

# ATTENDANCE

Please be aware that information below is our general attendance policy. During the Covid-19 Pandemic, the below information is revised. Please do not attend trainings if;

- You show any symptoms without medical clearance
- You have been in contact with anyone who may have the virus
- You are currently isolating

We understand that life happens, and events/special circumstances may arise, please see below reasons for an approved/ unapproved absence for our students. Please note all requests must be submitted & approved by your coach, at least 2 weeks before the event (or earlier if possible). If any of these events fall within a 2-week period before a competition, please speak with your coach to see what can be done, otherwise athlete/s may become an understudy at that upcoming competition (at the coach's discretion), depending on how much effect any absences have on the team.

## Approved reasons:

- Weddings
- Compulsory school/work events (Camps, Formals, Exams, Balls ect)
- Contagious Illness (please see more info below)
- Family Emergencies
- Religious reasons
- Public Holidays

## Unapproved reasons:

- Birthday celebrations
- Social events/parties
- "Don't feel like it"
- Withholding child from training as a form of punishment
- Minor Injuries/recovery (please see more below)
- Appointments
- Holidays
- Last minute study for exams

## Illnesses/ Injuries

If you are extremely ill or contagious and unable to even sit out and watch you must contact your coach on Band and TEXT reception on 0477 704 079. If you are unwell or have an injury you will still be expected to attend your class so that you can still be with the team, be aware of anything that was taught, and know any choreography changes etc. This shows your coaches/team mates that you are committed to the team, and although you may not be able to participate physically, it still shows that you are a team player.

## Why are we so strict on attendance?

We aim to teach students accountability - attendance is crucial to the function of any team. If stunt groups are incomplete, it can limit what many other people on the team can do in a training, so we are extremely diligent in ensuring all team members are attending every practice. Athletes will be made accountable for any missed training sessions (for whatever reason) and are required to make that up with set strength training to ensure they don't lose any important strength and conditioning required to be able to do skills successfully. Attendance is vital for students' safety & progress within the sport, and absences jeopardise the safety and progress of all team members, especially if strength isn't maintained.

### **Consequences for absences**

Cheer is a team focused sport; attendance and commitment are crucial to every team's success - we expect 100% attendance. No students are to miss any trainings 2 weeks prior to competing, otherwise they may become an understudy at upcoming competitions (at the coach's discretion), depending on how much effect any absences have, or may have on the team. For unusual circumstances -please advise reception and we will see what we can do. In the event of an emergency please call the gym as soon as you are aware, and BEFORE your class. Please note social media is not an acceptable way to communicate absences; it must be done through your team BAND or text to 0477 704 079

### **What do I do if I'm away?**

1. If it is a last-minute absence on the day of training, please call reception ASAP, or text 0477 704 079 with students' full name, date of absence & reason for absence. If it is more than 24 hours before the class, please notify your coach through the BAND app
2. Make sure you catch up - As we get into running full outs and semi full outs, fitness is VITAL for routine success and injury prevention. Regardless of anyone's reason for being away, they will most likely be required to complete a set of conditioning to help catch up on some of the fitness and body conditioning they missed. This is not a punishment; it is gearing our kids up to be fit enough to put some amazing routines on the floor! The success of an athlete or a team can be determined by how well he or she is conditioned. Generally, the conditioning exercises involve moving your body in such a way that it increases physical fitness and athletic skill. This decreases the risk of any sports injury. Coaches will assign level appropriate exercises.

