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## **WELCOME**

Welcome to Power Athletics Maryland and the 2024/2025 season. Get ready to unleash your potential, push your limits, and experience the POWER of greatness!

## **PURPOSE**

This handbook outlines the expectations and requirements for all members of Power Athletics Maryland for the 2024-2025 season. Please read it in its entirety and initial or sign where appropriate. Failure to comply with gym policies will result in the consequences outlined herein.

## **MISSION**

Our mission is to create a fun, safe, and engaging environment where athletes can work hard and become amazing people on and off the mat.

## **OUR ORGANIZATION**

### **Power Athletics Leadership Team**

- Co-Founders
  - Coach Derric
  - Coach Jon
- Program Directors
  - Coach Aleshia
  - Coach Toya

### **Power Athletics Administrative Team**

#### **Administrator**

The Administrator manages the administrative and operational functions of Power Athletics. They are responsible for overseeing the athlete registration process, maintaining administrative and financial records, and supporting the overall functioning of the gym. The Administrator works closely with leadership, coaches, parents, athletes, coordinators, and other staff to ensure compliance and promote a positive experience for our families.

Direct all account questions to the Administrator in person or via email at [admin@powerathleticsmd.com](mailto:admin@powerathleticsmd.com).

## **Front Desk Staff**

The Front Desk Receptionist is responsible for providing customer service and ensuring smooth operations at the front desk. They are the first contact for families and guests entering the gym. They welcome and check in athletes, provide general information, respond to emails sent to [info@powerathleticsmd.com](mailto:info@powerathleticsmd.com), answer phone calls, process transactions for the Power Athletics store, and perform other tasks.

Please send notifications of absence/tardiness or other general inquiries to the receptionist at [info@powerathleticsmd.com](mailto:info@powerathleticsmd.com).

## **Power Volunteer Coordinators**

### Marketing

As a Marketing Coordinator, your primary responsibility will be to develop and execute marketing strategies and campaigns to promote Power Athletics services, programs, and events via social media, on and offline.

### Apparel

Apparel Coordinators assist with the procurement, inventory management, and distribution of official Power Athletics apparel, including store merchandise, spirit wear, and any other apparel deemed appropriate by leadership.

### Travel

Travel Coordinators manage all aspects of travel arrangements for travel competitions. They will coordinate and organize transportation, accommodation, and logistical details to ensure smooth and efficient travel experiences if requested.

### Events

Event Coordinators are responsible for planning, organizing, and executing various gym wide - events and activities.

### Sponsorship/Fundraising

Sponsorship and Fundraising Coordinators are responsible for securing sponsorships and identifying fundraising opportunities to support Power Athletics activities, programs, and events. This committee will also source fundraising opportunities for Power Athletics athletes.

### Community Engagement

Community Engagement Coordinators foster connections between PA and the local community.

### **Parent Advisory Council (PAC)**

The Parent Advisory Council (PAC) facilitates effective communication, collaboration, and partnership between parents/guardians and Power Athletics leadership. The PAC aims to promote the success of Power Athletics by providing a platform for parents to share their perspectives, insights, and concerns regarding Power Athletics policies, programs, and initiatives.

### **Team Representatives (*formerly Team Moms*)**

Team Representatives, also known as team moms, liaise between coaches, parents, and athletes. They provide athletes and their families with schedules, practice updates, and team details. They help with various logistical aspects of team management and organize team-building activities, parties, and end-of-season celebrations.

### **Operating Hours**

#### Sunday

Gym Hours: 9:00 AM - 3:00 PM

Office Hours: Closed

#### Monday - Friday

Gym Hours: 4:30 PM - 9:30 PM

Office Hours: 5:30 PM - 8:30 PM

#### Saturday

Gym Hours: 9:00 AM - 3:00 PM

Office Hours: 10:00 AM - 1:00 PM

### **Points of Contact**

General Inquiries:

[info@powerathleticsmd.com](mailto:info@powerathleticsmd.com)

Account Inquiries:

[admin@powerathleticsmd.com](mailto:admin@powerathleticsmd.com)

