



**SPORTCHEER SCOTLAND
NATIONAL TEAM
ATHLETE INFORMATION PACK
SEASON 2021 – 2022
UPDATED 20.09.21**



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WELCOME TO TEAM SCOTLAND

We would like to take this opportunity to formally welcome you to Team Scotland and provide you with as much information as possible to help with the upcoming season.

The next seven months will go by in a flash and before we know it we will be boarding flights to Orlando. To help us keep you informed we would ask that we have a valid email address for the parent/guardian of every athlete, particularly those under 18 years. Athletes aged 18 or over can provide their own email address should they wish to do so. Individual teams will also have their own closed Wix Spaces App groups to help with team-specific communications and our Team Scotland Manager will provide updates via a newsletter.

Throughout this booklet we have provided information on the trips, payment schedules, uniform and fundraising however we totally understand that you may have some further questions. If this should be the case, you should contact the relevant Head Coach in the first instance. Details of these have been provided below. If they cannot help you with your particular query, they will refer you onto our National Team Committee via the following email address, national.team@sportcheerscotland.org.uk. That being said, we are a volunteer run organisation and have a huge task ahead of us coordinating all the flights, accommodation, costumes, music and routines as well as making sure every athlete feels valued and has an amazing experience. We would therefore ask that you are patient with us and remember that although your questions are important to us and we will respond, this can take up to around 4 days. We will strive to be as transparent and informative as possible but if you ever feel you need assistance please do not hesitate in contacting us.

Team Scotland Staff

	Head Coach	Team Coach
Youth Freestyle Pom	Lucy Hamill	Madeleine Jamieson
Junior Freestyle Pom	Jennifer Greer	Hannah Ritchie
Senior Freestyle Pom	Stacy Greer	Michelle Laverty
Youth Hip Hop	Paula Fitzpatrick	Morgan McWilliam
Junior Hip Hop	Ruth Dempster	Jennifer Park
Senior Hip Hop	Robyn Black	Bethany Lennox
Senior Cheer	Eilidh Hamilton and	Jamie Arthur
Senior Adaptive Abilities Pom	Leanne Wrench	Amy O'Donnell
Senior Jazz	Sharlene Thliveros	Madeleine Jamieson

Team Scotland Groups on Wix Spaces

Communicating with a large number of people can be difficult especially when relying on emails or social media therefore we have created our own “groups” through our website. You will all receive an initial invitation to join the relevant group upon accepting team places, then you simply download the app and a member of our management team will approve you. This should be the go-to place for communication between Head Coaches and parents/guardians. If athletes are 18 years or over they can be added to the group and do not require a parent/guardian to join. No athletes under 18 years will be accepted. Should you have any questions that cannot be answered by the Head Coach you can also use the contacts below as required.

National Team Committee

national.team@sportcheerscotland.org.uk

This committee is responsible for overseeing all aspects of Team Scotland. They will also manage the affairs of Team Scotland, working with all the coaches and other members of the management team to ensure a successful experience.

Zoe Lumsden

Travel Manager

teamsotlandtravel@sportcheerscot.org.uk

Zoe is the point of contact for any queries regarding the trip for spectators and athletes. This includes schedules, tickets, payments, accommodation, ESTAS etc.

Kim Holland

Team Scotland Treasurer

Kim is responsible for managing the finances of Team Scotland. This includes managing package instalments and kit payments.

COMMITMENT

As with any cheerleading programme, SportCheer Scotland expects any athletes selected to be part of our National Team to show the utmost dedication to the team. As these teams do not have the benefits of multiple practices per week, it is expected that all Team Scotland practices and events will be prioritised. Athletes and parents/guardians should therefore make sure that their cheerleading/dance program head coach is aware of their desire to be part of the National Team. Please see below expectations.

- Athletes will attend every practice they have scheduled. (should exemptions be required this must be approved by Team Scotland)
- Athletes will attend and perform at any identified showcases including Team Scotland Annual Ball
- Athletes will travel to Orlando, USA for 9 days as part of the team. There will be limited to no time for family excursions during these times. This is not a holiday.
- Athletes will be part of and remain part of the same cheerleading/dance programme out with Team Scotland for the duration of the season
- Athletes wishing to change programme at the end of the season will be subject to SportCheer Scotland's athlete transfer policy
- Athletes and their entourage (parents/guardians) must abide by Team Scotland's relevant codes of conduct
- Athletes and their associated spectators will make all payments in line with deadlines provided by Team Scotland. (should exemptions be required this must be approved by Team Scotland)

Failure to comply with these outlined expectations may result in dismissal from the Team.

