



## **Want to Join our Heat Family?**

### Cheer 101 and Cheer 102 Recreational Classes

Classes for any athlete looking to get into cheer without the commitment of competitive! No tryout required. Registration online.

### All-Star Novice

This program is for athletes who are just starting their competitive journey or families looking to compete with a lower commitment. No tryout required. Registration will begin in May.

### All-Star

This program is for athletes who are looking to experience everything that competitive cheerleading has to offer with travel competitions and a higher practice commitment. Register for tryouts online.

### Worlds

Our Worlds program is for our elite level athletes that are ready to take on the road to worlds with a high commitment level and training schedule. Register for tryouts online.



# WELCOME TO LONDON HEAT CHEERLEADING!

Dear Parents & Athletes,

Welcome to the world of All-Star Cheerleading and Thank You for choosing to join London Heat Cheer! As we prepare for our 17<sup>th</sup> Season, we anticipate a very exciting and successful year. Whether you are new to our program or a returning member, we are thrilled to have you join our team and we look forward to working together to make London Heat the best that it can be! We know that your athlete will learn lifelong skills, build lasting friendships, and work with some of the most dedicated coaches in London. **We take pride in the program we have built and know that your athlete will excel on and off the cheer floor as a part of our family.**

Our program believes in supporting all athletes in their athletic journey by encouraging them to be the best they can be. **We focus on developing skills not just for “winning” but to also develop beneficial life skills to help them in the future.** Cheer is a team sport which we believe is very beneficial for young and mature athletes to build self-confidence. Teamwork is the foundation of our program allowing your athlete to make memories and connection that will last a life time.

Please take the time to carefully read through this parent handbook. It has been developed to answer many of your questions and to allow you and your family to fully understand what being a member of London Heat Cheerleading is all about. Feel free to contact us if you acquire further explanation or if you have any questions.



Our Website - <https://londonheatcheerleading.com>  
Facebook - <https://www.facebook.com/LondonHeatCheerleading/>  
Twitter - [https://twitter.com/london\\_heat](https://twitter.com/london_heat)  
Instagram - @LondonHeatCheer



# Team Placement

Team Placements for the upcoming 2022/2023 season will look different this year, we have worked extremely hard to come up with placements that benefit every athlete and help us better understand each skill set for optimum success. Athletes from the 2021/2022 season will be placed on teams for the upcoming 2022/2023 season based on age, experience, and work ethic. New athletes will be placed based on age and experience level. This being said we do suspect our teams to be a bit more fluid this season. During the summer if we feel your athlete should be on a different team (either level up or down) based on skill level demonstrated throughout the summer training months we will be in contact with you to make the switch.

**If you are a returning athlete/ family we ask that you follow the steps below for team placement:**

1. A letter will be sent to your email address on file with what team you will be on this season. Please check your junk mail.
2. After the letter is received – log into the portal and sign up for the team you are on and your first payment will be processed within 10 days.

**If you are a new athlete please follow the instructions below for placement and registration information:**

1. Go to [londonheatcheerleading.com](http://londonheatcheerleading.com)
2. Go to “Placements” header drop down and click Registration
3. Option #2 for New Members
4. Complete Registration Form
5. Submit Registration
6. Proceed to Portal
7. Register for small group tryouts (under classes)
8. An email the following week will be sent with your placement!
9. Register for your team.

Please remember and respect that our coaching staff determines the best fit for all athletes, we reserve the right to make the choice that will be best for each team. We do not base teams solely on tumbling skills, cheerleading is made up of multiple components. Your athletes' ability to do building skills (stunting), jumps, performance, attitude, and non covid related attendance are taken into high consideration when we pick teams!



