

# Pittsburgh Pride Cheer & Dance All Stars



## ***FULL-YEAR PROGRAM*** ***Parent & Member Handbook*** ***Rules & Information***

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# **Pittsburgh Pride All Stars**

## **Cheer and Dance**

### **Parent and Member Handbook of Rules and Information**

**This handbook provides the rules required to be followed for membership to a Pittsburgh Pride All Star team and which correspond to signing the Team Contract Agreement for the season.**

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**Pittsburgh Pride Mission Statement:**

We are a family based program dedicated to teaching positive values & good sportsmanship by training body, mind & spirit! We train athletes in proper technique with the highest of standards so they can set and achieve both individual as well as team goals.

## 1.) TIME COMMITMENT

This is a team sport like no other. Every single athlete is needed 100% of the time. A missing child prevents our goals from being accomplished: Stunts for cheer or dance cannot be practiced for safety and execution, timing cannot be mastered, and formations cannot be perfected. All practices, camps, team events and competitions are mandatory to make our team successful. While the individual interests and goals are the heart of the program, we must always value that the purpose of creating our program is to form a team with team interests, a team environment, and team goals! Catering around individuals and individual schedules will not promote our team accomplishments.

**EXCUSED summer absence, June-Aug,** 1 full week, (or 2 individual days, if spread out) are permitted for family summer vacation, on top of our gym vacation weeks that teams are off. Families must provide dates using the team "Absentee Form" online and have it given in advance to be excused.

**A second week will require gym make-up time. Additional vacation time needs gym owner approval with gym make-up time if approved.**

**EXCUSED absences (3 days) permitted for the year, Sept-May:**

- Family vacations during the school year ONLY when dates are pre-approved through the head coach and does not cause athlete to miss a competition; should be provided **at the start of your team's season**; therefore, trips which are scheduled later in the year must not interfere with our competition schedule that has been already set and must follow policies such as not missing practices one week prior to a competition. These are highly discouraged.
- Dr excuse for severe/contagious illness or injury (so that you are unable to even observe practice). When sick or injured you should still attend practice unless a doctor has said you are contagious. Reviewing counts, walking through formations, learning changes or doing the conditioning that the child is capable of, makes it valuable to be there.
- Mandatory school functions that effect a school grade (not a voluntary sign-up)
- Consideration may be given to excuse special events if notification is given prior to tryouts (such as weddings, church requirements, Confirmations, Communion, National Honor Society) or unforeseen circumstances. This will be by coaches discretion.

**UNEXCUSED absences at any time of year: (2 days) permitted for the year**

- School team events, such as cheer, dance, band or any sport, and its games, practices, or camps. We will not be able to make Pride schedule adjustments around other activities schedules.
- Parties, birthdays, concerts, family reunions, formal dances, ball games, school talent shows...
- School work, projects, tests. School academics are obviously a priority, but we expect each child to take responsibility for their school work, apply good time management skills, and get work done promptly. If your child is having difficulties please inform their coach. We can also offer tutoring times and encourage the use of our spare room for homework time.
- No ride; not planning

**Excessive absence or tardiness, even if excused,** hinders one's performance or ability to keep up with expected progress, demonstrates a lack of care for one's team, and prevents one from fulfilling their team commitment to practices or competition dates. There will be consequences which can include one or more of the following: to lose their position within their team (such as their spot in formation or position in a stunt), be moved to another Pride team, make-up practice time, team conditioning being done alone if missed, not perform at an upcoming competition (but still attend in uniform), or if excessive, it may lead to dismissal from the program.

We will keep attendance throughout the entire year, but you are responsible to know your child's misses.

**NOTIFYING COACH:** Planned dates must be given through our ONLINE ABSENTEE FORM; a **minimum of two-week notice** should be provided when appropriate. **Parents (not the child) must notify a coach.** The Team's BAND App should be used for unexpected misses or tardiness, prior to the start of practice, stating the reason why. The sooner we are notified, the better we can assist your child in not falling behind. **No practices the week of a competition should be missed for any reason. This would cause the athlete to be removed from that competition and is the final decision of the coach to do so.**

**Missed practices are expected to be made-up** whether excused or unexcused. When a child has physically missed out on training, it is their responsibility to keep up. Many children have benefitted from this extra gym time and it should be viewed as a bonus to use the gym, not a punishment. This make-up should be done within the immediate week following in Open Gym or in time provided by a coach. We understand that some injuries prevent this make-up and coaches will guide when this needs to be done.

