



Mystique Cheer and Dance

Athlete and Parent Code of Conduct Form 2022-2023

As a cheerleader at Mystique Cheer and Dance I pledge that I:

1. Will always wear training kit or other appropriate clothing to practice (for example: no jeans, sandals, flip flops).
2. Will always have my hair tied back off my face and will remove all jewellery before practice and competitions.
3. Will always warm up before any practising or competitions to keep myself and others safe.
4. Will not practice complex stunting or tumbling skills outside of practice.
5. Will turn up to training sessions on time and ensure I have the right kit/shoes on and be ready to start immediately.
6. Will attend all training sessions, unless there is a special reason and it has been discussed with my coach beforehand. I understand that my place on the team is dependent on my attendance.
7. Will maintain a positive attitude at training – I will help team-mates that need it, I will encourage those who are struggling, and will always report any incidents of bullying that I see or hear, knowing that it will be dealt with in confidence by my coaches.
8. Will not post on any anonymous cheerleading forums, stating any opinions about Mystique Cheer and Dance or any other cheerleading establishments, positive or negative.
9. Will use all of Mystique Cheer and Dance social media with respect and only use it for its intended purpose – creating positive relationships within our team and other teams, and to obtain information about my team that may be posted there.
10. Respect my coaches' decisions on all aspects of the team, including but not limited to team placements, placements within a routine, stunt positions, disciplinary proceedings, or competition schedule. All decisions are made **with the team in mind**, and the team as a whole.

Cheerleader signature: _____

Date: ____/____/_____

As a parent/guardian of a cheerleader at Mystique Cheer and Dance I pledge that I:

1. Will ensure my child is wearing their training kit or appropriate clothing to all practices.
2. Will ensure my child does not obtain a new piercing within 4 weeks of a competition.
3. Will ensure my child is not putting themselves and others at risk by practising complex stunting or tumbling outside of training.
4. Will ensure they arrive at training on time to ensure they are completely ready to go.
5. Will ensure they attend all training sessions, unless there is a special reason that has been discussed with the coach beforehand. I understand that my cheerleader's place on the team is dependent on their attendance.

6. Will talk to them about the importance of being a good team-mate, especially in times when they are finding this tough.
7. Will not post on any anonymous cheerleading forums, stating any opinions about Mystique Cheer and Dance or any other cheerleading establishments, positive or negative.
8. Will use all of Mystique Cheer and Dance social media with respect and only use it for its intended purpose – creating positive relationships within my child’s team and other teams, and to obtain information about my child’s team that may be posted there.
9. Will not verbally express any negative opinions on another child in the team, a coach of a team, Mystique Cheer and Dance, or any other cheerleading program either at practice, at competition, or if socialising with other parents outside of both of these. If I have a serious complaint about any of the above, I know that I can talk to my child’s coach in confidence and it will be dealt with swiftly and decisively.
10. Respect the coaches’ decisions on all aspects of my child’s team, including but not limited to team placements, placements within a routine, stunt positions, disciplinary proceedings, or competition schedule. All decisions are made **with the team in mind**, and the team as a whole.

Parent/Guardian signature: _____

Date: ____/____/____