



2024 Athlete and Parent Handbook

Updated February 2024

www.platinumcheerassociation.com

2024 Staff and Contact Information

Gym Location:

Platinum Cheer Association
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Board of Directors:

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Head Coaches:

Sparkle:

Opal:

Topaz: Christina

Turquoise: Tanya

Sapphire: Phyllis

Cobalt: Lisa & Frankie

Onyx: Lisa

Jade: Jen

Amethyst: Angie & Lanie

Emerald: Jul

Blue Diamond:

Diamond: Claudia

Platinum is the element that holds us all together and up! We are built on it as a symbol of strength, determination, resistance, and endurance.

WHERE PCA BEGAN

Platinum Cheer Association was founded in 2018.

PCA was started by a group of local women devoted to the sport of cheer and believe Cheerleading enhances character, independence and social interaction in addition to maximizing each individual's potential. Creating an environment that allows each athlete to grow and learn in Competitive Cheerleading, while keeping it at a recreational level making it accessible to the community.

The Board of Directors making up PCA are volunteer parents who are experienced in the sport of Cheer and committed to a successful organization promoting athletics, community outreach and fun!

We welcome all athletes in Kindergarten through 8th grade. We believe in training all athletes in the fundamentals of competitive cheer with a focus on safe progressions to develop strong athletes that are assets to their teams. Athletes that join our 6th through 8th grade teams should be focused on advancing their skills to the next level in preparation for High School Cheer. We have a high success rate of Platinum 8th graders making their high school teams, with many being placed on the junior varsity or varsity teams as freshmen!

Our Mission

Platinum Cheer Association is an organization offering competitive recreational cheer. Cheerleading enhances character, independence and social interaction in addition to maximizing each individual's potential. It is the mission of Platinum Cheer to develop each athlete physically and socially through competitive recreational cheerleading and to create role models and individuals with a sense of leadership within the surrounding communities.

Promoting and encouraging our young athletes in the values of teamwork, learning, confidence, dedication and sportsmanship through the sport of Cheerleading.

The coaching staff at Platinum strives to help each athlete achieve their greatest potential with cheer and personal development through community outreach, events and cheer competition.

PCA is a proud member of Illinois Cheerleading Association (ICA) and follows all ICA rules. Our Coaching staff is experienced in Recreation cheer. With a Coaching staff collectively earning over 100 first place finishes at ICA Qualifying Competitions, making it to Top 3 at the

ICA State Championship 6 years in a row on varying levels, and Earning 20 State Championships in 2018-2023!

PCA Cheerleading Program

Platinum Cheer Association (PCA) is a 100% Nonprofit organization 501(c)(3) focused on recreational competition cheer and community outreach. We serve multiple communities in the south suburbs of Chicago for ages Pre-K through 8th grade. Our Organization is run by volunteer Parents, Coaches and Jr. Coaches.

Athletes in Kindergarten can join our Sparkle program. This is an entry level, non-competitive program designed to introduce the fundamentals of cheerleading in the areas of stunting, tumbling, jumps, motions, routine composition, etc. in a fun way! Our Sparkle season runs from July through October. Sparkle athletes will perform at the annual PCA showcase and up to 2 ICA competitions.

Athletes in 1st and 2nd grade can join our Opal (1st grade) and Topaz (2nd grade) teams. These teams are designed to introduce athletes to competitive cheerleading with a focus on developing fundamental cheerleading skills. No prior experience in cheerleading is required. The Opal and Topaz seasons run from May through November. These athletes will perform at the annual PCA Showcase and at 3 ICA competitions. Athletes will attend the ICA State Competition in November if a bid is earned.

Athletes in grades 3-8 have the opportunity to join our Super Rec or Rec teams. Athletes that wish to join a Super Rec team will be required to attend an evaluation for team placement in February. The goal of placing athletes on Super Rec or Rec teams at this age level is to ensure all athletes have the opportunity to develop and advance individual and team skills at an appropriate pace. Participation on Super Rec teams will come with a higher level of expectations and accountability.

A Note About the PCA Handbook:

As a participant in the Platinum Cheer Association Fall 2024 season, you are agreeing to follow all policies and procedures outlined in the handbook. In addition, PCA and its athletes endeavors to follow all rules of the ICA. At times, situations may arise that are not outlined within this policy or the ICA rules. The PCA Board of Directors will have the sole discretion in determining policy not covered by this handbook in accordance with our by-laws and ICA guidelines. The PCA Board reserves the right to remove any athlete or parent from the program for non-compliance of the PCA or ICA rules.