ASSOCIATED COSTS

Trying out for Team Scotland and being part of the team is a very exciting and rewarding experience for any athlete but unfortunately this does not come without costs. At present, there is no funding available to cover athlete costs therefore, the trip is entirely self-funded.

SportCheer Scotland have developed a Team Scotland Package which includes the ICU competition entry as well as accommodation prior to the competition as well as all other costs associated with competing and travelling with the exception of flights and team kit/merchandise. The total package cost for athletes and spectators will vary depending on the number of people sharing and change with the exchange rate. All package payments will be made via invoice providing an itemised breakdown. Please see below details of **approximate** costs per person. All prices are based upon those provided for 2021 but are subject to change in line with the event providers (ICU) and currency exchange rates. Should there be changes to this we will update you as soon as possible.

Athlete Costs	
Training fees for entire season	£160 per discipline
Team Member Package (music and licencing, uniform hire and prop hire)	£175
World's Travel Package (competition fees, accommodation, Disney Hopper pass, USASF spectator pass, training fees, training transfers and airport transfers*)	£1035 based on 4 people sharing
Total Cost	£1,370

*Airport transfers will only be provided for those travelling on Friday 15th April and returning home on Saturday 23rd April or with USASF Bolt On. Transfers are provided to and from Orlando International Airport (MCO) only. All other transfers will have to be arranged by individuals.

Spectator Costs	
World's Travel Package (spectator fees, accommodation, Disney Hopper pass, USASF spectator pass, transfers)	£905 based on 4 people sharing
Total Cost	£905

Optional Costs	
USASF Bolt On (Disney accommodation for further 3 night – Saturday 23 rd April – Monday 25 th April)	£178 per room per night (not per person)
Disney Hopper Pass Upgrade to 5 days	£110 per person

We will include any outstanding SportCheer Scotland membership fees in invoices.

Further to these costs athletes and spectators will be required to book their own flights. Prices may vary.

TRAINING SCHEDULE

Believe it or not, there are only 15 training sessions between now and Orlando. That is why it is of the utmost importance that athletes attend EVERY training session. Should there be extenuating circumstances athletes/parents should contact their Head Coach at the earliest possibility. We also understand that athletes will be competing with their own team throughout the season therefore we ask that you provide details of planned absences as this may result in rescheduled training sessions.

	Junior Freestyle Pom, Youth Freestyle Pom and Junior Hip Hop	Senior Freestyle Pom and Senior Jazz	Youth Hip Hop and Senior Cheer	Senior Adaptive Abilities Pom and Senior Hip Hop
	Saturday	Sunday	Saturday	Sunday
Practice 1	11th Sep 2021	12th Sep 2021	18th Sep 2021	19th Sep 2021
Practice 2	25th Sep 2021	26th Sep 2021	2nd Oct 2021	3rd Oct 2021
Practice 3	9th Oct 2021	10th Oct 2021	16th Oct 2021	17th Oct 2021
Practice 4	23rd Oct 2021	24th Oct 2021	30th Oct 2021	31st Oct 2021
Practice 5	6th Nov 2021	7th Nov 2021	13th Nov 2021	14th Nov 2021
Practice 6	20th Nov 2021	21st Nov 2021	27th Nov 2021	28th Nov 2021
Practice 7	4th Dec 2021	5th Dec 2021	11th Dec 2021	19th Dec 2021
Practice 8	18th Dec 2021	12th Dec 2021	8th Jan 2022	9th Jan 2022
Practice 9	15th Jan 2022	16th Jan 2022	22nd Jan 2022	23rd Jan 2022
Practice 10	29th Jan 2022	30th Jan 2022	5th Feb 2022	6th Feb 2022
Practice 11	12th Feb 2022	13th Feb 2022	19th Feb 2022	20th Feb 2022
Practice 12	26th Feb 2022	27th Feb 2022	26th Feb 2022	27th Feb 2022
Proposed Annual Ball Saturday 5th March				
Practice 13	12th Mar 2022	13th Mar 2022	12th Mar 2022	13th Mar 2022
Showcase Saturday 19th and Sunday 20th March				
Practice 14	26th Mar 2022	27th Mar 2022	2nd Apr 2022	3rd Apr 2022
Practice 15	9th Apr 2022	10th Apr 2022	9th Apr 2022	10th Apr 2022
ICU Worlds				

