

ROGUE CHEER ATHLETICS 2024-2025 CODE OF CONDUCT (JR/SR)

★ = new policy added to the code of conduct

EFFECTIVE AS OF MAY 20TH 2024

J3.2 BANDITS: TUES/THURS: 5:00-7:00

S3 FUGITIVES: MON/WED: 5:00-7:00

S4 SENIOR: SUN: 6:00-8:00/ WED: 6:30-8:30/ *FRI: 5:00-7:00
(FRIDAY PRACTICES STARTING SEPTEMBER 2024 FOR S4)

ATTENDANCE

Attendance is mandatory unless there is an exception made by the coaches.

Examples of **excused absences** include: illness, pre planned vacations cleared with coach and family emergencies.

Examples of **unexcused absences** include: not having a ride, homework, hair/nail appointments, doctor/dentist appointments (we ask that these be planned on non-cheer days if possible), being grounded, involvement in other sports and non-cheer activities. Proper notice and planning will avoid conflicts!

Vacations need to be cleared with the coaches at least 2 weeks prior to leaving. Please keep in mind that it is crucial to be present during competition season (January-February)

DO NOT come to practice if you are: vomiting, coughing profusely, have a fever, are dizzy or have anything that could be contagious. Make sure to notify your coaches at least 24 hours before practice. Not the day of if at all possible. **These are considered excused absences, as long as the coaches are informed PRIOR to practice**

The Youth, Junior and Senior Team has two unexcused absences allowed each season. The third unexcused absence will result in being benched from the next performance/competition. Any further absences may result in removal from the program.

ALL dates listed on this graphic are MANDATORY. Signing this document solidifies your commitment and acknowledgement of these specific dates and its requirements.

Contact the following coach(es) if you will be absent from practice: *Do not text/call coaches after 8:30 PM*

J3.2 BANDITS - COACH JANECE - 209-400-4067

S3 FUGITIVES - COACH ERYNE - 541-292-1569

S4 SENIORS - COACH BECKY/COACH MAISY -
541-778-7778 / 541-601-7338

JUNIOR & SENIOR ARRIVAL REQUIREMENTS:

All Rogue Cheer Athletics Athletes must be present and on the mat no later than 5 minutes before their practice starts and "practice ready".

thinking of coming to Rogue in 2024? ...

SAVE THESE DATES

DREAM CAMP
S3/ S4 TEAMS ONLY
JULY 7TH - JULY 11TH
Lewis and Clark University

ROUTINE WEEK
AUGUST 12TH - AUGUST 16TH
ROUTINE WEEK IS A WEEK OF PRACTICES DEDICATED TO CHOREOGRAPHING ROGUE YOUTH, JUNIOR AND SENIOR COMPETITIVE ROUTINES FOR THEIR 2024-2025 SEASON. PLEASE SCHEDULE VACATIONS AROUND THIS WEEK AS IT IS MANDATORY FOR THE MENTIONED TEAMS ABOVE.

ROGUE WILL BE CLOSED
tumbling classes remain active*

DREAM CAMP @ ROGUE
J2 TEAM ONLY
JULY 27-29

YOUTH TEAM PLACEMENTS
JULY 23 & 25 4:00-5:30

*TUMBLING CLASSES ALSO CLOSED MAY 6-10

- May 6th - May 10th
- June 17th - June 21st
- August 26th - September 2nd

“PRACTICE READY”

Hair up, bangs out of face

Jewelry out

Practice clothes on

Phones/ smartwatches/ fit bits etc... Juniors (on Coach Eryne's door) , Seniors (in locker)

Nails trimmed

Have used restroom already

Failure to abide will result in an unexcused absence.

ATTIRE/PRACTICE READY

Come prepared! That means proper athletic clothes, cheer specific shoes, sports bra (junior/senior athletes), hair and bangs pulled back (please see Arrival Requirements).

Absolutely NO jewelry allowed during practice. Coaches are not responsible for holding onto jewelry.

Nails must be kept short. We will have random nail and jewelry checks. This is a safety requirement.

Athletes need to be "practice ready" when they begin their cheer practice. If an athlete arrives in jeans, skater shoes, a dress etc. or anything that does not fit "practice ready" (as described above) we will ask said athlete to sit out of practice until a parent can bring the needed cheer gear.