Phone: (240) 619-5416

## **Gym Closures**

### **Power Athletics will be closed on the following holidays:**

- Independence Day (July 4th)
- Labor Day (September 2nd)
- Thanksgiving (November 28th)
- Christmas (December 25th)
- New Year's Day (January 1st)
- Easter (April 20th)

### **Power Athletics will also be closed on the following days:**

- Independence Day Break (July 1<sup>st</sup> – 7<sup>th</sup>)
- Back to School Break (August 26th - September 2nd)
- Thanksgiving Break (November 28th - 29th)
- Christmas Break (December 24th - 25th)
- New Year's Break (December 30th & 31st)
- Tentative Break (Late February/Early March)

*\*Dates are subject to change.*

## **Inclement Weather Policy**

Power Athletics will monitor weather conditions through local weather forecasts and government alerts.

We will always prioritize the safety and well-being of our athletes, staff, and families and communicate gym closures or practice delays via email, the BAND app, and social media.

Please be sure you are plugged into all of our communication channels to ensure timely receipt of notifications.

## **BAND App**

BAND is a communication app available on Android and Apple devices. Power Athletics utilizes the band app to provide group and team communications throughout the season. Families will receive a link with instructions on accessing their team and Power Athletics Band.

## **FINANCIAL POLICY**

Our payment policy provides clarity and convenience in managing financial transactions. We understand the importance of a seamless payment process and have implemented this policy to ensure a fair and mutually beneficial relationship with our Power Athletics families. This policy outlines the terms, methods, and expectations.

### **Payment Terms:**

Tuition is due on the **15<sup>th</sup> of the month** for eleven months beginning June 15, 2024.

The uniform fee is \$275 (\$225 for Exhibition athletes) per month, paid in four months. The initial deposit is due at contract signing. The remaining payments are due on the 1st of the month, beginning July 2024.

Additional expenses (e.g., clinic/camp/choreography) are billed throughout the season and are due according to the dates established by Power Athletics leadership.

All fees are debited using our payment system iClassPro. All parents/guardians must establish an iClassPro account through the Power Athletics Parent Portal and have an active credit or debit card. Returning parents only need to provide credit card information if they change their current payment method.

Power Athletics accepts debit cards, Visa, MasterCard, Discover, and American Express. Power Athletics will accept cash, checks, or money orders. Please make money orders payable to Power Athletics Maryland.

### **Sibling Discounts:**

Sibling discounts will only apply to elite-tier athletes; Prep/Novice athletes are not eligible for sibling discounts. Elite-tier siblings will receive 10% off the total tuition and applied to your final monthly payment. The 2024-2025 season sibling discount will be \$407.00.

**Grace Period:**

Power Athletics members have a five (5) day grace period to pay any amounts due on their account, after which a late payment fee will apply.

**Late Payment Fees:**

Power Athletics will charge a late payment fee of \$30 on the 6<sup>th</sup> and 21<sup>st</sup> of the month.

**Non-Sufficient Funds (NSF):**

An NSF fee of \$30.00 will automatically be applied to the account when payments are made by check and returned for insufficient funds.

**Chargebacks:**

If, at any time, we record a decline, chargeback, or other rejection of a charge of any due and payable fees on your account (“Chargeback”), Power Athletics will consider this as a breach of payment obligations hereunder. Power Athletics will terminate your use of our facilities and services, and we will pursue legal action.

**Notifications:**

Members with delinquent accounts will receive a notice of past-due payments via email within five (5) days of delinquency. Members should follow the instructions outlined in the notification to bring their account current and avoid further action.

**Suspension:**

Athletes cannot practice with an outstanding account balance without prior approval. Athletes will be temporarily suspended from practice and competitions until the account has been made current.

**Removal:**

Athletes are removed from the program for the season if an account is more than 90 days past due and the member has not made payment arrangements with the Administrator. The member is subject to the withdrawal fee and all outstanding charges.



**Withdrawal Fee:**

After contract signing, Athletes who withdraw from the program are charged a \$500 withdrawal fee (\$300 for exhibition) and any outstanding account charges. Power Athletics will not refund monies paid before the withdrawal.

