



Policy & Procedure Book

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Last Update: 06/01/2025

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I. General Rules & Safety Procedures

Here at Main Street Athletics L.L.C. we have set policies and rules in place to ensure the safety of our athletes, staff, members, and spectators. We expect all people involved with Main Street Athletics L.L.C. to abide by the following gym rules and safety procedures. Failure to do so may result in the loss of privileges and/or possible suspension or expulsion from the program.

A. Follow proper dress code (see Dress Code section II.)

B. No food or drink allowed in Gym (gum & candy included)

C. BE SAFE

a. Follow Directions

b. Use a Walking pace inside the facility (unless instructed otherwise)

c. Stretch & Warm Up before practice or any tumbling or jumping

d. Be aware of your surroundings

e. Only use equipment when instructed to

D. No shoes or socks on equipment (with exception of Cheer Shoes)

E. Treat Others with Kindness & Respect

F. Strive to represent yourself and Main Street Athletics in a positive manner. (See Conduct Policy section III.)

G. Athletes are to wait inside until their ride arrives. Main Street Athletics L.L.C. is not responsible for athletes outside of gym doors.

II. Dress Code

Main Street Athletics L.L.C. has an established dress code to ensure safety for our athletes and proper maintenance of equipment.

Clothing

Most athletes prefer to wear a leotard, however t-shirts and athletic shorts are just as good. We ask that the midriff be covered. Make sure the clothing is tighter fitting. Loose clothing while performing various skills during these sports offered pose a higher risk for injury. Bare feet are ideal for tumbling classes (socks allowed with exception of medical condition), cheer classes will require purchase of cheerleading shoes. **NO BUTTONS, ZIPPERS OR HARD EMBELISHMENTS ALLOWED ON CLOTHING.**

Hair

Hair must be secured off the shoulders and out of the athlete's face with a hair binder, or bobby pins. **NO HARD HAIR CLIPS.**

Hygiene

Since we are dealing with various stages of puberty, we ask that parents use their discretion in teaching hygiene proper for athletes. Providing your child with an understanding of the use of deodorant, sports bras, and showering after practices will help keep our facility clean and the training environment friendly for all involved. Athletes emitting offensive odors and uncleanness will be dealt with discreetly by coaching staff as needed.

Jewelry

NO JEWELRY is to be worn during practices, classes or open gym. Including but not limited to Earrings, nose piercings, belly button piercings, necklaces, bracelets and anklets.

Exception: small studs may be worn during the piercings healing stage.

III. Conduct Policy

Main Street Athletics L.L.C. expects all athletes, staff, coaches, volunteers, parents and any other persons with involvement in Main Street Athletics L.L.C. to lead by example both in and outside of the gym. We strive for our athletes to be responsible and engaged members of Main Street Athletics L.L.C. as well as their community. The following rules apply to all athletes, staff, coaches, volunteers, parents, and any other persons involved with Main Street Athletics L.L.C..

Vulgar Behavior

We will not tolerate vulgar behavior during class or at any of Main Street Athletics L.L.C.'s events. Including but not limited to vulgar language (discriminating words, bullying, swearing), disrespectful behavior towards coaches, staff, volunteers, participants, or spectators. Any offenders will be asked to leave the facility or event.

Violence

You are expected to have no engagement in violent acts, such as assault on persons or property, hate crimes, hazing, stalking, sexual violence, and any other act of violence prohibited by law both in and outside of Main Street Athletics L.L.C.'s facility while associated with Main Street Athletics L.L.C..

Alcohol/Drug Use

Main Street Athletics L.L.C. is a tobacco and alcohol-free facility. We will not tolerate any drug or alcohol use by our athletes both inside and outside of Main Street Athletics L.L.C.'s facility. Consequences will be dealt with the parent, athlete(s) involved and the coaches. Any adults under the influence of alcohol or drugs while at the facility or during an event while representing Main Street Athletics L.L.C. will be asked to leave.

Cyber Space

Athletes, coaches, and staff at Main Street Athletics L.L.C. are expected to not post, forward, share, or engage in any offensive content that reflects negatively on yourself, your team, and Main Street Athletics L.L.C. on social media of any kind. Social media includes, but is not limited to texting, Twitter, Snap Chat, Tik Tok, Instagram, Facebook, YouTube, and any media sharing over any platform.

