

MCCA GYM RULES 2024

- Parents/ Guardians/ Guests are not allowed in the gym at any time unless invited by a MCCA Coach.
- All Practices are CLOSED.
- Athletes won't be allowed onto the mats unless it's their scheduled class time, or if a Coach asks them to come in and assist.
- Proper practice appearance and requirements must be followed:
 - Hair in ponytail.
 - MCCA Practice attire (MCCA t-shirt, shorts, and appropriate shoes)
 - No Jewelry allowed. If your Athlete has recently been pierced then they'll need the piercing taped or covered up appropriately for practices.
 - If your Athlete is a tween or teenager please make sure they use proper hygiene. Deodorant is essential especially if they're coming straight from school or aftercare.
 - Fingernails are to be kept short (No false nails or tips).
- Once practice has started, Athletes are expected to stay with their Squad until dismissed.
- Excessive talking, playing, back talk, tardiness, or refusal to follow gym rules will result in Conditioning, Probation, or Removal from the Squad.
- All fees must be kept current. Parents that needs to talk about fees must schedule a private meeting with a Board Member.
- Athletes are NOT allowed to wait outside for a ride or to be picked up. They must wait inside the gym for their parent or guardian.
- Negative discussions about MCCA, Coaches, Teams, and/or students WILL NOT be tolerated and will result in Sitting out of Practices, Probation, or Removal from the Squad.
- Each Athlete must assume that the role they play is just as important as the next person in the squad. No position on the Squad is more important than the next.
- No Drugs or Alcohol usage by a minor is allowed.
- All Parents and Athletes within this program are expected to be strong representatives of MCCA. Abusive behavior, lying, stealing, or any other negative behavior by any of our members, Athletes, or parents is a direct result in dismissal from the program. Bad attitudes, back-talking, rolling of the eyes, and any other forms of disrespect to the Coaching Staff or other Team Members will be grounds for dismissal. Negative comments about Team Members, other programs, or other parents will not be tolerated. Being part of MCCA means that we're expected to respect others and each other.
- NO Photography or Videos are to be posted on social media from any ICA competitions. MCCA will be fined if there's any videos posted of us or any other competitions.
- Athletes, Coaches, and Junior Coaches are not to partake in any derogatory or distasteful music videos, TikTok, Instagram shorts, Facebook posts, or any type of social media posts that disqualify or threaten the integrity of the MCCA Program.
- All younger children or siblings waiting in the lobby must be properly watched and controlled by a parent or guardian.