Momentum Cheer UK
Athlete Agreement

At Momentum Cheer, we are committed to the positive representation of our sport in all aspects and the safety and wellbeing both physically and mentally of our athletes and wider Momentum family.

The policies and guidelines stated in this contract serve as the official set of rules from which Momentum Cheer will operate teams for the current season. These rules will be strictly adhered to for the benefit of the programme. The coaches and staff members of Momentum Cheer reserve the right to change these guidelines as deemed necessary for the betterment of the programme during the season. Our goal is to make this the experience of a lifetime, while helping the individual exceed their highest personal and athletic potential. Members will be provided the best training, and we strive to teach self-discipline, self-esteem, teamwork, and how to be high achievers. We hope not only to develop the best squads possible, but to also instil these qualities for the future.

As a parent/athlete you may or may not agree with every decision made for each team. At times, you may feel you know a better method or system by which to get something accomplished. The key thing to remember is the coaches and staff members of Momentum Cheer will always make decisions to benefit the entire programme. Programme 1st, Team 2nd, Individual 3rd. You, as a parent/athlete must be willing to trust in the programme. Team dynamics must be a priority to gain the full benefits of your membership.

Please read this thoroughly. Accepting your offer of a placement at Momentum Cheer is agreeing with the below terms and conditions.

I understand that if I break any of the following commitments, programme directors and/or coaches may choose to enact consequences that they see fit up to and including my removal from my teams with no refunds.

COMMITMENT

1. I understand that, If I'm offered a place on a team, it is a full one-year commitment and that a team is depending on me to fulfil my responsibilities.

2. 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. If I choose not to use the service or product

rendered by my payment, I understand that it is under my own volition, and I will not receive a refund.

3. I agree that all Momentum Cheer staff and coaches' decisions are final. I understand that staff will always act in the best interests of athletes and teams. I agree to always show all staff, coaches, team members, and athletes' parents the utmost respect.

4. I agree to uphold the absence policy.

5. I fully commit to all team practices (regular or scheduled as extra sessions), choreography camps, tumble classes, competitions, and any other event or session that required my participation. If my coach expects me to be there, I will be.

6. I fully commit to Momentum and will ensure that all other commitments will not clash in any way with training sessions or events. I will make my Momentum teams a priority over any other activities.

7. I will manage my education and/or working life well so that I never need to miss a session or compromise on an event. I will commit to excellent time management to protect the time that I have committed to my team.

8. I will commit to excellent and respectful behaviour towards anyone/anything that may stop me getting to practice on time. This means that I will never act in a way that could get me 'grounded' or cause a situation (e.g. detentions) that will result in lateness.

9. I understand that any absences must follow the absence policy and unplanned absences for any reason will result in a strike in the three-strike policy.

10. I agree to arrive in time to be on the mats with shoes on, fully ready for the start of every training session and understand that leaving early is never acceptable for any reason.

11. I agree to follow my team's written schedule on all competition days and ensure that I am in the correct place at the correct time without prompting.

12. When required, I will be available at competitions and events to cheer on other Momentum teams as determined by the programme directors.

ATHLETIC REQUIREMENTS

13. Due to the nature of the sport, I and my parents/guardians acknowledge that there are possible risks to cheerleading, including injury.

14. I commit to listening to coaches, following all instructions, and always applying best technique and effort to minimise the risk of injury to myself and others.

15. I understand that I am an athlete and must prepare for all practices, competitions, and events well. I will ensure that I get enough sleep, fuel myself adequately, stay hydrated, and otherwise look after my body as necessary for cheerleading.

16. I understand that the above includes maintaining the necessary level of fitness required to take part in cheerleading at Momentum safely and with the expected level of great technique execution. If my coaches require any extra work from me to ensure that I can meet the training/skill demands needed for my team(s), I will do what is asked of me.

CONDUCT

17. I understand that all choreography and music used in Momentum Cheer's routines are the property of Momentum Cheer and are not to be used for any other purposes.

18. I, and my parents/guardians, understand that I will be representing Momentum at all times and agree to uphold the upmost level of sportsmanship. Any unsportsmanlike behaviour from athletes or parents will not be tolerated.

19. I understand that I am a role model to my peers inside and outside of cheerleading, and to younger athletes within Momentum Cheer & the wider cheerleading community. I will not post any language, gestures or content that could be deemed offensive, inappropriate, or dangerous on social media. This is particularly important if Momentum's name, logo, training kit, or uniform appear anywhere on my social media profile(s).

20. I understand that vaping, smoking, drinking alcohol, and similar are not allowed during Momentum practices, events, or while representing the programme at a competition.

21. I, and my parents/guardians, will not talk negatively or inappropriately to/ about MomentumCheer's coaches/staff, fellow athletes, athletes' parents, or other programmes, either verbally, via messages, or on social media. I will not start or partake in any negativity.

22. If any situation arises where I, or my parents/guardians, may need to talk directly to Momentum staff, coaches, or programme directors I/we will do so respectfully. I understand that staff/coaches/programme directors will not always be able to talk to me when I wish and may need to require that I wait to talk to them or receive a reply to messages/emails. In-person communication may need to schedule at an arranged time during staff's working hours.

23. I agree to apply full effort and positivity to every training session and will choose to apply myself for the sake of my teammates. I will not show a negative attitude or complain during practices or events.

24. I understand that if any of my conduct is deemed by Momentum staff, coaches, or programme directors to be inappropriate for an athlete or unsafe in any way, programme directors and/or coaches may choose to enact consequences that they see fit up to and including my removal from my teams with no refunds.

25. I understand that I can see all of Momentum Cheer's policies (including Personal Data Policy and Safeguarding Policy) by request. I agree to all of Momentum Cheer's policies.