

2023 PINELLAS PARK THUNDERBIRDS PARENT RESPONSIBILITIES FOR CHEERLEADING

- ___ (Initial) You understand that this is a big commitment and that this will be priority over any other activity.
- ___ (Initial) Parents are required to volunteer 2 practice nights, and 1 game day.
- ___ (Initial) All cheerleaders and parents are responsible for participating in league & team fundraisers and events.
- ___ (Initial) You are responsible for bringing your child and making sure they are on time to and from practices, games, and competitions.
- ___ (Initial) You agree to have your child attend every practice and game, unless your child is sick.
- ___ (Initial) You are responsible for bringing all assigned items to games (i.e. bloomers, hair tie, cheer shoes, cheer bag, etc.) It is the parent's responsibility to purchase another set if these items are lost.
- ___ (Initial) Parents are responsible for making sure their child has a change of clothes for after each game and competitions. **No cheerleader will leave in uniform under any circumstances.**
- ___ (Initial) You are aware that ALL UNIFORMS are the property of the Pinellas Park T-Birds. The cost of damaged, lost or stolen uniforms will be your responsibility. The cost to replace the uniform will be \$200.
- ___ (initial) Cheer Package payment is due by the assigned due date. **You** understand that your daughter will not receive her cheer package and will not cheer if this is unpaid.
- ___ (initial) You are to direct any problems or concerns regarding your team to the Coaches & Coordinators. You are at no time to stop a coach in the middle of practice or a game to discuss an issue. Discussions are to be held before practice or after practice and away from the children.
- ___ (initial) You agree to be supportive and respectful to all teams and the coaches who instruct them. Yelling, using profane or inappropriate language and/or bad mouthing will not be tolerated. You will be asked to leave should this occur.
- ___ (initial) You understand and give permission for your child to be checked for jewelry, belly rings, and tongue rings. These items are not allowed while your daughter is at practice, games, or competitions.
- ___ (initial) You agree **NOT** to let your child wear acrylic nails, nail polish, and temporary tattoos at any time during the season. Further, there is to be no glitter, face paint, shimmery/glittery make up while in uniform.
- ___ (initial) You understand that as competitions get closer the amount of practices will increase. Every practice should be considered mandatory.

- ___ (initial) You understand that any problems away from the field could affect the team



at the field. Therefore, with all the children participating in Facebook and other social media, we ask that you act in a mature manner. The manner in which to address issues within the organization or any team is by reporting up through the proper channels and grievance process – not via the internet.

Any board member, coach, parent, or child found creating issues for the league or their team via social media may be removed from the team. Facebook and other social media should be used as a fun, friendly way to keep in touch and not to cause hardship within the league, a team, or on any one individual.

____ (initial) You understand and agree that your child’s photograph may be used in a flier, yearbook, or on the official T-Bird website. Further, that you agree not to post any videos of cheer routines on social media (facebook, youTube, etc.) until the end of season when competitions are over.

____ (initial) You understand that for the safety of all T-Bird football players and cheerleaders, only Badged, Board Members and Fl Elite background checked individuals may be on the field during practice and game times.

____ (initial) Parents are expected to dress appropriately at all T-Bird functions and practices. Please remember this is a family friendly environment.

Remember we are all here to cheer and have fun. The coaches and board members are volunteers who willingly dedicate many hours to your children. Please give them as much help, cooperation, respect, and support as this will guarantee a successful season.

By signing this document, I agree to abide by the rules of the Suncoast Youth Football Conference, Pinellas Park T-Birds, and cheerleading coordinators.

Parent Signature: _____ Date: _____

Cheerleader Name: _____ Squad: _____



2023 PINELLAS PARK THUNDERBIRDS CHEERLEADING RULES & CONTRACT

I understand that each position on the team has equal importance. I will do my best for the team in any position I am placed. We are all special.

I agree to follow all the rules the Fl Elite, Pinellas Park T-Birds, cheer coordinators, or team coaches have set for me and my team.

I understand it is the responsibility of my parent to provide transportation to and from games, practices, and competitions.

I will be respectful and maintain a positive attitude. I understand that if I behave in a manner unbecoming, I may be removed from the squad.

I will attend all practices and games. I realize my absence hurts the team.

If I am going to be absent or late, my parent will notify my Head coach before practice or game starts.

I will stay focused and serious while stunting or tumbling. (I will not talk.)

I will bring a water bottle to practice – breaks will be short.

My hair will be pulled back and I will not wear jewelry of any kind - this includes tongue ring, belly ring, and/or "beginner" earrings- while at practice or games- NO EXCEPTIONS. **I understand that I will be checked for this at any time.**

I will wear appropriate clothes to practice (including a sports bra). No jeans, jean shorts, half shirts, spaghetti straps, pajamas, etc. No Heelys, Vans, Converse-like – these are not appropriate or safe for cheer.

I will display good sportsmanship when representing the Pinellas Park Thunderbirds regardless of how other teams/organizations behave.

I will discuss any concerns with my coach first. I will not disrupt my team. I will treat each teammate with respect and kindness.

I will make sure my uniform and shoes are neat and clean. I will not eat or drink anything besides water while in uniform.