Any concerns or complaints arising from violation of the guidelines set forth in this document should be emailed directly to the Board of Directors at platinumcheerinfo@gmail.com.

2024 Financial Obligations

All fees for the 2024 season are non-refundable. By accepting a spot on a team, you are taking away the opportunity for another athlete to participate. Please review your team's mandatory dates outlined in your athlete contract to ensure you are able to participate before accepting your spot on a team. No refunds will be given due to a schedule conflict. Monthly payment plans are available and all athletes have the opportunity to participate in various Cheer for Free fundraisers throughout the season to off-set season costs.

Grades 1-2 Program cost \$1,200.00

Costs Include:

- 1 Rebel Uniform - top and bottom - brand new for 2024
- 2 practice tees
- 1 pair of Rebel shoes
- 2 bows
- 3 ICA competitions
- Professional routine choreography
- Routine music
- Indoor gym with full cheer mats
- 2 day a week practices
- End of Year Banquet Ticket for Registered Athlete
- End of Year season gift

Additional Mandatory Costs:

- \$150 family participation fee (returned if participation hours are completed)
- \$100 family fundraiser fee (due in August/September)
- \$50 athlete gift fee (payable to Team Parents)
- \$165 State Competition Fee if team earns bid to State (payment due in October)

Payment Options:

- Pay in Full
- Payment Plan Available
 - \$500 Deposit at time of registration (Includes Uniform Cost)
 - May 15 installment
 - June 15 installment

- July 15 installment

Grades 3-8 Program Cost \$1,550.00

Costs Include:

- 1 Rebel Uniform - top and bottom - brand new for 2024
- 2 practice tees
- 1 pair of Rebel shoes
- 2 bows
- 4 ICA competitions
- 1 skills camp with professional instructors (2 hours)
- Professional routine choreography (8 hours)
- Routine music
- Indoor gym with full cheer mats
- 2 day a week practices
- End of Year Banquet Ticket for Registered Athlete
- End of Year Season Gift

Additional Mandatory Costs:

- \$150 family participation fee (returned if participation hours are completed)
- \$100 family fundraiser fee (due in August/September)
- \$50 athlete gift fee (payable to Team Parents)
- \$165 State Competition Fee if team earns bid to State (payment due in October)

Payment Options:

- Pay in Full
- Payment Plan Available
 - \$500 Deposit at time of registration (Includes Uniform Cost)
 - May 15 installment
 - June 15 installment
 - July 15 installment

Sparkle Program Cost \$TBD

Costs Include:

- 1 rental uniform top
- 1 practice tee
- 1 bow
- Up to 2 ICA competitions
- Routine choreography
- Routine music
- Indoor gym with full cheer mats
- 2 day a week practices
- End of Year Banquet Ticket for Registered Athlete
- End of Year season gift

Additional Mandatory Costs:

- \$150 family participation fee (returned if participation hours are completed)
- \$100 family fundraiser fee (due in August/September)
- \$50 athlete gift fee (payable to Team Parents)
- Purchase of black uniform shorts
- Purchase of white cheer shoes

Payment Options:

- Pay in Full
- Payment Plan Available

Explanation of Additional Mandatory Fees:

- **Family participation fee:** Each **family** is required to turn in a \$150 check post-dated December 1, 2024 at uniform fittings. If the family completes the 4 participation credits during the season, this check will be returned. Failure to complete the required credits will result in PCA cashing your check. PCA will make every effort to supply an ample amount of opportunities for families to earn their participation fee back.
- **Family fundraiser fee:** Each **family** is required to pay a \$100 fundraiser fee in August/September as part of the Cash Bash raffle. You have the opportunity to sell your tickets to recoup your fundraiser cost.
- **Athlete gift fee:** Each **athlete** is required to pay \$50 for competition gifts and team event fees. This fee is payable to the Team Parents by the agreed upon date.
- **State Competition Fee:** All athletes on teams that earn a bid to the 2024 ICA State Competition are required to pay \$165 to participate. PCA will determine a deadline in October for this payment to be due by.