Training Times

Week 1	Junior Freestyle Pom	Saturdays	1pm – 3pm
Week 1	Youth Freestyle Pom	Saturdays	2.30pm – 4.30pm
Week 1	Junior Hip Hop	Saturdays	4pm – 6pm
Week 1	Senior Freestyle Pom	Sundays	5pm – 7pm
Week 1	Senior Jazz	Sundays	7pm – 9pm
Week 2	Youth Hip Hop	Saturdays	1pm – 3pm
Week 2	Senior Cheer	Saturdays	3pm – 6pm
Week 2	Adaptive Abilities Pom	Sundays	5pm – 7pm
Week 2	Senior Hip Hop	Sundays	7pm – 9pm

From the schedule on the previous page, you may notice that that on 26th/27th February, 12th/13th March and 9th/10th April all Saturday training teams are in on the same dates as are Sunday training teams i.e. Youth Hip Hop, Senior Cheer, Youth Freestyle Pom, Junior Freestyle Pom and Junior Hip Hop in on the same dates and Senior Adaptive Abilities Pom, Senior Hip Hop, Senior Freestyle Pom and Senior Jazz in on the same dates. As such this will likely result in a slight time change i.e. shorter training times. At this stage of the season, athletes will be taking part in numerous showcases therefore we will not have training on days of the showcases. More details on changes will be communicated nearer the time.

Senior Performance Cheer (dance) teams should also notice the highlighted training dates for December that mean Senior Freestyle Pom and Senior Jazz will training two weeks in a row (5th & 12th Dec) where are Senior Adaptive Abilities Pom and Senior Hip Hop will have a two week break between practices.

Training Practice Set Up

At practice times, the Team Coaches will have a desk set up outside the hall, in the main foyer. Athletes should register at this desk and then enter the hall in time for practice. Should parents/athletes have any questions, they should direct these to the Head Coach in the first instance. The National Team Committee and Travel Manager will also attend practices but not every week. Should you need to contact them in the meantime, please use the email addresses on page 4. Our volunteers are under no obligation to respond to you on social media, particularly through their own private profiles so please contact us via the appropriate channels.

All payments to Team Scotland for class fees, trip payments and essential kit are included in the full package prices therefore there will be no need to make payments weekly classes. Optional extra kit will be available through online shops. No cash payments will be taken at classes.

Other Information

We understand that many of you will travel from all over the country therefore it may not be feasible for you drop athletes off and leave the venue. Centre 81 has a small café area although this is a private business therefore not always open. However, there is a nearby shopping centre with a supermarket, budget stores, and a multi-screen cinema. This is located at Clyde House, 170 Kilbowie Rd, Clydebank G81 2UA. More details can be found here <https://www.clyde-shoppingcentre.co.uk/>. There is also a soft play area, go kart track and Lidl 5 minutes from the venue.

TRAVEL INFORMATION

ICU World Championships April 2022

The 2021 World Championships however they usually take place on or around Wednesday 20th April – Friday 22nd April. Team Scotland will therefore fly out to Orlando the week before, leaving on Friday 15th April (Good Friday) and return Saturday 23rd April, a total of 9 days. As many families would prefer to travel together you will be responsible for booking your own flights, however, Team Scotland will arrange all accommodation and transfers for the 9 days you are required in Florida. It is essential that athletes arrive in Orlando this far in advance as athletes will be training in a local gym and it is beneficial for them to acclimatise to the change in temperature, humidity and time difference. If there are extenuating circumstances where athletes cannot travel on Friday 15th April, you should discuss this with the Travel Manager via the email address detailed on page 4.

Due to ongoing COVID-19 pandemic we ask that **you do not book flights** at this time unless you can be provided with a suitable refund or transfer. You should also be aware of any entry requirements for USA i.e. vaccinations. Prior to COVID-19, flight prices to Orlando generally varied from around £350-£650 each year. British Airways usually offer a Fly - Drive package in which flights can be paid up over a few months with deposits from £75 pp at time of booking. This does not mean you have to use the car provided as part of the Fly –Drive package - many of those travelling with Team Scotland in previous years have booked in this way but not utilised the “drive” part of the package. This is just a way to book flights and pay a deposit instead of paying the full balance at the time of booking. At this stage, due to the ongoing pandemic we ask that you do not book flights unless you can be provided with a suitable refund or transfer.

