Attendance Policy – Competition Teams

Ethos

Our attendance policy is in place to give our teams the best chance at competition success and to protect the financial investment families have made in the season. We also aim to use our attendance policy to teach valuable life-lessons like commitment, self-discipline and team work to our young athletes.

Attendance – Regular Season Training

1. All regular season team trainings, tumble classes and flyer flexibility classes are mandatory as listed below:

Novice – 1 hour team training, 1 hour tumble
Non-Tumble – 2 hours team training
Prep – 2 hours team training, 1 hour tumble, 1 hour flyer flexibility
Elite – 4 hours team training, 1 hour tumble, 1 hour flyer flexibility,

2. Absences will not be permitted in the 8-week window leading up to competition events, including Fierce Fest Showcase. Absence during this time period will result in the athletes' role within the routine being reduced and chronic absence could result in the athlete being removed from the competition routine or the team a whole.

Athletes may not miss training during the following time-frames:

Novice Grade 1 and Novice Grade 2 – 3^{rd} January – 19^{th} May 2024 Prep – 29^{th} August 2023 – 19^{th} May 2024 Dark Crystal – 29^{th} August 2023 – 23^{rd} June 2024 Elite and Envy – 29^{th} August 2023 – 7^{th} July 2024

- 3. Athletes are expected to arrive to all sessions on time, with hair tied up away from face, training bow affixed, no jewellery, or long nails/acrylics, training kit and appropriate training top. They should wear white ankle socks and bring clean white cheer shoes with them in a separate bag with a drink and a snack. Athletes are encouraged to bring a pack up if they are staying for 3 hours or more.
- 4. Absences for schoolwork, social events, other sports, part-time work, holiday, forgetfulness, transport issues etc. will not be permitted. Absences for family events such as weddings, bereavement etc. will be permitted, however we ask that families make us aware of this before the start of the season/as soon as they are made aware.
- 5. Athletes aged 18 or older, will be permitted to miss for full-time, paid work obligations or shifts

Illness and Injury

- 1. Athletes should stay away from the facility if they are ill with sickness, chicken pox or any other contagious illness. Athletes suffering with mild illness should attend training and either sit out or participate in a limited way.
- 2. Athletes who have suffered an injury which prevents them from participating in sport should attend training and sit out of the session, watching for changes to choreography etc.

Athletes who are able to, will train and condition in a limited way in order to speed up their recovery when they are cleared to return.

Reporting an Absence

- 1. We ask that you make us aware of an absence as soon as you become aware that this may be necessary. This helps coaches to plan the session so that the rest of the team are still able to benefit from it.
- 2. All absences should be e-mailed to <u>accounts@fiercelitecheer.com</u> as far in advance as possible.

Attendance – Competitions, Performances and Shows

- 1. All competitions, performances and shows are mandatory for competition team athletes. A full schedule of events is listed in your Competition Team Information Package. We ask that you make yourself aware of these dates before committing to a competition team.
- 2. Athletes are expected to arrive at all events wearing their competition uniform, with hair and make-up done to team specifications for their meet time. Please plan your journey in advances to avoid lateness as meet times are tied very closely to performance times.
- 3. Athletes should only miss an event in the event of extreme illness or injury. Each athlete is impossible to replace within such close proximity to a performance, therefore we ask that families remain conscientious and vigilant during the build-up to an event.