I will not wear nail polish, even clear or acrylic nails or jewelry.

I will not wear make-up or lotion that is shimmery or glittery. I will not wear glitter in my hair.

I will bring a change of clothes to every game as I am not permitted to take my uniform home.

I understand the T-Bird uniform is only to be worn for games, competitions, and other T-Bird events. Uniforms will be handed out the last practice before a game and collected immediately after the game. Under no circumstance will a cheerleader leave the field wearing a uniform.

My hair will be uniform as decided by my coach or coordinator.



I will arrive on time to games, dressed and ready to warm up and Check-in.

I understand that while I am being checked in by the other team I will be courteous to the coach, instructor and/or coordinator who checks me in.

I understand that I must show support to the other cheerleaders within my organization. **I understand that this is not a choice at the T-Birds and agree to respect my fellow cheerleaders and coaches within the organization. We are a family.**

I understand that any problems away from the field could affect the team at the field. I understand that I am expected to use all Social Media respectfully. If I have a problem with anyone within the T Bird organization, I will discuss my problem with my Coach or Athletic Director.

If I am found creating issues for the league or my team via social media, I understand that I may be removed from the team. Facebook and other social media should be used as a fun, friendly way to keep in touch and not to cause hardship within the league, a team, or on any one individual.

I agree not to post any videos of cheer routines on social media (facebook, youTube, etc.) until the end of season when competitions are over.

I understand that it is my responsibility to stay hydrated and to bring water to every practice.

I have reviewed a copy of the Cheerleading Demerit Policy and agree to follow it.

By signing this form, you agree to abide by all the rules and expectations stated in this contract.

Parent Signature: _____ Date: _____

Cheerleader Signature: _____ Squad: _____

**2023 PINELLAS PARK THUNDERBIRDS
CHEERLEADING DEMERIT POLICY**

Demerit. Description

1. Hair not pulled back and kept neat.
1. Improper clothing, including shoes at practice



1. Wearing game shoes, socks, etc. to practice
1. Tardy returning from break
1. Chewing gum or eating candy during practice or game
1. Talking during practice or a game without permission.
1. Leaving early without permission.
1. Not returning notes of documents sent home for signature
1. Wearing jewelry (Having CC or coach ask to remove)

2. Failure to bring a change of clothes to game
2. Eating/drinking (other than water) while in uniform.
2. Missing practice without informing coach before. (no phone call, etc.)
2. Tardy (to game or practice without approved excuse.)
2. Wearing nail polish to games, having nails too long, or acrylic nails.
2. Not wearing a complete uniform (including hair tie)
2. Not returning uniform when instructed by coach (Midgets, Competitions)

3. Talking or horsing around while stunting
3. Disrespectful to any other team member. (practice, game, on-line)
3. Uncooperative, inattentive, or failure to follow instructions
3. Unexcused absence from game
3. Unexcused absence from practice

4. If suspended, not attending game in full uniform
5. Inappropriate language in any form
7. Physical fighting

And to include any other demerits and demerit value communicated by the Cheer Coordinators and/or Coaches

Weekly Consequences

- 3-4 demerits. Standing out first quarter
 5-6 demerits. Standing our first half and half time
 ***7 or more. Standing out whole game plus Cheerleader will be evaluated by Coordinator and/or Grievance Committee for possible dismissal from the team

Demerits will be totaled on a weekly basis with each week starting over with zero. Any time a cheerleader receives enough weekly demerits to stand out a quarter, it will result in a Strike. Both Parent and Cheerleader will be required to re-sign their contracts for Strike 1 and Strike 2. If Cheerleaders receives 3 strikes, Coordinators will evaluate with coaches and/or Grievance committee, the dismissal of Cheerleader from their squad.

*****Depending on the severity of any infraction, the Cheer Coordinator reserves the right to dismiss after first instance.**



Parent Signature: _____ Date: _____

Cheerleader Signature: _____ Squad: _____



2023 PINELLAS PARK THUNDERBIRDS

ADDENDUM TO THE CHEER PARENT/CHEERLEADER CONTRACT AND DEMERIT PACKAGE

This agreement below, when signed, is notice of probation for _____ to participate in the Pinellas Park T-Birds cheerleading.

With the privilege of cheerleading also comes accountability and consequences for our actions. By signing, cheerleader agrees to the following conditions in order to remain a Pinellas Park T-Bird cheerleader.

1. Home & Family – Cheerleader agrees to be respectful to her parents and family, abide by the rules of their home.

2. School – Cheerleader agrees to maintain higher than a ‘C’ average (hopefully higher), and willing to share her progress reports or status with Cheer Coordinator. She also must maintain good behavior record in school (no referrals).

3. T-Birds – Cheerleader will participate fully on her team, while being a great example of individual athlete and teammate.

If any of the above - or conduct/behavior unbecoming representing a Pinellas Park Cheerleader – then she will be dismissed from the squad without any further chances or meetings.

For our part – We, the T-Birds (Board, Cheer Coordinators, Coaches) are here to support you and provide you with a great youth recreation experience. We promise to support all your good behaviors and efforts in home, school, and on the field.

_____ Cheerleader

_____ Parent

_____ Cheer Coordinator

_____ Coach

_____ T-Birds President