If your child is under 16 years and travelling alone, you will require a chaperone for your child. This can be any adult that parents/guardians feel can be responsible for their child as long as they are over 21 years and not already part of the team - including coaches. Coaches and athletes do not have the capacity to chaperone due to their own schedules of training and performances. Chaperones can be responsible for up to 3 people. If you are unable to arrange for a parent/responsible adult to chaperone your athletes for any reason, Team Scotland can provide chaperones however, there will be a £400 surcharge to help cover the costs of the chaperone. Team Scotland will therefore also book flights on your behalf to ensure your athlete is flying with their designated chaperone. These additional charges will be included in your payments. More information on this can be found on page 16.

The team will stay in Orlando until the day following ICU Championships (9 days in total) depending on available flights. You are, of course, welcome to extend your trip as long as you like however from the proposed dates, Fridays 15th – Saturday 23rd April, all athletes, chaperones and spectators will be required to stay with the team. This will allow coaches to co-ordinate training practices and ensure every athlete is accounted for during the trip whilst ensuring athletes have adequate supervision. You may also travel to Orlando earlier than the team however all athletes must be at their final practice in Scotland on 9th/10th April. If you wish to arrive before the team and/or have an extended trip after the team has returned to Scotland, accommodation and flights out with the aforementioned 9 days will be your responsibility.

Provisional ICU World's Trip Schedule

Friday 15 th April	Arrival in Orlando
Saturday 16 th April	Team evening pool party/bonding night
Sunday 17 th April (Easter)	No planned activities
Monday 18 th April	Team training
Tuesday 19 th April	Team training & move to Disney Hotel
Wednesday 20 th April	Youth and Junior divisions
Thursday 21 st April	Senior divisions (Day 1)
Friday 22 nd April	Senior divisions (Day 2)
Saturday 23 rd April	Depart Orlando (USASF competition day 1)
Sunday 24 th April	(USASF competition day 2)
Monday 25 th April	(USASF competition day 3)

USASF Add On

You will see from the schedule above that USASF Cheer and Dance Worlds take place on the days following ICU World Championships. This is a competition for All Star athletes from USA and over 40 countries from across the world to compete with their All Star team. As all ICU package prices include USASF spectator passes, we are offering athletes and their families the opportunity to extend their stay within Disney and attend Cheer and Dance Worlds. This is an optional bolt on that can be added to your package. Should you wish to discuss this further please email our Travel Manager.

Park Passes

As the ICU World Championships take place in Disney, athletes, spectators, coaches and officials are issued with a 3-day Disney Hopper Pass on the first day of competition (Wednesday 20th April). You

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can then use this pass to visit Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios®, and Disney's Animal Kingdom® Theme Parks out with competition times which will be arranged nearer the time of the trip. These tickets can also be upgraded to 5-day passes at an additional cost. Should you wish to visit Disney Parks prior to the competition starting; you will have to purchase tickets through a ticket vendor. These will not be co-ordinated through Team Scotland. This is also true of tickets for other Disney Parks, Universal Studios, Sea World and Busch Gardens.

PAYMENT INFORMATION

Trying out for Team Scotland and being part of the team is a very exciting and rewarding experience for any athlete but unfortunately this does not come without costs. At present, there is no funding available to cover athlete costs therefore, the trip is entirely self-funded.

SportCheer Scotland have developed a Team Scotland Package which includes the ICU competition entry, accommodation prior to the competition and all other costs associated with competing and travelling with the exception of flights and team kit/merchandise. The total package cost for athletes and spectators will vary depending on the number of people sharing and change with the exchange rate.

We are currently awaiting an update from ICU regarding pricing for World Championships 2022 therefore cannot confirm exact prices as of yet. We hope to receive this shortly and will provide an update as soon as possible.

Making Payments

In an effort to be cashless all payments will be made in the following ways:

- via our website (initial deposit and merchandise sales)
- via invoice (training fees, Team Package and any outstanding SportCheer Scotland fees)
- via bank transfer (World's Package)

Invoiced payments

Where payments are the same for a large number of athletes, you will be sent an invoice that you can pay at the click of a button. All athletes will receive at least 2 invoices to cover the cost of training fees as well as Team Package. Any additional outstanding charges such as SportCheer Scotland membership* and late fees will also be added to these invoices. Each invoice will provide a breakdown of items as well as a due date however you can pay before this date if suitable.

*All Team Scotland athletes are required to be SportCheer Scotland members as detailed in the Eligibility & Commitment section of our tryout pack. This can either be as an individual (£10) or as part of a club (£3). Club membership must be arranged via your All Star team head coach/programme owner. For more information check out www.sportcheerscotland.org.uk/becomeamember

Worlds Package Payments

As these prices are dependent upon the number of spectators attending and room occupancy, they will vary from athlete to athlete. You will therefore be emailed with your individual price based upon the information provided in your Travel Form. The first 3 payments will be £275 per person travelling (athletes and spectators) with the fourth payment being the final balance. All payments should be made via bank transfer using the details below. Payments should have athlete's reference number as the payment reference so we can align the payment to the correct athlete.