## 2.) CALENDAR

Schedules of mandatory practice times, events, and competitions will be provided with as much advance notice as possible. Additional practices, competitions or events may be added as needed. Every effort is made to have very few changes BUT the athletes must accommodate for changes when they do happen.

## 3.) CAMPS

**Summer camps:** If a camp is scheduled for a team, it is mandatory and held at our Pride Cheer Gym. Attendance rules apply (such as excused vacations). It may be a longer practice schedule, with more days and hours, which may be AM or PM hours. Skills and/or Choreography for each routine can be taught at this time and often includes visiting coaches being brought in. Choreography and some skills camps are included in the monthly tuition fee, others may be paid in addition (see the tuition per team).

**Additional camps:** Camps to further skills can be offered in our programs that are mandatory as well as non-mandatory. They will be scheduled on an as needed basis or by sign-up. (Such as visiting instructors, tumble clinics, dance workshops, specialty clinics). These are not included in tuition.

## 4.) COMPETITIONS

**All competitions are mandatory.** We will provide a tentative and preliminary schedule towards the beginning of the season. It is possible for circumstances to change that would affect the final schedule. If changes do need to be made, members are expected to adjust their schedules as needed. Companies can add or cancel competitions for various reasons or coaches may add something in to benefit the team. If registration fees go beyond the tuition budget, the difference may be required to be paid. If a child does not compete at a competition for an unexcused or excused reason, there will be a penalty of \$100 applied per the discretion of the gym owner (such as the exemption of an injured athlete).

**DIVISIONS:** While we try to participate in events that have had a large attendance so that all divisions have teams to compete against, not all divisions can be guaranteed of this. We value ALL the experience that competition day provides such as team unity, confidence in front of a crowd, program support, and practice of our skills outside the practice gym. We also sometimes have control to change levels of a team and may do so at the coach's discretion. This may provide your child the opportunity to perform a skill they normally could not on their particular team (a more advanced level), but it may also prevent them from performing a skill they do have (a lower level) where they can focus more on technique. Please be supportive and familiar with ALL the positive aspects that your team at Pride is providing.

**AWARDS** - It will be mandatory for each athlete to stay for all awards ceremonies of their own teams. Please allow your child this opportunity to experience the full circle of competing and being committed. The gym owner or coach must approve any exclusion from awards.

**FELLOW TEAMS are expected to show support** for the entire program on competition days. Members and parents will be asked to stay to cheer-on other Pride teams and we will designate manageable schedules for this. The kids thrive on the support felt from our large Pride family. We see competition day as a celebration of their accomplishments and having a strong gym culture is a bonus that you will enjoy.

## 5.) REGISTRATION FEE

A non-refundable yearly membership fee for the season is due at time of tryouts. The Membership Registration fee is used to help us budget your child's expenses. Late registration fees may apply to those registering later than the original date.

## 6.) MONTHLY GYM TUITION and FEES

**Tuition is due by the 1st of the month.** Payments will be made with Autopay using our online secure website. A \$15.00 late fee will be added if payment is not made by the 5th of that month due to an unusable account or failure to bring in a payment. If payment including late fees has not been received by the following month the student may not be permitted to participate in any gym time until the tuition is paid up to date. No child will be allowed to attend first practice without payment of first month's tuition. Time missed due to unpaid balances cannot be made up and the contracted tuition continues. Competition fees will not be refunded if missed for any reason. Any portion or item unused by a member that is included in tuition will not be pro-rated (such as missing camp). The monthly tuition is spread out among 11 months to help you budget the year. Months will not be pro-rated when practices are canceled or shortened for reasons such as holidays, snow days, or a shorter month at the end of season. These have already been predicted in your season's budget and we will add team practices without added fees.

**FEES** - Any fees past due, tuition not paid by the **5th** of the month, services rendered and not paid, and/or penalty fees applied, can be automatically drafted from your Autopay/credit card provided.

### **7.) CONTRACT AGREEMENT**

Members must commit to one full season. See your individual team requirements for start & finish dates. The only case in which the contract could be terminated without penalty fees is if the athlete moves more than 40 miles further from the Pride Cheer Gym. Proof of moving along with date must be submitted. A one-month's tuition past the move date would be still required. Any prior balances would still remain due.