## 2022/2023 Training Schedule

| Team         | Name     | Summer Practices                           | Fall Practices   |
|--------------|----------|--|--|
| U8 Novice    | Fuel     | 5-6:30PM Monday                            | 5-6:30PM Monday  |
| U12 Novice   | Fire     | 5-6:30PM Tuesday                           | 5-6:30PM Tuesday   |
| U16 Novice   | Flames   | 6:15-7:45PM Monday                         | 6:15-7:45PM Monday   |
| U8 All-Star  | Spice    | 5:00-6:30PM Wednesday                      | 5:00-6:30PM Wednesday<br>3:00-4:30PM- Sunday                 |
| U12 All-Star | Dynamite | 6:00-7:30PM Tuesday                        | 6:00-7:30PM Tuesday<br>2-4:30PM- Sunday                      |
| U12 All-Star | Sunburst | 5:00- 6:30PM Thursday                      | 5:00-6:30PM Thursday<br>4:30-7PM Sunday                      |
| U16 All-Star | UV       | 7:30-9PM Monday                            | 7:30-9PM Monday<br>5:00-7:30PM Friday                        |
| U18 All-Star | Rays     | 6:30-8PM Wednesday                         | 6:30-8PM Wednesday<br>6-8:30PM Sunday                        |
| Worlds       | 5 Alarm  | 7- 8:30PM Tuesday<br>6:30– 8:30PM Thursday | 7-8:30PM- Tuesday<br>6:30-8:30PM Thursday<br>3-5:30PM Sunday |

🔥 We reserve the right to change the schedule at any time.  
🔥 Teams can be placed in the International or Cheer Canada divisions.

### Hot Shot Clinic

This season Heat is excited to offer Hot Shot clinics in August to give our teams superior training on their stunts, jumps and tumbling. The Hot Shot Clinics are mandatory for all teams, with the exception of novice teams (Fuel, Fire and Flames). The clinics will be as follows:

**Saturday August 20<sup>th</sup>:** 12pm-4pm – Spice/Dynamite/Sunburst

**Saturday August 20<sup>th</sup>:** 4pm-8pm- UV/Rays

**Sunday August 21<sup>st</sup>:** 12-6pm – 5 Alarm

It is important that we have all full teams attend these clinics to ensure that we are as effective as possible. So please plan your vacations accordingly.



## *Choreography Dates*

These dates will be **MANDATORY** Choreography Days. All athletes must attend, NO EXCEPTIONS. Missing even a part of those practices could hinder the team's overall success. Dates and Times are as follows:

Friday September 9<sup>th</sup>: Dynamite 4-8pm

Saturday September 10<sup>th</sup>: Sunburst 3-7pm

Friday September 16<sup>th</sup>: Rays 4-9pm

Saturday September 17<sup>th</sup>: UV 3-8pm

Friday September 23<sup>rd</sup>: Spice 4-7:30pm

Saturday September 24<sup>th</sup>: 5A 2-8pm

Friday September 30<sup>th</sup>: 5A 5-8:30pm

Friday September 30<sup>th</sup>: Fuel 4-6pm

Saturday October 1<sup>st</sup>: Fire 3-5pm

Saturday October 1<sup>st</sup>: Flames 5-7pm

## *Specialty Camps*

This summer we will be running two specialty camps that all of our athletes can register for at an additional fee. These camps are for our competitive athletes only and will focus on increasing and improving tumbling and stunting techniques with our high-level coaches and guest instructors.

**Tumble Camp**- July 30<sup>th</sup>-July 31<sup>st</sup>. This camp will be an intensive tumbling camp. Athletes will work daily on new skills \$129 plus taxes

**Elite Camp**- September 2<sup>nd</sup>-September 4<sup>th</sup>. This camp will work on all skills and have themed days and Friday Field Trip. This camp is a blast every season and always one of our summer favorites! Register through your online portal. Prices will be posted online \$199 plus taxes

## *Team Orientation*

We will be having a zoom parent meeting on Monday June 13<sup>th</sup> for introductions and to talk about the season.