Financial Bad Standing:

An athlete will be considered to be in financial bad standing if any of the following occur:

- Payment plan installment fails and not paid promptly
- Participation fee check not turned in by due date
- Mandatory fundraiser fee not paid in time
- Athlete gift fee not paid by due date
- State fee payment not received by due date

Any athlete deemed to be in financial bad standing may be ineligible to participate in the annual Showcase or competitions. If any athlete is in financial bad standing at the time of a new season registration opening, that athlete will be ineligible for registering. Please contact the PCA Board immediately if you need to discuss your financial standing.

Cheer for Free Program:

PCA believes in making the sport of competitive cheer accessible to all families. All athletes have the option to participate in various Cheer for Free fundraisers sponsored by PCA throughout the season to help off-set season costs. Athletes may not exceed the annual registration cost, uniform fee, and State fee in their Cheer for Free earnings.

*** Any funds earned in excess of the registration cost, uniform fee, and/or State fee will be considered a donation to PCA. ***

Sponsorship Program:

PCA allows athletes the ability to earn registration fee discounts by obtaining sponsorships from local businesses. Please refer to the 2024 Sponsorship Packet for detailed information.

Attendance Policy

Competitive cheerleading is a team sport and practices cannot be run effectively without full team participation. Full team participation is crucial to the success of the team. The PCA attendance policy is in place to ensure all teams can properly and safely prepare for the competitive season with full participation. For the safety and success of the athlete and the team, failure to adhere to the attendance policy may result in removal from a competition or removal from the team.

Preseason Skill Building Practices - May 20, 2024 - June 15, 2024

All teams will hold 1 day a week practices during this time. These practices do not count towards the season attendance policy, but should be considered mandatory for the success of the team. During this time, coaches will be forming stunt groups and assessing skills to prepare for choreography. It is in your athlete's best interest to attend these practices unless there is an unavoidable conflict.

No Contact Weeks - June 30, 2024 through July 13, 2024

In accordance with ICA policy, PCA will not hold any practices, choreography sessions, camps, or team events during this time. We strongly encourage you to use this time for all vacations, etc.

Mandatory Practices - July 14, 2024 through State Weekend

The PCA Attendance Policy will be in full effect during this time. Please refer to the PCA Season calendar for all mandatory dates.

Absences

Athletes are allowed four (4) absences during the season from the time mandatory practices begin through State weekend. Athletes are required to provide as much advance notice of an absence to the Head Coach as possible via phone call, text, or email.

Illnesses/Injuries

PCA reserves the right to require a doctor's note to return to practice after an illness or injury. It is at the Board and Head Coach's discretion to determine if an absence due to illness or injury will be excused or count towards the season absences. Athletes with minor injuries or non-contagious illnesses are expected to attend practices and sit out on the side as this is still valuable time spent with the team.

1. Any athlete injured during cheer season that requires medical attention must have a signed doctor's release to participate in subsequent practices, camps, and competitions for

the current season. This release must be turned in to the Board or Head Coach. **If an athlete can not participate in practice due to injury two weeks prior to a competition, the athlete will be pulled from the upcoming competition. **

2. Any child who contracts an infectious disease (other than a cold or the flu) during a cheer season must have a signed doctor's release to participate in subsequent practices or games. This release must be turned in to the Board.
3. It is the responsibility of the parents to contact the Board to obtain league medical forms in the event that there's an injury during a PCA practice or event. This should be done immediately following the injury and before the end of the season. This insurance is a secondary policy to offset costs not covered by your insurance. There is a co-pay with this secondary insurance.

Tardies

An athlete that arrives more than 15 minutes late or leaves more than 15 minutes early to/from a practice or choreography session will be considered tardy. 2 tardies = 1 absence.

Choreography Sessions

Full team participation at choreography sessions is crucial to the success of the team. An absence from a choreography session will count as 2 of your season absences if your team only has one day of choreography.

Skills Camp Sessions

The full value of a skills camp is only realized if all athletes are in attendance and therefore skills camps are a mandatory event. An absence from a skills camp will count as 1 of your season absences.

Schedule Changes/Extra Practices

Parents are reminded that schedule changes can occur. PCA attempts to give advance notice when possible, but sometimes unforeseen circumstances arise. Parents and athletes need to be flexible to these schedule changes during the season. PCA and Head Coaches reserve the right to call additional mandatory practices for the benefit of the team. Any canceled practice must be approved by the Board. Failure to adhere to the above could result in your child's dismissal from the program.

PCA Showcase

The annual PCA Showcase is a mandatory event and all athletes are expected to attend.

