



## **ASCENSION EAGLES CODE OF CONDUCT**

**All athletes that are successful in making the programme will be expected to sign a behaviour contract which must be co-signed by a parent/guardian stating that they have read this code of conduct.**

**All AEC athletes are required to adhere to the following Code of Conduct.**

Each time "Ascension Eagles", (AEC), is mentioned it is intended to be all inclusive of any Ascension Eagles training facility, athletes, coaches and trustees. These rules and regulations have been set up in the best interest of the entire AEC programme. AEC members & parents must sign an annual contract to show their support and acceptance of this AEC Code of Conduct.

### **GENERAL**

- All completed forms or information needed by AEC must be turned in to the front desk as requested.
- It is the parent/guardian's responsibility to ensure that AEC has the most up to date contact information for their athlete along with any changes to their health or personal details.
- The AEC website, social media and emails must be checked regularly for any and all updates, notes will also be sent home regularly. There is no excuse for being uninformed when the information has been provided.

### **THE COMMITMENT**

- Each AEC athlete makes a yearlong commitment to her/his team, coaches, family and self. Each athlete has the same number of hours in each day but endless alternatives for how those hours will be spent. Athletes will strive to discipline themselves to use their time wisely, prioritising their academic workload and AEC practices & performances. AEC members recognise that this yearlong commitment will affect their other social & extracurricular activities. As AEC members uphold this commitment, they will also be developing "life skills" for future responsibilities.
- AEC will represent our community everywhere they go. Therefore, it is important they earn the respect of not only the crowds they entertain, but also the people who see them on a daily basis.
- AEC will earn the reputation for being of high moral character. It is essential that each athlete works hard to keep it that way.

### **CHILD AND ADULT AT RISK PROTECTION POLICY**

- AEC operates a Child and Adults at Risk Protection Policy (CAARP) with nominated safeguarding leads, Robert Horton and Paula Brown, to ensure the well-being of our athletes (children and young people), this can be found on the AEC website ([www.ascensioneagles.com](http://www.ascensioneagles.com)).
- If any member of staff or volunteer becomes concerned that the behaviour of an athlete suggests the athlete may be in need of protection or that the athlete may present a risk of harm to other athletes, they will follow our child protection procedures. This may involve making a referral to the local authority. If child protection procedures are necessary we will talk this through with the athlete and the athlete's parents or carers as soon as possible, unless doing so would put the athlete in danger or interfere with a police investigation.
- We see parents and carers as valuable partners in promoting positive behaviour and will involve them as appropriate. We will always inform and involve the athlete's parents or carers if an athlete receives a formal warning about their behaviour, unless doing so would put the athlete in danger.



- Should you have any questions, or wish to know more about our CAARP then please contact our nominated Safeguarding leads, Robert Horton and Paula Brown.

### **THE ATTITUDE OF TEAMWORK**

- AEC should have a positive attitude at all times. You may not agree with every decision, but decisions are made based upon what is best for the programme as a whole. You have chosen to be a part of this programme. Keep negative opinions & comments to yourself.
- Back talking, rolling of the eyes & and other disrespectful gestures towards coaches or adult leaders/volunteers will not be tolerated. After a warning, the athlete will be put on probation until a meeting is set up with the parent/guardian to discuss the problem. The next offence that happens will result in the member being suspended or removed from the team.
- Team-mates are expected to treat one another with mutual respect. They should talk to one another in a manner in which they wish to be spoken to. Athletes do not have to be best friends, but they do have to treat each other with respect. Pettiness, gossiping, fighting, racism, bullying or cliques which attempt to alienate or exclude certain athletes will not be tolerated and where deemed necessary severe cases this behaviour will result in expulsion from the programme.
- As disputes among individual athletes affect the entire team, it is essential that these are resolved quickly & with respect. The teams will only be as strong as the relationships among its members.

### **ATTENDANCE**

- Each athlete is an important part of the programme and without him/her the team would not be as effective. Any athlete with excessive unexcused absences will be asked to leave the programme. The Director may set additional attendance requirements for special performances.
- If you must miss a practice or performance because you are contagiously ill or on holiday, it is your responsibility to notify the Director/front desk before the event (exceptions will be made in an emergency).
- It is your responsibility to learn any material missed outside of practice time so you do not cause the team to fall behind.
- If you are ill & non-contagious, you are expected to attend practice & watch from the side for any changes which may affect you in the routine.
- Each athlete is expected to read weekly notes & maintain a diary of cheerleading information.
- There are circumstances that become unavoidable, but remember, this is an activity you have chosen to do & your attendance not only affects you but also affects all individuals that are on your team.
- Attendance award will be given to members with the best attendance records at the end of the season.

