

MARYSVILLE JR INDIANS (MJI) CONTRACT 2025 - CHEER

Welcome to Marysville Jr Indians Football and Cheerleading organization (MJI). Our organization places great importance upon helping young people by involving them in an athletic program that builds character, self-esteem, and emphasizes teamwork. Discipline, hard work, and cooperation act as the foundation for this league. We have developed standards, rules, and regulations by which we expect each cheerleader and parent to abide by. MJI, combined with **SACRAMENTO YOUTH FOOTBALL** rules and regulations, have developed these standards by which each athlete and parent are to abide by.

Cheerleaders Name: _____ Level: _____
(Please print first and last name)

Cheerleader Section:

1. I understand that being a Jr. Indian is a privilege, and I promise to uphold the high standards of the MJI.
2. I agree to follow the instructions of ALL coaches and badged members of the MJI without dissent.
3. I understand that disruptive behavior and failure to follow instructions are grounds for Penalties or Dismissal from the program.
4. I agree to attend ALL scheduled games and practices. If I am unable to attend, my parents/guardians or I will contact my **head coach** NO later than 30 min prior to scheduled practice or one (1) hour prior to scheduled game.
5. I agree to only encourage my teammate's efforts. I also agree **NOT** to criticize their mistakes and by doing so may be grounds for penalties or dismissal from the MJI cheer program. No physical violence of any nature will be tolerated. If this occurs, it is grounds for immediate **removal** from the program.
6. I agree to take GOOD care of my uniform, as only one will be provided, and extra uniforms are not available.
7. I understand that it is my responsibility to maintain grades and complete all homework prior to practice, or schedule to do it after. I understand that no tobacco, alcohol, or drugs on or off the field will be tolerated. If this occurs, it is grounds for **immediate** dismissal from the program.
8. I understand that NO STUNTING may be performed by any cheerleader(s) at any game, camp, competition, or any other function without a certified coach present.

Parents Section:

1. I agree to work with the coaches without dissent.
2. I agree to inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I, and my guests, will always be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every practice, game, or other event.
4. I, and my guest, understand that disruptive behavior will not be tolerated and doing so is grounds for dismissal. This includes unsportsmanlike behavior, foul language, and taunting.
5. I will never confront the coaches, officials, or any badged member of the MJI. I agree to wait the 24 hour "cooling off period" before discussing the matter.

6. I, and my guest, will refrain from coaching my child or any other children during games and practices unless I am one of the official coaches **and agree to follow the 30ft rule, meaning that without a badge I must not be within 30 feet of practice or game locations.**

7. I understand that a meeting with Coaches must be pre-arranged and conducted prior to or after practice, **AND NEVER ON GAME DAY.** Meeting with Coaches, President, Cheer Coordinator and/or Asst Cheer Coordinator must be conducted prior to or after practice. We encourage you to coordinate/schedule a meeting in advance to ensure availability of the MJI Staff. If I want to address a concern or situation I will abide by the following steps:

a. Fulfill the required 24-hour cooling off period, prior to any communication.
b. Submit an email stating your concern and how you would like to proceed (schedule a meeting, etc.) to our **Assistant Cheer Coordinator (Lindsay Adams) at cheercoordinator@marysvillejrindians.org**

8. I will refrain from using social media as a way to discriminate against my child's cheerleading team, coach, or any of the kids on the team. I agree to work through any disagreements with the head coach/coaching staff.

9. I also agree that if I fail to abide by the rules and guidelines stated above, I will be subject to disciplinary action that could include, but not limited to the following:

- Verbal warning by official, head coach, board member
- Written warning
- Parental game suspension with written documentation of incident kept on file by the league
- Game forfeit
- Parental season suspension
- Removal from the League (cheer team) for remainder of the season

Parent and Cheerleader Section:

Code of Conduct: The use of alcohol, tobacco, drugs, and profanity will not be tolerated from any parent or child. Arguments, bullying, lack of respect towards others (including other organizations), or any other harmful behavior that is deemed detrimental to the program and/ or children in the program will not be tolerated. Any parent or child that has participated in this kind of behavior will be asked to leave the program with **NO REFUND.** Cheer staff are unpaid volunteers and will always be supported. Any rude comments, or swearing at any volunteer, directly or indirectly, may prevent parents from attending practices or games. Exposure on social media should only be positive. Personal problems should be kept off practice/game fields. It is up to the parents to make sure all current phone numbers, addresses and emails are up to date with the coach. I understand that a meeting with Coaches must be pre-arranged and conducted prior to or after practice, **AND NEVER ON GAME DAY.** Meeting with Coaches, President, Cheer Coordinator and/or Assistant Cheer Coordinator (Lindsay Adams) must be conducted prior to or after practice. We encourage you to coordinate/schedule a meeting in advance to ensure availability of MJI Staff.

