

In "YOUR HOUSE" you have your own set of rules. If we come to your house we will respect and follow all of your rules, and we will never ask you to change your rules.

In "OUR HOUSE" we have our set of rules. We expect that you will respect and follow our rules, and that you will not ask us to change any of our rules either.

GENERAL GUIDELINES

1. Anyone wishing to participate in ANY West Coast Extreme activity MUST have a signed Information Form and Parent Permission, Release, and Enrollment Policy Form on file before they can participate. If you are under the age of 18 your parent/guardian MUST BE the one to sign. No Exceptions!
2. The use of alcohol, tobacco, and or drugs will not be tolerated and are grounds for immediate removal from a team or class.
3. The use of foul language will not be tolerated and is grounds for immediate removal from a team or class.
4. Both Parents & Participating Members must treat all WCE participating members, coaches, and staff with courtesy and respect.

FACILITY GUIDELINES

1. No outside food or drink is allowed in the gym, except for water bottles filled with water only, and items purchased from our vending machines. No outside food will be allowed.
2. No gum chewing is allowed in the gym at any time.
3. No running in the gym will be allowed except when participating in team or class workouts.
4. Please keep the gym, lobby, and rooms clean. Throw away all garbage and take belongings with you.
5. WCE is not responsible for any lost or stolen items. A "Lost & Found" is available to you in our front office. However, after 30 days all items are donated.
6. Cheerleaders should not wait outside for parents, but should wait inside, in the designated seating area. WCE will not be responsible for your child once he/she has left the building.
7. Misuse or lack of respect for the gym or any gym equipment will not be tolerated and is grounds for immediate dismissal.
8. A maximum of 2 people are allowed on the trampoline at one time. (example - 1 instructor/1 student)
9. Safety is our first concern. Dangerous or illegal maneuvers will not be tolerated. No stunt or use of equipment can be used without a staff member present and aware.
10. All accidents and or injuries MUST BE reported immediately to the WCE staff and Program Director, so proper actions can be taken. Should a child's accident or injury cause them to miss practice for recovery time, a doctor note will be required to return to participate.

FINANCIAL GUIDELINES

1. All class payments are due prior to the class you are participating in, no exceptions.
2. A \$25.00 fee will be charged on all returned checks, NSF checks (non-sufficient funds)
3. Tuition is based on 12 calendar months. Some months have 4 weeks, and some have 5 weeks; thus we do not prorate tuition for holidays or vacations. Time-off/Vacation time is already factored into tuition and will not be refunded or prorated for. Tuition does not fluctuate based on the number or duration of practices in any month.
4. Tuition will not be pro-rated for injury, vacation, sickness, or required family visitation.
5. In general WCE has a NO REFUND policy for all items purchased, tuitions paid.
6. As a Parent/Participant, you understand that you are fully responsible for paying all expenses incurred by your child/self.

PRACTICE GUIDELINES

1. Have a positive attitude! A good attitude is a must!
2. All members must agree to work hard in practice and conditioning exercises to improve performance and prevent injury. You must agree to maintain an aggressive, competitive attitude, to keep a good attention span, and to work toward the development of your skills.
3. All members need to arrive 10 minutes before class begins to begin stretching.
4. Pagers and Cell Phones MUST BE turned off while at practice.
5. There are no make-up practices due to absence.
6. Cancelled practices may be rescheduled. Refunds will not be given for a cancelled practice. Generally teams have additional practices throughout the year that will more than make up for a cancelled practice.
7. Safety is our first concern. Dangerous or illegal maneuvers will not be tolerated. No stunt or use of equipment can be used without a staff member present and aware.
8. Parents, Family, Friends, Boyfriends, & Girlfriends are NOT considered a part of your team. YOU MUST have prior permission for any guest to come and watch a practice.
9. The use of foul language will not be tolerated and is grounds for immediate removal from a team or class.
10. Quitting is defined as leaving the team for any reason. Walking out of practice will also be considered quitting. No person who has quit the team may be reinstated on a team without approval from a Program Director and the coach. Removal from a team or class may be caused by, but not limited to, excessive absences or tardiness, misconduct that represents WCE poorly in any manner, insubordination, failure to follow rules, or a parent's "negative" interference. Your remaining season tuition payments will still be due when quitting or being removed from a team or class, as well as a separation fee.

APPEARANCE GUIDELINES

1. All members must be dressed in proper practice clothes at practice including proper practice shoes.
2. NO JEWELRY. It is a USASF & National Federation Guideline.
3. Hair must be worn up in a "ponytail" at practice.
4. Nails must be kept short at all times for practice.

PARENT GUIDELINES

1. Parents are always welcome and encouraged to watch practice, but are expected to attend as spectators and not extra coaches. If for some reason you disagree or are unhappy with a philosophy or decision of WCE, etc. please talk to your child's coach or Program Director first. Talking negatively amongst each other as parents, or to your child, can only hurt the program and is not tolerated.

2. All parents will be expected to conduct themselves in a professional, mature manner. Showing respect for the program director, coaching staff, other teams, and setting the best possible example for all of the team members. Parents are expected to be courteous to participants, spectators, judges, coaching staff, and other WCE members. Failure to do so may result in your child's dismissal from the West Coast Extreme.
3. All parents must agree to discuss any and all problems or concerns related to the program, staff, cheerleaders, or other parents directly with the staff, and not to publicly air grievances, should any arise.
4. All parents must agree to accept staff decisions as Final and in the best interest of all parties.
5. **Parents are allowed to watch practice from the front lobby only and must remain in that area the entire time. Parents are never allowed on the floor without permission from the Program Director.** Parents must keep their noise level down.
6. Parents, may not call meetings, hand out letters or flyers, send gym emails, schedule a fundraiser, or purchase wearable items for the teams without the direct permission of a Program Director.
7. Parents, Cheerleaders, or Chaperones, etc. may not use the gym name or logo on anything without the direct permission of a Program Director.
8. A participant removal from a team or class may be caused by, but not limited to, misconduct that represents WCE poorly in any manner, insubordination, failure to follow rules, or a parent's "negative" interference.

By signing below, I agree to the WCE Rules & Guidelines.

Parent/Legal Guardian Signature _____ **Date** _____

Participant Signature _____ **Date** _____