

Fraser Coast Cheer & Dance- Fusion Allstars

Athlete Code of Conduct

At Fraser Coast Cheer & Dance, every athlete is part of a **team** that values respect, commitment, and excellence. This Code of Conduct outlines the expectations for all athletes to ensure a safe, supportive, and professional environment.

By joining Fraser Coast Cheer & Dance, I agree to the following:

1. Respect & Teamwork

- Treat coaches, teammates, parents, and competitors with respect at all times.
- Encourage and support others — bullying, gossip, offensive/inappropriate or negative behaviour/comments will not be tolerated.
- Show good sportsmanship at training, events, and competitions.
- Coaches will place each athlete in the team/position that is best suited to their skills, development, and the overall needs of the team. These decisions are carefully considered to ensure the success and balance of every team. Please note changes may be required to routines and positions throughout the year, and respect these decisions of the coaches and understand that all choices are made with the best interests of all athletes and the team in mind.

2. Commitment & Responsibility

- **Attend all scheduled training sessions, performances, and competitions** unless adequate prior notice has been given.
- Arrive on time, in correct training attire, and ready to participate.
- Give 100% effort in all classes and work towards both personal and team goals.
- Missing any training session 4 weeks prior to competitions may result in removal for that competition and no refund will be given.

3. Choreography & Music

- Respect the hard work of your coaches and choreographers.
- **Do not share, record, or post any choreography, music, or routines on social media** without written permission from Fraser Coast Cheer & Dance.
- All choreography and music remain the intellectual property of Fraser Coast Cheer & Dance.

- Coaches will place you in a team/position in the best interests of you, your team mates and the team as a whole. This includes choreography, stage positioning and creative aspects of all routines.

4. Social Media & Representation

- Use social media responsibly and in a way that reflects positively on yourself and the studio.
- Do not post negative comments about teammates, coaches, other clubs, or competitions.
- Follow the club's guidelines on posting photos or videos from training or events.

5. Behaviour & Attitude

- Show respect for the studio, equipment, and uniforms at all times.
- Maintain a positive attitude and be open to feedback and corrections from coaches.
- Avoid disruptive behaviour that impacts your team's training or progress.
- Wear your uniform with pride, and present yourself in manner which is a positive representation of yourself and Fraser Coast Cheer & Dance in classes, in public, at events, on social media and at competitions.

6. Health & Wellbeing

- Inform coaches of any injuries or health concerns.
- Take care of your body through good nutrition, hydration, and rest.
- Avoid unsafe practices and always follow coach instructions for safety.
- Jewellery is NOT allowed at comps, and only limited jewellery allowed at training.

Acknowledgement

I, _____, have read and agree to abide by the Fraser Coast Cheer & Dance Athlete Code of Conduct. I understand that failing to follow this Code may result in disciplinary action, including removal from routines, performances, or the program (at the discretion of FCCD Management) with no refunds given.

Signature (Athlete): _____ Date: _____

Signature (Parent/Guardian if under 18): _____