



## Momentum Cheer UK Absence policy

**ALL PLANNED ABSENCES MUST BE BOOKED IN AT [momentumcheeruk.com/teams](http://momentumcheeruk.com/teams)**  
**ALL ON-THE-DAY ILLNESS ABSENCES MUST BE COMMUNICATED VIA TEXT/PHONE CALL TO 07899325795**

Allstar cheerleading is a demanding team sport that takes full commitment from both athletes and parents, therefore attendance requirements will be strictly upheld. **One person's attendance affects the entire team. It is crucial that athletes arrive on time, and take part in ALL scheduled sessions, competitions, and events** and this is why the following three-strike policy must include all unplanned absences, even for unavoidable reasons.

**The absence policy is non-negotiable and applies to every member of every team.**

There is always room for clarification and explanation outside of practice times so don't hesitate to contact us if you have any concerns or questions.

### **PLANNED**

**Any reason excused when coach is notified via booking form only, at least 4 weeks before session (or booked before registration if the absence falls in the first 4 weeks of the season).**

Coaches support athletes occasionally booking time away from training for any reason. However, if coaches feel like an athlete is requesting an amount of absences that will impact the athlete, the team, or the routine, requests may be denied and the athlete may be required at training.

### **UNPLANNED**

**Any absence for any reason not booked at least 4 weeks in advance** of the session is unplanned and will result in one strike in our three-strike policy.

### **THREE-STRIKE POLICY ///**

**Three UNPLANNED absences for any reason** will mean that a coach may choose to remove that athlete from choreography within the routine, any upcoming events, or from the team entirely.

### **RED ZONE**

**No absences may be booked to be taken within the three weeks before events (showcases and competitions), four weeks before events for any Red Zone that includes a school holiday.** No absences of any kind, including lateness and early leave times, will be excused within the Red Zone. Any absence within this time seriously compromises the readiness of a team for an event and may result in team coaches removing an athlete from choreography within the routine, or from the team entirely for that event.

### **ABSENCES and your place on the team**

If team coaches perceive that an athlete's PLANNED absences are affecting the athlete or their team, or if an athlete takes any **RED ZONE absences for any reason**, this will also trigger a conversation about that athlete's role in the team. Absences will be taken into consideration at future team placements.

### **ACCESSIBILITY & HEALTH CONDITIONS**

As a programme that includes Adaptive Abilities teams, we understand that certain health conditions may affect absences. If you anticipate the possibility of more than 3 unplanned health-related absences during the season, please email programme directors at [momentumcheeruk@hotmail.com](mailto:momentumcheeruk@hotmail.com) AND speak to your team coaches so that we can make a reasonable adjustment to your three-strike policy.