Account Name: Team Scotland

Account No: 10097306

Sort code: 20-29-24

Reference: TS###

Payment Schedule

Please see below payment schedule for package payments. Please note these are per person travelling including athletes and spectators. Failure to pay by dates below will result in an invoice with an additional late fee (5% of total due). If you wish to make earlier payments you are welcome to do so.

	Method	Due Date	Description	Amount per Athlete	Amount per additional team	Amount per spectato
Payment 1	Website	11 th September	Initial deposit	£50		
Payment 2	Invoice	30 th September	Training Fees (Sept – Dec) Team Package Payment 1 of 2	£80 £90	£80	
Payment 3	Bank Transfer	31 st October	Worlds Package Payment 1 of 4	£275		£275
Payment 4	Bank Transfer	30 th November	Worlds Package Payment 2 of 4	£275		£275
Payment 5	Invoice	31 st December	Training Fees (Jan - April) Team Package Payment 2 of 2	£80 £85	£80	
Payment 6	Bank Transfer	31 st January	Worlds Package Payment 3 of 4	£275		£275
Payment 7	Bank Transfer	28 th February	Worlds Package Payment 4 of 4	Final Balance		Final Balance

Cancelled Event Refunds

In the event that ICU Worlds is cancelled due to the ongoing pandemic or any other extenuating circumstance we will aim to refund as much of any monies paid to SportCheer Scotland as possible. Although all costs to you are provided to you in GBP (£), SportCheer Scotland pay all monies to ICU in USD (\$) and as such are subject to ever changing exchange rates. This can also be true of accommodation out with Disney as well as transfers. Invoiced payments such as training fees and Team Package will not be refunded as these payments cover costs required prior to the trip taking place.

Chaperones

As previously mentioned, if you require a chaperone service this will incur additional charges and make changes to the aforementioned payment schedule. Should this be the case your initial payment will remain £50 but further payments will have an additional £100 included to cover the cost of the chaperone. Subsequent payments will also be amended to reflect the cost of the athlete's flight but we will provide copies of your revised payment schedule upon receipt of your returned Travel Form.

FUNDRAISING

To help reduce the overall costs to athletes and their families, SportCheer Scotland offer fundraisers throughout the season. With on-going restrictions this may be more difficult than usual however we encourage people to think outside the box. Each year we aim to set up a fundraising committee made of parents from across the country. If you are interested in helping out and being part of your fundraising committee please let us know by contacting national.team@sportcheerscotland.org.uk.

To kick off our fundraising efforts, our Team Scotland Treasurer Kim Holland will be running a weekly bonus ball. This involves you picking a number between 1 and 59 and paying £2 per week. If your number is drawn, you will receive half on the money collected that week, the other half will go to Team Scotland funds. You can purchase as many numbers as you like. The funds raised are to reduce the overall costs for participating athletes. It is therefore an opportunity to encourage friends and family to purchase a number.

We will also host our annual Team Scotland Ball. This event generally takes place in March and is an opportunity for those unable to attend Orlando to see the athletes perform but also an opportunity to raise funds. The event will include a 3 course meal and a glass of sparkling wine. All athletes will be responsible for selling TWO full priced adult tickets as minimum. Thereafter, all tickets will be first come first served. More information on this will follow.

To keep up to date on fundraising opportunities, please join our fundraising group here:

<https://www.sportcheerscotland.org.uk/group/fundraising-2021-22/discussion>

TEAM SCOTLAND UNIFORM AND TRAINING KITS

Athletes' competition uniform hire is included in the total package price including poms and any other required props however athletes will also require kit to wear at two training sessions and three days of competition. There is a variety of essential and optional kit available for purchase for athletes and spectators. Please note that returning athletes may already have purchased some of these items and any outstanding orders from 2020 will be fulfilled as soon as possible.

For the 2021-2022 season we are also hoping to work with additional suppliers for a wider variety of items. These will be confirmed as soon as possible. You can purchase our current items from our website.

SportCheer Scotland Online Shop www.sportcheerscotland.org.uk/shop

- Navy SportCheer Scotland t-shirt £10.00 (essential)
- Navy Team Scotland Bow £12.00 (essential)
- Black "Scotland" crop top & matching shorts £50.00 (essential)
- Unified t-shirt £18.00 (essential)
- White vest £30.00 (essential)
- Navy Team Scotland Rhinestone Jacket £65.00

Teams may also require additional uniform items such as tights, earrings or cheer bows. These will not be included in package payments. Where athletes require dance shoes or cheer trainers they will be responsible for covering the cost of these.