**8.) UNIFORMS** should not be worn anywhere but to a Pride competition or event.

**CHEER:** Full year, Half Year and Prep Cheer teams will have a uniform ordered for them in which they will purchase. This is not included in the set tuition and it will not be ordered until payment is made. If lost or ruined, the athlete is responsible for its own replacement in order to compete. There is no guarantee of the reusing of uniforms per repeated seasons, but they can last approximately 3 seasons. Price and style vary per the Full/Half/Prep divisions (see your tuition per the season).

**DANCE:** Dance teams will have a uniform ordered for them. A partial payment will be included in tuition but a balance may be due depending on the final price of the customized outfit.

### **9.) ADDITIONAL COSTS**

Some additional costs that can be needed that are not covered in the monthly tuition are (examples):

- Make-up (approx. \$30)
- Parent Booster fees to provide things such as team parties, banquet items, coaches gifts or senior gifts (approx. \$60 annually)
- USASF mandatory Membership fee (approx. \$30 annually)
- Additional Pride practice wear
- Warm-up suit
- All Travel and hotel expenses
- End of year expenses to Bid Events (Travel, coach fees, and Registration); Examples: USFinals, Summit, Regional Summit, or Worlds

### **10.) SAFETY**

Safety is always the gym's top priority. Class rules must be followed at all times. No stunting or tumbling is to be started without the consent or direction of the coach at any time or ever when a coach is not present in the gym. Parents are responsible to inform the coach of any current injuries or history of injuries that a child may have. Waiver & Release forms are to be signed by a parent for all participating members prior to the first practice in the gym, such as tryouts, and will include safety and health information and emergency numbers. Parents are responsible to update current medical information as needed.

**Since the pandemic of COVID-19, unforeseen circumstances can arise. We will do our best to adapt or replace events, practices, or parent viewing when necessary. Virtual competitions or practices may substitute traditional gatherings that can be unpredictable, therefore the gym for the teams as a whole will make decisions and we will always follow safety guidelines.**

### **11.) PHOTOS & VIDEOS**

Photographs & videos of Pride members may be taken throughout the year & may be used by Pittsburgh Pride on its website, brochures, flyers and other advertising materials. Parents will be asked to sign a team contract, which includes the permission to use your child's photos or videos. Care will be taken that it will always be in good taste. Likewise, when members post photos or videos we expect them to be appropriate when representing our brand.

**12.) CODE OF CONDUCT** We will follow a Pride Code of Conduct as well as the USASF Membership Requirements of "Athletes 1st" (as well as any updated versions by USASF, which can be found at [www.usasf.net](http://www.usasf.net)) These policies and good sportsmanship must be followed by parents and members at all times while connected to the Pittsburgh Pride All Stars, such as during practices, competitions, travel locations, events, on social media and any time Pittsburgh Pride is being represented. Failure to follow these will have consequences.

### 13.) GENERAL GYM RULES

- A. While we appreciate each parent's involvement, parents are not permitted inside the gym space during practice time. Special dates will be set to allow viewing and dress rehearsals. This can distract the coach from their job of being attentive to the children in the gym, it puts visitors in a dangerous position when they are unaware of the direction of a current tumbler or athlete, and it endangers a child who is in the action of tumbling and spots the movement of a visitor who is in the wrong place at the wrong time.
- B. When you have questions or concerns that you feel we can be helpful with, please contact the appropriate coach, Booster Board Advisor, Parent Team Coordinator, or Gym Owner who can assist you in getting the right answer. We try to communicate all issues with good intentions and expect the same of parents and athletes.
- Coaches: BAND (Please do not address coaches during practice time)
  - Office, family accounts: email or gym phone
  - Team Parents or Booster Parent: BAND
- C. **Proper communication:** Please reserve the email system and BAND for constructive communication of information. Sensitive or lengthy issues that do deserve attention should NOT be dealt with by email, BAND or during practice time. You may call the gym to request a meeting time for valid issues of which you feel we can be of help. Please do not call a coaches private cell phone. A coaches cell phone is given out as a courtesy for competition days or to arrange private lesson times.
- D. **No gum, food or drinks** are permitted in the gym, except water. Water bottles are a must at practice time, and they should be brought into the gym. Kids who bring food or snack for a break time should have it properly wrapped tight and stored, and cannot eat in the gym, but wait until break time to eat in the lobby and clean up after themselves. Please encourage your child to take care of our space so that privileges are not lost. Kids should not enter behind the snack shop workstation unless given permission by a coach.
- E. **Siblings or visiting friends are the responsibility of the parent and must be supervised by the parent at all times while at the Bianco Training Center facility.** For safety, no one is allowed inside the cheer gym area or the baseball cages unless with a Pride or Bianco instructor. Members and member siblings who are not having a scheduled practice should wait outside the gym in the lobby area until their own team's practice time. For the safety of each child, they cannot be left unattended. **15 min prior to a practice is a reasonable amount of time to plan drop-off.**
- F. **Proper gym attire** must be worn to practice: shorts (not baggy sweatpants); t-shirts or tank tops. Cheer shoes should NOT be worn outside. Dance footwear should be clean and designated for indoor practice use. Specific team attire may be assigned and vary per team.
- G. **No jewelry is ever permitted at a competition.** Do not get new piercings that will overlap into the competition schedule because the child will be forced to take them out regardless. The only exception is small earring studs *at practice* but it is at the discretion of the parent to allow them. Do not bring extra items and label all items with your child's name and taken home each day. Do not leave items stored at the gym, including in lockers or cubbies. Please note, numerous pieces of jewelry and clothing are left every week and sent to lost and found never to be claimed.

