

Momentum Cheer UK Athlete Agreement

- I understand that, if I'm offered a place on a team, it is a full, one-year COMMITMENT and that a team would be depending on me to fulfil my responsibilities.
- I understand all material, music, and routines are the property of Momentum Cheer and are not to be used for any other purposes including school squads, talent shows, social networking sites, personal webpages and internet video sites.
- I understand that if I break any of the following commitments, I will have to give up my place on my team with no refund.
- I commit to paying all costs that are expected of team members, and I understand that Momentum cannot ever offer refunds of any kind on any costs that I have paid to them. By and large, all payments that I make to Momentum will be passed on to external suppliers, meaning that once I have paid a cost, Momentum no longer holds those funds and therefore can never facilitate a refund. If I choose not to use the service or product rendered by my payment, I understand that that is under my own volition and I will still not receive a refund.
- I agree that all Momentum staff and coaches' decisions are final, therefore parents or squad members must accept any decision made, knowing that staff will always act with the best interests of athletes at heart. I agree to always show all staff, coaches, team members and all athletes' parents the utmost respect.
- I fully commit to all team practices (regular or scheduled as extra practices), choreography camps, tumble classes, competitions, and any other event or session that requires my participation. If my coach expects me to be there, I will.
- I fully commit to Momentum and will ensure that all other commitments, including other sports, will not clash in any way with training sessions or events, and will not leave me unable to participate fully in my cheerleading training. I will make my Momentum team a priority over any external recreational activities, including other sports teams, after school clubs, brownies/scouts, school plays etc.
- I will manage my education and/or working life well, so that I never need to miss a practice or compromise on an event for homework, coursework, or overtime. I will commit to excellent time management in order to protect the time that I have committed to my team.
- I will also commit to excellent and respectful behaviour towards anyone/anything that may stop me getting to practice on time if I show negative behaviour. This means that I will never act in a way that could get me 'grounded', or cause a situation that will result in lateness, at the time of a training session or event.
- Any absences required from training, including holidays, will be communicated to my team coaches immediately when I am offered a place on a team. If I need to book any other absences from practices throughout the season, I will ensure that I follow the absence policy.
- I agree to arrive in time to be on the mats with shoes on, fully ready in keeping with appearance guidelines, for the start time of every training session and understand leaving early is never acceptable for any reason.
- I agree to keep track of my team's written schedule on all competition days, and ensure that I am in the correct place at the correct time, without prompting. I will stay at competitions to actively support all Momentum teams that are competing or showcasing, and I will stay to attend the award ceremonies at each competition regardless of the time of day.

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- Due to the nature of the sport, I, and my parents/guardian, acknowledge that there are possible risks of injury. I commit to being sensible and listening to my coaches at all times to minimise this risk of injury to myself, and to others.
- I understand that I must fuel my body like an athlete, which will also minimise any injury risk. I will eat well around training sessions and competitions, and bring no other drink than water to training.
- I commit to treating my body well, including maintaining the expected level of fitness required to take part in an athletic sport. If my coaches require any extra conditioning work from me, I will ensure that I do all that is asked of me.
- I understand that I must prepare for competitions well. I commit to getting enough sleep, appropriate food, and water the day before a competition. I will drink no alcohol the day before any competition, and I will ensure that I fuel myself adequately on the day itself.
- I understand that by accepting a place on a Momentum team, I will be representing Momentum at all times, and agree to engage in the upmost level of sportsmanship. Any behaviour that displays Momentum in a negative way on social media, or in person, will result in immediate dismissal.
- I understand that, as a competitive athlete, I will become a role model to my peers outside of cheerleading, and to younger athletes within the cheerleading community. I will not post anything on social media that will bring disrepute to Momentum's reputation, particularly if Momentum's logo, training kit, or uniform, appears anywhere on my social media feed. This includes the use of, or allusion to, any language or gestures that could be deemed offensive, underage or excessive drinking/ illegal substances, provocative dancing/posing, or anything else that coaches deem inappropriate for me to share.
- Athletes will not spread gossip/rumours about their coaches, teammates or other programs, either verbally or on social media. I understand that if I start or take part in gossip about my own or any other program, its staff, coaches, or members, I may be removed from my team..
- I agree to apply full enthusiasm and effort to every training session and know that I may be asked to step down from my team if I do not turn up to every training session having made the decision to apply myself for the sake of my teammates.
- I understand that I can see all of Momentum Cheer's policies (including Personal Data Policy) by request. I agree to all of these policies.

Athlete Signature:	Athlete Print:
Parent Signature (If athlete is under 18):	Parent Print:
Date:	