Competition Standards for Athletes

CCE management will communicate event details no later than the Wednesday before a scheduled competition. This information will include venue location, arrival times, ready times, performance times, and award ceremony/dismissal times.

A true family supports each other in all situations. Clarksville Cheer Extreme likes to think of you as our family. All cheerleaders are required to watch predetermined Clarksville Cheer Extreme teams at every competition. Specific teams and performance times for viewing will be communicated in the pre-event email from management discussed above. The athletes appreciate the noise and it creates a strong presence.

- The ability to participate in the CCE program may be in jeopardy for any athlete that leaves a competition prior to the communicated dismissal time.

General Rules

- Most importantly, good sportsmanship, polite manners, and a kind disposition are MANDATORY at all competitions. This program prides itself on setting a high standard of behavior. Please help us continue in this endeavor.

- Athletes under the age of 13 must be with an adult at all times. This is imperative for safety precautions.

Communication/Media

- The GroupMe app will be utilized to communicate event updates and information during competitions. Please ensure access to the app is available.

- Full routine videos are NOT allowed to be posted on social media or in any public forum, to ensure our routines are not duplicated by other programs.

- Please do not argue or question the decisions of CCE staff, team representatives, competition judges, or event producers, while at competition.

  - **CCE requires a 24 hour no contact order with CCE staff for any grievance communication following a competition. Coaches & Management will be happy to hear grievances after the 24 hour window has concluded.**

Arrival/Meet Times

- Athletes are expected to arrive the evening prior to competition in the city of the event venue for all AWAY competitions (venues located more than 2 hours away from Clarksville.)

- When arriving at the competition venue, the cheerleader must check-in with the team representative (Team Mom.)

- Communicated "Meet Team Rep Time" is defined as the athlete being stage ready. Makeup must be complete (lipstick, eyeshadow, blush, etc.), hair styled as communicated with bow secured, uniform on and present at the defined meeting location.
    - Be sure athletes have used the restroom prior to meeting the team rep.

Appearance

In addition to meet/performance times athletes must remain with professional appearance while at the venue.

- Uniforms and shoes must be clean, well kept, and stage presentable.
    - Absolutely **NO** eating in uniform. The uniform must be covered by a jacket, shirt, or cover up if the athlete is consuming any type of food, candy, or dessert.
    - Crop uniforms (seniors) must be covered by a team shirt, jacket, or cover-up outside of the warm up room and performance areas. Only exception is while athletes are getting ready (makeup and hair) prior to competing.
    - Cheer shoes may not be worn outside to protect them from dirt and surface wear.

- Athletes must wear shoes at all times when in uniform, this includes but not limited to, warm up, performance, and award ceremonies.

- Hair and makeup must be styled as the coaches have determined for the event.

- Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, or necklaces are not allowed during warm up or performances. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
    - hair ties may not be worn around the wrist; only permitted in hair.

- Nails must be trimmed short and nail polish free.

Warm-up Room/Performance

Only athletes and coaches/staff that have passed a background check and provided a green light status card from USASF are allowed admittance to the warm-up room. Per USASF rules parents and spectators are not allowed to enter this area unless they meet the requirements above.

- Coaches will not take responsibility for personal items at competition.

- Backpacks, purses, or phones are not allowed in the warm-up room.

- Athletes with inhalers, epi pens, etc should provide these items directly to a coach; items must be labeled with the athlete's name.

Awards Session

- Athletes must look stage ready dressed in full uniform and hair/make-up as requested for performance.

  - Only exception is when an athlete is allowing another cheerleader to borrow their uniform for an upcoming performance.

- Athletes must be item free (no backpacks or cell phones.)

Travel Arrangements:

Some competitions require booking hotel accommodations through Smart Stay/Team Travel Source for program compliance. Events requiring a "stay to play" will be communicated prior to the event and must be adhered to by all athletes. Clarksville Cheer Extreme will relay the block information for booking hotel rooms at the event required hotels, but will not reserve them for athletes or their families. (Events located more than 2 hours away only.)

Please find the 3 exemptions permitted by Smart Stay/Team Travel Source listed below.

1. Military Discount Exemption: If this is for a military/government or hotel employee discount, attach a copy of the reservation showing the discount you received. Please **do NOT send copies of your government/military ID**.

2. Hotel Point Payment Exemption: If your exemption request is based on hotel points, attach a copy of your reservation showing the number of points you used to pay for your reservation.

3. Close Proximity Exemption: If you are staying with friends/family, please attach a Mapquest screenshot of your family's location and its distance from the event venue, along with documentation of their name and address. This could be a copy of the front page of a utility bill or other correspondence. We need name and address only; please black out any other personal information such as account numbers, balances, etc.