We will also encourage supporters to buy the same t-shirts as athletes however this is optional and ask if supporters are not purchasing Team Scotland t-shirts, they aim to wear the same colours as the team.

Under no circumstances can athletes commission kit or merchandise using any of the following; Team Scotland, SportCheer Scotland, ICU, ICU Worlds, ECU, ECU Europeans. All kit or merchandise must come through SportCheer Scotland or our verified suppliers.

ANTI-DOPING AND THERAPEUTIC USE EXEMPTION

As International level athletes taking part in a provisional Olympic sport, all Team Scotland athletes must abide by the World Anti-Doping Code as set out by the World Anti-Doping Agency (WADA). This means that all athletes must;

- Comply with all “applicable anti-doping policies and rules.”
- Take responsibility for what you “ingest,” meaning what you eat and drink and anything that may enter your body. The essential rule is this: if it is in your body, you are responsible for it. In legal terms, this is called “strict liability.”
- Be available for sample collection.
- Inform medical personnel that they are obligated not to give you prohibited substances or methods. You must also take responsibility to make sure that any medical treatment you receive does not violate the Code.
- Co-operate with anti-doping organisations investigating anti-doping rule violations.

It is also SportCheer Scotland’s responsibility to ensure that athletes are aware of the code and co-operate with WADA in preventing use of prohibited substances within our sport. As unlikely as it may seem, there have been cases at ICU World Championships where athletes across the world have been found to be using prohibited substances.

In reality this means if an athlete is required to take medication that is listed on WADA’s prohibited list it is their/their parents’ responsibility to complete a Therapeutic Use Exemption form and declare this to ICU. Failure to do so can result in full team disqualification. Please note any number of common medications including painkillers, treatments for colds and the flu, asthma medications, and diet supplements can contain prohibited substances.

If you would like more information on anti-doping WADA has extensive information on their website including; an [Athlete Reference Guide](#) and [the prohibited list](#). These can also be found on the SportCheer Scotland website, www.sportcheerscotland.org.uk along with [ICU’s TUE form](#).

If you should have any questions or concerns regarding Anti-Doping or Therapeutic Use Exemption please do not hesitate in contacting us at national.team@sportcheerscotland.org.uk. In the lead up to competition time we will provide copies of the [ICU’s TUE form](#) and provide further guidance on this.

OTHER CONSIDERATIONS

Multiple Teams/Crossovers

Whilst we do not limit the number of teams an athlete can try-out for, Team Scotland may choose to limit the number of team athletes an athlete can participate in. This is to protect the athlete as long hours of back to back training can be both physically and mentally draining on athletes. It also puts the athlete at higher risk of injury. Where an athlete is offered a place on more than one team, they can refuse in favour of another discipline without fear of being dismissed from other teams. Should athletes choose to be on multiple teams it is their (and their parents if under 16) responsibility to ensure that they attend arrive practice ready to take part fully. This may also mean leaving and returning to a venue on the same day or multiple training days. Athletes in multiple teams will also be required to pay training fees for all teams.

Competing at USASF Worlds with All Star Programme

On occasion athletes may get the opportunity to compete at USASF Worlds with their All Star team and wish to be part of Scotland's National Team. Although this is possible, it can often result in an intense training schedule whilst in USA. The competitions are back to back, ICU 20th – 22nd April and USASF 23rd-25th April. If an athlete intends to compete at both competitions, they must inform Team Scotland Management as soon as possible. This will allow us to open a channel of communication with the All Star teams head coach to ensure we can work together. All Team Scotland athletes will be required to stay with Team Scotland for the 9 days required by the team.

All Star Team Competitions

We know that out with Team Scotland, athletes will be competing with their All Star team throughout the season and we absolutely encourage this as it allows athletes to continue to progress. However, this does mean that athletes will potentially miss practices which can be detrimental to the team. We therefore ask that all athletes speak to their All Star team's head coach and confirm which competitions they will be attending and provide as much advance notice as possible. This will allow Team Scotland management to look at rescheduling practices as required.

Chaperones

As mentioned in the **TRAVEL INFORMATION** section, SportCheer Scotland are willing to support families that cannot all travel to Florida, USA or Verona, Italy for whatever reason by providing chaperones for athletes under 16 years. For families, that are unable to travel together there are two options.

