



# Performance Policies

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## Important Items

1. **Uniform:** Please wear black stretch / bike shorts and black sports bra (young ladies) under clothing along with black no show socks and cross-training tennis shoes. The rest of the uniform will be provided. The uniform will have to be returned after the performance.
2. **Equipment Needed:** (ALL ITEMS ARE MANDATORY)
  - Black stretch (bike) shorts
  - Black sports bra (young ladies)
  - Black no show socks and Long Colorful Socks (any color)
  - Cross-training tennis shoes
  - Travel (Duffle) bag - ALL Ropes, Light Snack and/or Lunch
  - Hair – pulled back in one pony-tail with a bun to the back of the head (not the top)

## Policies

1. **Availability Response:** Electronic Response is required within 48 hours of Performance Invitation being sent via email.
2. **Attire & Appearance:** *Personal grooming must be at its best.* Each jumper must wear the designated and/or given team uniform. The uniform must be clean and neat, ironed and tucked in. The hair should be neatly pulled back in a smooth ponytail with a bun in the back of the head. Makeup should not be worn with the exception of clear lip gloss. NO GUM, CANDY, COLORED DRINKS, JEWELRY OR LONG and/or CHIPPED FINGERNAILS are allowed during a performance.
3. **Cell Phones:** Phones will have to remain in the jumper's bag or backpack at all times during the performance, unless approved by the Coach. In emergency (injury, illness, accident), the parent's will be contacted by the coach and/or chaperones immediately.
4. **Personal Items:** Do not bring any valuable items (video games, etc), candy and/or toys. GSS is not responsible for any lost or broken items.
5. **Conduct/Behavior:** Jumpers have agreed to voluntarily perform so their best effort is expected. Every jumper is under the direction of the coach and must adhere to all team rules and policies, as instructed and enforced by the chaperones. When the team travels for business purposes, jumpers and parents must remember the sole purpose for the trip is to jump, perform, compete, teach, etc, what is requested. Unless the trip is designated as a leisure trip or an outing, the focus of the trip will be on the business at hand. After the business is concluded, if time allows, extra activities may be scheduled. The jumper must remain with the team at all times, notifying the coach/chaperone of whereabouts at all times.
6. **Presentation and Professionalism:** Team members are required to maintain and uphold the reputation of GSS through their own conduct and team spirit. Members are required to be courteous, polite, friendly and attempt to have a genuine smile for everyone viewing a performance. Members will make every effort to ignore or dissuade negative responses at events and not become confrontational. It is important that the jumpers show their enjoyment for performing at all times.

Upon entering and exiting any building or establishment for official team business (perform, compete, train), the team will walk QUIETLY and ORDERLY in a single file line to and from the performance location with all appropriate equipment.

During the performance, jumpers must:

- stay focused on the task at hand, always presenting themselves and the team in a good light;
- be courteous and polite to everyone - reply and smile when greeted and/or given compliments;
- notify the coach/chaperone immediately of anyone with weird behavior or inappropriate comments; never leaving a performance location without notifying the coach/chaperone;
- NOT be loud, playful and unprofessional. Private low key conversations and appropriately talking with an inside voice during breaks at the performance is acceptable; however, loud



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laughing, loud talking, inappropriate conversations and behaving as if on a playground is *NOT ACCEPTABLE* during a performance; and

- *NOT* tweet, text, facebook or utilize the cell phone or any other electronic game or gadget unless it is an absolute emergency. Jumpers will not be allowed to contact parents via text or call during the performance unless an injury, illness or emergency has occurred. Any problems will be addressed and discussed after the event and if consultation or a meeting is needed with the parents, then it will be scheduled.
7. **Business First** – When the team travels for business purposes, jumpers must remember the sole purpose for the trip is to jump, perform, compete, teach, etc. After the business is concluded, if time allows, extra activities will be scheduled. Jumpers must travel with the team, remain with the team and do all activities with the team at all events until which time the event is complete. All approved activities and functions while on travel will be done uniformly as a group, i.e. eating, outings, housing, etc. Any other activities that parents would like to schedule with their child other than those listed on the trip's itinerary will have to be approved.
  8. **Emergency Procedures** – In case of emergency (physical harm, injury, illness, accident, disappearance, etc.), the parent(s) will be contacted immediately by the coach or an adult chaperone and 911 will be called immediately, if necessary. The coach will make a judgment call based on the severity of the incident of how to handle the situation at that time, especially if it does not involve physical harm and/or endangerment to the jumper or team. Every jumper's safety is priceless and I have their best interest at heart. Please be sure that all contact numbers are up-to-date and alternate contact information is listed.
  9. **Authority** – The Head Coach has full authority in managing the team and any dispute, complaint or criticism involving coaches, jumpers or parents of the team should be brought to the attention of the Head Coach. The Head Coach reserves the right to suspend/remove a jumper and/or parents from the team if the jumper and/or his/her parents are causing problems that cannot be resolved. However, a Hearing can be requested with the Team's Executive Board to resolve any dispute, complaint or issue that cannot be resolved on the staff level.
  10. **Harassment** – Derogatory remarks toward other members of the team, the coaching staff, or other teams/organizations will not be tolerated. Fighting, inappropriate touching or groping, bodily contact or interactions with fellow teammates, malicious gossiping, bullying of fellow/other jumpers, improper tones of voice or communication with adult coaching staff will not be tolerated from jumpers and/or parents.
  11. **Defamation** – Defamation, which is judicially defined to mean, the unprivileged oral or written publication of a false statement of fact which exposes the person about whom it is made to hatred, contempt or ridicule or subjects that person to loss of the good will and confidence of others or so harms that person's reputation as to deter others from associating with her or him. Cyber defamation is hereby defined as false communication that is published with the specific intent of harming the reputation of another individual, group or business. Defamation of GSS or any of its representatives or members will not be tolerated and is considered a separation offense which will lead to an expulsion or suspension from the team under the GSS team policies.

By signing this form, you are affirming that you have read and have been clearly informed of the performance policies and procedures and agree to comply with the terms and conditions outlined throughout the text. Non-compliance with the regulations will lead to either suspension or immediate removal from the team. I, also give permission for my child to be transported to and from the event in the designated mode of transportation, and if by carpool, will not hold the driving party liable for an accident or injury caused to my child unless they are proven to be negligent. I give my consent to have proper medical attention rendered to my child in case of emergency and will not hold the Greenbelt CITY Stars, the City of Greenbelt or any person connected with the performance trip liable in case of accident.

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_