**Exceptions to this policy include:**

- Athletes that sustain a season-ending injury
- Athletes that move away from the area (outside of a 100-mile radius)
- Athletes with an extenuating familial circumstance

Jon Rolle or Derric Stotts must approve waivers to the withdrawal fee.

**Fines:**

Fines for policy violations will be charged to your account fairly and consistently, ensuring accountability and adherence to our rules and regulations. Individuals will be notified of the violation and the associated fine when a policy violation occurs. Further details on applicable fines are outlined under each policy.

Payments are due immediately upon receipt.

**Collections and Legal Action:**

If payments are not received within a reasonable period (as determined by Power Athletics), Power Athletics has the right to take legal action to recover the outstanding debt.

Review and Amendment: This policy is subject to review and amendment. Power Athletics will notify parents of any policy changes in writing.

# **SAFETY POLICY**

Creating a safe and secure environment is essential for the success of our program. With this commitment in mind, we have developed a comprehensive safety policy outlining our dedication to fostering a safety-first culture and implementing effective measures to prevent accidents, injuries, and potential hazards. We can ensure your athletes and our staff's well-being by working together and adhering to this policy.

## **Gym Safety**

- Only athletes and staff are permitted in the practice area.
- Non-athletes are only allowed in the practice area if invited by staff.
- Opening the door to retrieve an athlete without permission is PROHIBITED.
- Athletes not practicing are prohibited from being on the mat unsupervised.
- Athletes are prohibited from jumping, playing, or climbing on equipment unsupervised.
- Running in the gym unless participating in supervised training/conditioning is strictly prohibited.

## **Medical Emergency Protocol**

This protocol outlines the general steps and procedures to be followed by individuals involved in medical emergencies in the gym. Power Athletics staff or emergency medical professionals will transport injured athletes to Bowie Medical Center if applicable.

### **Life-Threatening Condition**

1. The first responder (i.e., the first coach/adult on the scene) assesses the situation.
2. Call 911.
3. Staff will notify the emergency contact on file.
4. The athlete is transported to the hospital.

### **Non-Life Threatening Condition**

1. The first responder (i.e., the first coach/adult on the scene) assesses the situation.
2. Power Athletics staff administers first aid (if appl.).
3. Staff will notify the emergency contact on file.

4. Athlete released to parent/guardian (if. appl.).

## **CPR/First Aid**

The Power Athletics leadership team is Cardiopulmonary Resuscitation (CPR) and First Aid certified. All Power Athletics coaches will be CPR, and First Aid certified this season. This certification ensures that our team is well-prepared to respond effectively to any medical emergency while your athlete is under our care.

The certification process includes comprehensive training in life-saving techniques, such as CPR, Automated External Defibrillator (AED) usage, and basic first aid procedures.

If you have any questions or concerns regarding our staff's CPR and First Aid certification or any other safety-related matter, please immediately contact Coach Derric or Coach Jon.

## **Emergency Equipment**

Power Athletics is adequately equipped with essential medical equipment in a medical emergency. Equipment includes but is not limited to:

- Basic medical supplies
- Arm splints
- First aid kits
- AED (*coming this season*)

## **Injured Athletes**

Injured athletes who cannot practice or perform temporarily must provide a written note from their doctor which outlines the anticipated recovery time and release date to the administrative team upon receipt.

Injured athletes will only be permitted to participate in Power Athletics activities with written medical clearance from their doctor. Injured athletes are expected to attend practices.

# **ATTENDANCE POLICY**

This policy establishes clear guidelines and expectations regarding attendance for our athletes. Regular attendance is crucial for team cohesion, skill development, and success. This policy encourages responsibility, discipline, and dedication.

## **Regular Attendance**

Athletes must attend all scheduled practices, camps, clinics, performances, and competitions unless excused by Power Athletics leadership.

## **Punctuality**

Athletes must arrive on time fully dressed and prepared for all practices, camps, clinics, performances, and competitions.

Athletes are permitted two (2) late arrivals per month. Parents will be assessed a fine if their athlete is late more than twice in one (1) month. If athletes arrive more than ten (10) minutes after the start of practice, they are considered late.

