

# **SOLID ROCK CHEER CENTER PRIVATE TEAM CAMP POLICY AND PROCEDURES**

1. **This spot will be held for you until we are notified by you otherwise.**
2. **Please be aware of the nature of team training, there may be “down time” during stunting or individual instruction. Team coaches and instructors should be hands on in helping keep the team engaged.**
3. **All payments are due 2 weeks prior to camp booking.**
4. **To ensure that your private time is used to the fullest; please arrive 10 minutes prior to your private for stretching.**
5. **Proper clothing must be worn. Bloomers and Sports Bras worn at all times.**
6. **No gum, food or drinks are allowed in the gym. Please leave them in the viewing room.**
7. **No jewelry, including body and oral is allowed.**
8. **Hair must be in a high ponytail.**
9. **No cell phones or electronic devices are allowed in the gym areas.**
10. **Equipment is off limits without an instructor.**
11. **Parents and guests are to remain in the viewing area or sitting areas provided.**
12. **At no time is a non-gym member, including siblings, allowed on the cheer floor, or equipment. (Parents must control their children)**
13. **If you have an issue with your instructor please approach them first, if the issue cannot be resolved, contact the director.  
(727) 548-ROCK or e-mail [rsallstars@gmail.com](mailto:rsallstars@gmail.com)**