Competitions

All athletes are required to attend all competitions to remain eligible for the team. The PCA competition schedule will be announced on May 19, 2024. Failure to attend a competition will result in removal from the team. An absence from practice within 2 weeks of a competition may result in the athlete being asked to sit out at the competition - this is for the safety of the athlete and the team. At this time, the following weekends are potential Fall 2024 competition weekends and should be considered mandatory:

- * First Look: August 25, 2024 at NIU
- * Cheercago: September 7-8, 2024 at Hampshire High School
- * Cheer Wishes: September 21-22, 2024 at West Aurora High School
- * Cheer Pink: October 5-6, 2024 at Dundee Crown High School
- * Final Fling: October 19-20, 2024 at NIU
- * Spirit Spooktacular: November 2, 2024 at Huntley High School
- * STATE 2024: November 14-17, 2024 at NIU

State Weekend

All practices within 2 weeks of the 2024 State Competition are mandatory for all athletes in order to participate. The State Competition may be held on a weekday - your athlete will be expected to miss school to attend the competition if the schedule requires.

THERE WILL BE NO REFUNDS GIVEN IF AN ATHLETE IS REMOVED FROM A TEAM OR SITS OUT AT A COMPETITION DUE TO A FAILURE TO FOLLOW THE PCA ATTENDANCE POLICY. Any exception requests to the policy must be made in writing and emailed to the Board. The Board will have the final determination in granting any exception requests - not the Head Coaches.

General Policies and Procedures

Practices

- Practices are closed to all parents. The only people allowed in the gym during a practice are registered athletes and confirmed coaches. All adults in the gym during practices are required to pass a background check and therefore permission must be obtained from the Board before any non-Coach adult is present at a practice.
- The facility doors will remain locked at all times athletes are present in the gym. Please make arrangements with your coach if you have a valid reason to enter the gym during practice hours.
- Phones, fidgets, toys, etc. should remain in athlete bags during practices.
- No food is allowed during practice unless medically necessary.
- Athletes are responsible for bringing their own water to practices.
- Athletes are not allowed in the gym or on any equipment (including mats) unless his/her coach is present.
- It is the athlete's responsibility to be fully prepared for the start of practice - including using the bathroom, having shoes on, and in proper practice attire.
- Athletes should wear appropriate clothing to all practices. This includes your PCA practice shirt, black fitted shorts/leggings, and uniform shoes. Athletes should refrain from wearing oversized hoodies, etc. for safety purposes.
- Hair should be properly secured in a tight ponytail. Constant redoing of hair is a distraction to the team and can be a safety hazard.
- Any athlete that requires glasses must have a proper athletic strap for all practices and performances. PCA cannot be held responsible for broken glasses.
- No jewelry is allowed at practices. Any freshly pierced ears must be covered with a bandage. We cannot be responsible for lost jewelry.
- Make sure all athlete items are labeled. PCA will maintain a lost and found - all items remaining at the end of the season will be donated.

Arrival/Departure

- Athletes should not arrive more than 5 minutes before the scheduled practice time to avoid disrupting other teams.
- Parents should walk their athletes to the gym doors before practice or arrange for a safe drop-off in the parking lot.
- Coaches will escort athletes to the gym doors at the end of practices. Parents may pick up their athlete at the door or form a pick-up line in the parking lot.
- Please be prompt in picking up your athlete. Coaches should not be expected to have to wait more than 5 minutes at the end of the practice for your athlete to have a ride home. Please be sure to communicate any emergencies with pick-up to your coach immediately.
- If waiting in your car, please turn off headlights if they are shining in to the gym.
- Exercise extreme caution when driving through the parking lot for the safety of PCA

athletes and patrons of surrounding businesses.

Communication

- Email will be the main form of communication used by the Board. It is your responsibility to ensure we have a current email address on file for all parents/guardians that need to receive information. PCA utilizes the email addresses provided during registration to form our email list. Any changes after registration must be communicated to the Board. We cannot be held responsible if you miss important information because your email address is out of date.
- Head Coaches will determine the mode of communication for the team. This may include: emails, Facebook groups, or messaging apps. It is your responsibility to be accessible to your coach and to communicate any changes in your contact information.

