

# 2026 - 2027 WFYC Cheerleading Contract

## Guidelines & Expectations

### WFYC Mission Statement

The mission of the Westosha Falcons Youth Cheer (WFYC) Program is to offer grade-school athletes a no-cut sport that develops safe cheerleading skills for local competitions. Ultimately, our goal is to prepare athletes for high school cheerleading. We strive to teach commitment, hard work, integrity, leadership, self-confidence, a positive attitude, and a love for the sport.

### Cheer Character Contract

I will...

- Treat everyone the way I want to be treated.
- Try new things.
- Take pride in cheerleading.
- Be respectful.
- Be a leader.
- Be tolerant.
- Be dedicated
- Be positive.
- Be encouraging.
- Be civil.
- Be loyal.
- Be optimistic.

I will not...

- Post about team drama on social media.
- Bring my bad day to cheerleading.

I will always...

- Do the very best I can.
- Know I'm representing the team, school, and community through my words and actions.
- Follow the rules of the handbook.
- Have high goals and expectations of myself and others.
- Defend my teammates honor.
- Be willing to help others follow the character contract.

## Team Time

- During practice time, athletes must focus on the team.
- Athletes should not be socializing with friends and family. There are practices where friends and families are invited.
- **Cell phones should not be used.** If issues arise, coaches will start collecting phones at the beginning of practice. In the case of an emergency, the coach can be contacted by parents.
- If an athlete is out due to an injury, she must still attend and watch practice.

## Issue: Poor Attitude, Behavior, or Reflection on Team

- See the initial page for behavior expectations. Coaches will remove athletes from practice who are bringing down the morale of the team.
- In the event of interpersonal conflicts, athletes are expected to make a genuine effort to communicate and resolve the matter among themselves before bringing the issue to the coaching staff.
- Social media can be highly beneficial for the team because it can be used to make announcements or post videos about the team. However, it can be highly detrimental to a team. Cheerleaders are expected to use the social contract while using social media. If a problem presents itself, the athlete will be talked to by the coach, if the problem reappears, parents will be contacted and athletes will be disciplined accordingly.

**Rationale:** Each athlete's character and behavior will have a reflection on the team - good or bad. Each athlete must remember (from tryout day forward), she will represent the team. Poor decisions reflect poorly on the team as do good decisions reflect well on the team.

## Issue: Dressing Appropriately

- Athletes must wear school appropriate attire for practices. **No sports bras as tops. No crop tops.**
- Appropriate undergarments must be **worn at all times.**
- **Briefs/Spandex/Nike Pros alone do not count as shorts.**
- Cheer shoes must be worn at all times. No "fashion tennis" shoes are allowed.
- Athletes must be "GAME DAY READY" for all performances and competitions. Hair should be secured and off of the face. Bow or ribbon in hair. Appropriate make-up. Nails trimmed to fingertip length. **Jewelry off.**

**Rationale:** These guidelines are in place to ensure safety, professionalism, and team unity. Wearing proper attire helps prevent injuries and supports correct technique. A clean, uniform appearance at practices and performances promotes discipline, team spirit, and pride in representing WFYC. Being "game day ready" shows respect for the sport, the coaches, and each other. These standards also align with the **NFHS Spirit Rules**, which emphasize athlete safety and appropriate performance appearance.

## Issue: Missing a Practice, Event, or Camp

- Camp ensures all athletes are pushed to the next level, build skills, and build relationships. Everyone benefits from camp!
- Missing a practice **for any reason** may result in being replaced in the routine. There is no guarantee of *any athlete* being reworked back into a routine if she misses a practice, performance, or competition.
- If an athlete misses an event, she is expected to inform the *coach ahead of time* preferably in person or by phone or email. Any missed events that the coach is unaware of, may result in the athlete not performing at competitions for the rest of the season. *An athlete may not inform a teammate on her situation to pass on to the coach.* The athlete must inform the coach herself or by parents when appropriate.
- Each practice must be attended. If an athlete does not have a valid reason for missing practice i.e. funeral, hospitalization, contagious disease, **she risks being moved in the routine.** Vacation, "grounding", not enough gas, babysitting, going out to dinner with a long lost family member, or birthdays are not valid reasons to miss practice. Missing shows a lack of commitment to the team at all levels.
- **General Rule:** If it's on the schedule, it's required. Any miss risks not being included.

**Rationale:** Cheerleading is a team sport which requires a team commitment. All cheerleaders are expected to be at every event. When one athlete misses a practice, it puts the team in a situation where they cannot perform the routine full out. Our time and space are already limited.

## Issue: Arriving Late to an Event, Practice, or Competition

- We depend on every teammate to help set up mats to ensure the gym is ready to go when coaches arrive to practice. Mats are to be ready by the start of practice.
- **Each team member is expected to set up mats. Everyone is EVERYONE.**
- On performance days and competition days, the athletes will be notified for the arrival time the night beforehand.
- Practice times **do not** include setup and breakdown. Adjust accordingly.

**Rationale:** Cheerleading is a team sport which requires a team commitment. All cheerleaders are expected to be at every event on time.

## Competitions

Where	When	Type
Phoenix Invite @ Menomonee Falls HS	November 21st	Local Event
Southside Showdown @ Waukesha South HS	December 12th	Local Event
Holiday Invite @ East Troy HS	December 19th	Local Event
JEM State @ Portage High School	January 9th	WACPC JEM State
TBD	January	Local Event
TBD	Late January or Early February	Local Event

\*\*These are *potential competitions* we will go to. Note that competitions take place between mid November and early February. There is a chance we will not attend all of these, and we might go to a competition that is not on this list. We will compete at 4-5 local event competitions, along with competing at State.

## Uniform

- Uniforms will be handed out prior to the first competition.
- Uniforms are not allowed to be altered (no making your skirt shorter, etc.)

## Contact Information

### **Coach**

Lulu Toney

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I have read and understand the WFYC Cheer Contract and agree to abide by all terms and expectations outlined within.

**Athlete Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_