



2024-2025 EnMotion Twirl Co. Rules and Regulations Contract

At EnMotion Twirl Co. our competition team mission is to emphasize and teach the importance of technique, discipline, twirling, hard work, dedication and loyalty. We always want to provide a positive environment in which one lifts up teammates and never tears them down. Our goal is for our students to become amazing athletes but even better leaders on and off the floor. This is a competitive sport, so we also want to teach the mindset of achieving individual & team goals.

ETC Communication

- During classes and practices, coaches are needed to instruct the athletes. Parents should not approach a coach during a class or practice. Coaches will be available for a reasonable time following classes and team practices to answer any questions regarding your athlete, their needs, and their individual progress.
- At competitions, coaches are there to coach. Any issues that arise during the competition will be addressed during the week following the competition.
- Coaches will not entertain questions regarding team placements, placements in routines, decisions on why an athlete was moved, added, removed or replaced in formations in a public setting.
- Parents will not be able to request a team or level for their child. Trust that we will make the best decision for your child, the team, and the program.
- While ETC is committed to making their program enjoyable for all parties involved, emails involving routine suggestions, complaints, and ideas are strictly prohibited. This includes information regarding other level appropriate teams from other programs, concerns about an athlete's routine position, concerns involving difficulty of the routine or any routine element, any information pertaining to an athlete's previous team/position or program, suggestions for adding elements, lack thereof, etc. Please trust that our staff know what's best and are making decisions based on their expertise and experience in the twirling and coaching world. While we respect an athlete/guardian's passion for the sport, please respect our coaches' decision for all routine elements, changes and positions.
- We strongly encourage parents to have their athletes speak with the coaches directly regarding the following issues and any other team related questions:

Routine elements

- Individual and group skill preparedness
- Injury
- Illness
- Outside events that may affect performance

24 Hour Rule

When the need to speak to the gym owner or coach is fueled by emotional response, we find that 24 hours allows for a cooler head to prevail and promotes a more productive dialog. Unless there is an immediate safety issue, we ask that you wait 24 hours before contacting your gym owner and/or the coach. This allows some time to assess the situation so that things can be discussed in a calm manner and not “in the heat of the moment”. We understand that issues involving any child are important and require quick resolution, therefore we want to ensure the situation is handled in an appropriate manner.

ETC Behavior & Social Media Policy

- Good sportsmanship from the athlete is mandatory at all competitions. EnMotion Twirl Co. prides itself on setting a high standard of behavior, please help us continue this endeavor. We will not tolerate drama from child/children, parents or family members! Any inappropriate behavior (fighting, arguing, bullying, booing other competitors, etc.) will equal athlete's removal from the team. No questions asked!
- Athletes are not to be running around before group class or team practice. If dropped off early, each athlete must either sit off to the side of the floor and stretch quietly, then they may warm up their skills. If they are being disruptive at all (playing or goofing off , interrupting classes, etc.) they will have to wait in the lobby until their group class or practice starts.
- All athletes AND parents must always:
 - Set a positive example for others to follow.
 - Be respectful and courteous to everyone.
 - Refrain from celebrating the misfortune or defeat of another person, team, or program.
 - Accept team placements and awards with dignity and class.
- To give all of our teams the best chance at success, no videos of any ETC routine is to be posted on any social media platform until season has concluded. We ask that you extend this policy to family and friends to not post videos of any ETC routine as well.

ATHLETE SOCIAL MEDIA

- Refrain from posting, reposting or sharing anything that is negative. This includes posts with foul or defamatory language, posts that could be considered inappropriate for a young audience including anything having to do with tobacco, smoking, vaping, juuling, drinking alcohol, and/or prescription/illegal drugs.
- Be cautious of what behavior and/or language may be going on directly or indirectly (in the background) while being photoed/filmed. ie TikTok dances and songs

ETC Practice Dress Code

- Athletes must wear designated practice clothes and jazz shoes to every practice.
- Hair must be pulled out of face, in high ponytail at every practice and must be not be any longer than the middle of the back. Any athlete who's hair is longer than the middle of the back, must braid, or wear in a bun to ensure it is of proper length for safety precautions.
- No jewelry is to be worn at any time while practicing, including smartwatches.

ETC Attendance & Practice Information

Team Practices

All teams will practice once a week from June through July (in person or via zoom). They will then practice in person weekly from August through April. Practice attendance is required and compliance with the attendance policy will be strictly enforced. An athlete’s team position will be jeopardized for noncompliance with any of the attendance policies.

The summer is the foundation of our season, productive practices are a must for a successful season. Practices are mandatory but we do encourage families to enjoy vacation time and other summer activities. If you are in town, we expect that you will be at practice. If you’re on vacation, enjoy your time away!

Team Absence Allowance and Protocol

- Communication of missed practices, for any reason, should be made via email or text to your coach.
- Athletes are allowed **3 unexcused absences** during competition season (August – March)
- After you have reached **3 unexcused absences** in the competition season, you will be contacted by the Team Director to discuss an athlete’s team commitment.
- Arriving more than 15 minutes after the start of practice or leaving more than 15 minutes prior to dismissal of practice will count as ½ unexcused absence. (Ex: Arriving more than 15 mins late twice = 1 unexcused absence)
- Any unexcused absences after the initial 3, will result in a mandatory private lesson (\$40/hr) to review missed material. After 5 unexcused absences, you will miss the next performance but must be present to support your teammates .
- These decisions will be at the sole and absolute discretion of the EnMotion owners and Competition Team Director.
- Planned absences after school starts, or for non-vacation events, such as doctors appointments, must be communicated to the director/coach at least two weeks prior to the planned absence. Unplanned absences such as sickness should be communicated via email or text.
- Excess absences will result in a parent/athlete meeting with the coaches and possible dismissal from team.
- If a team member misses practice the week of competition, the team member will not perform at the competition but must be present to show support for their teammates.