Junior Coaches

- We are fortunate to have high school athletes join us as junior coaches this season and know they will be a valuable asset to helping our teams succeed. The junior coaches are current students and athletes that are using their free time to help our teams. They are an extension of our coaching staff and should be treated as such by the athletes and parents. Please contact an adult coach or Board Member if you have any concerns about a junior coach or if you would like to get in touch with one. Athletes should refrain from contacting the junior coaches on social media, text, etc. to maintain appropriate relationships.

Uniforms

- All athletes are expected to have the current season uniform. In 2024, all competitive athletes will be provided the uniform as a part of the registration cost. The uniform is owned by the athlete.
- It is the responsibility of each athlete to maintain their uniform in good condition. Any damage to the uniform will need to be repaired at the athlete's expense. If the damage is unfixable, the athlete may be required to purchase a replacement uniform if the Board deems the uniform to be unwearable for a competition or event.
- Uniforms are not custom made - if you are unhappy with the fit of your uniform, you may have it altered at your expense. The overall integrity of the uniform must be maintained when any alterations are made and you must receive permission from the Board before any alterations are made.
- Please follow the manufacturer's washing instructions to maintain the integrity of the uniform.
- It is the athlete's responsibility to be prepared with the current season uniform shoes and proper bow for each competition. Any athlete that loses shoes, bows, or uniform pieces will be required to replace them at their own expense.

- All Sparkle athletes are required to return their uniform top in good condition at the end of the season. Any Sparkle athlete that fails to return the uniform top or returns a top in damaged condition will be responsible for the replacement cost of the top.

Spirit Wear

- The use of the PCA logo for spirit wear is strictly prohibited by anyone that is not a PCA preferred vendor. Please refer to our monthly newsletter for contact information for current vendors.
- Any spirit wear that is created must be in good taste and adhere to the values and image of PCA.
- PCA is the exclusive distributor of all backpacks and warm-ups with a PCA logo. You are not allowed to outsource these to another vendor.

ICA

- In accordance with ICA policy, a PCA athlete may not participate on another recreational or all-star cheer team during the season the athlete is registered for. Athletes may join the school cheer team.
- No more than three (3) grade levels may be combined to form any team.
- All athletes must participate on the team for his/her grade level. PCA does not allow parents or athletes to request placement on a different team due to schedule, etc.
- Community Outreach - in the event a community outreach event is required by ICA, all athletes on the team are required to participate unless excused by the Board.

Gym Rules and Procedures

The cleanliness, upkeep, and maintenance of the PCA gym is a group effort. Any athlete in violation of the gym rules may be removed from the program or held responsible for the costs of replacing/repairing any damages.

- Absolutely no food is allowed in the gym unless given permission. Athletes that wish to celebrate a birthday or special occasion with a food treat should be prepared to pass it out at the end of practice outside of the gym. Any team that consumes food in the gym is responsible for fully cleaning it up - including vacuuming/mopping and emptying the garbages if necessary.
- Smoking is strictly prohibited inside the PCA gym.
- Colored drinks, such as Gatorade, are strongly discouraged.
- No one should be using PCA equipment, including mats, unless given permission.
- All athletes should contribute to the cleanliness of the gym, including throwing away their trash, taking belongings home, and maintaining an orderly bathroom.
- Athletes should not use the bathroom areas as a “playground” but treat them with respect. Throwing water around, flushing inappropriate items, leaving trash on the floors, etc. is disrespectful and can cause costly damages to the facility.
- Any athlete found to have caused damage to the PCA Gym may be responsible for the

cost of repairing or replacing the damaged item. If the damage cannot be attributed to a single athlete, all athletes involved will be responsible for sharing the cost.

Safety

PCA focuses on safe progressions of stunting and tumbling to ensure athlete and team success. Coaches and Board Members have the difficult responsibility to run practices safely and effectively and may need to make hard decisions regarding the inclusion of skills in a routine. **PCA utilizes the 24 hour rule regarding contacting the coach or Board after a decision is made regarding your athlete. This means you must wait 24 hours to contact the coach or Board to discuss any instance of your athlete's role in a routine being changed.** Please keep in mind these decisions are not made lightly but are for the benefit and safety of your athlete and the team as a whole.

