



PARENT PACKET

2023-2024 SEASON



CODE OF CONDUCT

Our athletes, parents and cheer family should represent Old Town Athletics with integrity and pride while showing the greatest sportsmanship while in and out of the gym. Old Town Athletics will NOT tolerate bullying, gossip, cliques, profanity or drama. All athletes and parents should treat all teammates, athletes, parents, coaches, and competitors with respect, fairness and courtesy. Any form of disrespect towards Old Town Athletics staff and coaches is unacceptable, and grounds for immediate termination.

Athletes must arrive at all practice, competitions or any scheduled events on time. For safety reasons, no jewelry is allowed during classes, practice or competition. Nails should not extend past the finger tip. It is athletes' responsibility to wear the correct practice attire to each practice and competition. Personal items such as cell phones, water bottles, jackets and bags should be stored in the correct area. Good sportsmanship, polite manners, and good disposition are mandatory at practices, classes and competitions.

It is the parent's responsibility to know what is going on with your child's team. Team Band will be used for updates and last minute changes especially on competition days. Email or Text messaging may also be used. No separate "Group Chats" set up by parents to discuss teams/athletes unless a coach, team mom and/or gym director included.

Athletes and family members should not use social media to post negativity about a fellow cheerleader, coach, parent, or Old Town Athletics. Athletes may not wear their uniform outside of Old Town Athletics events without permission from coaches prior to the occasion.

Anonymous emails/letters/texts will be ignored.

Old Town Athletics maintains the right to refuse services at any time. The director or owner may change, add, or subtract any rule at any time. All consequences and disciplinary measures for inappropriate conduct will be at the discretion of the director and owner.

TEAM PLACEMENTS

Team placement sessions are essentially low-stress workouts. During the workouts, athletes show skills they have developed and demonstrate a potential to learn new skills.

After the final session of workouts, the staff assembles rosters for the upcoming season. There are many things considered when placing athletes and forming teams. Athlete individual skills, experience, requests, and what would form the most competitive and successful team.



MANDATORY DATES

Tryout/Evaluation Dates: May 20
First Practice: Week of June 26
Super Camp: July 17-19
Choreography: Week of July 31, 1
day per team

GYM CLOSURE DATES

Independence Day: July 3-6
Labor Day: Sept 4
Halloween: Oct 31
Thanksgiving: Nov 22-24
Christmas: Dec 22-Jan 1
Easter: March 29-April 1

ATTENDANCE POLICY

From September through May, practice times usually remain consistent throughout the season and are only changed as needed. During important times of the season, extra practices may be scheduled and all athletes are expected to attend. Practices range from 1- 2 hours a day, 2-3 times a week.

Athletes are expected to attend all practices and competitions as a team. Old Town Athletics realizes that athletes are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts, unless there is prior approval.

Suitable candidates or alternates will fill in if your athlete is not at practice. An athlete's position will always be in jeopardy if they are absent and may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn about any changes prior to practice. The teams can only get out what they put in and attendance will determine the success of the team.

Please see the mandatory dates.

We highly encourage you to schedule your vacations within the gym closures.

The only acceptable excused absence is a school function that results in a grade or a death in the family. Absences are NOT allowed the week of competition. If we believe an athlete or parent is being dishonest, documentation will need to be shown. Athletes will be removed immediately if a request is falsified.

During this time, athletes are allowed 3 unexcused absences. After 2 absences, the athlete will be put on probation. All absences will be looked at on a case-by-case basis to determine if they are excused.



SUMMER ABSENCE POLICY

Your athlete is only allowed up to 2 absences for family vacations in the summer. These vacation dates must be communicated at least three weeks in advance to departure. Vacations cannot conflict with any choreography/stunt camps which are typically held in the summer.

SICK POLICY

Old Town Athletics will manage illnesses and sicknesses on a case to case basis. It is very difficult to require a doctor's excuse every time your athlete is sick. We understand that sometimes your child may need rest due to a slight fever or stomach ache. Athletes are subject to replacement and removal any time an athlete is missing.

Please save the sick days for when your athlete really needs them. Athletes are often removed from our program for failing to follow/abusing these standards. We highly recommend athletes coming to practice if the illness is not contagious so they are able to observe any changes being made to the routine. An athlete will jeopardize his/her position if this standard is not followed.

An athlete with an extended sickness/injury that requires them to miss more than one practice must provide a doctor's note with detailed information regarding the illness/injury, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit an athlete from participating.



TEAM PRACTICE STANDARDS

APPEARANCE

There is to be **NO JEWELRY** worn at practices OR competitions, which includes all earrings, belly button rings, nose rings, eyebrow jewelry, and necklaces. We are not responsible for lost jewelry or items that are left behind.

Fingernails must be kept short and trimmed. Excessively long fingernails/acrylic nails are a safety hazard for all athletes. This is for the safety of your athlete and for athletes either flying or basing who might be injured as a result.

There is to be **NO GUM** at practices or competitions.

Athletes are expected to follow their teams practice wear schedule. Lost, misplaced or damaged clothing must be replaced at your expense. Any athletes late or dressed incorrectly will be held accountable.

