

Spring Creek Athletics

**ALL-STAR CHEER**

**PARENT  
HANDBOOK**



2022-2023

# WELCOME TO ALL-STAR CHEERLEADING!

We are very proud of the SCA competitive program and the athletes that we train. We following Parent Handbook to help you understand the commitment level that is required of each family.

*Thoroughly review and discuss the information contained in the Parent Handbook with your athlete, with emphasis on the commitment level, to determine if the Spring Creek Athletics Cheer Program is right for your family.*



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**#1 WE WILL GLORIFY GOD IN ALL THAT WE DO**

**#2 WE WILL BUILD RELATIONSHIPS THAT STRENGTHEN THE SCA FAMILY**

**#3 WE WILL TEACH PERFECTION BEFORE PROGRESSION**

**#4 WE WILL RAISE UP US GODLY LEADERS FOR TOMORROW**

**WE WILL STRIVE FOR EXCELLENCE IN ALL WE DO**

**Spring Creek Athletics**

**Values**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

What is the difference between a Exhibition, Prep, and an Elite Team?

First and foremost, ALL teams attend competitions or events. Exhibition teams are not judged and ranked at events. Prep and Elite Level Teams are competing for placement and other honors.

**Exhibition Team:** Practice a minimum of 1 hour per week.

**Prep Teams:** Practice a minimum of 3 hours per week.

**Elite Teams:** Practice a minimum of 4+ hours per week.

<b><u>All-Star Exhibition</u></b>	
<b><u>Team Level</u></b>	<b><u>Requirements:</u></b>
<b>Stars (Cheerabilities Exhibition)</b>	Must be able to participate in a group setting with loud music and crowds.
<b>Energy (Mini Exhibition)</b>	Must be able to listen, follow directions, and be fully potty-trained.
<b>Journey (Short Season Exhibition)</b>	Must be able to handle instructions in a group setting and committed to attending practices and events.
<b>Glory/Allegiance (Half-Year Exhibition)</b>	Must be able to handle instructions in a group setting and committed to attending practices and events.

<b><u>All-Star Prep &amp; Elite</u></b>			
<b>ALL SKILLS MUST BE PERFECTED FOR ALL-STAR ELITE TEAMS</b>			
<b><u>Team Level</u></b>	<b><u>Tumbling</u></b>	<b><u>Dance &amp; Cheer</u></b>	<b><u>Jumps and Stunting</u></b>
<b>Level 1</b>	Cartwheel Front Walkover/Back Walkover Round-Off	Sharp & Proper Motion Placement	Sharp and Proper Jumps Ability to perform Level 1 stunts
<b>Level 2</b>	Stand Back-Handspring Round-Off Back Handspring Passes Front Handspring Passes Back Walk-Over Back Handspring	Sharp & Proper Motion Placement	Level Jumps Perfected all Level 1 stunting skills Flyers—proper positions and flexibility.
<b>Level 3</b>	Standing Series Running Round-Off Back Handspring Tuck Punch fronts Aerials	Advanced Motions with footwork	Level-Above Level jumps w/ tumbling combinations Perfected all level 2 stunting skills Flyers—proper positions and flexibility.
<b>Level 4</b>	Stand Tuck Standing Back handsprings to Tuck Whip to Tuck/Layout Running pass to layout Punch front passes	Advanced motions with footwork	Level-Above Level jumps w/ tumbling combinations Perfected all level 3 stunting skills Flyers—proper positions and flexibility.
<b>Level 5</b>	Jump to Tuck Full Front tumbling through to Full Whip through to full	Advanced motions with footwork	Above Level jumps w/ tumbling combinations Perfected all level 4 stunting skills Flyers—proper positions and flexibility.

## **Spring Creek Athletics Team Training Philosophy:**

The safety and success of each athlete is of the utmost importance to the Spring Creek Athletics Staff. Team Selection is a careful process of evaluation so our staff can put together the most competitive teams possible. When doing this we can correctly train athletes on skills with proper technique, build the strength and confidence of our athletes, and provide a safe environment.

It is important to understand that while winning is always the goal—our main priority is to ensure that our athletes have positive experiences while learning to work as a team and be confident in overcoming life's obstacles. We also want to build athletes to be of good character. To achieve this goal, we need the support of the parents. Part of learning and growing is dealing with disappointment, learning to overcome setbacks, and working together. The parent's role is crucial to the success of all our teams. Together we can achieve more!