Sports Bras and athletic spandex shorts are allowed to be worn as practice wear. However, it is required that athletic wear is full coverage and the correct/fit size in order to keep athletes comfortable and appropriate when doing stunting and tumbling. Please avoid sports bras with spaghetti straps, that are ill fitting or not made for athletic activity as these are not appropriate for cheer practice. Athletes will need to change into shirts and shorts we have on hand in the gym if the practice wear is not suitable for cheer that day.★

ARRIVAL/DEPARTURE PROTOCOLS

-Junior/Senior athletes can be dropped off but person responsible for dropping off MUST watch their athlete enter into the building before driving away. Upon departure - athlete must let a coach know they are leaving before exiting the building. If an athlete drives themselves in their own vehicle, they will be observed by a coach until safely in their car.

-Rogue Cheer Athletics fall/winter practices will be closed in order to prioritize the focus of the athletes. However there is more flexibility with our younger athletes on the Tiny, Mini, and Youth aged teams. If you have a reason for needing to stay in the foyer during practices please let our coaching staff know ahead of time. If you travel a long distance for practices (Grants Pass, Ashland, Klamath Falls) please let us know so we can work out an adjustment for this protocol.

COMPETITIONS

Competitions are run in a structured and timed manner by competition directors. Please plan for plenty of time when traveling to competitions. If you believe you will be late, let your coaches know as soon as possible. If an athlete is too late they miss the warm up time, that athlete will likely have to miss participating in the routine that day.

Junior and Senior athletes need to verbally confirm with their coach that they are departing before leaving any competitive event.

Parents are responsible for driving their athlete to competition.★

Any parent who chooses to remove their athlete from the team during the middle of the season, will lose their \$100 commitment fee (see explanation below). Athletes will also be required to return their full uniform. Every single athlete is vital, regardless of what team he or she is on. As stated below: (If you choose to quit the team at any time during the year, you will not be allowed back on the team at any point during the same season. Please also note, if you decide to try out again in the future, the fact that you have quit in the past will weigh heavily on your chances of making the team.)

TEAM COMMUNICATION

All cheerleaders (if they have a phone), cheer parents and coaches are **required** to be part of the BAND App. This is a free app / private group that streamlines communication throughout our season. We use this instead of group texting. Your notifications for this app need to be ON.

BAND IS WHERE THE FOLLOWING COMMUNICATION FOR YOUR TEAM WILL TAKE PLACE:

- cheer schedule & last minutes schedule changes
- cheer documents
- cheer photos and videos for easy downloading
- cheer event updates / cancellations

athletes and parents are responsible for keeping track of information and updates that are posted on BAND.

It will be considered an unexcused absence if an athlete misses an event due to either the athlete or parent not checking their BAND app.

Beginning this season, we will be introducing the role of Team Moms for each Jr/Sr team. A Team Mom will act as the intermediary between the coach and the parents. Each team will have a designated Team Mom, and this is a voluntary position. If you wish to apply to be the Team Mom for your athlete's team, please complete the necessary application that will be provided on Band in the upcoming weeks. The team's coach will post information regarding schedules, updates, competitions, and practices. After the initial communication via Band, the Team Mom will serve as the contact person for any further questions.★

PARENT TO COACH COMMUNICATION

APPROPRIATE CONCERNS TO DISCUSS WITH COACH ★

- The treatment of your athlete (physically and mentally)
- Ways to help your child improve
- Concerns about your athlete's behavior

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACH ★

- Team placement after tryouts
- Team strategy / competitive strategy
- Other team members (unless it's an issue between athletes that needs to be addressed)
- Other coaches or Rogue Staff (unless there's an irresolvable issue that requires staff to come together to communicate)

Please note that if a parent has a concern regarding their athlete they will be required to communicate with the head coach of the team your athlete is placed on. Do not text, call or converse with Rogue staff about team concerns unless it is with the coach of your athlete's team.★

CHEER COST

-Cost information such as monthly tuition, camp fees, competition fees etc. can be found here for each specific team: www.roguecheerathletics.com/rogue-szn-5-team-info

-A \$100 Commitment Deposit due June 1st for Jr/Sr athletes. if an athlete quits early - Rogue keeps the deposit as a rechorography fee. If they complete the season it will roll over to next season.★

-Monthly cheer payments are due by the 15th of each month. A \$10 fee will incur for each day unpaid after the 15th if communication is not returned by parent after Rogue reaches out to collect payment.