CELL PHONE USE

ALL cell phones must be turned off and put away during practice times and prior to warmups in competition. There is to be NO videotaping of practices. Our program is designed to teach athletes discipline, responsibility, and accountability along with their development as a cheerleader.

TARDINESS AND ABSENCES

All athletes are expected to be on time and on the floor ready for practice at their scheduled practice time. All athletes are expected to be on time and competition ready at their scheduled competition meet time. Athletes will be held accountable for any unexcused absences or tardiness.

INJURIES/MEDICAL TREATMENT

In the event that an athlete is injured, please notify us as soon as possible. All injuries are treated on a case by case basis. If an athlete has a minor injury or uncomfortable feeling on any part of the body but is able to participate, please ensure necessary accommodations are made prior to their scheduled practice/meet time. For example, if a minor sprain needs to be taped before activity, please ensure they are taped up before their practice starts.

Old Town Athletics will make changes to choreography prior to practicing and will choreograph routines based on the athlete's injury and length of recovery. Once the athlete has fully recovered there is a possibility he or she may or may NOT be choreographed back into the routine. It is the coach's discretion in replacing such individuals for the rest of the season.

All doctors/dentist appointments requiring an athlete to sit out will require a doctor's excuse.

If your child requires medication due to a chronic illness (asthma, allergic reactions, etc.) we require that all medications be provided before practice or any event. All injured athletes must continue to pay their monthly tuition.



COMMUNICATION

All communication with parents will be done via Band, emails, handouts, and calendars.

If you have any questions, complaints, or concerns with Old Town Athletics and/or your athlete, please approach the coach in question *after* practices or competitions. You can also schedule an appointment to address any concerns by emailing or calling the front desk.

As a courtesy, Old Town Athletics asks that parents/guardians refrain from directly approaching a coach during practices and competitions unless it is related to an urgent medical condition, safety concern, or an injury to your athlete.

COPYRIGHT of OLD TOWN ATHLETICS LOGO/NAME

Please respect the name and logo of Old Town Athletics by not duplicating it on merchandise such as sports bra, spankies, bows, t-shirts, warm-ups, socks, caps, jackets, etc.

Old Town Athletics owns the copyright of their name and logo, these cannot be used without Old Town Athletics express permission. We provide many apparel and accessory items in our pro shop to support the program, and work with Team Moms/Reps to allow a limited use of our logo/name for team gifts.

COMPETITIONS

Parents will be responsible for getting their athlete to any and all competitions. While at competitions all athletes and families must uphold the highest standard of courtesy and respect by representing Old Town Athletics with pride! Great Sportsmanship is a must. We ask that all teams stay to support and cheer on the other teams in our program, even if they are done with their performance. There will be NO CELL phones allowed during performances or awards. Athletes MUST be in uniform for awards and will not be allowed to leave before awards unless cleared by their coach. Coaches will NOT be responsible for holding any personal items; any and all items should be left with a parent or guardian.

PARENT CODE OF CONDUCT

Old Town Athletics will not allow negative comments or bad reviews on any event producer's social media page. Parents shall not approach any members from an Event Producer for any reason unless to report an emergency. Parents are not allowed in warm-up areas at events. Any threats in regards to pulling your athlete from the team or quitting will not be tolerated. Severe consequences including up to removal of your athlete will be enforced. You will be responsible for any early termination fee.



MEMBERSHIP TUITION

Before considering Old Town Athletics or any program, please consider the financial commitment involved. We have a comprehensive monthly price that covers most of the expenses throughout the year. During the 2023-24 season, there will be 1- monthly charges beginning July 2023 through April 2024, with a commitment fee due in June. The first month's tuition will be charged in July. For the remaining months, tuition is payable on the 1st of each month.

Monthly Gym Tuition

*Please note that these are estimated costs, and once a final competition schedule is put together, final costs will be given

- For Elite: \$250
- For Prep: \$235
- For Tiny/Mini:\$210
- For Novice: \$190

All families should have a valid Credit Card or Debit Card registered online. Tuition payments are always due on the first of every month. Payments made after the first of the month will incur a late fee.

PAYMENT POLICY

ALL payments are due by the due date posted on the cost sheet and monthly calendars. These dates are determined well in advance to avoid late fees from event producers. A late fee will be assessed for payments made after the due dates.

The parent signing this contract will be responsible for all court fees in the event your account is taken to court due to unpaid fees/balances.

Any remaining account balances need to be paid before the due date or they will be automatically charged to your card on file on the 1st of every month. Please make payment arrangements if additional time is needed.

CROSSOVER

If your athlete is a full-season crossover, there will be additional fees to cover competition and training costs. Specific athletes will be asked to cross over in the event of an injury or absence on another team. If you are asked to cross over, Old Town Athletics will cover the additional fees for cross competitors.



EARLY TERMINATION OF CONTRACT

The parent/guardian who signs this contract will be financially responsible for 2 months' worth of tuition if your athlete quits, is pulled from the team for whatever reason, or is removed for disciplinary reasons.