Release statement: In the event of an injury and no parent or guardian can be contacted, the participant may be sent to a hospital in an emergency or private vehicle where medical treatment may be provided at the parent's expense. My signature on this form indicates my permission for MJI and their representatives to order such care, should the need arise.

Uniform and Game Responsibility: I agree to assume **FULL** responsibility for my cheerleaders' uniform, which includes any accessories, such as bows. Uniforms will be complete for all games and competition. It is my responsibility to keep my uniform clean and in my possession. If the uniform is not complete, the cheerleader will be required to sit out of the game, until the uniform is correct. The cheerleader will have to stay in attendance to support her teammates. If the participant leaves it will count as a missed game. **Cheerleaders may not, at any time, go into the stands during the game. Cheerleaders must be at the game one (1) hour prior to the game, or earlier depending on what the coach decides. All cheerleaders are required to change out of their uniform at the completion of their game!!**

ALL Game Attendance is MANDATORY: This includes playoff games. Without an excused absence in writing for a playoff game, your cheerleader could be removed from the squad. This is also to include if a football division does not make playoffs girls will be required to come support the next team closest to their division. (Example: 14U football makes it 12U football does not, 12U cheer is required to attend and show support for that team.)

Practices:

- Practices run Monday-Thursday 6:00pm-8:30pm prior to Jamboree. Following Jamboree, practices will be Tuesday-Thursday 6:00pm-8:00pm.
- I understand that my Cheerleader is **REQUIRED** to be at every practice and be on time ready to practice.
- All cheerleaders are required to have 10 hours of conditioning prior to being cleared to begin any stunting.
- Although practice times are set, it is understood that some changes in schedules might be made to accommodate all the squads, especially when weather and space is an issue.
- Water is to be brought to every practice, 1 gallon is suggested as water will not be provided.
- Hair is to be pulled back and out of the face and finger nails must be kept short, along with appropriate hygiene practices. **NO** jewelry is to be worn to practices, and tattoos, if any, are not to be visible at any time.
- The Camp/Practice Uniform that has been provided to each Cheerleader is to be worn to practices. **ONLY ATHLETIC SHOES WILL BE PERMITTED.** Failure to abide by these rules **will result in your child sitting out of practice until the proper practice attire can be brought to them.**
- Please keep any additional practice outfits as our jr. Indian colors (white, orange, black) and/or other jr. Indian spirit wear.
- All cheerleaders are expected to be productive at practice. If a cheerleader is disruptive to coaches and other cheerleaders, they may be asked to leave, and that absence will be **UNEXCUSED.** Friends are not allowed to hang out at practices.

Tardies/ Absences: Cheerleaders are to arrive no earlier than 15 minutes before practice and are to be picked up when practice ends. Penalties may occur for constant tardiness and/ or late pickups. Three (3) tardies and/ or late pick ups will equal one (1) violation/unexcused absence. If a cheerleader is unable to attend practice, the head coach needs to be contacted no later than 30 minutes before the start of practice. **Unexcused absences will result in the cheerleader sitting out a quarter of the game that week and being taken out of their spot.** Unexcused absences are limited to 3 per season (excluding the competition season, see below). If a cheerleader meets or exceeds the limited amount of unexcused absences, they may without further notice be dismissed from the team. **Cheerleading is not like other sports. There are NO BACKUPS. For example, if your cheerleader is a part of a stunt group and misses a game or a practice, that stunt group DOES NOT STUNT. Every absence affects the entire team; therefore, it is crucial to maintain good attendance.** Severe illnesses are the only exception for absences

and please understand that excessive illness absences could result in your cheerleader being given an alternate position, potentially sitting or missing cheer qualifiers.

During Competition Season there WILL BE NO EXCUSED ABSENCES. Our competition season starts the Tuesday after our first Football game.