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1. Parents/guardians arrange for a trusted responsible adult to care for their child whilst travelling i.e. someone from their own All Star team, All Star team coach. These responsible adults will be charged as a spectator.
2. Parents/guardians request a chaperone from SportCheer Scotland and pay £400 surcharge per athlete. This chaperone will be recruited by SportCheer Scotland and will not already be attending the trip i.e. not the parent of another athlete travelling, not a Team Scotland Coach.

DATES TO REMEMBER

September 2021

4 th	Complete online Acceptance Form
11 th	Payment 1 due (£50)
30 th	Payment 2 due (£170 + £80 for each additional discipline)

October 2021

1 st	Complete online Travel Form
31 st	Payment 3 due (£275 per athlete/spectator)

November 2021

6 th /7 th	Last weekend for kit orders in time for Christmas and for ALL unified T-shirt orders
30 th	Payment 4 due (£275 per athlete/spectator)

December 2021

31 st	Payment 5 due (£170 + £80 for each additional discipline)
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January 2020

15 th /16 th	Last weekend for kit orders in time for ACDC Showcase/ICU Worlds
31 st	Payment 6 due (£275 per athlete/spectator)

February 2020

28 th	Payment 6 due (final balance)
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March 2020

5 th	Provisional date for Team Scotland Annual Ball and Showcase
19 th	Cheer Team Showcase at ACDC Allstarfest
20 th	Dance Team Showcase at ACDC Allstarfest

April 2020

15 th – 23 rd	ICU Worlds trip
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NATIONAL TEAM ATHLETE CODE OF CONDUCT

This shall be signed electronically however below is a copy for your records.

All athletes associated with SportCheer Scotland and Team Scotland will abide by a Code of Conduct, which includes the following provisions listed below. If any of these rules are violated SportCheer Scotland has the right and will take appropriate action to assign penalties, suspend or permanently remove athletes from any future association with the SportCheer Scotland or its members, events and properties.

Athletes shall:

- Uphold the honour and dignity of the sport of Cheerleading. In all personal contact with the athletes, coaches, volunteers, officials, judges, parents, spectators, the media, and the public, athletes shall strive to set an example of the highest ethical and moral conduct by being respectful and exhibiting good sportsmanship behaviour at all times. When wearing the Team Scotland uniform or training kit you must represent the Team and your country with the best behaviour.
- Not criticise other athletes, coaches, volunteers, officials, judges, SportCheer Scotland, the ECU or the ICU in front of spectators, but reserve constructive criticism for later, in an appropriate setting and environment, or in the presence of team/squad members if others might benefit. This includes online forums and social media.
- Be respectful of all SportCheer Scotland coaches, volunteer, officials and contact them through the appropriate and agreed-upon channels. This may vary for each team but under no circumstances should athletes contact the above mentioned staff through social media without their consent.
- Keep any information provided by Team Scotland within the Team. Team information must not be discussed out with the Team, this includes music, choreography, uniforms, and teaching techniques. Any Team Scotland choreography should not be used by teams or individuals and videos/music etc. should not be shared on social media.
- Not consume alcohol the day before, day of and during training sessions and/or competition as well as when in uniform or training kit. Athletes will also not consume illegal substances or performance enhancing drugs. If athletes require medication, they will be asked to complete a Therapeutic Use Exemption prior to competing in line with ICU World Anti-Doping Code.
- Notify and seek approval of SportCheer Scotland with regards to any media coverage including local and national newspapers to ensure it represents the ICU and Team Scotland in the best possible light. Any requests for such should be made via the Team Scotland Manager.
- Always be on time for class and be ready to work hard. Athletes must always have appropriate footwear, and training clothes with hair tied back and away from face. Athletes

should not wear any jewellery (exception of stud earrings for dance practices) to training sessions.

