



## **Policies and Expectations**

The following policies and expectations express our desire to insure that Royal Cheer Academy is a safe, organized, and effective environment for the training of our girls. Please contact us for explanation about any of the policies provided here.

### **1. Tuition**

- Tuition will be due by the 5th of each month.
- late fee of \$10 will be assessed for tuitions paid after the 5th.
- If a cheerleader's tuition is not paid by the last day of the month, they will not be allowed to attend classes the following month until both month's tuitions are paid.
- Parents are asked to give two weeks notice if discontinuing a class.
- RCA will follow the APS schedule for major holidays, including Fall Break, Thanksgiving Break, Christmas Break, and Spring Break. This does not include In Service days.

### **2. Gym Rules**

- Food and drink are not allowed in the gyms.
- Parents and spectators are not allowed to enter the gym during practice/classes except for preschool classes.
- Cell phones are not allowed in the gym.
- Gum chewing is prohibited.
- No jewelry or long fingernails allowed.

### **3. Practice/Class Behavior**

- Cheerleaders must be respectful of their coaches, teammates and classmates.
- Unsafe stunting, tumbling or spotting is not allowed. All stunts and tumbling must be supervised by a coach. Safety first!
- Practice attire is required for all classes and practices. This includes cheer shoes, elastic waist cotton shorts, tee shirt/tank top. Specified practice wear must be worn by Royal team members.
- Hair must be pulled into a ponytail. Bangs must be pulled back off the face.
- Please do not be late for class. The beginning of class will be utilized for stretching and strengthening and should not be missed.
- Royal team members, please keep missed practices to a minimum. Your absence affects an entire stunt group. Call or email a coach if you will be missing practice.
- Team members and class students will be expected to maintain focus and follow directions during practice or class. This ensures not only a safe atmosphere, but allows us to make the most of our time.
- Coaches are available for questions and comments. However, please wait until after practice is over so we may focus on your child's cheer instruction.

### **4. Discipline**

- Cheerleaders may be asked to run or perform other physical exercises (for example, push ups) in the event of broken rules.
- When cheerleaders when cannot focus or follow directions, a parent conference may be requested.
- In extreme cases, cheerleaders may be asked to leave practice for the day until parents can be contacted to solve the problem.