



SJC Coaches Code of Conduct

The Snohomish Junior Cheer program is committed to fostering a safe, positive, and inclusive environment for all athletes. As a coach, you play a crucial role in shaping the character and experience of our youth athletes.

This Coaches Code of Conduct establishes expectations for professionalism, leadership, and ethical behavior.

Lead by Example

- Demonstrate a positive attitude, sportsmanship, and respect for all athletes, parents, and fellow coaches.
- Model appropriate behavior, language, and attire at all times.
- Encourage teamwork, perseverance, and personal growth in a supportive manner.

Promote Fairness & Inclusion

- Provide equal opportunities for all athletes to learn, grow, and participate.
- Adhere to all team rules and league guidelines without favoritism or bias.
- Maintain a safe and respectful environment, free from bullying, discrimination, or harassment.

Prioritize Athlete Well-Being

- Ensure athletes are physically and mentally prepared for practices and performances.
- Prioritize injury prevention by teaching proper techniques and warm-ups.
- Listen to and address any concerns athletes or parents may have regarding safety and participation.

Demonstrate Integrity & Professionalism

- Maintain professionalism in all interactions, including with parents, athletes, officials, and fellow coaches.
- Never argue with parents, officials, or spectators; handle conflicts in a respectful and constructive manner.
- Complete all required background checks and certifications before engaging with athletes. Refrain from using social media inappropriately or engaging in any behavior that may reflect poorly on the program.

Teach Life Values Beyond Cheerleading

- Instill the values of responsibility, teamwork, discipline, leadership, and good citizenship.
- Encourage athletes to set goals, work hard, and be accountable for their actions. Foster a positive, supportive, and encouraging team environment.

Commitment to Excellence

By signing below, I acknowledge that I have read and agree to uphold the **Snohomish Junior Cheer Coaches Code of Conduct**. I understand that failure to adhere to these principles may result in disciplinary action, including possible removal from coaching duties.

Coach Name (Print): _____

Coach Signature: _____ Date: _____



SJC Coaching Application

(Head Coach or Assistant Coach)

Full Name: _____

Date of Birth: _____

Phone Number: _____

Email: _____

Have you coached for Snohomish Junior Cheer before?

Yes _____ No _____

If yes, which squad(s)/year(s)? _____

Is there a particular squad you are interested in coaching?

- Seniors (8th grade) _____
- Bantams (7th grade) _____
- Juniors (5th & 6th grade) _____
- 89ers (3rd & 4th grade) _____
- Peewees (1st- 2nd grade) _____

I am interested in volunteering as a:

☐ Head Coach

☐ Assistant Coach

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Why are you interested in coaching for SJC?

Have you coached or managed other youth athletics?

If yes, please describe:

Will you be coaching another team outside of Snohomish Junior Cheer this season?

Yes _____ No _____

If yes, provide details:

What skills do you possess that would make you successful in this role or what experience has prepared you for coaching cheer?

(Examples: prior leadership , working with youth, cheerleading, coaching, gymnastics, dance experience)

How would you describe your coaching style?

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How do you handle conflict? For example, how would you handle dealing with difficult parents?

If you were offered this role, what would you need from the Cheer Board to be successful?

How will you measure your success as a coach?

Certifications & Training

List any certifications, accreditations, or cheer training programs attended in the last 3 years:

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Are you willing to:

- Assist with all activities and fundraising events?
Yes _____ No _____
- Attend a stunt training session through the WIAA? (Encouraged but not mandatory)
Yes _____ No _____
- Become CPR and basic first aid certified? (Encouraged but not mandatory)
Yes _____ No _____
- Join USA Cheer as a certified Cheer Coach? (\$35-\$60 for safety training & background check)
Yes _____ No _____

Coaching Requirements & Conduct

- **Head Coaches** must attend all practices, games, and meetings or have an approved substitute.
- **All volunteers** must be approved by the SJC executive board and adhere to all rules.
- **Annual background checks** are required for all volunteers.
- **Coaches are responsible** for cheerleader and parent conduct at team functions.
- **Practices must end on time**, and coaches must wait until all children are picked up.
- **Adult participants** must refrain from swearing, alcohol, drugs, tobacco, and negative speech about the league.
- **The primary goal** is to ensure a safe, fun, and positive cheerleading experience.

Removal Policy

- Any inappropriate actions by a coach may be reviewed by the board.
- If removal is voted upon, the coach may not participate for up to one year.
- A second violation results in permanent removal from SJC.

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Commitment & Agreement

- Can you commit to 2-3 evening practices per week (starting in August) and Saturday games (September–early November)?
Yes _____ No _____
- Do you agree to treat all squad members equally?
Yes _____ No _____
- Do you support the goals and mission of Snohomish Junior Cheer?
Yes _____ No _____
- Do you consent to a background check?
Yes _____ No _____
- Have you ever been convicted of a crime that prohibits contact with children, or do you have any pending charges?
Yes _____ No _____

Additional Information

T-Shirt Size: _____ Zip-Up Jacket Size: _____

Additional Comments:

Printed Name: _____

Signature: _____ Date: _____

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My Coaching Strengths and Weaknesses

Rate yourself according to the seven basic responsibilities of coaching.

RESPONSIBILITIES	NOVICE	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	STRONG
Provide a safe physical environment					
Communicate positively					
Teach the philosophy and role of a cheerleading squad					
Teach the fundamental skills of cheerleading					
Direct squad members in game situations					
Help squad members become fit and value fitness for a lifetime					
Help young people develop character					