

Louisiana Cheer Force

Parent and Athlete Expectations

Communication with Staff

Due to the growth of the company, we are establishing a chain of command to make the communication process easier for you, your athlete and the staff. If there is an issue, concern, question or comment, please speak to your athlete's coach directly. If the coach cannot handle the issue, the next person to speak with should be Cheree (cheree@lacheerforce.com), the gym manager or Mrs. Charmon (charmon@lacheerforce.com), the office manager. If then the issue cannot be handled by either of these parties stated above, the issue will then be passed to Rachael, the gym owner, via email at rachael@lacheerforce.com.

All of our staff members will be giving a contact number at the staff meeting at the beginning of the season. The easiest and fastest form of communicating with staff members is through text message. Throughout the year, staff will update and contact parents and athletes through text message. If this is not a form of communication that is of your preference, please let us know and we will accommodate accordingly.

Social Media

Social Media can be used in many different ways. CF wants to make sure that all social media communication and posts are always positive. As a parent of a Louisiana Cheer Force athlete, please know that you and your athlete are a *HUGE* representation of the company as well. We do not condone an athlete or parent cursing, swearing, speaking negatively about our program, our coaches, any of our athletes, their parents, and/or families or posting inappropriate pictures or anything deemed to be inappropriate on social media. This also includes speaking negatively of another cheerleading company. If anything of this sort is brought to our attention, you may be asked to remove it. Please use your best judgment regarding this matter. If there are any issues that need to be addressed, please bring it to your coach's attention immediately. We do not want anyone taking their emotions to Facebook or any social media outlets including group text messages. In the end when the dust settles, it will always come back to the person who posted any negativity. Again, please go to the proper line of communication when there are any issues so we can handle getting it resolved or addressing the problem.

If there is a team Facebook group, the team's coaches and gym owner **MUST** be invited to the group. This is so the group can be monitored and questions pertaining to competitions, practices, etc. can be answered in the correct manner.

Text Messaging/Group Texts

It is common for our athletes to be close and want to form group messages or a "GroupMe". The same policy stands that if a group is made for athlete communication, at least TWO coaches need to be in the group to ensure we remain positive throughout the season. Louisiana Cheer Force does NOT condone bullying (or cyber bullying) in anyway and if this becomes an issue, it may result in disciplinary action.

Lobby Chat

Louisiana Cheer Force is a company who promotes positivity. The Louisiana Cheer Force lobby is open to the public and any one can watch our amazing athletes while practicing. While we encourage "lobby talk" to take place, we are 100% committed to making sure these conversations are appropriate and respectful. At no time, should anyone talk about athletes, coaches, or other parents in a negative way. This is a topic we do not condone at Louisiana Cheer Force. We have new members wanting to join our gym every week and want to make sure these new members in addition to the current and former members are treated with the upmost respect. Please note there will be some practices where viewing may be closed as we occasionally close them before big competitions and nationals to make sure we have the athlete's full attention with no distractions.

Private Cancellation Policy

Our coaches have a schedule to adhere to in regards to privates, so we have put in place a private cancellation policy. As stated, all coaches and parents or athletes should have the phone number of their specific coach. If for any reason a private needs to be cancelled, please let your private instructor know at least ONE HOUR before your private time as this gives the instructor time to fill that spot with another athlete. There will be one warning. After this warning, you may be charged a \$15 cancellation fee. We understand that traffic or emergencies may come up and these matters will be handled differently. Please also note that privates MUST BE PAID at the time of the lesson, we cannot bill for privates. Please also note that your account must be in good standing with the gym in order to participate in private lessons.

Competitions

At competitions, the athletes and parents are expected to act in a manner that sheds a positive light upon the company. We encourage cheering each and every Louisiana Cheer Force team on. We believe that cheering our athletes on pushes them to excel at competitions. We do understand that parents may like to video, we have a videographer that videos for us and we can always send a video to you if one is requested. We do ask that if you video your athlete's team, that it not be posted on social media until the **END OF THE SEASON**. Also, no parents, athletes even if legal age or coaches are allowed to drink alcoholic drinks while representing Louisiana Cheer Force at an event.

Our athletes are expected to arrive at the event venue **ON TIME**, in uniform with make-up and hair complete. If you have arrangements for hair and makeup please arrival at least one hour (or more) before your meeting time to ensure that you are ready at your specific team meeting time. After the athletes compete, we ask that you wear the designated CF shirt or sweatshirt, as told by your coach. **NO SCHOOL SWEATSHIRTS, T-SHIRTS, OR OTHER CHEER COMPANY MATERIAL ALLOWED AT COMPETITIONS.** We are to represent Louisiana Cheer Force in a uniform manner. No uggs, converse, or any other non-cheerleading type shoe allowed while in uniform.

Practices

Every athlete is to ONLY WEAR designated practice wear to practice. No other clothing, other cheer company paraphernalia or school cheer clothing will be allowed during practices. The only exception is if your athlete may be arriving from or going to a school cheerleading event and they have to wear their uniform. The athlete's hair needs to be pulled back in a ponytail. The designated clothes are to ensure safety when tumbling or stunting.

Sportsmanship

Louisiana Cheer Force has always remained a high level of sportsmanship in and out of the cheerleading gym. We give value to respect each and every member affiliated with the company and to other cheer companies as well. We do not condone unsportsmanlike conduct and disciplinary action will be taken if this becomes an issue.