- Be a part of an All Star team, dance or relevant discipline group and remain with aforementioned group for the duration of the season in your chosen style (competitive or non-competitive) to keep up with fitness & technique.
- Attend all practices and showcases. If you are unable to attend for any reason, a reserve will perform in your space. In the event of absence, you must seek approval from your Team Coach and you are responsible for learning anything you missed before your next practice. If you have not learned your choreography the reserve may stay in your spot.
- Respect all Team Scotland costumes, poms, props and any other items provided by the Team Scotland. These items are the property of SportCheer Scotland and must be returned the way they were provided.
- Athletes should respect training spaces and ensure they are left tidy at the end of every practice. No fizzy juice or fast food should be consumed during practice or brought into the practice hall.
- Ensure all payments including trip, uniform/training kit and class fees are paid in line with agreed payment schedule to ensure athletes' place on Team Scotland. Failure to do so will result in invoices and late fees. Repeated failure to make payments will result in removal from the Team without refund.
- Recognise that all payments made to Team Scotland and SportCheer Scotland are non-refundable and non-transferable. SportCheer Scotland is a not-for-profit organisation therefore all monies paid are used to cover the cost of taking the team to ICU World Championships and ECU European Championships. If athletes drop out or are removed from the team, SportCheer Scotland is still responsible for covering the cost of athletes' uniforms, hotel and competition package therefore are unable to provide refunds.
- Ensure all and any individual fundraising is approved by SportCheer Scotland via the Team Scotland Manager before being arranged.
- Recognise that ICU, ECU and SportCheer Scotland are registered companies and as such no unofficial merchandise should be commissioned and logos should not be used without prior consent from SportCheer Scotland via the Team Scotland Manager.

NATIONAL TEAM ENTOURAGE CODE OF CONDUCT

This must be signed electronically by at least parent/guardian and all spectators however below is a copy for your records.

Definition: The Entourage comprises all the people associated with the athletes, including, without limitation, managers, agents, coaches, physical trainers, medical staff, scientists, sports organisations, sponsors, lawyers and any person promoting the athlete's sporting career, including family members.

The Entourage associated with SportCheer Scotland and Team Scotland will abide by a Code of Conduct which includes the following provisions listed below. If any of these rules are violated, SportCheer Scotland has the right and will take appropriate action to assign penalties, suspend or permanently remove associated athletes and their entourage from any future association with the SportCheer Scotland or its members, events and properties. The Entourage will also be expected to abide by the ICU Guidelines for Conduct of the Athlete's Entourage.

The Entourage shall:

- Uphold the honour and dignity of the sport of Cheerleading. In all personal contact with the athletes, coaches, volunteers, officials, judges, parents, spectators, the media, and the public, the Entourage will strive to set an example of the highest ethical and moral conduct by being respectful and exhibiting good sportsmanship behaviour at all times. When wearing the Team Scotland kit or attending a Team Scotland related event you must represent the Team and your country with the best behaviour.
- Not criticise other athletes, team, coaches, volunteer, officials, judges, countries, SportCheer Scotland, the ECU or the ICU in front of spectators, but reserve constructive criticism for later, in an appropriate setting and environment. This includes online forums and social media.
- Be respectful of all Team Scotland and SportCheer Scotland coaches, volunteer, officials and contact them through the appropriate and agreed channels. This may vary for each team but under no circumstances should the Entourage contact the above mentioned staff through social media without their consent.
- Keep any information provided by Team Scotland within the Team. Team information must not be discussed out with the Team and those attending the trips, this includes package prices, accommodation details and costumes.

- Notify and seek approval of SportCheer Scotland with regards to any media coverage including local and national newspapers to ensure it represents the ICU and Team Scotland in the best possible light. Any requests for such should be made via the Team Scotland Manager.
- Recognise that all payments made to Team Scotland and SportCheer Scotland are non-refundable and non-transferable. SportCheer Scotland is a not-for-profit organisation, therefore all monies paid are used to cover the cost of taking the Team to ICU World Championships and ECU European Championships. If athletes drop out or are removed from the team, SportCheer Scotland are still responsible for covering the cost of athletes and spectators travel package therefore unable to provide refunds.
- Recognise that ICU, ECU and SportCheer Scotland are registered companies and as such no unofficial merchandise should be commissioned.
- The Entourage shall act in good faith and demonstrate the highest level of integrity, in particular respecting the following principles:
 - Avoid conflicts of interest.
 - Fight against any form of bribery and take resolute and appropriate action against any form of cheating or corruption in sport.
 - Reject any form of doping; comply with the WADA code and support its programs
 - Refrain from any form of betting or promotion of betting activity on the athlete's sport
 - Refrain from any form of harassment
 - Refrain from any abuse of a position of influence

USEFUL LINKS

SportCheer Scotland Website www.sportcheerscotland.org.uk

Team Scotland Groups Page www.sportcheerscotland.org.uk/team-scotland-area

Online Forms www.sportcheerscotland.org.uk/forms

SportCheer Scotland Online Shop www.sportcheerscotland.org.uk/shop

Athlete and Coach Codes of Conduct www.sportcheerscotland.org.uk/documents-and-guidance

ICU Entourage Guidelines <https://cheerunion.org/about/documents/>