

Welcome to CT Hart Cheer! In this packet you will find information, rules, and policies. Carefully read through each section of this packet before signing the contract located on the last page of this packet. Please keep the packet as a reference for the 2018-2019 year and return the signed contract prior to your first day of instruction. If you have any questions, concerns, or need clarification about anything in this packet please contact us prior to signing the contract.

NOTE***CT Hart Cheer and Fit U University*****NOTE We ask that all athletes and families be respectful of the facility shared by Fit U University and CT Hart Cheer, Alexis Safo-Agyeman. We ask that you refrain from using any equipment without permission or staff supervision.**

I. Policies, Expectation, and General Information:

a. Athletes must enter through the inside of our facility b. Athletes should not arrive earlier than 15 minutes prior to their scheduled

class/practice. c. Athletes should NOT wear outside shoes on the mat. Please bring extra sneakers. d. Please mark all items with your athlete's name. i.e., shoes, warm-up pants, etc.

This will allow the item to be returned to the proper owner if misplaced or left behind. e.

GOSSIP about any other participant, athletes, coaches, other programs or policies

and procedures will not be tolerated. Gossip is destructive and hurtful. If you have a concern it should be addressed with your coach, program managers, or the owner. f. Never post negative comments about the Greater Hartford Cheer LLC, trade name

affiliates, instructors, other athletes and family members, or any affiliated cheerleading programs on any social media, websites, or public forums. This can result in being removed from the program. g. Athletes can be dismissed from the program at any time after given 3 consecutive

warnings due to bad attitudes, unsafe practices, disrespect toward coaches or team members, or any other threatening behavior. Any parents who treat the owner or staff of Greater Hartford Cheer LLC with disrespect or threatening behavior can

CT Hart Cheer

Greater Hartford Cheer LLC Owner: Alexis Safo-Agyeman

Facility Address: 635 New Park Ave West Hartford CT 06110 Phone: 860-997-4895

Email: Greaterhartfordcheer@yahoo.com Website: cthartcheer.com

cause an athlete to be dismissed from the program. If this were to happen, any fees will not be refunded. h. No profanity and/or abusive language will be tolerated. i. All instruction and choreography decisions are left solely to the discretion of the owner and instructors and should not be questioned. Our goal is to create the most classes, camps, and clinics possible and trust in our instruction is crucial to that success. j. It is the athlete's and parent's responsibility to be aware of schedule changes, session schedule, etc. Please check your email often as that is the preferred method of communication. k. Bullying is not tolerated whatsoever, this means athlete on athlete bullying, parent on parent bullying, or parent on coaches bullying. We strive to treat our athletes and families with respect and we expect the same in return.

II. Attendance Policy at Greater Hartford Cheer LLC: Attendance is required to all practices and classes. Practices may be changed or added at any time during the season. It is your responsibility to keep up with changes in times and days. Tardiness is defined as five (5) or more minutes late to a class or practice. You should arrive early enough to be completely prepared to go on the floor at your scheduled practice or class time. If your child is late, they will miss the warm up and instruction for the class or practice that day. Attendance is necessary for athletes to progress to new skill sets. These practices are used to teach stunts, tumbling, and conditioning, preparing our athletes to meet their goals and prepare for a successful cheerleading season. In case of illness, please contact the owner or instructor prior to the start of class. Note: There are no "make up" classes, or arrangements made for any athlete who cannot attend class due to non-emergencies. It is important for parents and athletes to understand that this is a team sport and attendance, dedication, and hard work is the key to that success.

III. Closed Class policy at Greater Hartford Cheer LLC: Closed practice allows instructors and athletes to focus on their class curriculum without distractions from observers. Closed practice means: no outside guest, are allowed inside of the facility at any time during the duration of practice or class. Closed practices also help us ensure the safety of all of our athletes and staff. Any questions about our closed practice policy should be directed to the owner.