### 14.) EARLY DISMISSAL or QUITTING

Dismissal from the team for any reason, including failure to follow any of the stated rules, poor sportsmanship such as to an opposing team or own teammate or coach, excessive unexcused absences, involvement with drug or alcohol use, or quitting on your own free will, means you forfeit any monies owed you from the program. Monies owed to the Pittsburgh Pride program and/or "Bianco School of Baseball" or your team boosters, by contract or services rendered will still be owed and the monthly tuition contract must still be fulfilled for the length of your contract, including late fees.

There will be an **early dismissal penalty fee** if an athlete leaves or is dismissed on or after **January 1st** within their season of an additional \$100 on top of the contracted tuition balance, or \$200 if an athlete leaves or is dismissed on or after **February 1st** of their season. This will be charged immediately upon dismissal or quitting. This hinders the value to other families who have made an investment in the team.

**CODE OF CONDUCT**  
**CHEERLEADERS AND DANCERS**  
**PITTSBURGH PRIDE ALL STARS**

Pride athletes will be held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goals and their personal goals. Parents should read through the following obligations with your athlete explaining each one.

1. I understand that this is a full season commitment, up to one year, and that a team is depending on me to fulfill my responsibilities as a team member. I will not give up, quit or threaten to quit during my team membership.
2. If I have a difficult issue I cannot solve on my own I will seek council from a coach or parent to help solve the issue and not encourage it to grow.
3. I will come to practice with a positive attitude and work hard to achieve personal goals and help my team to reach the team goals in which my coaches have set. I realize that a positive attitude is contagious and I will do my best to influence my teammates in a positive manner.
4. I will speak respectfully not use profanity at practices or competitions.
5. I will demonstrate good sportsmanship to teammates, parents, coaches, judges, cheer company's staff and rival teams. This includes speaking and acting with good manners at Pittsburgh Pride practices & events as well as when I am away from my team. I am always representing my Pride team as a member. I will take that responsibility as an honor.
6. I will not misuse the internet, social media sites, emails, Instagram or websites.
7. I will take care of my body and show self-respect at all times. I will not use alcohol, drugs or tobacco and will eat properly to nourish my body. I realize I can be dismissed from the team if caught drinking, using drugs, or smoking.
8. I will keep my cell phone turned off and leave it outside the practice gym during Pride practices, and not use it during Pride time so I can instead be with my team.
9. I will respect my coaches and coaches helpers at all times. This includes only training with my Pittsburgh Pride instructors and at the Pride Cheer Gym for my sport.
10. I will strive to be in top physical condition and work my hardest during my team's conditioning drills so that I can get the most out of every practice.
11. I will come to practice on time and be responsible for my team's times and days so that I am a dedicated teammate and show accountability to my parents for this privilege.
12. I will learn and obey the team and gym rules set forth by coaches.
13. I will wear proper attire to practices: shorts that cover well, socks and cheer shoes, no jewelry, hair pulled up, and the recommended coach's shirts.
14. I will come to competition day with my hair, make-up, uniform and warm-up ready for competition according to gym specifications.
15. I will respect the value of the Pittsburgh Pride choreography and not reuse it or it's music for other venues or events.