- PCA uses the 80/20 rule for including a skill in a routine. This means a stunt, tumbling pass, etc. must be executed properly 80% of the time to be included in a routine.
- Stunting and tumbling will not be advanced to the next level of difficulty until the current skill is perfected. It is crucial to build strong foundational skills to ensure the success of advanced skills.
- The coaches have the ultimate decision on the formation of stunt groups. Athletes are expected to give 100% effort to the stunt role he/she is assigned to. Versatile athletes that can perform multiple stunt roles are extremely valuable to a team! The stunt role may change during the season - athletes are expected to adapt and continue to give his/her best effort.
- Cheerleading is a team sport with an inherent risk of injury. To minimize this risk, safety rules and respect for each other and your coach's direction, must be adhered to at all times. During the course of the cheerleading season, the girls will be practicing stunts and pyramids, which consist of other girls standing on their shoulders or back or being lifted into the air. I give my permission for my athlete to participate in this stunting.

Athlete Code of Conduct

Bullying

- PCA has a zero tolerance policy for bullying. If we observe bullying behaviors during practice, we will address it with the athlete(s) immediately and contact the parents. If necessary, we will request a meeting with the PCA Board and all athletes and parents involved. This policy extends to social media and electronic communications also.
- While we cannot control what happens at home or school, if conflicts carry over to practice and affect athlete/team morale, we will do our best to address those problems also.
- Please reach out to a coach immediately if you feel your athlete is being bullied so we can address the situation.
- The PCA Board reserves the right to remove an athlete from the program due to bullying.

Social Media

- Who you are on social media IS and DOES reflect upon who you are on a team. We work too hard to make a good name for cheerleading in our community to let the bad and irresponsible decisions of one or a few people affect and diminish the program.
- ANY negative social media, such as language, bullying, etc will result in an automatic one day suspension, pending further action based on the decisions of the Head Coach and Executive Board.
- All coaches will be given access to any athlete's social media accounts, if asked.

Representation of Self

- PCA expects all athletes to demonstrate exceptional sportsmanship at all events you attend where you represent PCA. This includes competitions where you are an athlete or spectator. If an athlete is observed treating another team or athlete with disrespect or if the PCA Board is notified of these behaviors from another organization, the athlete will be subject to disciplinary action, including potential removal from the organization. This includes verbal taunting, hand gestures, or booing in the stands.
- Any athlete found to cause damage to any non-PCA facility will be responsible for the cost of repairs and may be subject to disciplinary action.
- You should be proud to represent PCA and wear our colors. A poor/negative attitude may affect your eligibility for future seasons. PCA expects all athletes to give 100% effort, to

be compassionate teammates, and to be role models and leaders in the program and community.

Parent Code of Conduct

- Parents are expected to treat the coaches and Board with respect. We are often tasked with making difficult decisions and may cause hurt feelings, but our decisions are made for the best interest of the team as a whole.
- Parents should not contact ICA for any reason - this includes by phone or email. If you have a question or concern, please contact the PCA Board and we will assist you.
- Parents should model exceptional behavior and sportsmanship at all competitions. Parents should not be speaking disparagingly about other organizations or engaging in disrespectful behaviors. ICA and PCA reserve the right to ban any spectator from attending future events. If you encounter a situation with a member from another organization, please contact the PCA Board immediately to determine the proper course of action.
- Parents are not allowed to approach any ICA judge for any reason. If you have questions or concerns about scoring at a competition, the questions should be directed to the PCA Board.
- Parents are not allowed to enter the “Athlete Safe Zones” at competitions. Please do not ask to tag along with the team, even if you are a Team Parent or Team Photographer.
- Please treat all venues with respect - clean up after yourselves, don’t save seats unnecessarily, and follow all directions given by ICA staff.
- Parents and athletes are expected to comply with any bag or persons searches required by ICA. This is for the safety of all spectators and athletes at events. Failure to comply may result in a ban from future events.
- In the event parents and athletes are at a hotel for a competition weekend, PCA expects everyone to treat the property with respect and follow all guidelines for quiet hours. We are often not the only organization at the hotel and many athletes go to sleep early to prepare for an early morning. Loud conversations should be held in the lobby, outside, or within the hotel rooms. Parents should refrain from allowing athletes to be running through hallways, causing damage to property, etc.
- Posting of photos or videos to social media of an athlete/team on an ICA mat at a competition is strictly prohibited in accordance with ICA policy.
- Alcohol is prohibited at PCA practices and competitions with the children present.
- Possession or use of illegal drugs or abuse of prescription drugs is prohibited.

ANY VIOLATION OF THE ATHLETE OR PARENT CODE OF CONDUCT MAY RESULT IN IMMEDIATE DISMISSAL FROM THE PROGRAM WITH NO REFUND.