Camps to further skills can be offered in our programs 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, specialty clinics). These are not included in tuition.

3.) COMPETITIONS

- All competitions are mandatory.

We will provide a tentative and preliminary schedule towards the beginning of the season. It is possible for circumstances to change that would affect 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 a reason approved by the coach and gym owner, there will be a penalty of $100 applied per the discretion of the gym owner (such as the exemption of an injured athlete). Missed competitions are not refunded.

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 DURING the season and may do so at the coach's discretion. This may provide your child the opportunity to perform a skill they normally could not on their particular team (a more advanced level), but it may also prevent them from performing 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. The gym owner or coach must approve any exclusion from awards.

FELLOW TEAMS are expected to show support for the entire program on competition days by watching the other Pride team's performances. Members and parents will be asked to stay to cheer-on other Pride teams as they compete and we will designate manageable schedules for this. This is mandatory for athletes. The kids thrive on the support felt from our large Pride family. We see competition day as a celebration of their accomplishments and having a strong gym culture is a bonus that you will enjoy.

4.) MONTHLY GYM TUITION and FEES

Tuition is due by the 1st of the month. Payments will be made with AUTOPAY using our online secure website. A $15.00 late fee will be added if

payment is not made by the 5th 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 the first month's tuition and signed Contract Agreement. Time missed due to unpaid balances cannot 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 prorated (such as missing camp, competition, quitting before receiving team apparel). The monthly tuition is spread out among 11 months to help you budget the year. Months will not be prorated when practices are canceled or shortened for reasons such as holidays, snow days, or a shorter month at the end of season, nor will there be added costs if regular team practices are added. These have already been predicted in your season's budget. Additional costs are explained in the Pride Team Packet such as uniforms, Boosters, USASF membership, or all that is relevant to the team.

AUTOPAY and FEES - Any fees past due, tuition not paid by the **5th** of the month, services rendered and not paid, and/or penalty fees applied, can be automatically drafted from your Autopay/credit card provided. Mailed invoices are not sent and it is the responsibility of the member to be sure that their monthly tuition commitment is being paid.

5.) CONTRACT AGREEMENT

Members must commit to one full season which includes Tuition payments and cannot opt out of mandatory practices, events or competitions. 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 the date must be submitted. A one-month's tuition past the move date would be still required. Any prior balances would still remain due.

6.) 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 or whenever 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.

As with the pandemic of COVID-19, unforeseen circumstances can arise. If health and safety restrictions or any unforeseen emergencies occur, we will do our best to adapt or replace events, practices, or parent viewing when necessary. Virtual competitions or practices may substitute traditional gatherings that can be unpredictable, therefore the gym staff will make decisions for the teams as a whole and will follow safety guidelines that we feel are necessary. Every attempt will be made to proceed with our program under modifications.

7.) PHOTOS & VIDEOS

Photographs & videos of Pride members may be taken throughout the year & may be used by Pittsburgh Pride on its website, brochures, flyers, social media, and other advertising materials or as we find beneficial to the program. The team Contract Agreement of which parents sign, will include the permission to use your child's photos or videos. Care will be taken so that it will always be in good taste. Likewise, when members post photos or videos we expect them to be appropriate when representing our brand.

8.) CODE OF CONDUCT

We will follow a Pride Code of Conduct detailing policies and good sportsmanship behavior (listed at the end of this Handbook). It should be followed by parents and members at all times while connected to the Pittsburgh Pride All Stars, such as during practices, competitions, travel locations, events, on social media and any time Pittsburgh Pride is being represented. Athletes are representing our Program by being a member. Failure to follow these will have consequences up to being dismissed from the team and/or program.

9.) GENERAL GYM RULES

A. **Gym space:** Parents are not permitted inside the gym space during practice time. While we appreciate each parent's involvement, 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 or athlete, it endangers a child who is actively tumbling and sees the movement of a visitor who is in the wrong place at the wrong time, as well as interfering with your own child's learning.

B. **Where to go for help:** When parents have questions or concerns that you feel we can be helpful with, please contact the appropriate coach on BAND when appropriate. We do ask that you only contact a coach when needed and after the proper steps have been taken by the athlete to ask/communicate with their coach before parent involvement. The Booster Board Advisor, Team Parent Coordinator, and Coach or Gym Owner are 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.

   i. To Coaches: use BAND (Please do not address coaches during practice time or on their personal cell phones)
   ii. To Office, or for family account matters: use gym's email admin@pridecheergym.com or gym's phone number 724-873-1232
   iii. To Team Parents or Booster Parents: use BAND

C. **Proper communication:** Please reserve the email system and BAND for constructive communication of information. Sensitive or lengthy issues that do deserve attention should NOT be dealt with by email, BAND or during practice time. 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 coach's private cell phone. A coach's cell phone may be given out as a courtesy for competition days or to arrange private lesson times. The necessity of having any meeting time is a courtesy and can be restricted if abused.

