

California Gold Gymnastics and Cheerleading

Rules and Regulations

PARENT PARTICIPATION:

*The parent's participation and commitment to C.G.G.C. is critical! We need the parents to make sure the children are at practice on time, and properly dressed for practice as well as for exhibitions, competitions, camps, fund-raisers, etc.

*The coaches expect full cooperation and backing from all parents. If you are not in agreement with decisions made by the coaches, please schedule a conference with them to discuss any issues in private.

***PARENTS ARE NOT ALLOWED TO DISRUPT OR DISTRACT THEIR CHILD IN ANY WAY DURING PRACTICE. CHILDREN ARE NOT ALLOWED TO RUN TO AND FROM PARENTS DURING CLASS TIME. ANY PARENT THAT DISRUPTS A PRACTICE WILL BE ASKED TO LEAVE THE GYM AT ONCE. ALL PARENTS MUST SIT IN THE SEATING AREA AND KEEP THE NOISE LEVEL DOWN DURING THE PRACTICES.**

RULES AND REGULATIONS CONTRACT

I hereby understand that each time C.G.G.C. is mentioned throughout this contract it is meant to be all inclusive of California Gold Gymnastics and Cheerleading Inc., its officers, shareholders, agents, and employees.

• GENERAL

1. ___ I agree to help keep the gym clean by not bringing food, drinks, or gum into the practice areas and by disposing of any trash in the appropriate trash receptacles.
2. ___ I agree that all cell phones and pagers must be put on silent mode or left outside of the practice area.
3. ___ I agree that C.G.G.C. is not responsible for any personal items lost or stolen and should therefore refrain from bringing jewelry or other items which I value to the gym.
4. ___ I agree that all decisions made by C.G.G.C. staff are in the best interest of the program and that any differences I may have will only be discussed either before or after practice or at another appropriate time by appointment.
5. ___ I agree that I will not be on any equipment at C.G.G.C. unless it is my class time and I have had authorization by a staff member.

• HEALTH

1. ___ I agree to notify the office and coaching staff of any and all medical conditions which may limit or prevent my ability to participate in any C.G.G.C. practices or events.
2. ___ I agree to provide C.G.G.C. with a list of any medications that I am currently taking.
3. ___ I agree to provide valid written documentation from a doctor explaining the reason(s) and the duration for which I am limited or unable to participate in any C.G.G.C. practices or events.

• TEAM/CLASS PLACEMENT

1. ___ I agree that C.G.G.C. retains the right to place its athletes on the team(s) it feels will best suit the program.
2. ___ I agree that C.G.G.C. retains the right to move an athlete to a different team based on criteria including but not limited to: attendance, attitude, and ability to perform certain skills consistently.
3. ___ I agree that C.G.G.C. retains the right to remove or replace and/or add athletes to a team at any time throughout the year.
4. ___ I agree that C.G.G.C. retains the right to decide if I may participate on more than one team.
5. ___ I agree that I must be in good financial standing if I plan to be on one or more than one C.G.G.C. team.
6. ___ I agree that it is a privilege to represent more than one team at C.G.G.C. and must therefore be willing

and able to fulfill all the responsibilities required by each team.

• **COMMITMENT**

1. ___ I agree that C.G.G.C. takes priority over any other extracurricular activities in which I am involved, unless there is no conflict with practices, performances, fund-raisers, camps, clinics, or competitions, if I am on a competitive team
2. ___ I agree to attend and be punctual to any and all C.G.G.C. events including but not limited to: practices, clinics, camps, exhibitions, competitions, etc.
3. ___ I agree to notify C.G.G.C. of all expected and/or unexpected tardiness/absences A.S.A.P. as I understand that my attendance is vital to the success of the program.
4. ___ I agree that being “sick” is not a valid excuse for missing practice or any other C.G.G.C. events. (Competitive teams only.)
5. ___ I agree that if I am unable to participate in any C.G.G.C. events due to serious illness and/or injury, my attendance is still required unless otherwise recommended by a doctor through written documentation. (Competitive teams only.)
6. ___ I agree to take additional classes, private lessons, clinics, or camps if needed to further improve and/or perfect my skills. (Competitive teams only.)

