



White Rose Cheer – Attendance and Punctuality Policy

Aims of the policy

Here at White Rose Cheer (WRC) we believe that in order for our teams to succeed, good attendance and punctuality is key. We strongly advocate perfect attendance amongst all our competitive teams to ensure their best possible chance at competition. Cheerleading is a team sport, and with one link in the team missing, the entire team suffers.

This policy exists to allow clarity for team members and their families, and to ensure fairness and equality for all team members alike with regards to this issue.

Authorised absences

Authorised absences from training can take any of the following forms:

- Illness involving sickness/diarrhoea or anything contagious
- Family holidays during school holiday times
- Important family events (eg wedding)
- A graded school event/performance
- Residential/camp for school
- Sudden family death/illness

Each instance of authorised absence must be provided to the coaches with as much notice as possible. This should be via the Absence Form here: <https://forms.gle/sGGVtKerVGk5Vi48>. No athlete under the age of 16 can authorise their own absence. No absences that are sent through to a coach's personal phone or social media account will be authorised. It would be useful to also put a brief message in the athlete's TEAM group on Spond so all members of the coaching staff are aware of the absence. No sensitive information need be shared in a public group of this nature.

We will deal with each authorised absence on a case-by-case basis and for the vast majority there will be no repercussions.

Unauthorised absences

Unauthorised absences from training can take any of the following forms (but are not limited to):

- Illness not including sickness/diarrhoea. We expect all cheerleaders to attend practice (even if only to watch) if they are feeling a little under the weather, or they are injured.
- Holidays during school term time (exception: adult athletes. We ask that some consideration is taken with the frequency of time away).
- A non-essential school event (e.g. another extra-curricular activity, helping at an Open Day)
- Friends or own birthday parties/other similar social events
- Not done homework
- Feeling a bit poorly
- Punishment from parent. If the athlete has misbehaved in any way, the gym will suggest an appropriate gym-based punishment (i.e. extra conditioning) that does not impact the team.

In the event of a coach deeming an absence to be unauthorised, the cheerleader will be issued with a strike. If three strikes are obtained in one competitive season, they will be removed from the next

competition routine to allow the team to practice fully. If this action is taken, no competition or training fees will be refunded.

The cheerleader may not be allowed to return to the team for the next competition, if the coaches deem that this is the appropriate course of action.

If no notice is given of a cheerleader missing practice, for whatever reason, it will be deemed an unauthorised absence and a strike will be issued.

Punctuality

Good punctuality is essential if your cheerleader wishes to play a part in a successful team. If a cheerleader arrives late to practice, even by 5-10 minutes, it can have a detrimental effect both on the cheerleader who is late, and the rest of the team. We advise that all cheerleaders arrive to practice 5-10 minutes EARLY, to ensure they have the correct footwear on, ensure they have removed all jewellery – and caught up with their friends before practice begins!

Red Zone

We run a “Red Zone” period for all teams in our program, for 2 weeks leading up to any competition. Absolutely no absences will be authorised within this time period, regardless of the reason. Athletes who miss practice during Red Zone face the likelihood of being removed from the competition routine, with no refunds given on fees or competition entry/spectator tickets. This is NOT to punish the athlete, as we are aware that illness and emergencies can happen. This is to HELP the remainder of the team, who must always come first, and allow them to practice fully without that member present. Chances are if an athlete is ill the week or so before competition, they will still be poorly on competition day. We know you will understand our reasons behind this action – the team is ALWAYS bigger than the athlete. Each case will be decided on a case-by-case basis and the final decision as to outcome remains with the team coach.

Attendance and Punctuality at competitions

As with training, we expect near-perfect attendance and punctuality at competitions. Notice for competitions and their venues are provided a year in advance and all athletes/parents have committed to the dates in their Interest Form. Please plan to be there the whole day, as times for competing for each team are not released to us until about 1-2 weeks before the event. As soon as session blocks are released, we as a coaching staff release them to parents/families.

Your child does not have to attend competitions with their parent, but they must be supervised by a responsible adult. Another adult can transport your child and be responsible for them for the day – this is a decision made by yourselves as parents/carers. Athletes in Year 8 and above are welcome to attend competitions without a parent present.

All competitions are mandatory for all athletes on that particular team. Athletes are not expected to be in attendance at events they are not competing at.

It is absolutely unacceptable to miss competition with no notice given to the coaches. This wastes an unprecedented amount of time from both the coaches and the rest of the team, and as the routine will then be seriously compromised, and potentially thousands of pounds will have been wasted in attending the event. Even in case of illness or emergency, please make every effort to ensure your cheerleader is at the event. Unless in exceptional circumstances (at the coaches discretion), any cheerleader missing an official competition with no warning given on the day will be instantly removed from White Rose Cheer with no refunds given.

We will always give a “ready time” for competitions. This will be stated at practice, and publicised in emails and private social media pages. This is the time we expect your cheerleader to be at the agreed meeting point, with their kit on, all jewellery removed, and hair done in the agreed style. Punctuality is key for this “ready time” as we may miss important warm up slots if cheerleaders are missing. If you are choosing to make your own way to competitions, please plan in advance of this time. These times may be very early in the morning and it is a family decision if you wish to organise accommodation for the night before, local to the event.

The benefits of good attendance are numerous. Whilst we want all cheerleaders to have fun and enjoy their training, each athlete is a competitive athlete and this high level of commitment is required if our teams and program are going to upkeep a stellar competitive record.

If you are unsure about any areas of this policy, we invite you to email us on whiterosecheer@gmail.com where we will be happy to answer your questions.