

## Family Participation Waiver

### Practice:

Competition Season runs from October to December.

There will be NO BOARD EXCEPTIONS during competition season

All Athletes have 3 Excused Absences to use during the season

- **All Practices are mandatory once Choreography starts.** All practices before then are highly encouraged to attend.
  - **Only 3** Mandatory Absences of any kind are allowed per season. Any athlete exceeding that will not be eligible to compete after the 4th one.
  - 1 Missed Choreo session = 2 Absences
  - 2 Tardies = 1 Absence. A Tardy is arriving late or leaving early more than 10 minutes
  - Attending practice and not participating at all = 1 Absence
  - Practices will be held on the Monday and Tuesday of Thanksgiving. Missing these practices will result in your athlete not being eligible to participate in State Competition.
- The Showcase event, held in the month of October TBD, is a mandatory event for the organization and all cheerleaders are required to attend.
- 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. Failure to adhere to the above could result in your child's dismissal from the program.
- If you cannot attend a practice, you are expected to email and/or call your coach in advance.
- If you are going to be late to a practice, you are expected to email and/or call your coach to let them know.
- Please do not be late for drop off or pick-up at practice.
- Wear shorts, PCA tanks/t-shirts, PCA Practice bow and gym shoes (double tied) with a high pony.
- Clothing should appropriately fit children. NO jeans or skirts, no oversized sweatshirts, no jewelry, no gum, no food unless medically necessary.
- Jewelry is a safety threat to all and should be removed prior to practice. If it cannot be removed, it must be taped down.
- Use the bathroom before practice begins.
- NO cell phone usage (water breaks are meant for you to drink water, not text).
- Children that are NOT in the program can NOT be dropped off with cheerleaders at practice. We can NOT be responsible for their safety.
- We will work as a team. Meaning you will treat your teammates and/or coaches with respect always.
- There is to be NO negative comments to each other, your coaches, or anyone within the PCA Organization, surrounding recreational programs or the IRCA up to and including any derogatory or slandering remarks on any social media site.
- If a parent/guardian has questions or concerns, they should speak directly to the Head Coach.
- Remember you represent the PCA Organization, both on and off the mat.

### **Community Outreach/Giving Back:**

- PCA Athletes are expected to attend at minimum 2 community outreach activity per season. Activities will be scheduled by the Board.
- All athletes should wear their PCA T-shirt and Bows to all Fundraising Events

### **Additional:**

- PCA Families will be respectful to all coaches, parents, and teammates. Any disrespect or inappropriate behavior will result in expulsion from practice and potential dismissal from the program.
- Discrimination, Gossiping or bullying to other team members or other teams within surrounding areas is not allowed at any time. This includes in person, over the phone or on the Internet (i.e. Facebook, Twitter, etc.). Any families involved in this activity will be asked to leave the organization.
- Any athlete dismissed from a team due to behavior or attendance will not receive a refund of any kind.
- 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.
- I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that PCA may use images for a variety of purposes and that these images may be used without further notifying me.
- All Athletes, Parents, Fans, and Coaches are to use good sportsmanship and conduct. If any issues arise during the year that cannot be worked out privately with the coach or appropriate Board Member, the issue should be immediately brought to the attention of the full Board of Directors. The Directors will review the complaint and determine the best course of action. PCA will provide all the rules and policies of the organization on its website in the posted PCA Handbook. It is the parent's responsibility to read and be familiar with this information as it can change from year to year.

**I fully understand the policies set forth by this organization. I understand the current registration fee, State Competition Fee paid at a later date, and that I must be paid in full at due dates in order to participate. This includes the purchase of a clean, undamaged, properly fitted cheer uniform each year as needed. All FEES are NON-REFUNDABLE**

By signing this, you agree to abide by the rules set forth.