## **Role of a Spring Creek Athletics Coach:**

- Prepare the athletes both as a group and individually to perform and present our program in the best possible light.
- Adhere to safety guidelines in the safest manner possible.
- Keep the best interest of the athletes at heart and care for them as individuals as well as athletes.
- Stress the value of academics, the value of healthy lifestyle choices, and to be a role model.
- Recruit new athletes to the program so that our family may grow.
- Teach the athletes the value of self-discipline, confidence, persistence, and teamwork.
- Give 100% of what they are capable of every day to help the athletes be the best they can be.
- Make decisions and act based on the best interest of the program, the good of the team that they coach, and the good of the individual athletes.

## **Role of a Spring Creek Athletics Athlete:**

We expect the following from ALL athletes as members or alternates of SCA teams. These expectations will be strictly enforced during practices, clinics, competitions, and any other SCA events.

- Attend EVERY practice.
- Give 100% of themselves at every practice and do their best.
- Be totally responsible for the fun they have at practice. Do so without being a disruption during practices, so that the team can focus and perform in the safest manner possible (excessive chatter, making side comments, and goofing off does not have a place in the practice area).
- Develop a spirit receptive to corrections and constructive criticism.
- Accept the discipline involved in athletics because it benefits the team.
- Respect coaches' decisions concerning routine placement and choreography. Accept coach and parental discipline as final and to accept responsibility for their actions.
- Support their teammates 100% every day so that their team can be the best that it can be.
- Make decisions and act based upon the good of the program, the good of the team, and their own personal good.
- Be gracious when you win and graceful when you do not. Always use good sportsmanship and class.
- Not participate in gossip. This includes internal gossip about other SCA athletes and external gossip about other cheerleading programs and their athletes. Problems shall be addressed and resolved directly. Do not listen to, participate in, or instigate idle gossip.
- Contact the coach if they have an issue that needs to be addressed. Problems can be solved quickly when your coach is involved. Use social networking as a means of publicizing and spreading the word of SCA in a positive and appropriate manner. Refrain from using any social networking to distribute negative or inappropriate information that could be detrimental to yourself, your family, and SCA in any way.
- Make healthy lifestyle choices and approach the coach or parents if they have concerns about the choices available to them.



### **Role of a Spring Creek Athletics Parent/Guardian:**

- Make sure their athlete attends every practice and enforce the yearly commitment.
- Do everything possible to make sure the athletic experience is positive for your child and others.
- View the routine with team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Demonstrate winning and losing with dignity.
- Be an encourager—encourage athletes to keep their perspective in both victory and defeat.
- Encourage their athlete to always treat fellow parents, teammates, coaches, and SCA staff with respect.
- Ensure that their child understands what we expect of them as an athlete, as explained in the “Role of the Athlete”
- Parents should not listen to, participate in, or instigate idle gossip and should discourage their athletes from doing so.
- Not express their opinions during practice or coach their athletes from the viewing areas.
- Defer to coach’s discretion regarding team decisions. Inevitably, we will lose or gain team members through the course of a season. Any dismissal or addition of a team member is solely at the discretion of the coach and directors.
- The parent viewing area is open as follows:
  - Stars/Energy/Journey: All Practices are Open
  - Glory/Allegiance/Prep/Elite: Practices are open until choreography. Then practices are open the last week of the month and scheduled parent show-offs.
- However, if problems arise, the SCA staff reserves the right to close viewing at any time for safety and well-being of athletes.

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## **Spring Creek Athletics Communication**

“For the body is not one member, but many.”  
1 Corinthians 12:14

### **Spring Creek Athletics Staff Organizational Chart:**

- Please use this graphic when figuring out who to contact with your questions & concerns.



- For ALL questions regarding billing, payments, and other administrative concerns, please contact [Shawna@springcreekathletics.com](mailto:Shawna@springcreekathletics.com).

### **Team Moms:**

Every team will have a Team Mom who will be able to help you with simple questions and situations. The Team Moms are an extension of our coaches. Please respect these volunteers as they are only enforcing the rules given to them. If you are interested in serving as a Team Mom, please email [Raven@springcreekathletics.com](mailto:Raven@springcreekathletics.com).