Financial and other Obligations: 2025 MJJ Cheerleading cost will total **\$475.00**. **\$375.00** will cover the uniform, bow(s), shoes, bag, camp/practice uniform, along with Pink October socks and bow. **\$100.00** will cover the operational costs deemed necessary per participant (league insurance, official fees, coaching certification fees, safety equipment certification fees, utilities, etc.). **The \$475 registration fee must be paid in full by fittings OR have prior arrangements made with the Cheer Coordinator and Treasurer for the uniform order to be approved.** Once the uniform is ordered I understand that the cost of the uniform will not be refunded. **Note:** \$100 deposits to register and hold season spots are placed towards total cost but are non-refundable at any time. I understand that any unpaid balances on my account at the end of season will be invoiced to me and disqualify my athlete for veteran status.

Volunteering/ Fundraising: I understand that as a parent it is mandatory that I must volunteer a minimum of six (6) hours per child, or a maximum of twelve (12) hours for multiple children, or pay the \$100 Volunteer Buyout Fee per player I also understand that it is my own responsibility to seek out and sign up for my volunteer hours. Failure to adhere to this policy will result in loss of one or more of my children's veteran status. There are many options available to complete these hours. Listed below are a few ways you can fulfill your hours of volunteer participation:

- 4th of July Fireworks booth Shifts
- Chain Crew: Responsible for working with the referees to mark yardage
- Gates: Collect entry fees
- Snack Bar: Sell and distribute MJJ snack bar items
- Grill: Grilling hamburgers, hot dogs, etc. for the snack bar
- Game day Set-Up: Help set up all operational areas for home games
- Game day Tear-Down: Help tear down and clean up all operational areas for home games

Shifts run in two-hour (2) increments. The above list is not all encompassing, and additional jobs will be posted on our volunteer sign-ups, as we have them available. We encourage parents/guardians or others 16 years and older to sign up early to ensure your choice of position and time. I also understand that MJJ has a "Volunteer Buyout" program in which I have the option of submitting a \$100 payment per athlete in lieu of volunteer hours.

I understand that I will be **REQUIRED** to participate in fundraising for MJJ. I understand that I am to fundraise \$200 per player. Failure to do so may result in loss of veteran status for the following season. I also understand that MJJ has "Fundraising Buy-Out" program in which I have the option of submitting a \$300 payment per athlete to MJJ in lieu of fundraising. I understand that should I choose to take advantage of **ANY** of the buyout programs, I am required to submit my payment to MJJ, **NO LATER than the first day of practice. NOTE: Buy-outs must be done online during registration or pay cash in person with our registrar (Rachel Zufelt).** Other Board members, team moms and coaches will **NOT** be accepting any payments. This ensures we have a method to track all payments received. Note: For information regarding volunteering and/or fundraising, please check the MJJ Facebook page weekly, team group chats AND inquire with MJJ's Fundraising Coordinator, board members, and/or team mom.

I understand that volunteering for MJJ and participating in its fundraising program(s) is **ESSENTIAL** to the success of the MJJ program. I also understand that MJJ needs additional support above and beyond these minimum requirements to continue being a successful program. I will make every effort possible to support MJJ in this, as well as encourage other families to do the same.

Outside Competitions: I understand that outside competitions are at my cost. I acknowledge that the league does not cover costs for any outside competitions. Coaches will give out a list of outside competitions to the parents when available. I understand that if there is a parent meeting it is my job to get in contact with the coach to find out about missed information.

Veteran Status: To achieve and maintain Veteran status with MJJ, my athlete must comply with all previously stated requirements, including fees, equipment standards, fundraising commitments, and volunteer obligations. Additionally, they must remain in good disciplinary standing within the MJJ program.

Penalties: If the rules of this contract are not followed, there will be disciplinary actions taken, beginning with a verbal warning and up to removal from the squad. Depending on the severity of the situation, MJJ reserves the right to remove the cheerleader, with board approval, without going through all the progressions of action.

I hereby authorize the MJJ organization to take pictures/ videos of my son or daughter during scheduled events and post them on the internet and social media pages.

I fully understand and agree with the above rules and regulations. Violations of these rules will result in disciplinary action. The rules and regulations are subject to change and I will be notified if changes occur.

Parent/Guardian Printed Name

Parent/Guardian Signature

Date

Cheerleader Printed Name

Cheerleader Signature

Date