## **Fines for Late Arrivals**

- 3rd occurrence in one month - \$25.00
- 4th occurrence in one month - \$50.00
- 5th occurrence in one month - Meeting with Power Athletics leadership.

## **Excused Absences**

Excused absences include but are not limited to personal illness, injury, family emergencies, academic obligations, and pre-approved events. Athletes must provide valid documentation and inform front desk staff via email and their coach or designated team representative.

## **Unexcused Absences**

Unexcused absences include but are not limited to skipping practices or competitions without valid reasons as determined by Power Athletics leadership or failing to inform the coach. Unexcused absences are not permissible during competition.

Athletes are permitted three (3) unexcused absences for the season. Unexcused absences beyond this will result in the following disciplinary action:

### **Fines for Unexcused Absences**

- 1st and 2nd occurrence - \$50.00
- 3rd occurrence - \$100.00
- More than four occurrences - meeting with Power Athletics leadership and subject to dismissal.

### **Notification**

If an athlete is expected to arrive later than fifteen minutes after practice has started or cannot attend a practice, camp, clinic, or competition, they must email [info@powerathleticsmd.com](mailto:info@powerathleticsmd.com) to notify front desk staff and inform their coach or designated team representative. This notification does NOT result in the tardy arrival or absence being marked as excused.

Repeated absences may result in your athlete being re-positioned in the routine, suspended, or dismissed from the program.

### **Competitions**

Attendance at competitions is **MANDATORY**. Athletes are not permitted to miss competition without the explicit consent of Jon Rolle and Derric Stotts. Common illnesses and inclement weather **will not be excused**. Failure to attend will result in immediate termination. Withdrawal fees and outstanding account charges will apply.

Unless otherwise informed, all athletes must arrive at the host venue two to three (2-3) hours before their scheduled competition time on competition day.

You must arrive in the host city of a travel competition by **5:00 PM** the day before the competition begins and immediately notify your team representative of your arrival. Failure to comply with travel competition protocol will result in disciplinary action:

### **Fines**

- 1st incident - If termination from the program is waived, a \$200.00 fine will be assessed.

- 2nd incident - if termination from the program is waived, a \$350.00 fine will be assessed, 2-week suspension, meeting with Power Athletics Administration

## **UNIFORM AND APPAREL POLICY**

Our apparel policy establishes a sense of unity, professionalism, and identity. By providing clear guidelines on attire and appearance, we can eliminate distractions and enhance focus on performance.

All uniforms and practice wear are purchased through Power Athletics. Athletes are fitted during the summer by brand representatives and Power Athletics staff. Dates and times of fittings will be scheduled during the summer.

The apparel fee is billed in four monthly increments. The initial payment is made at contract signing, with the remaining payments beginning in July.

### **Practice Wear**

Upon receipt, all athletes must wear official practice wear and cheer shoes during all practices. Athletes will receive two sets of practice wear worn on alternating practice days. Your team representative will provide the practice wear schedule in the BAND app.

### **Competition Uniform**

Athletes will receive a competition uniform, bow, and warm-ups. Athletes must wear their warm-up in the competition venue when not performing or preparing to perform unless instructed otherwise by a coach, leadership, or team representative.

### **Hair, Makeup, and Nails**

#### **Practice**

Hair should be away from the face and not prohibit movement or performance. Hair bonnets, scarves, and wraps are not permitted.

Nails should be trimmed and manicured to ensure the safety of all athletes.

## **Competition**

Athletes should style their hair according to the hair and makeup guidelines set at the beginning of each season. Hair color should be limited to natural, blonde, or red. No other color will be approved by Power Athletics leadership. Power Athletics will send the competition hair and makeup policy via email and the BAND App.

## **Jewelry**

We have implemented a strict no-jewelry policy to ensure a secure, injury-free environment. Jewelry is prohibited, including rings (finger, toe, nose, belly, ear), necklaces, chains, waist beads, bracelets, anklets, and watches.

## **Spirit Wear**

The Power Athletics name and logo are protected under copyright laws. Unauthorized usage of our name and logo infringes copyright and is strictly prohibited.

All Power Athletics spirit wear, and accessories will be sold in the Pro Shop.