D. **No gum, food or drinks** are permitted in the gym, except water. Water bottles are a must at practice time, and they should be labeled and brought into the gym. Kids who bring food or snacks for a break time should have it properly wrapped tight and stored, and they cannot eat it in the gym. Eating during break time can be done in the lobby and kids should clean up after themselves. Please encourage your child to take care of our space so that privileges are not lost. Kids should not enter behind the snack shop workstation.

E. **Break time** at the gym can only be a MAXIMUM of 30 minutes. It is for crossovers who have back-to-back practices or small breaks after classes or privates, and who are of age to watch themself. If that time exceeds 30 minutes kids are asked to leave and return at the proper time. **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. Kids may arrive 15 minutes prior to a scheduled start time and should be picked up immediately after.

F. **Proper gym attire** must be worn to practice: shorts; t-shirts, tank tops, sports bras with adequate coverage; or attire designated by coaches. Cheer shoes should NOT be worn outside and are the shoes to be worn indoors. Specific team attire may be assigned as mandatory and vary per team.

G. **Jewelry and items:** No jewelry is ever permitted at a competition. New piercings should not be gotten that overlap into the competition schedule because the child will be forced to take them out regardless. The only exceptions *at practice* are small earring studs only if it is a new piercing and is covered by a bandage. Do not bring extra items. If needed, label all items with your child's name and take them home each day. Do not leave items stored at the gym, including in lockers or cubbies. Please note that numerous pieces of jewelry and clothing are left every week and sent to Lost and Found which are removed weekly.

10.) EARLY DISMISSAL or QUITTING

Dismissal from the team for any reason, including failure to follow any of the stated rules, poor sportsmanship such as to an opposing team, teammate or coach, excessive unexcused absences, involvement with drug or alcohol use, or threatening to quit or quitting on your own free will, means you forfeit any monies owed you from the program. Monies owed to the Pittsburgh Pride program 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. This hinders the value to other families who have made an investment in the team.

CODE OF CONDUCT
CHEERLEADERS
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.

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. 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.
3. I will speak respectfully and not use profanity at practices or competitions.
4. 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.
5. I will not misuse the internet, social media sites, emails, or websites, and I realize that I represent Pittsburgh Pride as one of its members.
6. 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 realize I can be dismissed from the team if caught drinking, using drugs, or smoking.
7. I will keep my cell phone silenced and put away during Pride practices, as to not use it during Pride time so I can instead focus on my team.
8. I will respect my coaches and their helpers at all times, following their rules and directions.
9. 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 and contribute to my team. I am aware conditioning for this sport is essential.
10. 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.
11. I will wear proper attire to practice, socks and cheer shoes, no jewelry, hair pulled up, and any required team practice wear.
12. I will come to competition day with my hair, make-up, uniform and warm-up ready for competition according to gym specifications.
13. I will respect the value of the Pittsburgh Pride choreography and not reuse it or its music for other venues or events.

CODE OF CONDUCT
PARENTS/GUARDIANS
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 in which 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 realize that signing this program contract is 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 team 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. I will not create animosity or a hostile environment within my child's team.
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 its 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, hair styled, bow & make-up. *There will be a $50 fee charged per offense per day at a competition, including not following the hair protocol.*
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.
12. I have read through and understand what I am committing to in relation to the Pittsburgh Pride Tryout Packet.

Prep Program Contract Agreement 2026-2027

Please value the strength in knowing that your child's entire team has put in an equal amount of commitment as you have. Thank you for supporting our program and helping things run smoothly.

Date: _____

I, _____, (parent) have read and agree with all terms that have been covered in the "Pittsburgh Pride All Stars Parent and Member Handbook of Rules and Information" and the Pittsburgh Pride Team Packet including Time Commitment, Calendar, Camps, Competitions, Monthly Gym Tuition, Contract Agreement, Additional Costs, Safety, Photos and Videos, Code of Conduct, Gym Rules, and Dismissal. I agree to a one-season commitment, which will start in **August 2026 and practice through March 2027**, respective of the team's End-of-Year Competition. I am responsible to have my child at all mandatory team practices, functions & competitions. I realize I am responsible for tuition and my payment plan up to 7 months, for the entire season of all team commitments that I have agreed to by signing this Contract Agreement, even if I leave on my own free will or am dismissed from the program for any reason (with the one exception of moving over 40 miles away from gym).

***Parent Initials*_X_____**

I am aware that if my child does not compete at a competition and can be excused by a coach to remain on the team that I am charged a $100 fee for the necessary routine adjustments. This is only tolerated and approved in special circumstances.

***Parent Initials*_X_____**

I agree to an early dismissal penalty fee of $100 if I leave or am dismissed on or after January 1st of the season, which will be on top of my contracted tuition balance. I realize the harm to the other committed families should I allow this to happen.

***Parent Initials*_X_____**

Student's Name:_____
(Families should sign a separate agreement for each child)

I am committing to the team(s) that my child is placed on for the full duration of the cheer season; the team(s) is/are reflected by my September Tuition which will run through March Tuition.

Parent Signature:_____Date:_____