



Momentum Cheer UK Absence Policy 2026-2027

REPORTING AN ABSENCE

- **ALL PLANNED ABSENCES MUST BE BOOKED VIA:**

momentumcheeruk.com/teams

- **ALL SAME-DAY ILLNESS OR EMERGENCY ABSENCES MUST BE COMMUNICATED VIA BAND TO YOUR TEAM COACHES**

Allstar cheerleading is a demanding team sport that requires commitment from both athletes and parents/carers. Attendance requirements are strictly upheld. **One athlete's attendance affects the entire team. Athletes must arrive on time and attend scheduled training sessions, competitions, and required events.** Our three-strike policy applies to all unplanned absences at all sessions (team training and skills sessions), including those caused by unavoidable circumstances.

This absence policy is non-negotiable and applies to every athlete on every team.

PLANNED ABSENCES

A planned absence may be excused for any reason when it is submitted via the absence booking form at least 4 weeks before the affected training session. If the absence falls within the first 4 weeks of the season, it must be submitted before season registration.

We support athletes occasionally taking time away from training for any reason. However, if coaches feel that the number or frequency of planned absences may negatively impact the athlete, their team, or the routine, further absence requests may be denied and the athlete may be required to attend training.

UNPLANNED ABSENCES

Any absence, for any reason, that has not been submitted at least four weeks before the affected training session is classed as an unplanned absence. Each unplanned absence will result in one strike under our three-strike policy. This includes illness and emergencies.

THREE-STRIKE POLICY ///

Three unplanned absences, for any reason, may result in team coaches reviewing the athlete's role within the team. Coaches may choose to remove the athlete from sections of choreography, upcoming events or, where necessary, the team entirely. Because of this, we would recommend ensuring that your three unplanned strikes are only ever taken for completely unavoidable reasons e.g. sickness.

RED ZONE

No absences may be booked during the three weeks immediately before a showcase or competition. There is ONE half term in a Red Zone this season (Summer half term) - we will not be accepting absences for that half term so please ensure not to book holiday in this half term.

During a **Red Zone**, no planned or unplanned absence, lateness or early departure will be accepted. Any absence during this period can seriously compromise a team's readiness for an event. Team coaches may therefore remove an athlete from sections of choreography or from the team's routine entirely for that event.

ABSENCES & YOUR PLACE ON THE TEAM

If team coaches believe that an athlete's planned absences are negatively affecting their progress, their team, or the routine, this may trigger a conversation about the athlete's role within the team. Any **Red Zone** absence, for any reason, may also trigger a review of the athlete's role and choreography. **Attendance and absence history will always be taken into consideration when making future team placement decisions.**

ACCESSIBILITY & HEALTH CONDITIONS

As a programme that includes Adaptive Abilities athletes, we understand that disabilities and health conditions may affect attendance. If you anticipate that an athlete may have more than three unplanned health-related absences during the season, please email the Programme Directors at momentumcheeruk@hotmail.com **AND** speak directly with your team coaches. This allows us to discuss the athlete's individual needs and make reasonable adjustments to how the three-strike policy is applied.