Communicating your absences does not necessarily excuse the absence.

Excused Absences

- Contagious illnesses with a doctor’s note
- School functions that result in a grade

Our practices are typically scheduled so that athletes may participate in both school and competitive teams. However, other sports and work that conflict with practices are NOT excused. Given the nature of this sport, if a conflict with an outside sport arises, athletes must be willing to put their team first.

Unexcused Absences

Absences that do not meet the above allowances are considered unexcused.

Examples include:

- Academics: Proper time management is the responsibility of the athlete so that he/she can fully participate in the ETC competition program
- Extracurricular Activities & Jobs: Extracurricular activities and jobs need to be scheduled around the commitment to ETC Competition Teams
 - o Again, we schedule our practices so that athletes may participate in both school and competition teams. However, other sports and work that conflict with practices are NOT EXCUSED.
- Church: While church is a priority to ETC and with many of our families, absences related to youth groups, retreats, etc are unexcused

School Majorette

In efforts to reduce conflicting schedules, we want to be able to work with your school majorette schedules. We will allow limited, excused absences for school majorette and require a schedule at the beginning of the season. We know that you have no control over school majorette and we are willing to work with you on these things but please be diligent in letting us know when you will be absent.

Other Activities

All non-twirling related activities need to be discussed with instructor prior to signing up.

Illness, Injury and Unexpected Family Emergency

- Illness: Athletes are expected to be at practice unless they have a fever, as fever can mean that an athlete is contagious. Practice participation will be based on situation and the coach's discretion. If you are unable to attend due to sickness, we must have a doctor's note.
- Injury: In the event that an athlete is injured, you should notify your coach immediately. Please provide a doctor's note with details about the injury, recovery time, and any information that may affect an athlete's ability to perform. Athlete's should still attend practice even if injured so they can be aware of any changes made to the routine.
- Unexpected Family Emergency: Contact your team coach asap.

ETC Competition Information

Competition Schedules

- ETC will send detailed schedules for each event. You can expect these by Thursday prior to the event. Schedules may have to be adjusted up to the day of the event by event producers.
- ETC coaches have no control of who and/or how many teams will attend any particular competition event we as a team decide to attend. This means that our teams are subject to compete against multiple teams OR no teams at all. We cannot control how many teams are in each division and emails/messages concerning this issue are strictly prohibited and will be ignored by any and all ETC staff.

Schedules will include the following:

- o Meet Coach – each athlete should be competition ready, inside the venue, and at the designated check in spot provided by the coach. At this time, parents are dismissed so that coaches have the athlete's full attention and limited distractions.
- o Warm Up – the time the team will begin on floor warm up
- o Performance – the time the team will take the competition floor
- o Awards – the time the award ceremony will begin.
- o Release time – the general time that athletes will be released to their parents

Parent Travel Obligation

- Parents are responsible for their athlete's activities and behavior at all events
- If a parent/guardian cannot attend an out of town event, you must arrange for another ETC Competition parent or responsible adult to travel with your athlete. They will assume responsibility for the athlete and make sure they follow all ETC rules and guidelines throughout the event.
- Competitions are not vacations. The athlete's time and focus should be on the event at hand throughout its entirety.

Parent Travel Obligation Cont.

- For out of town events, athletes should plan to arrive on Friday the day/evening before the event and leave on the evening following the event. Schedules are released the week of the event.
- ETC is not financially responsible for event scheduling or changes that conflict with purchased flights and/or hotels. We do recommend that you choose a refundable or transferable option. Please note that many families drive to out of town competitions and flights are not required. (Out of town events: Auburn & Twirl Mania)

Competition Dress Code

- Competition Ready dress code is required upon arrival to a competition venue:
 - o Full Uniform
 - o Hair details will be set per team – typically this is a high ponytail with no loose hair
 - o Make up should be a stage makeup look –team lipstick, blush and purple smokey eye shadow with mascara/fake eyelashes.
 - o Fingernails should be bare
 - o Tennis shoes or jazz shoes must be worn at all times. Absolutely no flip flops, boots, Uggs, etc.
 - o No jewelry allowed at any time during practice, warm up or competing. Only competition earrings allowed during contest.

ETC Important Dates

Practice Begins	June
Winterfest Auburn	1st Weekend in Feb
Nash Twirl	Mid Feb
State Contest Thompson High	Early March
Recital	End of April

**There may be additional mandatory practices added the week of competitions in order to better to prepare a team. Once the competition schedule is set, ETC will notate possible extra practices on the final schedule

ADVANCED TEAM ADDENDUM:

Being selected as a member of our advanced dance twirl team is a special privilege and this team is held to the highest standards. To make sure this team stays at the level of excellence and commitment we expect we will be doing a series of pass offs prior to competitions. Team members are required to pass off certain team tricks to be able to perform at each competition. Pass offs will take place two weeks before each competition.

By signing below, you are acknowledging you have read all information above and agree to comply with terms and conditions.

Parent/Gaurdian_____

Athlete:_____