### **Required Parent Meetings:**

SCA will have a required parent meeting for each Level Group the first week of practice. We will also have PAC (Parent-Athlete-Coach) meetings throughout the season to keep an open line of communication between the coaches and parents. \*One parent will be required to attend all meetings for each athlete. We

will answer questions as well as let you know our expectations for the 2022-2023 season.

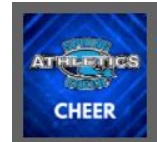
### Stack Team App:

Communication between the coaches, staff, and families of SCA is the key to a successful season. Please familiarize your family with the following channels of communication that SCA utilizes.

- Stack Team App:
  - \*\*\*\*SCA uses our SCA STACK TEAM APP as our primary form of communication. \*\*\*\*
  - Please make sure that you download this app onto your phone.
  - The Stack Team App has a current SCA calendar and will notify you of upcoming events. Please learn to utilize this helpful tool.
  - Instructions:



- Launch Stack Team App.
- Sign Up. You will be sent an email to confirm your registration.
- Log-In. Then search for Spring Creek Athletics Cheer and request access to groups that apply to you.



- Email
  - Contact your coach via their professional email as listed on the staff page on the website. Please make sure that SCA always has an accurate, working email address for your family. Check your email regularly for important information regarding the teams.
- Phone
  - You may call the gym and leave a message with the front desk. Not all coaches work full time, so please be understanding with the response time. **Do not call or text the coach's personal cell phone.**
  - Note: Please respect staff members' time when they are at home with their families, and refrain from contacting them during non-business hours except through Stack Team App or Email. Staff members are not required to check messages or emails outside their normal working hours. It may be necessary to schedule an appointment with your coach as he or she will be unable to speak with you in between classes.

### Steps to Resolve Conflict:

Occasionally, during the season, misunderstanding or problems may arise between the coach and an athlete, coach and parents, parent, and the gym, or any one of several possible areas. This is often the result of a lack of communication between those involved. Also, due to our human nature, we may at times offend each other, resulting in disagreements. In Matthew 18:15-17, Jesus gives his formula for solving person-to-person problems.

*“If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over, but if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church, and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector.” Matthew 18:15-17*

1. Again, if you would like to contact a coach, please contact them via email. No coaches will be pulled off the floor during gym hours unless it is a REAL emergency. Please email them and they will contact you during scheduled office hours.
2. All questions, problems, or complaints should be brought promptly to the coach, staff member, or SCA parent directly, via email, before anyone else is contacted.
3. If the situation is not cleared up at this level through direct contact, it should then be brought to the Head Coach of that team or Team Mom, depending on the situation, via email.
4. Personal questions or issues should not be discussed in the team chat or Stack Team App.

5. If issues are still not resolved from the previous steps, then the matter may be taken up with the appropriate director.
  6. Please understand that Erin Dolan is the owner of SCA and has entrusted her directors, coaches, and staff to handle ALL situations. All the above steps must be met prior to contacting her.
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## Athlete Expectations

### Training At Other Facilities:

To ensure consistency in expectations, athletes may not train (cheer skills or tumbling) at another facility without the permission of the All-Star Director and the ability for SCA coaches to communicate with the coach. This applies to private instruction from a coach not employed with SCA as well. A written agreement will be created on a case-by-case basis by the Cheer Administrator and signed by parent(s), athlete, All-Star Director, and Cheer Administrator.

### Right to Train, Privilege to Perform:

Tuition pays for training. It does not pay for the right to perform. Each team member earns the privilege to compete through dedication, desire, and discipline. Every team member is expected to live up to certain standards for any team that they are a member of. Any team member who is not prepared to perform at the skill level of the team they are placed on may be moved to a team more suited to their level at any point of the year or lose their privilege to perform.

### Uniforms & Merchandise:

1. Rented SCA Uniforms are owned solely by Spring Creek Athletics, LLC. All uniforms are only to be worn to official Spring Creek Athletics events and competitions. All uniforms must be kept clean, neat, and hung up. SCA rented uniforms, which include the Top and Skirt are to be returned at the end of the season cleaned and in excellent condition. Any marks, tears, holes, rips, or stains shall render payment to Spring Creek Athletics LLC in the amount of \$450 which is the replacement value of the uniform (\$300 for top and \$150 for bottoms).
2. Merchandise purchased at the competitions or elsewhere cannot be embroidered, printed, airbrushed, blinged, etc.... with the SCA or Spring Creek Athletics, name initials or logo.

