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# SJC Jr. Coaches Code of Conduct

The Snohomish Junior Cheer Coaches Code of Conduct emphasizes leadership through fairness, consistency, and positive role modeling.

## Coaches are expected to:

1. **Lead by Example:** Display a positive attitude, sportsmanship, and treat all athletes with respect.
2. **Promote Fairness:** Adhere to the rules, ensuring all athletes have the opportunity to learn and excel.
3. **Support Athletes:** Ensure athletes are physically and mentally prepared.
4. **Demonstrate Integrity:** Avoid arguing with parents, officials, or other coaches, set a good example, and maintain safety.
5. **Teach Life Values:** Foster responsibility, teamwork, discipline, leadership, and good citizenship.
6. **Junior Coaches will** work together with the Head Coaches to promote a safe and fun environment and to ensure a memorable and positive experience for their cheerleading squad.

## Summary:

The overall message is to act with integrity and kindness, treating others as you want to be treated. Coaches should prioritize the well-being of the athletes in a safe and supportive environment, teaching not only cheerleading skills but also important life lessons like responsibility, discipline, leadership, and good citizenship. Positive influence is a key role in shaping young individuals.

This Code of Conduct provides clear guidelines to ensure coaches are fulfilling their responsibilities both as cheerleading mentors and role models.

Junior Coach: (Print Name) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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# SJC Junior Coach Application

**Full Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Have you coached for Snohomish Junior Cheer before as a Junior Coach?**

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, which squad/year? \_\_\_\_\_

**Is there a particular squad you are interested in helping?**

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

**Why do you wish to coach?**

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**What experience has prepared you for coaching cheer?**

(Examples: cheerleading, coaching, gymnastics, dance experience)

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**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 \_\_\_\_\_
- Become CPR and basic first aid certified? (Encouraged but not mandatory)  
Yes \_\_\_\_\_ No \_\_\_\_\_
- Join USA Cheer as a certified Junior Cheer Coach? (\$20 for safety training including concussion awareness)  
Yes \_\_\_\_\_ No \_\_\_\_\_

## **Coaching Requirements & Conduct**

- **The primary goal** is to ensure a safe, fun, and positive cheerleading experience.
- **Game Day Expectations:** Arrive 30 minutes early, no gum/candy, respect game rules and player injuries.
- **Communicate with the Head Coach/Team Parent/SJC Board Member** if unable to attend agreed upon practices and/or games.
- **Adhere** to applicable expectations of the SJC Cheerleader Code of Conduct.
- **Stunting** is only to be performed under the guidance of the Stunt Certified Head or Assistant Coach.
- **Assisting** Head and Assistant Coaches as directed which could include leading cheers, teaching cheers, participating in stretching/cool down, planning team building games, and assisting in choreography of halftime routine or any other special performances.

## Commitment & Agreement

- Can you commit to at least one evening practice per week (starting in August) and Saturday games (September–early November)? Practices are typically on Tuesday/Wednesday/Thursday at Centennial Middle School.  
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 \_\_\_\_\_

## Additional Information

T-Shirt Size: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_