

## Attendance & Commitment

### Attendance & Absence Policy

- Zia Cheer is a competitive program. Attendance is mandatory.
- All practices, choreography sessions, and competitions are required.
- Additional or extended practices should be expected two weeks prior to competitions.
- Practices may be added or extended with less than one week's notice due to injuries or routine changes.
- Church is not an excused absence if practice is scheduled or extended.
- Every competition is mandatory. Failure to attend will result in removal from the team.
- Choreography is mandatory. Reach out to us by June 1st if the scheduled date is an issue for you.

### Illness Policy

- Athletes must attend unless actively vomiting, running a confirmed fever, or excused by a doctor's note.
- A doctor's note is required for any illness-related absence. Failure to provide a note may result in removal from the team.
- The following are examples of absences that are NOT excused, including but not limited to:
  - Too much schoolwork or studying
  - Feeling tired or slightly unwell
  - Period cramps
  - Stomach aches
  - Headaches
  - Teeth pain or braces discomfort
  - Birthday parties/dinners (including your own)
  - Attending school events (unless it's for a grade - *example: singing in choir concert*)
  - Being grounded or in trouble
  - Absences during the 2 weeks before a competition (may result in ineligibility to compete)
- Athletes are expected to attend even if participation must be modified.

### Injury Policy

- Injured athletes must still attend practices to watch, learn, and stand in place when possible.
- We reserve the right to move positions, remove from choreography, or assign alternate status.
- All tuition and fees remain due while injured.
- Alternates pay full tuition and fees.
- Injured athletes must attend all competitions, even if not competing.

### School Absences

- Graded school-required events are permitted.
- Proof will be required.
- **Full-year athletes:** maximum of 3 graded school absences.
- Non-graded events are not excused.

## Attendance & Commitment (Continued)

### Family Emergencies

- Evaluated case-by-case.
- Proof will be required.
- Must be a serious emergency.
- Lying about an emergency will result in removal from the team.

### Weather / Travel

- If practice is held, attendance is required.
- Out-of-town athletes must make arrangements to attend.
- If roads are unsafe, we will cancel practice.
- Weather discomfort alone is not an excused absence.

### Tardiness

- Tardies are not allowed.
- Repeated tardiness will result in removal.
- "I forgot" is not an excuse. Set reminders.

### Appointments

- Schedule appointments on non-practice days.
- If necessary, schedule before practice.
- Even highest-level teams practice only three days per week.

### Missed Practice Consequences

- Private lesson may be required to learn missed changes - paid by the missing athlete.
- Full stunt group private may be required if stunt changes were missed - paid by the missing athlete.

## The Tryout Process

**New Athletes:** If you are wanting to be on a Prep or Elite Team you must attend tryouts.

**Returning Athletes:** You only need to attend Tryouts if you are wanting to move up Levels or moving from Novice to Prep or Prep to Elite.

All athletes trying out will learn a 30 second routine with jumps, tumbling, & a dance to perform at tryouts. The routine will be according to the level you are trying out for.

**Flyers:** Any athlete wishing to be considered for a flyer position on a Prep or Elite team must attend Flyer Tryouts, including current flyers. During tryouts, athletes will be evaluated on flexibility (right, left, and center splits; heel stretch on both sides; scale on both sides) and stunt performance. Athletes will be placed in a stunt group to demonstrate a prep-level stunt, extended-level stunt, and a prep-level Lib to Lib tick-tock. ***Flyer positions are not guaranteed*** and are determined based on skill execution, body control, confidence, and overall team needs.