**Orientation Session Monday June 13<sup>th</sup> 7pm**



# Competition Schedule 2022/2023

|  | Fuel | Fire | Flames | Spice | Dynamite | Sunburst | UV | Rays | 5 Alarm |
|---|------|------|--------|-------|----------|----------|----|------|---------|
| Kalahari<br>Sandusky Ohio<br>November 19-20 <sup>th</sup>                         |      |      |        |       | 🔥        | 🔥        |    |      |         |
| Cheer Expo<br>Brampton On<br>November 19 <sup>th</sup>                            |      |      |        |       |          |          | 🔥  | 🔥    |         |
| Cheer Challenge<br>London On<br>November 26 <sup>th</sup> or<br>27 <sup>th</sup>  | 🔥    | 🔥    | 🔥      | 🔥     | 🔥        | 🔥        | 🔥  | 🔥    | 🔥       |
| Cheer 4 The Cure<br>Oshawa On<br>December 3-4 <sup>th</sup>                       |      |      |        |       |          |          |    |      | 🔥       |
| Feel the Power<br>Hamilton On<br>January 21-22 <sup>nd</sup>                      |      |      |        |       |          |          | 🔥  | 🔥    | 🔥       |
| OCF Provincials<br>Brampton On<br>February 4-5 <sup>th</sup>                      | 🔥    | 🔥    | 🔥      | 🔥     | 🔥        | 🔥        |    |      | 🔥       |
| Ontario's<br>Kitchener On<br>February 18-19 <sup>th</sup>                         |      |      |        | 🔥     | 🔥        | 🔥        | 🔥  | 🔥    | 🔥       |
| Nfinity Champions<br>League<br>Atlantic City NJ<br>March 17-19 <sup>th</sup>      |      |      |        |       |          |          | 🔥  | 🔥    |         |
| Ontario Cup<br>Brampton On<br>March 25 <sup>th</sup>                              | 🔥    | 🔥    | 🔥      | 🔥     | 🔥        | 🔥        |    |      |         |
| Worlds<br>Orlando Florida<br>(Disney)<br>April 22-26 <sup>th</sup>                |      |      |        |       |          |          |    |      | 🔥       |
| All Star Worlds<br>Orlando Florida<br>(Universal Studios)<br>TBA                  |      |      |        |       |          |          | 🔥  | 🔥    |         |

**Competitions** are mandatory and do require travel. Please look carefully at the schedule and take into consideration the dates and fees that will be associated with competitions. Hotels are not mandatory except at Stay to Play events. Teams traveling to the US will require passports and travel insurance for each trip.



***All Canadian Competition fees are included in yearly tuition pricing this season.***

## **US Competitions that are not included are:**

*1. **Atlantic City** will be a team travel trip: Athletes will take the bus together and stay in rooms together. Junior athletes will have chaperones. Senior athletes will room together under the supervision of our coaches.*

*2. **All-Star Worlds** will be a family travel trip: Only teams receiving a PAID bid will be accepting the bid. Athletes travel with their families (or chaperone) and will be required to use the Universal package and stay on site at the resort. Pricing will not include airfare.*

*3. **Worlds** will be a team travel trip: Teams receiving a bid (regardless of Paid, Partial, or At Large) will be staying in a team house while attending Worlds. The Worlds Travel Package details including housing, registration, transportation, team gear, coaches' fees, parking etc, will be sent out after we receive our bid. Parents will be responsible for airfare and transportation to and from the airport.*

*\* Fees will be collected prior in Canadian funds and are calculated based on the US exchange rates at the time of registration.*

*\* A chaperone fee of \$100 for travel to and from Summit with the coaches will be available if parents can't attend.*

Fundraising opportunities are available all season to offset these costs.

## **Stay to Play Events**

Some events require us to stay at designated hotels to participate at that competition. For these events, links will be sent out with approved hotels that families can book.



# YEARLY TUITION OVERVIEW

Your yearly tuition will be as follows (**HST will be added to all fees**). The first payment will be run through your online portal when you register your athlete for their team in June. The remaining 9 payments will be run through your online customer portal on the 15<sup>th</sup> of each month.

| Team             | 10 Monthly Payments<br>(March last payment) |
|------------------|---|
| Fuel/Fire/Flames | \$126.39                                    |
| Spice            | \$209.34                                    |
| Dynamite         | \$209.34                                    |
| Sunburst         | \$209.34                                    |
| Ultra Violet     | \$209.34                                    |
| Rays             | \$237.71                                    |
| 5 Alarm          | \$276.59                                    |

## Inclusive Pricing

We offer inclusive pricing which is made up of Cheer Canada fees, insurance, team training gear, training fees, routine choreography, music, social fees, competition fees and showcase.

### Athletes will be responsible for purchasing the following items: Novice Teams

Competition uniform, competition bow or scrunchy, black cheer shoes. Uniforms will be used for a minimum of two seasons. We are on the first season of our new uniforms for Novice this year. The total for the uniforms will be \$250 plus taxes. We will collect uniform fees in two payments the first half on September 1<sup>st</sup>, the second half October 1<sup>st</sup>. Uniforms are non-refundable.

### Athletes will be responsible for purchasing the following items: All-Star Teams

Competition uniform, competition bow or scrunchy, black cheer shoes. Uniforms will be used for a minimum of two seasons. We are on the second season of our new uniforms. The total for the uniforms will be \$440 plus taxes. We will collect uniform fees in two payments the first half on September 1<sup>st</sup>, the second half October 1<sup>st</sup>. Uniforms are non-refundable.