### **APPEARANCE**

- Every effort should be made to wear the set t-shirt and training clothes for each AEC session.
- Athletes should look well-kept and professional at all AEC events.
- Make up is not required but where worn should be done tastefully and not excessively.
- Uniforms should always be clean & neat.
- Jewellery must not be worn to practice or at competition.
- Long hair must be securely tied in a high ponytail away from the face.



## TRAINING SESSIONS

- All practices are mandatory unless otherwise specified. Teams will train together twice weekly. Each athlete must prioritise weekly practices.
- AEC athletes will strive for excellence in all they do. Every team will be expected to progress to achieve their maximum potential. In addition to building skills and technique through practices each week, athletes are expected to maintain and improve their fitness levels and flexibility outside of training.
- Each member is responsible for learning every routine and drill. If you miss a practice where new material is taught, it is your responsibility to learn it on your own time, not during regular practice.
- A member earns the right to perform/compete through preparedness as a team member. An irresponsible member will not be allowed to jeopardise the performance & safety of others.
- Do not wear jewellery or trinkets that have to be held & forgotten. Be responsible for your own things.
- No mobile phones should be out during practice.
- Be ready to learn & perfect cheers, drills, routines & stunts with a good attitude & encouragement to share.
- Please confine yourself to the practice area; stay with your team. If you arrive early, do not disrupt any other team's training session. Siblings, who accompany parents delivering & picking up athletes must be supervised by an adult.
- Parents should leave the gym before the warm-up finishes & are welcome to return 10 minutes before practice ends.
- Friends & family members who are interested in watching you as a cheerleader should attend your performances; practices are NOT the place for guests or visitors.
- Any person that disrupts a practice will be asked to leave the gym immediately.
- No food, drinks, or gum are permitted on the practice floor.
- All rubbish is to be disposed of in the bins provided.
- AEC is not responsible for any personal items lost or stolen.

## COMPETITIONS

- All athletes will show up to competition in the designated attire.
- Full uniform will be worn during competition unless otherwise stated.
- No jewellery will be worn (any violation could result in squad disqualification).
- We will be respectful to other teams and their athletes.
- We will not taunt, brag, boast, name call, or otherwise humiliate or discourage other teams. We will let our skill on the floor do the talking for us.
- We will stay and support all teams within our large Ascension family where possible. What makes us strong is our show of force & unity among all our teams.
- We will especially support teams with few fans to cheer them on. We all have to start somewhere & AEC will strive to always exemplify the fun & friendship that Cheerleading is all about.
- Other Cheerleading squads may have different (or no) rules about athlete behaviour, smoking, alcohol usage & drugs. Regardless of other's standards, AEC takes pride in being a programme that operates always with class and integrity.

## SPORTSMANSHIP

All athletes **AND** parents must always:

- Set a positive example for others to follow. At all times, represent AEC with excellence.
- Be respectful and courteous to everyone.
- Refrain from any form of verbal or physical confrontation. This includes but is not limited to all social media (FACEBOOK, YOUTUBE, TWITTER, INSTAGRAM, SNAPCHAT etc.).
- Refrain from celebrating the misfortune or defeat of another person, team, or program.
- Accept team placements and awards with dignity and class.
- Schedule an appointment to speak with coach or staff member to discuss any issues that may arise.



- Be gracious on receipt of ALL competition results. Due to the subjective nature of competition there may be times where results do not reflect the performances given by our athletes. While we understand this is disappointing for all involved, any behaviour that we deem inappropriate or that will bring AEC's reputation into disrepute may result in that person no longer being able to attend competitions.