ATHLETES JOINING MID SEASON

Athletes that join a team at any time during the season will be responsible for all season installment fees and choreography fees; tuition will not be charged. A uniform must be purchased if we are not able to obtain one.

COMPETITION PRIZE MONEY

All monies won at or after an event will go towards the gym for equipment or gym improvements unless specifically awarded for a team's end of season bid competition.

NO PAY NO PLAY

If a payment is not paid on the due date your athlete will sit out of practice and an alternate will fill in with the opportunity to take your athlete's spot until the fee is paid. After 3 practices of no payment, your athlete will be removed from the team and you will be responsible for the early termination fee. All balances must be current in order for your athlete to take advantage of unlimited tumbling. Tumbling will be suspended for your athlete if you carry a balance. Athlete's parent portal account must remain in good standing.

Tuition is posted monthly, failure to pay within 30 days will lead to athletes removal.

Outstanding balances will be given a 2 week warning before athletes removal.



SOCIAL MEDIA POLICY

Old Town Athletics is a private company and is protective of their image, reputation, and representation online. As a part of our program, athletes and parents/guardians have a responsibility to uphold our reputation.

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of athletes in one form or another. Athletes should be aware that third parties — including the media, school faculty, future college recruiting coaches, and future employers — could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the athlete and the gym. This can also be detrimental to an athlete's future college options, or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco including holding cups reasonably expected to contain alcohol, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another cheer gym; taunting comments aimed at a athlete, coach or team at another cheer gym and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Information that is sensitive or personal in nature or is proprietary to Old Town Athletics which is not public information (examples: student-athlete injuries and eligibility status, travel plans/itineraries or information).
- For your own safety, please keep the following recommendations in mind as you participate in social media websites:
 - Set your security settings so that only your friends can view your profile.
 - You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of athletes or to seek connection with athletes.
- Consider how the above behaviors can be reflected in all Facebook applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as Old Town Athletics.



ATHLETE SAFETY AND COMMUNICATION POLICIES

Our teams are made up of minor athletes of different ages, and we aim to protect each of you from unwanted advances online, as well as ensuring that you operate within safe guidelines and conduct to prevent any perception of impropriety.

If you are experiencing unwanted attention or are concerned about any particular individuals, please alert your parents immediately and our team so we can address the situation immediately.

Our rules for digital communications follow those of SafeSport, a program developed by the International Olympic Committee to protect minor athletes.

OLD TOWN ATHLETICS STAFF RESPONSIBILITIES FOR ATHLETE PROTECTION

All Old Town Athletics staff that will be interacting with your minor athletes are currently in good standing with FBI background checks. Copies can be produced at any time upon request.

We will have open, public chat communication channels with Old Town Athletics staff and their parents/guardians. This may be through IG group chats, GroupMe, iMessage, or similar.

Old Town Athletics staff will never engage in digital communication directly with a minor representative of the company one-on-one.



SafeSport Electronic Communications Policy

Electronic communication includes but is not limited to phone calls, video calls, texts, social media platforms (e.g. Facebook, Twitter, Instagram, WhatsApp, Snapchat, etc.), fitness applications, emails, and direct messaging that occurs between an Adult Participant and Minor Athlete(s).

- Must be Open and Transparent.
 - A parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant must be copied or included on the communication.
 - This includes all communication initiated by a Minor Athlete.
- Only electronic platforms that allow Open and Transparent communication can be used.
- All team communication or communications from an Adult Participant to more than one Minor Athlete must copy or include another Adult Participant, or all the Minor Athletes' parents/guardians.
- All communication should be professional in nature.
- Organizations and Adult Participants must honor a parent/guardian's request to discontinue communication with their Minor Athlete, unless there is an emergency.

We do understand that cheerleading is a unique environment where minor athletes are often on teams and have personal relationships with adult athletes. There are exceptions provided by Safesport for these circumstances:

- Dual Relationship – The Adult Participant has an existing relationship with Minor Athlete outside of the sport program.
- Close-in-Age – The Adult Participant has no authority over the Minor Athlete and is not more than 4 years older than the Minor Athlete.

Is it against the Electronic Communications policy for a Minor Athlete to follow an Adult Participant on social media?

No. It is not against the policy for a Minor Athlete to follow an Adult Participant on social media, but it is against the policy to have a one-on-one conversation with that Minor Athlete through direct messages.

Can an adult athlete text their friend who is a Minor Athlete?

It depends. If that adult athlete is an Adult Participant, does not have Authority over the Minor Athlete, and is no more than four years older than the Minor Athlete, they can communicate one-on-one with the Minor Athlete. If they do not meet those requirements, they will need to copy another Adult Participant, the Minor Athlete's parent/guardian, or another adult family member of the Minor Athlete on the communication.

How should an Adult Participant respond if they receive a call from a Minor Athlete?

The Adult Participant should ensure that it is not an emergency situation, and then proceed to include another Adult Participant, the Minor Athletes parent/guardian, or another adult family member of the Minor Athlete on the call if possible. If this is not possible, the Adult Participant should reschedule the call for a later time.

More information about SafeSport can be found here: <https://maapp.uscenterforsafesport.org>