The Apparel Coordinators, Program Directors, and Power Athletics leadership must review and approve individual team designs. Approved team merchandise must be available for the entire team to purchase or use. Please send all design requests to [info@powerathleticsmd.com](mailto:info@powerathleticsmd.com) for review.



## **TEAM PLACEMENT**

We believe in the expertise of our staff and pride ourselves on our ability to construct champion-level teams. Our teams are created so that well-rounded athletes can contribute to all areas of the routine and scoresheet, allowing them to become better athletes.

### **What We Look For**

At Power Athletics, we seek coachable, well-rounded athletes who can proficiently contribute to a routine at their respective levels.

Tumbling ability is often believed to be the driving factor in team placement. While tumbling is essential, additional factors are considered. Those factors include age, position availability, overall skill level, ability to perform, and emotional and social maturity.

### **Summer Training Groups**

Athletes are evaluated during the season's first few months to see how teams fit together. During this time, athletes may be moved around within a training group or transferred to another training group altogether.

Summer training groups are not final team placements. During this time, the staff attempts to find cohesion amongst the groups and identify the best composition of athletes to ensure the most competitive team possible for the season.

All teams except our Worlds team practice two days per week. Our Worlds team currently practices three days per week. Please note that additional practices may be required as necessary.

Attendance is essential to our organization, so practice is mandatory. Our attendance policy is heavily enforced beginning in August. After final team placements, a detailed practice schedule will be provided.

Athletes will have mandatory summer training camps.

## **Team Reveal**

The final team placements will be announced no later than August. Results are emailed, posted on our website, and announced during a gym-wide event. Failure to maintain the required skill sets will result in team placement changes.

Anyone threatening to quit or pull their athlete due to their final placement will be dismissed from the program.

## **Crossovers and Fill-Ins**

Athletes that voluntarily cross over to another team during the season will be responsible for all associated fees for both teams (i.e., competition, camp, choreography, etc.).

The team the athlete is placed initially on is their primary team. An athlete may not quit their primary team to be solely on their crossover team.

An athlete may or may not cross over for the entire season. The Power Athletics leadership team reserves the right to change an athlete's cross-over status anytime.

## **Fill-Ins**

Periodically, for various reasons, some athletes are asked to fill in for others throughout the season. Every situation is different and will be addressed on an individual basis.

# **PRACTICES**

## **Clinics/Camps**

Athletes will have mandatory summer stunt and choreography camps.

## **Practice Schedule**

All teams except our Worlds team practice two days per week. Our Worlds team practices two to three days per week.

Please note that additional practices may be required.

The official summer training schedule will be released via email in June.

Our attendance policy is heavily enforced beginning in August. After final team placements, a detailed practice schedule for the season will be provided.

## **Blackout Weeks**

Athletes must attend practice during the two weeks leading up to a competition. All absences will be subject to disciplinary action.

## **Power Hours**

Power Hours are generally planned the Friday before most competitions. All athletes are expected to attend Power Hour.

## **Injured Athletes**

If an athlete is injured and cannot participate, they must still attend practices and competitions unless otherwise informed by the leadership team.

# COMPETITIONS

## Schedule

The competition schedule is released in September each season. Power Athletics will participate in five (5) to eight (8) competitions per season with a mix of local and out-of-state competitions, along with one-day and two-day events.

Athletes are required to attend all competitions. Changes to the competition schedule will be communicated via email as appropriate.

Specific competition itineraries will be emailed and shared in the BAND App the week of the competition. Itineraries are finalized upon receipt of the final performance schedule from the event producer. This is often received very late or at the last minute. We thank you in advance for your patience and grace.

## Travel Competitions

All Power Athletics teams except Exhibition attend out-of-state competitions throughout the season.

Although the competition schedule is released in September, competitions and dates are subject to change. **PLEASE BOOK REFUNDABLE TRAVEL** for all out-of-state competitions.

## Travel Expenses

All travel expenses are the responsibility of the parent/guardian. This includes hotel, airline, and ground transportation.

## Hotel Accommodations

Parents are responsible for securing their hotel accommodations unless otherwise coordinated.