#### **GUIDELINES FOR PARENTS & AEC SUPPORTERS**

- AEC athletes know that cheerleading can be an expensive & time-consuming sport. Commitment is required not just from athletes, but also their families. As we strive to be champions ask the following of our family members and supporters:
- We ask AEC to parents/guardians to support & reinforce the Director's and Coaches' decisions for their kids.
- At AEC our coaches are committed to the development of all of our athletes and to ensuring they have a great experience as part of the Ascension Eagles. We ask parents/guardians to support us in this by being their athlete/team's biggest cheerleader, leaving the coaching to us.
- Parents may not agree with every decision made, but by choosing to be part of the Ascension Eagles Programme, you are choosing to follow the "Code of Conduct" & rules of this programme. If you have a concern, please find an appropriate time to discuss the situation with the Director.
- It takes bases, flyers, spotters, dancers & tumblers to make routines work. Each and every athlete is an important part of the programme; no one person/child/parent is bigger than the AEC programme.
- Please support each and every individual & team member as you would your own. Whether they are a member of your team or not, they are still a member of our Ascension Eagles family.
- Divisiveness, name calling, disrespecting other parents, children, the Director, coaches, leaders or volunteers are all things that are unacceptable. If such actions happen, the individual responsible for such actions will be asked not to attend practices/ performances. If such actions persist, the child of the offending parent will have to leave the programme.
- We ask parents to act as role models for our athletes at competition especially, when emotions run high & we look to you for unwavering support. Show us how to be good sports no matter what the judges decide, & help us to earn the respect of all the other teams.
- Parents' support is crucial; without parents, there are no kids, & thus no programme. Remember, we are all on the same team. Each and every person is trying hard to have fun & grow. Together and only together can Ascension Eagles reach their full potential.

#### **PROTECTION OF THE ORGANISATION**

- Ascension Eagles Cheerleaders are not allowed to use photographs of themselves in uniform, or of any member of the squad, or the "Ascension Eagles" name without written permission from the Director.
- This includes representation in newspapers, magazines, newsletters, TV, radio, auditions, competitions, websites, chat rooms, internet usage, etc. If there is any doubt, ask.
- As a member of the squad, you are to maintain your composure at all times, including times apart from the squad. Remember, you are representing our squad, sponsors & our community.
- Uniforms are to be worn for scheduled purposes only unless cleared by the Director.
- Whenever any member of the Ascension Eagles Cheerleaders is asked to participate in any type of publicity or performance opportunity, s/he will only do so with permission from the Director.
- No parent or athlete shall talk to anyone from any form of media without permission.
- No one may use any AEC logos or team names for any clothing, novelties or any other use unless authorised by the director.
- All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, etc. should be highly protected and shall not be discussed with others. **No VIDEOS of routines/choreography should be uploaded to any online site such as YOUTUBE, Facebook, Twitter, Snapchat or Instagram.**



- We understand that athletes have many social media platforms, but we ask that AEC branding is not shown alongside inappropriate content or inflammatory language. All athletes will be expected to sign a social media agreement.

### **JUNIOR LEADERSHIP TEAM (JLT)**

- The AEC Junior Leadership Team is made up of junior athletes who are between the ages 13-18 and who show promise as the future leaders of the programme.
- To serve on the Junior Leadership Team members must be 13, have a minimum of 1 year experience as an AEC athlete & must be willing to volunteer additional time weekly to developing AEC members & the programme. AEC leadership is about serving others, leading by example, earning respect and encouraging members to reach their full potential, individually & as a team. Leadership members will be expected to have outstanding attendance at all AEC activities, to serve as a role model in all parts of the AEC Code, and to work closely with the Director. The Director can remove anyone who ceases to uphold these standards.
- Junior Coaches are appointed by the Director and Rob. Those who are interested in being Junior Leaders are invited to submit a short video explaining (a) why they'd like to be a member of the JLT and (b) what they think they could bring to the programme. Submissions to be a member of the JLT are taken at the beginning of each season in mid-August.
- Athletes who are accepted on to the programme are allocated a role in either the allstar programme, Schools programme or recreational programme depending on suitability, experience and need.
- As part of the programme, members commit to attending mentoring sessions and seminars that will contribute to their progression, as well as monthly evaluation sessions held with Rob and their overseeing coach.
- Rob will oversee Monday sessions, TC tumble classes and visit school classes, to ensure members are applying themselves to the role and making expected progress
- Members will gain qualifications when they are 16 in cheer & tumbling, safeguarding and first aid to ensure all in their care are safe, as well as having their DBS check.
- They will be expected to assist in the planning and delivery of sessions by researching material and sharing ideas with their overseeing coach.