Participation and Attendance

Participation and Attendance are a vital part of cheerleading. Competitive Teams will have a separate attendance policy. Recreational athletes that have missed school due to illness should not attend class. *We offer up to 2 make-up classes per athlete per season. You must contact your head coach to select the make-up class.

Traveling

When traveling to events sponsored by or in association with Main Street Athletics L.L.C. athletes, coaches, and staff are expected to prioritize safety, behave in alignment with the policies held and treat everyone with respect.

Academic Standing

Student athletes are to take responsibility for their academic studies.

Athletes participating in competitions are to maintain a C grade point average. A transcript/progress report will be required two weeks prior to competition.

Academic Suspension

We expect student athletes to behave well in school by following the Main Street Athletics L.L.C. policies outside of the facility. Athletes are to represent themselves, their team, and Main Street Athletics L.L.C. well. Athletes participating who have been suspended from school will not participate in up to three practices and one competition upon review of their offense at

the discretion of Main Street Athletics L.L.C. staff. Suspended athletes are still required to attend any practices and competitions during their suspension. Failure to attend any practice and/or competition during suspension will require the student athlete and their parent/guardian(s) to meet with the owner, Micaela Howley, before participation can resume.

Academic Expulsion

Athletes participating in Main Street Athletics L.L.C. who become expelled from school and their parent/guardian(s) will be expected to meet with the owner, Micaela Howley, to decide on further disciplinary actions.

IV. Payment Policy

At Main Street Athletics L.L.C. we accept payments of cash, cards, and check.

Please note if you have a returned check, you will be charged an additional \$25 fee. For Class Specific Rates and Payment Options please visit our website at: <https://www.gomotionapp.com/team/mnmsa/page/home>

Rates

Tuition rates vary from class to class and session to session. Current tuition rates can be found on our website: [Main Street Athletics LLC Home](#)

Payment Options

All invoices are sent through the Full Out Software; payments can be made via credit/debit cards through Full Out Software, in person payments of cash, check and card can be made as well.

Billing Cycle

Invoices will be sent on the 1st of the month through Full Out Software. All payments are to be made by the 15th of each month.

Athlete Withdrawal

If your athlete chooses to withdraw from class during session, a written note must be sent to Main Street Athletics via email: main.st.athletics@gmail.com prior to the start of the next billing cycle, the 1st of the month. Failure to send a written

note prior to the start of the next billing cycle (1st of the month) will result in the next cycle of billing to be charged.

Uniform and Clothing Charges

Each year Main Street Athletics has an event T-Shirt used for all showcase events, parade, or performances. We aim to keep the T-Shirt at \$20 or under. Uniform fees for Competition Teams are described at our Parent Athlete Meetings and in the Go Motion App.

V. Class Cancellation & Makeup Policy

Weather Cancellation

Main Street Athletics L.L.C. will follow school district 2342 (WEST CENTRAL AREA SCHOOLS) weather cancellation. If school or after school activities are cancelled for the school district 2342 due to weather, all events at Main Street Athletics L.L.C. will be cancelled. To make up for the missed class you will be refunded a class credit to use in the future or a make-up class day will be scheduled. The make-up dates will be determined by the staff and you will be given a 2-week notice. If you are unable to attend the makeup class no refund will be given.

Cancellation by Staff

If the coach is unable to attend class due to illness or personal reasons, we will have a substitute available. If neither the head coach or substitute coach are able to attend class, a class credit will be given out to use for future or make-up class days.

Parents are welcome to be a substitute if you are interested in becoming a substitute coach please contact the owner, Micaela Volker, for more information.

VI. Privacy Policy

As stated previously, Main Street Athletics L.L.C.'s main priority is safety.

With safety comes privacy. Photographs and videos taken by staff are

only allowed for the athletes whose parents have signed the Permission to Photograph Form (Available through our online enrollment). Our staff is to keep all contact information, payment information, and enrollment forms of members, athletes, and other staff private. Unless given permission from the respective person in writing.

Any person who volunteers to drive athletes to an event must understand their phone number is no longer private to guardians of the minors they are transporting. Your phone number will be given to the guardians of all minors. Our program requires a background check upon hiring staff. Staff will not be hired unless their background check is clear. All credentials of our staff and directors is available to be viewed upon request.