

## **Strike Force Red Zone...explained**

Strike Force All Star Cheer has a Red Zone Policy, which means under no circumstance must an athlete skip a training session during this period. This usually starts 3-6 weeks prior to an event. This period can be extended if necessary and all parents will be advised by the head coach if this is the case.

The policy is in place to ensure that all teams are given the time and work they deserve from the athletes to ensure that they remain strong, consistent and competitive for the upcoming event/competition.

The **ONLY** exceptions for athletes are as follows:

- 1. Pre-planned authorised absence with coaches informed well before the RZ commences. Cut-off date: 12 weeks before the event.**
- 2. Family Bereavement**
- 3. Extreme Illness in which attending a training session is just not an option.**

However, please note that in the event is missing during the red zone period we reserve the right to amend/change the routine to suit the athletes that are present on that day.

**E.g.**

*Polly misses practice for a family wedding. Polly's stunt group need to practice and Polly is one of the bases , but she is missing. The coach then can permanently replace Polly that day if the stunt group is consistent and hitting with a replacement person.*

*This is one of the risk athletes take, by missing training during the red zone.*

**Please note, this is the policy and will be enforced as stands.  
Challenges to the policy will not, under any circumstance be entertained.**

**The consequences for any athlete breaking the policy, as stated in the Parents Induction, Enrolment form and the Competition contract is the athletes place in their team will be terminated with immediate effect.**