### Competitions:

1. **There are no excused absences from a competition, performance, or showoff.** Every team member is expected to attend every scheduled SCA event. Any athlete that misses a scheduled SCA event may be removed from the program. In some instances, competitive teams may be required to compete/warm-up on a Friday afternoon/evening for a National Competition which may require some missed school time.
2. Athletes are expected to remain at competition until dismissed by their coach after awards. If parents are unable to stay for the whole competition, other arrangements must be made so that the athlete can stay.
3. An athlete that is not 100% healthy two weeks prior to competition may not be choreographed into the routine. Athletes that are not able to perform the routine 100% may be asked to move to another team or be placed as an alternate until the appropriate skills are gained. If any team member is injured or ill and is unable to compete for competition, then we will place someone in their spot. We will not place someone in a routine who cannot participate 100%. You will not receive a refund for the inability to compete due to injury or illness.
4. All athletes and their families are representing Spring Creek Athletics. Athletes and their families are expected to be on their best behavior. Any infractions, whether lack of sportsmanship, disobedience, or any other negative behavior towards our own team or another, may result in immediate dismissal from the All-Star program.
5. Swimming long days in the heat and hot tub usage should be kept to a minimum. It fatigues and

dehydrates the athlete and has serious impacts on performance stamina which can affect the entire team's success.

6. On the Wednesday or Thursday, prior to each event (pending the event producer's release of final schedule) the following information will be posted in the News tab of the Stack Team App
  - a. Information about the Event and Venue provided by Event Producer
  - b. Competition Reminders
  - c. Team Mom Meet Time: your athlete must be at the location specified by the team mom completely performance ready. You must be present in the competition venue before this time. Athletes must leave all backpacks, purses, make-up, warm up jackets, pants, etc...., with parents at that time. Exception: If you are a crossover and need a bag to change, you may bring that with you.
  - d. Coach Pick-Up Time: Team Mom is required to meet the coach with the team
  - e. Warm-Up Report Time: the time the event-hosting company has scheduled the team to report to warm-ups.
  - f. Compete: time when the team is scheduled to take the mat
  - g. Awards: time of the awards ceremony that your team has been scheduled to receive its awards. It is mandatory that all Prep and Elite athletes attend the awards ceremony with their team in full uniform.
  - h. Exhibition Teams do not typically participate in the awards ceremony (awards are given as they exit the mat or to be picked up by their coach for distribution) and will be dismissed by their coaches accordingly.

### **Practice Blackout Dates:**

**Athletes will have practice every day the week of major national competitions.**

An athlete is not allowed to miss two weeks prior to a national competition and one week prior to regionals. If a practice is missed during this time or during the "Blackout" dates listed on the SCA Calendar, then your athlete may be removed from the routine. The entire Nationals Season will be extremely busy. Many extra practices will be held and scheduled ahead of time.

### **Practice Dress Code:**

- All athletes are required to follow the practice uniform schedule.
- Cheer shoes must be worn at every practice.
- A sports bra must be worn under t-shirts.
- If practice clothes are lost, damaged, or outgrown you are required to purchase a new set.
- Athletes can purchase larger sizes or additional sets of practice clothes at any time throughout the season.
- Hair should be worn up in a high ponytail, with no hair in their face for safety purposes.
- We absolutely do not allow gum, candy, cell phones, or jewelry of any kind at practices. SCA is not responsible for jewelry if it is worn into the gym, removed for practice, lost, or stolen.
- Fingernails should be kept short. Fake fingernails can be very harmful to the athlete and teammates and are strongly discouraged during the season.

### **Competition Dress Code:**

- Upon arrival athlete's must be in FULL uniform: competition ready from bow to toe upon entry to the venue with an SCA t-shirt or other SCA gear in cold weather.
- Hair and makeup are to be completed before arriving to the competition venue according to the team's instructions.
- NO colored nail polishes. Only clear or French tip is allowed.
- All athletes must stay in assigned uniform until completion of the awards ceremony.
- No jewelry.