## **Stay-to-Play**

The stay-to-play policy is a mandate under which competition organizers require athletes to use one of a selected group of hotels.

Parents and athletes must reserve at a "Stay to Play" hotel using the appropriate Power Athletics code when mandated by the competition event producer. Exceptions to "Stay to Play" are managed by the event producer and Team Travel Source.

The code will be provided via email and the BAND App upon receipt.

## **Arrival**

You must arrive in the host city of a travel competition **by 5:00 PM** the day before the competition begins and immediately notify your team representative of your arrival.

Unless otherwise informed, for all competitions, all athletes must arrive at the host venue two to three (2-3) hours before their scheduled competition time on competition day.

Upon arrival, for all competitions, athletes must meet their team at the designated meeting location in the competition venue. The team representative will provide detailed instructions via the BAND App.

## **Departure**

Athletes are not dismissed from competitions until the coach dismisses them. The team representative will communicate through the BAND App when athletes are dismissed. Athletes cannot depart the host city for travel competitions until after the awards session. Please plan accordingly when making travel arrangements.

## **Performance**

### **Performance Order**

Performance orders will be provided the week of the competition. The event producer manages the performance schedule. Performance orders are subject to change without ample notice. Please be sure to monitor the BAND App for updates.

## **Crowd Participation**

Crowd participation counts, and your athletes can feel your energy! Each team will designate one or two parents to record the performance and share it in BAND after. Please put your phones down and support your athletes while they are performing!

## **Team Support**

There is power in numbers. We ask that all members support all Power Athletics teams when performing whenever possible during competitions. Please show your support from the parent viewing area.

## **Awards**

Athletes must attend awards sessions unless the athlete is a crossover or fill-in and the other team's performance takes place at awards time.

Athletes should wear their full uniform and competition shoes unless otherwise instructed.

## **Bids**

A bid is an invitation to compete at an elite cheerleading event at the end of the season. Some competitions are "Bid Events," while others are not.

## **The Summit/The Youth Summit**

### **Wild Card**

A Wild Card bid qualifies a team to compete in the preliminary round of The Summit. Only teams with a Wild Card bid compete in this round.

### **At Large**

An At Large bid qualifies a team to skip the preliminary round (if offered) and compete in the semi-finals.

## **Partial Paid**

A partially paid bid allows a team to compete in the semi-final round, and the host event company will pay for a portion of each athlete's registration fee.

## **Paid**

A paid bid is the most prestigious. The host event company will cover a team's registration fees if awarded. This does NOT include travel or lodging fees.

## **The Cheerleading Worlds**

### **Paid**

A paid bid is the most prestigious. The host event company will cover a team's registration fees if awarded. This does NOT include travel or lodging fees.

### **At-Large**

An At-Large bid qualifies a team to compete in the preliminary round.

## **End-of-Season Events**

- The Summit
- The Youth Summit
- The Cheerleading Worlds
- The One, The Finale, The US Finals

## **Communication**

The BAND App is the official method of communication during competitions. Please ensure your notifications are on and connected to your team's thread.

Parents should not approach the warm-up area during competitions. Please reach out to your team representative for assistance.



## **ATHLETE CODE OF CONDUCT**

The Power Athletics Athlete Code of Conduct guides us toward being fair and respectful and committing to personal growth on and off the mat. As an athlete at Power Athletics, you are an ambassador for all-star cheer and the Power Athletics organization. We will hold you to the highest standard in and out of the gym. Please review this Athlete Code of Conduct for our expectations.

### **1. Sportsmanship:**

- I will consistently demonstrate good sportsmanship, respectfully treating coaches and staff, opponents, judges, spectators, and teammates.
- I will follow the rules, avoiding any form of unsportsmanlike behavior.
- I will accept victory with humility and defeat with grace, acknowledging the efforts and achievements of others.

### **2. Respect:**

- I will respect all individuals' rights, dignity, and worth, regardless of race, gender, age, religion, nationality, or ability.
- I will not bully, harass, discriminate, or verbally/physically abuse others.
- I will respect gym facilities, equipment, and property, treating them responsibly and avoiding intentional damage.