## Sibling Discount

The second athlete in your immediate family will receive a \$150 discount from their total yearly tuition. The third sibling in your immediate family will receive a \$200 discount from their yearly tuition.

## Crossovers

Crossovers are athletes that will be participating on more than one team for the season. These athletes will be notified in team placement emails.

Crossovers fees will be \$500 + HST for the season. This payment will be processed through your online customer portal in three installments starting Sept 15<sup>th</sup>, Oct 15<sup>th</sup> and ending Nov 15<sup>th</sup>.



## NOTES

- 🔥 A credit card must be provided at the time of registration. If you wish to pay by cash or debit, you may pay in person at the office before the 15th of the month when the payment will be taken. This policy will also apply to any other fees that may be collected throughout the season (i.e. U.S. travel fees).
- 🔥 All fees listed above do NOT include HST.
- 🔥 Fees/Costs for all USA NOT included in the fees above. All USA competition fees will be collected/processed through your customer portal a minimum of four weeks before the competition date, along with travel and accommodation costs.
- 🔥 A \$30 NSF fee will be charged for all payments declined or returned.
- 🔥 Competition uniform fees (including bows, makeup, etc.) are separate.
- 🔥 Competitive cheerleading is a yearly/per season tuition. Fees are NOT monthly membership fees based on the month or times you attend. London Heat Cheerleading reserves the right to turn over all delinquent accounts to a collections agency and parents/athletes are responsible to pay all additional costs incurred.

## REFUND POLICY

- 🔥 The Registration Fee is NON-REFUNDABLE.
- 🔥 Competition Fees are NON-REFUNDABLE.
- 🔥 The team package fee is NON-REFUNDABLE.
- 🔥 Uniforms Fees are NON-REFUNDABLE
- 🔥 A \$50 administration fee applies to ALL REFUNDS requested.
- 🔥 There is a \$30 NSF fee for all payments returned NSF or declined.
- 🔥 Refund requests must be made to the program director. [jamie@londonheatcheerleading.com](mailto:jamie@londonheatcheerleading.com)
- 🔥 No refunds of tuition fees, competition fees, or trip expenses and/or deposits will be allowed if an athlete is terminated due to the athlete's and/or parents' violation of the code of conduct.
- 🔥 Trip deposits and payments are NON-REFUNDABLE.
- 🔥 Refunds are based on Tuition Fees ONLY. All other fees are non-refundable.
- 🔥 Refunds are processed as follows unless the athlete incurs serious health problems. A doctor's note will be required at the patient's expense and refunds will be processed from the date the doctor's note is received in the office.
  - 🔥 Within 10 days after the first payment- 100%
  - 🔥 Before August 15<sup>th</sup>, 2021- 75% of the fees not already pre-paid by the gym will be refunded
  - 🔥 No refunds of ANY remaining fees after September 1<sup>st</sup> 2022





## **GYM CLOSURES**

Canada Day – July 1<sup>st</sup> – July 3<sup>rd</sup>  
Summer Gym Closure - August 28<sup>th</sup> - September 2<sup>nd</sup>  
Thanksgiving – October 8<sup>th</sup> – 10<sup>th</sup>  
Christmas Holidays – December 19<sup>th</sup> – January 1<sup>st</sup>  
Family Day – February 20<sup>th</sup>  
March Break – March 11<sup>th</sup>-17<sup>th</sup>  
Easter – April 7<sup>th</sup> – 10<sup>th</sup>



# FUNDRAISING

## THE LONDON HEAT BOOSTER CLUB

The London Heat Booster Club is a separate, non-profit organization composed of a group of parent volunteers who arrange fundraising opportunities to help alleviate some of the costs of cheerleading. Booster Club meets monthly to organize fundraisers, discuss upcoming events and vote on subjects that may affect the best interest of the club.

Booster Club is made up of Co-Chairs, Treasurer, Secretary and one Team Parent representative from each team.

Booster Club requires fees paid by all athletes. These fees are used towards, but not limited to; coach's fees, travel costs, competition expenses, club events, yearend banquet, and many other important events/activities that support our teams. Members will be given a fee schedule closer to the end of fall. Fees range from (\$50-\$150)

Make sure to join our Facebook page, London Heat Booster Club, as we post all necessary information there. We can also be reached via email at [londonheatboosterclub@hotmail.com](mailto:londonheatboosterclub@hotmail.com)

Booster Club will be looking for one Team Parent representative from each team. We will be emailing out a short application form right after the team registration dates. Please consider joining the Booster Club. The more we fundraise, the less our costs!