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## Attendance Policies and Procedures

### Attendance Policies and Procedures:

It is vitally important for every family, especially those families new to the sport of competitive cheer, to realize that our routines are designed and coordinated around every team member's presence. There is no second string in competitive cheer; all team members compete/perform. A single athlete's absence has a negative impact on the entire team.

**All planned absences must be submitted to [raven@springcreekathletics.com](mailto:raven@springcreekathletics.com) two weeks prior to the absences and by 2:00 pm the day of a last-minute emergency.**

### Spring Attendance Policy:

From May 1<sup>st</sup> to June 1<sup>st</sup>, attendance at your assigned group practice is expected. You will be allowed 3 unexcused absences during this time. This allows the athletes to attend end-of-year school activities with no penalties. You are expected to still communicate all absences to allow coaches time to properly plan practices.

### Summer Attendance Policy & Camps:

Our Summer Attendance policy runs from June 1<sup>ST</sup> through the team's scheduled choreography. Historically, teams make their greatest strides in the summer because the athletes do not have homework or other school-related activities to deal with. We encourage all families to take time in the summer for family vacations and to attend church camp during June and July. We will excuse up to 4 practices for vacations during these months. You are expected to still communicate all absences to [raven@springcreekathletics.com](mailto:raven@springcreekathletics.com), at least two weeks in advance to allow coaches time to properly plan practices. SCA will be closed for Summer Break July 3<sup>rd</sup>-July 9<sup>th</sup>, 2022. Requests submitted with less than two weeks' notice will be decided on a case-by-case basis.

### 2022-2023 Choreography Blackout Dates:

Mandatory attendance to dates during these weeks.

- All-Star Elite and Prep Teams: July 15<sup>th</sup>-August 15<sup>th</sup>, 2022; Specific dates will be released when confirmed.
- Glory: January 7, 2023; 10:00 am- 1:00 pm
- Allegiance: January 6, 2023; 5:30 pm- 8:30 pm
- Energy: October 8, 2022; 9:00 am- 11:00 am
- Stars: October 8, 2022; 11:00 am- 12:30 pm

### Competition Season Attendance Policy:

From July 31<sup>st</sup>, 2022, until the last Nationals/Qualifier May 2023 (September 1-April 30<sup>th</sup> for Stars/Energy & November 1- April 30 for Half-Year), the competition attendance policy will be in effect as we enter the competition season. Strict adherence and enforcement of the attendance policy is essential to team success. For last minute excused absences as outlined below, please email [Raven@springcreekathletics.com](mailto:Raven@springcreekathletics.com). *It is normal for teams to be scheduled for extra practices throughout the year. The majority of the extra and/or extended practices will be called during National/Qualifiers season. To make these practices effective, we need FULL attendance; therefore, extra and/or extended practices are MANDATORY.* \*By committing to the team, please understand that practices may often run longer than scheduled. Practices are NOT to be interrupted. The coaches will release them as soon as they are finished.

The following is a list of excused absences from a squad practice: Death in the immediate family, Illness with fever or vomiting in the past 24 hours, any contagious illness (i.e.: COVID, lice, strep, flu, mono, etc...). **School cheerleading functions will be given a total of three excused absences.** Any absences after the three for school cheer will be counted unexcused. A calendar of events from your school coach must be provided to the All-star Director at the beginning of each season. Last minute school cheer activities will be decided on a case-by-case basis.

- One unexcused absence will result in a warning, two unexcused absences will result in a Parent Meeting, and a third unexcused absence will be grounds for dismissal from the team. Three tardies to a practice or SCA event equals one unexcused absence. Missing more than 15 minutes of a SCA event will result in an unexcused absence. If we do not receive a phone call or an email regarding an absence, we have the right to remove your athlete from the routine until further notice. A meeting with you and the coaches will be set up before your child returns to the routine.
- Injuries/Illness- Injuries are, unfortunately, a possibility in this sport. We stress the importance of stretching and physical fitness at home in addition to their practices to decrease the risk of injury. If any team member is not able to participate due to injury or illness, a doctor's note will be required, or it will be considered an unexcused absence.