-Payments can be made in person, or via square on our payment portal at the link here:
www.roguecheerathletics.com/paymentportal

ATTITUDE/BEHAVIOR

-Always keep a positive coachable attitude.

-Always talk with love and respect no matter who is being spoken of or to (teammates and coaches)

-Understand that there is no tolerance when it comes to lying, backstabbing, bullying, discouraging teammates and/or creating drama on the Rogue Cheer Athletics teams.

-There will be no arguing with coaches' decisions. They are final.

-All coaching staff are to be treated with respect. Any attitude or dismissive behavior towards a coach by an athlete (regardless if it is your team's coach) will result in a documented strike and follow up conversation. Please note - if any Rogue coach is present for your teams practice, they too are acting as your coach and will be treated as such.

-Have the mindset of an athlete. As with all athletes, no grumbling when it comes to your responsibility as a cheerleader which includes conditioning, practicing, competitions etc.

-Talk to the coach privately if there is an irresolvable problem. If athletes and/or parents have a conflict with any member of the coaching staff and/or cheer family, we ask that this be handled with the biblical principles as stated in Matthew 18:15-17. Any conflicts will be handled confidentially.

-Do not air team laundry or speak negatively while with teammates, at school, via text, Group Text, Facebook, Twitter, SnapChat, TikTok, Instagram or any other social media.

-Inappropriate talk amongst teammates and/or compromising or suggestive photos/ inappropriate music with any vulgar context, violence or cussing /content posted, shown TO each other or shared on social media will be used as grounds for disciplinary action. Please see *3 strike policy* for further explanation.

-Remember that you represent the team as whole, your faith and your family.

-Phones / smartwatches / fit bits are to be put away and on silent in a coaches office, locker room, or office cubby area. If an athlete needs to be reached please text or call your team's coach via their cell phone.

-Remember, being a Rogue Cheer Athletics cheerleader is a privilege, not a right. By making the squad you've earned the privilege, but failure to maintain team standards and expectations may result in loss of this privilege.

-If you choose to quit the team at any time during the year, you will not be allowed back on the team at any point during the same season. Please also note, if you decide to try out again in the future, the fact that you have quit in the past will weigh heavily on your chances of making the team.

-As Rogue Cheer Athletics expands into the world of **co-ed cheer**, we are implementing a new policy aimed at fostering a professional team atmosphere. Specifically, we prohibit any form of romantic involvement between athletes, irrespective of gender or team placement. This encompasses dating, flirting, or any other manifestation of physical or emotional intimacy. Additionally, we will not tolerate any form of inappropriate conversation or talk around or between teammates. It is by upholding this policy that we can continue to cultivate a strong and successful team, unified by our collective goals and values as a gym. Failure to comply with these regulations will result in two automatic strikes for the athlete, followed by a face-to-face discussion with a parent or guardian, as well as further disciplinary measures if deemed necessary. ★

ROGUE CHEER ATHLETICS CODE OF CONDUCT 3 STRIKE POLICY

Failure to abide by the Rogue Cheer Athletics Code of Conduct will result in a strike per offense:

First Offense = Verbal communication: Coaches will pull the athlete aside and communicate directly the concerns being had, however, failure to correct the behavior will result in a second strikes

Second Offense = Conversation with Parent/guardian: We will pull athlete aside and bring parent/guardian into the conversation. We will work together with parents/guardians to come up with a solution and see if we can solve the issue. If issue does not resolve we will continue to strike three.

Third Offense = Removal from program: We will remove athlete from the program if the deliberate attitude continues after the two conversations before hand. This is never our first choice, and clear communication will be made before removal.

***BY SIGNING MY NAME BELOW, I AM STATING
THAT I (THE ATHLETE AND PARENT/GUARDIAN)
HAVE RECEIVED AND READ THE 2024-2025
ROGUE CHEER ATHLETICS CODE OF CONDUCT, I
UNDERSTAND ITS CONTENTS AND WILL ABIDE
BY THE RULES SET FORTH IN IT***

PARENT/GUARDIAN SIGNATURE & DATE _____

ATHLETE SIGNATURE & DATE _____

**★ PLEASE SIGN THIS PAGE ONLY AND RETURN TO ROGUE STAFF AT YOUR
TRYOUT ON MAY 16TH. THIS IS YOUR TICKET INTO TRYOUTS AND YOU
WILL NOT BE ALLOWED TO TRYOUT WITHOUT IT IN HAND ★**