You will be given several opportunities throughout the season to continue fundraising, and these funds can be applied to competition/travel costs associated with events that take place outside of Canada.

## LONDON HEAT BOOSTER CLUB FEE SCHEDULE

|                         |       |
|-------------------------|-------|
| Fuel/Fire/Flames        | \$175 |
| Spice/Dynamite/Sunburst | \$200 |
| UV/Rays                 | \$225 |
| 5 Alarm                 | \$250 |

All Booster Club fees must be paid in full by October 1, 2022 in order for your athlete to be able to continue training with London Heat.

An updated Booster Club manual will be available on the HEAT website & will be emailed to you. The Booster Club manual outlines all the rules & should answer any questions you may have.



# CLUB RULES & REGULATIONS FOR A SUCCESSFUL, POSITIVE SEASON

## Athlete Expectations

1. Athletes are expected to be at all practices, competitions, choreography and club events or team bonding activities.
2. Athletes are expected to be in proper practice gear for each practice.
3. Athletes are expected to follow the competition handbook and be fully ready for competition meet times.
4. Athletes must treat their coaches, administrative staff, competition staff and teammates with respect at all times.
5. Athletes are to be good teammates - no gossip, pettiness, bullying or alienating will be tolerated. These behaviors are grounds for dismissal from our program.
6. Each athlete must be aware that no person has a "right" to be a part of London Heat. It is a privilege.
7. Athletes will understand and respect that coaches reserve the right to alter/modify routines as needed. They will respect and support those decisions that are made in the best interest of and for the team.
8. Athletes are expected to maintain, at a minimum, the skills they performed at the start of the season. We reserve the right to move athletes if they are not able to maintain those skills.
9. Athletes must communicate with their coaches if they are sick or injured, or if there are any serious issues with other teammates. Each athlete must be able to communicate any concerns or issues with their coaches to allow proper recovery/solutions.
10. Training is exclusive to London Heat. Including tumbling and flying classes.

## Parents' Role & Responsibilities

1. Parents are expected to pay all fees and bills on time. Athletes with past due amounts will be asked to sit out of practice.
2. Parents are expected to support the team and the club by supporting their athlete in a positive manner.
3. Parents must support their athlete's commitment to the team by ensuring they are at practice and by following our attendance policy.
4. Parents must stay informed by reading all emails and by checking the Facebook page.
5. Any adult that has been criminally charged with a crime involving a minor must disclose this to the Director at the start of the season.

## Club Rules

1. Our goal is to teach athletes the responsibility that comes from a competitive team sport. This means that we rely on parents to help us enforce our attendance policy by ensuring that your athlete does not let her team down. Removing cheer from your child's schedule is not an acceptable form of punishment as this impacts the entire team.
2. London Heat strives to maintain a positive atmosphere at all times and we take this very seriously. We are happy to discuss any concerns individually; however, continued negativity will not be tolerated. If you have a concern, please address it with the program director so that we can solve it or explain it.
3. We recommend that athletes be dropped off for practice. Parents staying to view can sometimes be a distraction for the athletes while training. We will open viewing many times throughout the season for parents to view their athletes' progress. Tiny and Mini parents are welcome to stay for practice, but we ask that they do not distract the athletes.
4. Social Media Policy - Anyone associated with London Heat must refrain from posting negative thoughts about the team, gym, coaches, competitions, or other programs on any form of social media. The only acceptable method of addressing concerns is with the appropriate person directly.
5. To use the London Heat logo or brand, permission must be obtained from the LGA/London Heat office. No soliciting for any sales using our program will be tolerated.

## General

1. Good sportsmanship is a win-win! Please treat all athletes and programs with respect.
2. Hard work and dedication will result in a great season!

**Any infractions from the above rules can result in removal from the program.**



# CODE OF CONDUCT & COMMITMENT FORM

## ATHLETES

I agree to treat the coaches, other athletes on my team, other London Heat team athletes and those in other cheerleading programs with respect and good sportsmanship at all times.

I understand my ideas are welcome, but speaking back to my coaches, treating my coaches inappropriately, swearing or making inappropriate gestures could result in dismissal from the team.

I agree to refrain from speaking poorly about others in the program, during practice, outside of practice and on message boards/talk forums/ internet, etc.

I agree to attend all practices to the very best of my ability, without being late. I understand being on a team requires commitment and my attendance is crucial.