### **3. Integrity:**

- I will act honestly and with integrity on and off the mat, inside and outside the gym, and on social media.
- I will refrain from using drugs, tobacco, alcohol, and abusive language.

### **4. Responsibility:**

- I will take responsibility for my actions and decisions, understanding that they can impact not only myself but also my team, Power Athletics, and the community.
- I will maintain a high physical fitness and skill level through regular training and practice.
- I will prioritize my education and personal development.



**5. Teamwork and Cooperation:**

- I will contribute positively to the team environment, supporting and encouraging my teammates.
- I will listen to and follow the instructions of my coaches.
- I will work collaboratively with others, fostering a sense of camaraderie and valuing the collective efforts toward achieving team goals.

**6. Role Model:**

- I will recognize that, as an athlete, I am a role model for others, particularly for younger athletes and community members.
- I will strive to display exemplary behavior on and off the mat.
- I will contribute positively to the well-being of society, using my position to inspire and make a difference.

By adhering to this athlete code of conduct, I commit to upholding the highest standards of sportsmanship, respect, integrity, responsibility, teamwork, and positive leadership.

**DISCIPLINARY ACTION**

Athletes and parents found in violation of the Code of Conduct will be subject to the following:

- 1st offense - verbal warning with written documentation
- 2nd offense - written notice with parent/guardian meeting
- 3rd offense - Suspension from all Power Athletics activities for a time determined by the Power Athletics Leadership Team AND a \$100.00 fine.
- Final offense - termination from the program (subject to withdrawal fee and all outstanding account charges)

Egregious violations of this Code of Conduct or offenses not aligned with the standards of Power Athletics may yield immediate dismissal from the program.

\_\_\_\_\_  
Athlete's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## **PARENT CODE OF CONDUCT**

We are delighted to welcome you and your athlete to Power Athletics. Collaboration between parents, athletes, and staff is crucial for an organization that fosters a safe and nurturing environment. To ensure the well-being and development of all our athletes, we have established a Parent Code of Conduct that outlines our shared responsibilities and expectations. This code guides maintaining a respectful, inclusive, and supportive community for everyone involved. By adhering to these principles, we can work together to create an environment where every athlete can thrive. We thank you for your commitment to upholding these standards and joining us in our mission to provide the best possible experience.

### **1. Encourage Good Sportsmanship:**

- I will always model and promote good sportsmanship.
- Regardless of the outcome, I will respect all athletes, coaches, judges, and parents.

### **2. Support the Coaching Staff:**

- I will respect the coach's authority and decisions.
- I will refrain from interfering with coaching during practices and competitions.

### **3. Respect the Judges/Competition Companies:**

- I will treat judges respectfully and avoid questioning their judgment or integrity.
- I will not contact any competition companies regarding anything Power.

### **4. Positive Communication:**

- I will communicate with coaches, Team Representatives, and other parents positively and respectfully.
- I will address concerns or disagreements privately and constructively without causing disruption.
- I will use social media responsibly and refrain from negative posts concerning Power athletes, parents, and coaches. I acknowledge the Anti-Bullying Policy.

### **5. Promote a Safe Environment:**

- I will prioritize the safety and well-being of everyone.
- I will encourage positivity and discourage bullying, discrimination, or violence.

**6. Attendance and Punctuality:**

- I will ensure my athlete arrives on time for practices and competitions.
- I will follow the procedure and notify the appropriate contact timely if my athlete cannot attend or will be late.

**7. Provide Support and Encouragement:**

- I will support my athlete's efforts and achievements without placing excessive pressure on them.
- I will cheer for all athletes and encourage a positive team spirit.

**8. Follow Rules and Guidelines:**

- I will familiarize myself with gym policies and rules in and out of the gym.
- I will ensure that my athlete adheres to the policies and rules and respects authority.

**9. Respect Opposing Teams and Supporters:**

- I will treat opposing teams and their supporters respectfully.
- I will refrain from taunting or engaging in unsportsmanlike behavior towards them.