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IV. Class Dress Code at Greater Hartford Cheer LLC: Each athlete must follow the Greater Hartford Cheer LLC dress code. Athletes are expected to wear athletic bottoms (shorts, athletic pants), athletic top (fitted t-shirt or racerback athletic tank), and sneakers (cheerleader sneakers are strongly recommended). Practice wear should be worn at each practice in order to participate.

a. Female athletes should wear bloomers or spandex under their shorts. Sports bras are required. b. NO JEWELRY! Wearing these items could result in serious injury to your child or

another child. c. Hair must be worn in a high ponytail. Cheerleading bows are strongly recommended d. Fingernails must be kept “athletic” short. These can cause serious injury and scarring. e. Cheer Shoes; athletic shoes are fine if cheer shoes have not arrived yet

V. Cell Phone Policy at Greater Hartford Cheer LLC: All cell phones should be turned off and left with a parent or outside the class area. Please contact the owner or one of our staff or coaches to relay any messages or for emergencies.

VI. Safety at Greater Hartford Cheer LLC: Safety is VERY important at Greater Hartford Cheer LLC. No one is allowed to yell on to the cheerleading floor or speak to any athletes or instructors while class is in session. This is extremely distracting to all involved and takes away from the athlete’s practice and class time. Parents should note that cheerleading is a highly competitive and dangerous sport. Safety is our top priority, but as with any sport, stunts and tumbling could lead to injury. Athletes should never practice any stunt without the supervision of a coach. Note: No athlete should use any equipment without the permission and supervision of the CT Hart Cheer staff member. In the event of an injury we will make every effort to ensure your athlete’s well-being.

VII. Injuries and Concussions:

Any injury and or concussion symptoms must be reported the staff and or the owner of CT Hart Cheer immediately. Athletes who experience an injury and or concussion symptoms while under the instruction of CT Hart Cheer staff or in the CT Hart Cheer facility will be attended to by a first aid and CPR certified staff member. Athletes who suffer injuries and or a concussion in or outside of the CT Hart Cheer facility who receive instruction, or are affiliated with any programming will need to be cleared by a medical doctor before returning to 100% participation.

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VIII. Medication and Pre-Existing Injuries:

CT Hart Cheer will not allow any members of their staff, coaches, and or any affiliate of CT Hart Cheer to administer medication. Please make sure to document any use of self-administered medications, pre-existing injuries, and or other important notable medical alerts that we should be aware of.

IX. Fees and Payment: All fees are expected to be paid by no later than the 10

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of each month. Money order and checks should be made out to: Greater Hartford Cheer LLC. Cash, PayPal, Debit and Credit Card payments are all accepted payments. Any families seeking payment plans and or extensions for payment should contact the owner 2 weeks prior to the due date of payment to set up arrangements. There will be a \$50 late fee that will be applied every month a payment is received after the 10th day of the month.

X. Communion of Issues or Concerns at Greater Hartford Cheer LLC: All issues or concerns pertaining to Greater Hartford Cheer LLC should be addressed in the following manner:

a. Address the issue or concern verbally to the owner or any staff member of Greater

Hartford Cheer LLC b. Document the issue or concern that was verbally addressed with the following details

i. Your name ii. Date of the issue/concern iii. Summary of the concern or issue,

The owner of Greater Hartford Cheer LLC will respond to the issue/concern within 24 hours of receiving the written documentation.

XI. Community Service/Giving Back: Greater Hartford Cheer LLC is committed to engaging in service monthly. Members are not required, but **STRONGLY** recommended to participate and or support our efforts in coaching great athletes and **AMAZING** people.

Please keep this packet as a reference

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Greater Hartford Cheer LLC Information Contract:

I have carefully read through and agree to all rules, regulations and policies listed in the welcome packet. By signing this contract, I understand that failure to comply with the information written in the packet may result in the removal from the Greater Hartford Cheer LLC program(s): CT Hart Cheer.

The following signatures are required:

Athlete Signature: _____

Parent/Guardian Signature (

If participant is under 18 years old):

Date Signed: _____

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