I understand health, fitness and general wellness are a major component of my sport; therefore, a healthy lifestyle is strongly encouraged.

I will be gracious in victory and defeat, and be as cooperative as I am competitive.

I understand missing excessive practices within the year will constitute my being asked to leave the team with no refund after being given three warnings by the head coaches.

## PARENTS

I have read through the above with my child and he/she fully understands what is expected in the London Heat cheerleading program and will comply by this Code.

I understand all team expectations, including attendance, scheduling and monetary expectations for the team my child will be joining.

I understand the importance of my child attending all practices, being on time and London Heat's intention of teaching my child responsibility and accountability.

I understand that parents are asked to drop off their children for practices and pick them up at the end. I understand that feedback is welcome, but I will respect the coaches and their authority during practices and competitions by never questioning, discussing or confronting coaches at practice or competitions, and will take time to speak with them at an agreed-upon time and place (not in front of others).

I understand that stunts and routines are created with the safety and ability of all athletes in consideration. I understand that by registering my child I am putting trust in the experience of London Heat coaches and will not insist my child or her/his team engage in stunting beyond their ability as determined by the coaches.

I understand my child will be coached through progressive training to ensure his/her safety.

I understand competition arrival times as designated by the coach must be respected in order to allow the coaches sufficient time to prepare the athletes for competition. Exceptions will apply for emergency situations only.

I understand competition arrival times, as designated by the coach, must be respected in order to allow the coaches sufficient time to prepare the athletes for competition. Exceptions will apply for emergency situations only.

I understand if my child cannot compete at certain competitions, I must advise the head coach two months prior, unless for medical emergencies.

I also understand that my child may have minimal participation in routines following such absences due to the difficulty of reworking established routines. Travel team athletes must compete at all competitions unless injured.

I have read and understood the refund policy. If stop payments are placed on cheques to avoid the policy, my account will be forwarded to a collections agency.

I also understand that there is a \$30 NSF charge for any cheque returned NSF will full replacement value in cash or certified cheque. I understand there will be late fees charged if I am late with payments for trips, etc. due to London Heat incurring late fees; unless I have spoken to office administration in advance.

I understand I will be required to attend team meetings and must keep myself up to date on team functions, practices, etc., by using the London Heat BAND [account](#) as the minimal paper will be distributed.

I will not engage in any kind of unsportsmanlike conduct with any coach, athlete or parent. I will be a positive role model for my child by showing respect and courtesy and demonstrating positive support for all players, coaches, parents and spectators at every practice, competition or other events.

I will refrain from "coaching" my child or other players during practices and competitions. I understand the coaches choose specific spots for athletes on the team in order to help athletes gain confidence and self-esteem and to give the opportunity to develop certain skills. I agree NOT to interfere with the coach's decisions as their interests lie in encouraging athletes to be safe and to be team players. All athletes, regardless of their role, are crucial to the teams' success.

I will teach my child to follow the rules and to resolve conflict without my resorting to hostility or disrespectful behaviour towards others.

I will emphasize skill development and practices and how they benefit my child. I will emphasize the importance of being committed to his/her teammates and London Heat.

I also agree that if my guest(s) or I fail to abide by the aforementioned rules and guidelines, I/we will be subject to disciplinary action that could include, but is not limited to the following: Issuing a verbal warning to cease and desist all inappropriate action; Individuals will be ejected from the practice or competition area; Practice/membership suspension with written documentation of the incident kept on permanent record by London Heat.; Removal of the athlete from the team; Legal action taken against the parent for non-payment of fees, and/or debts owed to London Heat, or if slander against London Heat is utilized, charges will be laid if necessary.

## TRAVELING CODE

All athletes representing London Heat are required to conduct themselves in an appropriate manner.

Athletes are not allowed to use and/or have in their possession of alcoholic beverages, drugs or weapons at any time.

Appropriate behaviour is mandatory. If the behavior is unacceptable to the coach, the athlete may be withdrawn from the competition and sent home at his/her expense. In extreme cases, he/she will be removed from the team.

Hotel etiquette of the highest caliber is crucial. Damaging property, injuring or disrupting hotel guests or teammates could constitute suspension from the team. As travel is intended to be an enjoyable experience for the team, all athletes are expected to abide by the aforementioned rules to allow for the safety, well-being and enjoyment of all members on the team.

**Registration of your athlete will be considered acceptance to the above handbook.**