• **ATTIRE**

1. ___ I agree to maintain a well-groomed appearance and good personal hygiene when representing C.G.G.C.
2. ___ I agree to always wear the correct practice outfit or uniform designated by C.G.G.C. to all practices/events.
3. ___ I agree to purchase any additional uniform and/or practice outfit items that are lost or damaged.
4. ___ I agree to not wear any jewelry while at any C.G.G.C. practices or events other than approved medical ID tags or medical bracelets.
5. ___ I agree to wear my hair as designated (neatly tied back, hair out of face) by C.G.G.C. during all practices or events.
6. ___ I agree that as part of the “clean-cut C.G.G.C. image”, it is strictly prohibited to wear sandals, flip flops, or any open-toed shoes, body piercing, tattoos, or inappropriately dyed or cut hair styles while in practice, at events or in uniform.

• **TRAVEL / COMPETITIONS**

1. ___ I agree that exhibitions/competitions are not family vacations and will therefore follow the designated schedules and abide by all rules including curfew times set forth by C.G.G.C. .

• **ATTITUDE**

1. ___ I agree to always set a positive example for others to follow when representing C.G.G.C. whether in or out of uniform.
2. ___ I agree to treat others with the same respect that I would like to be given.
3. ___ I agree to refrain from gossiping or “talking trash” about members of C.G.G.C. or other programs as I understand that it can lead to personal conflicts and is therefore not conducive to the success of this program.
4. ___ I agree that it is C.G.G.C. policy to display good sportsmanship at all times and must therefore be courteous to all officials, coaches, hosts, competitors, and all such associated persons.
5. ___ I agree to always accept any team placements or awards with dignity and class.
6. ___ I agree to keep my MySpace clean, meaning no profanity or otherwise inappropriate conversations or photos. I understand that many students of all ages have MySpace accounts and could view my MySpace at any time.

• FINANCIAL OBLIGATIONS

1. ____ I agree to assume full responsibility for all costs incurred as a member of C.G.G.C. including but not limited to: gym registration, monthly tuition, practice outfits, uniforms, competition and travel expenses, or any other item(s), reservations, or services purchased or rendered to me and the payment in full of those items regardless of any circumstances that may arise such as dismissal from C.G.G.C., or disbandment from C.G.G.C.
2. ____ I agree that my monthly payment is due by the tenth day of every month and that I will not be prorated for any vacations or time off. (Please make note that all C.G.G.C. vacations have all ready been prorated into the monthly fee.)
3. ____ I agree to meet all payment due dates and understand that a \$20.00 late fee will be assessed in the event my payment is past due.
4. ____ I agree that if my payment has been late more than 3 months I will be required to pay via EFT in order for my child to remain a participant.
5. ____ I agree that all returned checks will be assessed a \$25.00 process penalty.
6. ____ I agree that C.G.G.C. reserves the right to cancel any and all travel arrangements made for me that are not paid in full by the payment due dates. (For competitive teams only)
7. ____ I agree that if I choose to leave or if I am asked to leave C.G.G.C. for any reason before the season is over any and all funds in my account are completely non-refundable. (For competitive teams only)
8. ____ I agree that C.G.G.C. reserves the right to turn over all delinquent accounts to a collections agency and agree to pay all additional costs incurred.

I have read the above contract in its entirety and understand its contents. I understand the responsibility that my child is undertaking by becoming a member of C.G.G.C. I agree to fully support my child in every way possible and will encourage them to fulfill their commitment. I agree that by signing this contract I am bound to not use my child's participation in this program as a form of punishment as I realize that it also punishes all C.G.G.C. programs.

Furthermore, I understand that being a member of the C.G.G.C. is a commitment on the part of the parent as well as the child and I agree to abide by all the rules set forth in this contract as well. More specifically, I realize that when I am at a C.G.G.C. practice or event I too represent the program and therefore must always conduct myself with class and responsibility. I understand that any athletes whose parent(s) are consistently negative or have caused numerous problems may be removed from a team regardless of their talent level.

In addition, I agree to give the C.G.G.C. All Stars full permission to seek medical attention and/or take any actions deemed necessary including but not limited to random drug testing to ensure the safety and well-being of my child and those around them.

Team member's name printed _____

Team member's signature _____ Date _____

Parent's name printed _____

Parent's signature _____ Date _____

GROUND'S FOR DISMISSAL: Any team member that breaks a rule on the rules and regulations contract or acts in a manner that jeopardizes the name and reputation of the California Gold C.G.G.C. All-Star Program will be subject to removal from the program.

(REMEMBER: EVERYTHING YOU SAY AND DO REFLECTS ON C.G.G.C. AND THERE IS ALWAYS SOMEONE WATCHING YOU!!!)