**DISCIPLINARY POLICY**

Athletes and parents found in violation of the Code of Conduct will be subject to the following:

- 1st offense - verbal warning
- 2nd offense - written notice with parent/guardian meeting
- 3rd offense - Suspension from Power Athletics activities determined by Administration/\$100 fine
- Final offense - termination from the program (subject to withdrawal fee and all outstanding account charges)

Egregious violations of this Code of Conduct or offenses not aligned with the standards of Power Athletics may yield immediate dismissal from the program.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Athlete Name

## **EMERGENCY MEDICAL ATTENTION AND TRANSPORTATION CONSENT FORM**

I, \_\_\_\_\_, authorize Power Athletics staff to take whatever emergency measures they deem necessary to protect my child, \_\_\_\_\_, while in their care.

Emergency measures may involve contacting a doctor, interpreting and carrying out their instructions, and transporting my child to a hospital or doctor's office via a Personally Owned Vehicle (POV) or ambulance if an injury or sudden illness occurs.

I understand that Power Athletics may take these actions before contacting me and that any expense incurred for such treatment, including ambulance fees, is my responsibility.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Athlete Name

## **Anti-Bullying Policy**

At Power Athletics Maryland, we are committed to fostering a safe, inclusive, and respectful environment for all individuals. We believe everyone deserves to be treated with kindness, empathy, and dignity. Bullying in any form is unacceptable and goes against our core values.

We have a Zero Tolerance Policy and stand firmly against bullying and its detrimental effects on individuals' mental, emotional, and physical well-being. We strive to create an atmosphere where everyone feels supported, valued, and empowered to be authentic. We actively promote empathy, understanding, and acceptance among our athletes.

We encourage open communication and urge our athletes and parents to speak out if they witness or experience bullying, including on social media, via text, verbal, or in writing. Please contact any leadership team member immediately if you see or experience bullying.

The following protocol will be followed when bullying is reported:

1. Discussion with parents of the athletes involved.
2. Determine if other parties need to be involved or if further mediation is necessary.
3. Dismissal if deemed appropriate by owners.

## GYM-WIDE EVENTS

These events establish meaningful connections with Power Athletics administration, coaches, parents, and athletes. The dates listed below are subject to change.

### 2024/2025 Event Calendar

#### JUNE

June 8	Signing Day
June 10	Support My Squad Fundraiser
June 10	First Day of Practice
June 28	POWER University

\*All parents are required to attend Power University.

#### JULY

July 1 - July 7	Gym Closed—No Scheduled Practice
July 12 - 13	Mandatory Team Camp
July TBD	Mandatory Stunt Camp
July 27**	Parent Social

\*\*Tentative event. Subject to cancellation or rescheduling.

#### AUGUST

August 7	Team Reveal
August TBD	Choreography Session
August 10**	Power University II
August 26 - September 2	Gym Closed—Back To School Break

\*\*Tentative event. Subject to cancellation or rescheduling.

#### SEPTEMBER

September 2	Labor Day – Gym Closed
September 6	Nike Store Opens & Varsity Jacket Preorder

<b>September 16</b>	<b>Competition Schedule Released</b>
<b>September TBD</b>	<b>Choreography Session</b>

## **OCTOBER**

<b>October TBD</b>	<b>Choreography Session</b>
<b>October 26**</b>	<b>Trunk or Treat</b>

\*\*Tentative event. Subject to cancellation or rescheduling.

## **NOVEMBER**

<b>November 23</b>	<b>Showcase</b>
<b>November 28 - November 29</b>	<b>Thanksgiving Break - GYM CLOSED</b>

## **DECEMBER**

<b>December TBD**</b>	<b>Holiday Party</b>
<b>December 24 - December 25</b>	<b>Holiday Break—GYM CLOSED</b>
<b>December 26 - December 30</b>	<b>Modified Practice Schedule</b>
<b>December 30 - January 1</b>	<b>New Year's Break</b>

\*\*Tentative event. Subject to cancellation or rescheduling.

## **MARCH / APRIL / MAY**

<b>April 19**</b>	<b>Easter Egg Hunt Event</b>
<b>April 23</b>	<b>Team Sendoffs Begin</b>
<b>May</b>	<b>Banquet</b>

\*\*Tentative event. Subject to cancellation or rescheduling.

End of Season Event Dates TBD.