**CODE OF CONDUCT**  
**PARENTS**  
**PITTSBURGH PRIDE ALL STARS**

Pride parents play an important role in their child's commitment to our program. It is a good reminder to parents to observe a Code of Conduct that we are mutually on the same page as each other, uniting for a common goal of our children. Pittsburgh Pride desires to not only have great athletes but great families who care about upholding our high standards. Parents should read through the following obligations and realize that signing this program contract is agreeing to uphold each standard.

1. I understand that this is a full season commitment, up to one year, and that a team is depending on my child to fulfill responsibilities as a team member. I promise to keep my child committed for the duration of the season.
2. I will teach my child to be respectful at all times and if my child is involved in a matter of disrespect towards any member or staff at Pride, I will resolve this problem with my child immediately.
3. I will not use profanity at the gym, lobby area or at competitions and respect that I am in a child friendly environment and a representative of the Pittsburgh Pride program.
4. I will demonstrate good sportsmanship to my child's teammates, other parents, coaches, judges, cheer company's staff and rival teams.
5. I will not misuse the accessibility of communicating through email to my Pride coaches and will address issues with care and respect.
6. I will trust my child's coaches and their decisions. I will allow the Pride coaches to exercise their coaching skills and not intervene with practices. This includes only having my child train with their Pittsburgh Pride instructors and at the Pride Cheer Gym.
7. I will prepare to get my child to practice on time and stay for it's entirety. In the event that she is late, I realize she will have to warm-up and stretch properly as her teammates did but this may require her to do it by herself or at the end of the set practice time. I am aware conditioning for this sport is essential.
8. I will send my child to competition day ready to go according to gym specifications, such as proper uniform & shoes (& for girls hair, bow & make-up).
9. I understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition as a disciplinary action if rules and codes of conduct are broken.
10. I realize that cheer companies that host competitions also have codes of conduct that include parent actions, and poor sportsmanship by parents can cause deductions or disqualifications of my child's team. I will demonstrate good sportsmanship as a Pride parent.
11. I will hold confidential any personal family information of my Pride families which would be acquired from my participation (such as phone numbers, email addresses, home addresses and the like) and not solicit or share for my benefit or the benefit of other business solicitation, while I am at Pride or when my contract is complete.



## Pittsburgh Pride All Star Contract Agreement for Season: 2020- 2021

Please value the strength in knowing that your child's entire team has put in an equal amount of commitment as you have. Thank you for supporting our program and helping things run smoothly.

**THIS AGREEMENT IS TO FOLLOW THE DETAILED GUIDELINES IN TEAM HANBOOK**

Date: \_\_\_\_\_

I, \_\_\_\_\_, (parent) have read and agree with all terms that have been covered in the "Pittsburgh Pride Cheer and Dance All Stars Parent and Member Handbook of Rules and Information" including Time Commitment, Calendar, Camps, Competitions, Registration Fee, Monthly Gym Tuition, Contract Agreement, Uniform, Additional Costs, Safety, Photos and Videos, Code of Conduct, Gym Rules, and Dismissal. I agree to a one-season commitment, which can run from June through May of this season, lasting up to and no more than one year, depending on the team I sign my child up for. I am responsible to have my child at all mandatory team practices, functions & competitions. I realize I am responsible for tuition and my payment plan up to 11 months, for the entire season of all team commitments that I have agreed to even if I leave on my own free will or am dismissed from the program for any reason (with the exception of moving over 40 miles away from gym).

Parent Initials \_\_\_\_\_

I am aware that if my child does not compete at a competition and can be excused by a coach to remain on the team that I am charged a of \$100 fee for the necessary routine adjustments. This is only tolerated and approved in special circumstances.

Parent Initials \_\_\_\_\_

I also agree to an early dismissal penalty fee Of \$100 if I leave or am dismissed on or after January 1st of my season, which will be on top of my contracted tuition balance. If I leave or am dismissed on or after February 1st of my season I will agree to an additional \$200 penalty fee on top of my contracted tuition balance. I realize the harm to the other committed families should I allow this to happen.

Parent Initials \_\_\_\_\_

**Student's Name:** \_\_\_\_\_

(Families should sign a separate agreement for each child)

**Each team that we, member and parent, are committing to is listed and signed for below:**

1st Team Name: \_\_\_\_\_ X \_\_\_\_\_

Parent Signature and date

2nd Team Name: \_\_\_\_\_ X \_\_\_\_\_

Parent Signature and date

3rd Team Name: \_\_\_\_\_ X \_\_\_\_\_

Parent Signature and date