

FOR THE YEAR 2024

CHEERLEADER/PARENT CONTRACT



FRESNO MINERS CHEER

Contract

These guidelines are provided to inform cheerleader and parents of the expectations of participating in the cheerleading program offered by the FMYFC. Cheerleaders joining the cheerleading teams must be in agreement with these guidelines and must adhere to them during their tenure on the squad. Team members may not participate in the first official practice until this form is signed and returned to the coaching staff.

Standards for Cheerleaders

Cheerleaders by title are role-models. Remember that there are people watching everything you say and do. Because of this, the FMYFC cheerleaders are expected to set high standards for their team and to set a good example for their teammates. To achieve these ends, the cheerleaders will:

- Sign and abide by the provisions of this contract.
- Attend all scheduled practices/games/performances, unless it is an excused absence.
- Set an example of good behavior at all times (whether in uniform or not) at practices, games, and at all events (this includes social media sites).
- I will use language that is socially acceptable and age appropriate. Profanity, vulgarity, and/or inappropriate gestures will not be tolerated.
- Cooperate with teammates and follow the instruction of the cheerleading coaches and team leaders.
- I will respect and abide by all FMYFC and CVYFL rules and policies during practices, games, and cheerleading activities.
- I will respect the dignity of all persons; therefore, I will not physically, mentally, or psychologically abuse or bully any person.
- I will respect the property of others; therefore, I will neither abuse nor tolerate the abuse of property.

*Any violation of the rules outlined in this contract will result in one or more consequences administered at the discretion of the cheerleading coaches and FMYFC board official-practice: verbal warning, parent conference, temporary suspension from game(s), or permanent removal from the team. Complaints and concerns are to be addressed to head coaches ONLY. Further actions can be taken by chain of command.

Points to Remember

- Everyone must have a solid working knowledge of all cheers, chants, stunts, and routines.
- While we recognize doctor and dental appointments are necessary, every attempt should be made to schedule these appointments around practices and games.
- During game suspensions, the squad member will sit in uniform with the coach/advisor. This is not a time to socialize.

Behavior

- Team and social behavior should be exemplary at all times. EX:crying, hitting, tantrums and etc. is NOT acceptable. Will result in sitting out remainder of practice, game or event.
- Each squad member will treat coaches, team mom/leader, game officials, and other athletics staff with respect at all times. This attitude should also extend to members of this and other cheerleading squads.
- President's discretion will be final regarding inappropriate behavior or attitude.

Attendance

- It is the responsibility of the cheerleader's Parent/Family member to notify the coaches by phone, text or email, of any potential tardy or absence. Unless there is an emergency, significant notification must be provided to allow the coaches to prepare a revised practice schedule.
- Habitual conflicts with work or conflicts with other extracurricular activities are not valid excuses.
- Members must arrive at events/practices on time already *dressed and ready to warm-up*. Unless it's an emergency or the coach is contacted, tardiness to games will result in laps after practice.
- Preseason workouts are optional. June 8, 2024 **will begin the official cheering season**. When school resumes practice times and days will change. Coaches/Team Leaders will send home monthly calendars.
- The President will consider the following acceptable reasons for missed practices, games, and appearances:
 1. Injury – The member must still attend practice/games (unless physically unable) but will not participate until medical clearance has been provided. Doctor's notes must be specific in nature of injury and restrictions.
 2. Illness – A member may only miss practice with a phone call from the parent (not texting or email) verifying an illness (mild cramps, headaches, etc. are not considered acceptable illnesses).
 3. Family Emergencies/Funerals.
 4. School requirement that cannot be fulfilled at another time.

Practice Expectations

- Each girl should always remember to bring an ample supply of water with them to every practice.
- Practice attire includes tennis shoes, shorts, t-shirt, hair up in a secure ponytail. This must be taken care of before practice time. Bring all medical needs (inhalers, insulin pumps, epi pins, etc.) to all practice and games.
- Remember, practices are open to family and friends;however, not allowed to intervene with participant.
- PLEASE drop your child off and pick them up ON TIME. If *consistent tardiness* is a problem it could mean dismissal from the team. Coaches/Team Leaders are not allowed to leave until all athletes have left site.
- Cell phones should be turned off and put away prior to practice. Phones maybe checked only with permission during water breaks.

Game Expectations

- Arrive one hour early. Members may not leave the game early without prior approval.

- Missing games is absolutely unacceptable.
- You are responsible for the upkeep of your uniform. Uniforms need to be kept neat and clean throughout the cheer season.
- Cheerleaders are to remain in the cheering area during the game. DO NOT socialize with players, crowd members, or parents during the game.
- Cheerleaders need to eat prior their game or after their game (not halftime)
- Cheerleaders planning to attend the games before or after their own game are not allowed to be in uniform. Uniforms are only worn during your own game. This will help keep uniforms clean and free of stains. (You need to bring an appropriate change of clothes to every game)
- Perform only the stunts that have been perfected and approved by the coach.

Safety

- Stunting/Tumbling/Strength Training must only take place in the presence of a qualified supervisor.
- **CVYFL Spirit Rules will be enforced at all times**
- As stated in the FMYFC rules, no jewelry may be worn during practices or sporting events.

Expenses

- Cheerleaders will be responsible for the items in which they keep (white cheer shoes, bows, briefs, bags, poms and uniforms). *More details are available by contacting the Cheer Coaches.
- Registration fees (goes towards awards, events, and athletic costs)

Consequences

- Cheerleader will run laps/do push ups (before practice or after, not during)
- Parent notification of violation and laps/push ups (before practice or after, not during)
- Half game suspension *cheerleader will be expected to sit with coaches in uniform
- Full game suspension *cheerleader will be expected to sit with coaches in uniform
- Dismissal from team (no refunds of registration fees or any fees associated with FMYFC)
- Failure to contact a coach about missing practice for any reason will result in an unexcused absence. The FMYFC board has the discretion to remove a cheerleader from the team for excessive tardiness and/or poor attendance.

Cheerleader Signature:

Parent Signature:

Date:

We hold fundraisers, which are mandatory to all participants and families.

100% goes back to cheer program.

What we do

Share our goals as a team and working towards it. Any suggestions/ideas are welcome.

Contact

For feedback, concerns, or further information, please feel free to contact us at info@fresnominersfootball.com