



Competition teams information and contract

Attendance Policy

The team attendance policy is in place to encourage clear communication between Coach, Parent and Athlete. Because each member of the team is equally important; prompt, consistent attendance is necessary for the skill development of each athlete and the entire team. **TRAINING IS MANDATORY FOR ALL SESSIONS FOR COMPETITIVE TEAMS.**

Illness/ Emergency

In case of illness (fever or vomiting) , a parent /Athlete (when over 16) must contact the coach to inform of Athletes absence. If athlete is not fever or vomiting they should attend training to watch.

PHONE CALLS and TEXT MESSAGES must be received no later than 9.00am on the day of training; EMAILS must be received no later than 9.00pm the night before training.

Word of mouth will NOT be accepted.

In case of family emergency an email, text or phone call from the parent / athlete (over 16) will be accepted after 9.00am. Reason for absence should be explained.

Injury or Limited participation

Athletes that are under doctors' orders to not participate must supply A DOCTORS NOTE to the coach along with a medical release date. Athletes will be expected to attend a portion of training sessions during their recovery.

Planned Absence

Planned Absences (Holidays) must be communicated by EMAIL and /or LETTER no less than 3 weeks in advance whenever possible. Phone calls and text messages will not be accepted. Please do not plan Holidays in the 3 weeks prior to comp.

Absences will not be given for Birthdays / Family Events / Social events/ other sporting / Revision/ out of school activities please arrange these outside of your committed Cheer time.

Lateness

Unplanned late arrival to training must be communicated by PHONE no later than 15mins prior to the start of training. Lateness due to appointments and functions must be communicated by EMAIL and / or LETTER no later than 1 week in advance of planned lateness. Cheerleaders are expected at training 5 mins prior to the start (to help set up.)

Extra Training

Extra training in the lead up to competitions and during Choreograph. This will be an estimated 10 extra training sessions during the Season.

Extra training is subject to normal rules and attendance is required by all comp Cheerleaders. Extra training dates will be emailed out 2 weeks prior to training.

Extra training should be paid in advance to the Eclipse account or on the day in cash. Extra training fees are £5 per session.

Estimated Extra training days and times will be as follows (subject to change.)

Chronicle and Quest – Fridays 5.30-7.00pm at Highgate Fresh

Crusade Thursdays – 8-9.30pm at Acland Burghley

Legend – Saturdays during tumble sessions or Saturdays 4-5.30pm at Highgate

We will organize extra training and choreo sessions around whatever is best for the group and so the sessions above may change.

Comp Team Rules

Do not speak when coach is speaking

Training is mandatory including extra training and choreo sessions

Competitions are mandatory

Cheerleaders should be dressed appropriately at competitions, in either full uniform or training kit

No Stunting without a coach present

Do not coach each other - if you are not sure ask

Be a role model

Have good sportsmanship. Be friendly - we are a friendly team, everyone says so. That makes us proud so lets keep it that way :)

Ask permission before filming at cheer.

Do not post any routine vids on any social networking, or share routine vids with anyone else. We will have a private group on facebook for each team which is the only appropriate place to post routine footage.

Make sure that extra training as a group (of eclipse members) is organised through the team

Failure to abide by squad criteria

Failure to abide by competitive squad criteria as well as failure to follow competitive contract agreements or code of conducts will result in a DEMERIT.

- Three demerits in one term will result in a parent/ Athlete meeting with the coaches
- Failure to abide squad conditions will strongly compromise a cheerleader's position within competition routines. Cheerleaders may be moved to events squad. Cheerleaders will still be liable to pay any competition expenses if moved after payment deadlines.
- Coaches reserve the right to remove Cheerleaders for failure to adhere to squad conditions, competitions contracts or code of conducts at any point. Refunds will not be given.

Competition Schedule

We are still working on our competition dates for next season. When competition dates are finalised they will be sent to all competing Cheerleaders via email.

We are aiming to compete in 3 regional and 1 national competition this season.

Selected stunt groups may compete a separate schedule (See below.)

Please take into account travel and any Hotel expenses which are additional.

If in the case that Eclipse decided to change competition schedule or pull out of a competition the competition deposits will stay on your account. Any money left over in competition accounts will be refunded at the end of the competition season. Routines will only be entered into comps if the routines are finished at the point of entry.

Detailed competition Itineraries are usually sent out a week prior to comp (Itineraries are dependent on when we receive the detailed schedules from the competition organisers.)

Leila is our competition team manager and she will be able to answer any questions that you have about competitions.

Leila's e-mail is eclipse-teammanager@outlook.com to she can be contacted on facebook. - Leila Reid (find her in the Private group)

Provisional Competition Dates

Please keep the following dates free. Dates may be changed.

Competition	Type	Date	Venue
Legacy Just Believe	Super regional	18 th + 19 th February	London copper box Arena, Olympic park
BCA National	National	15 th + 16 th April	Telford International Centre
ICE Iuton	Regional	9 th 10 th June	Luton leisure village
BCA regional	Regional	17 th + 18 th June	Guildford Spectrum

Possible additions for selected stunt groups will involve additional comp fees , hotel and travel. Information will be sent once teams are finalised.

Selected senior stunt groups additional competitions.....

Competition	Type	Date	Venue
UKCA	National	18 th + 19 th March	Manchester Velodrome
Varsity Spring Open	International	28 th May	Disneyland Paris

We may offer an optional extra competition for all teams as well as Cheer Up World cheer camp for Senior Open cheerleaders (Cheer up world is in Barcelona)

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Provisional Showcase date

17th December 2016 at Highgate Newtown Community Centre.

Please see the next page to sign your competition contract...

I (name of athlete):
D.o.b of athlete :

Accept my place in the routine/s (please list)

- *I will endeavor to attend practice with 100% attendance aside from any Holidays booked.*
- *I will attend all extra training and chore dates and am aware that they may be subject to a £4 fee.*
- *I will inform LEC of any holiday that I have booked ASAP (please write below)*

- *I will be at training punctually every session (5 mins before start)*
- *I will try my hardest at all times*
- *I will put in extra training at home and research cheerleading stunts and routines.*
- *I am willing to undertake extra training if requested to do so and will prioritise cheerleading over other activities when required to do so.*
- *I will be encouraging and supportive of my team mates. I will have a positive attitude even when training is tough*
- *I am aware of competition fees and what they include and am willing and able to cover these costs by the deadline's or I have made arrangements to pay in installments.*
- *I am aware of competitions and will make sure that I /my child is able to attend*
- *Parents/Guardians will be responsible for under 18's at all times during competition unless they have arranged a chaperone.*
- *I am aware that by signing this contract I am fully committing myself/my child as a team member to the 2015-2016 competitive cheer season with London Eclipse and that I have fully read and understand the Handbook and competition contract. I understand that Cheerleaders taken out of competition routines for lack of attendance / poor attitude / rule breaking not be reimbursed any expenses.*
- *I understand that I will need to purchase a uniform*

Signed (or type if emailed)

Parent / Guardian (if under 18)

Date :

Please return ASAP.