## Accounts and Payments

### General Billing Information:

- Monthly tuition is drafted from your account on the 1<sup>st</sup> of each month. If for any reason your payment is not received, and your credit card cannot be charged, a \$25 late fee will be added to your account if not paid by the 10<sup>th</sup> of the month.
- See the SCA Quick Sheet for more information on each team's pricing and associated fees.
- All accounts must have a credit card on file. SCA accepts VISA, Mastercard, and Discover.
- No checks will be accepted without the approval of the Billing Director, Office Manager, or Gym Owner/Operator. All returned checks will be billed a \$50 Returned Check Fee.
- It is the parent's responsibility to keep contact information, payment information, and emergency contact information current via the Parent Portal which can be accessed from our website.
- All money paid to SCA is non-refundable, non-transferable and/or un-assignable, regardless of the reason.
- If an athlete quits or is removed/dismissed from the gym, all monies/items paid for will be forfeited.
- **If the athlete quits the team all remaining fees are drafted immediately in full.**
- Full yearly tuition and fees are charged, regardless of the date joined.
- All accounts must be kept current to keep an active status on the team, classes, and private lessons.
- There are no refunds, prorating, etc. for missed practices and competitions.
- If your account is past due, SCA reserves the right to withhold additional services, for example: privates, classes, open gyms, uniform, practice wear, warm-up, pro shop purchases, etc.
- Payment is due when services are rendered. You may not bill privates, pro shop items, snack cards, etc. to your account.
- Every All-Star Elite and Prep athlete will receive FREE OPEN GYM on Fridays from 6:00pm-7:00pm.
- For questions regarding your cheer accounts and orders, please contact [Shawna@springcreekathletics.com](mailto:Shawna@springcreekathletics.com).

## Discounts and Credits

### Multiple Sibling and School Cheer Discounts:

In the All-Star Prep/Elite Program, a family will only pay full tuition for their first athlete, all other siblings enrolled in the Prep/Elite program will receive \$50 off their monthly tuition. Siblings enrolled in an Exhibition team will receive \$10 off their monthly tuition.

Junior High and High School cheerleaders who provide proof of their membership on the school team, will receive \$50 off their All-Star Prep/Elite tuition.

Note: Only one discount can be used.

### **Referral Credits**

Families will receive a \$100 credit on their account if they refer a new Elite or Prep All-Star Cheerleader from outside of SCA. (Exhibition team referrals receive \$50). Note: The new family must recognize the referring family upon registration. Any cheerleader that refers a new student to SCA for any class or camp will receive a \$10 account credit.

### **SPECIAL!**

Refer 3 NEW athletes to the SCA Cheer program and receive 50% off your monthly cheer tuition!

### **Earn Account Credits**

All-Star parents may earn a credit on their account by working in the SCA Snack Shack or other various duties. Contact Mrs. Bertha for details and application at [bertha@springcreekathletics.com](mailto:bertha@springcreekathletics.com)

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## **Gym Rules**

- Please treat our gym, all athletes, staff, and other families with respect and follow the gym's guidelines.
- You may not bring food into the gym
- Only coaches and athletes are allowed in the gym. Everyone else must stay in the spectator viewing area.
- SCA reserves the right to restrict anyone or everyone from the gym or viewing area at any time.
- Please be cautious in the parking lot as there are many children and lots of activity in the and around the area.
- Please avoid stopping anywhere other than the actual parking space for lengthy periods of time. This will avoid blocking our traffic flow during busy times.
- DO NOT PARK IN THE FIRE LANE. YOU WILL BE TOWED. See the website or newsletter for drop-off and pick-up procedures and flow of traffic map.
- All athletes not picked up at dismissal must wait inside the facility until they are picked up. Please be prompt when picking up your athlete.
- After dark, athletes are not allowed to walk across the parking lot without a parent. Please come inside to pick-up your athlete.
- Under no circumstances should any athlete be on or near any of the equipment without a coach or instructor present. Trampolines are only to be used by members and only one person at a time.
- Athletes are not to chew gum inside the gym at any time.
- Pets are NOT allowed in the facility.
- All lost items will be placed in our lost and found. Consider leaving valuables locked in your car or at home. SCA is NOT responsible for any theft or damage to personal property and unattended items inside the facility or in the parking lot.
- NO profanity, abusive language, or inappropriate behavior. This includes on social media.
- Cheer shoes are always to be worn in the gym. NO bare feet, socks etc...
- All athletes must have a completed and signed Registration/Waiver form online.