

## Stateline Comets Cheerleading Code of Conduct

You are a representative of the Stateline Comets Cheerleading program both on and off the field and mat. No matter what the circumstances, always conduct yourself with pride and poise. Failure to abide by these rules will result in possible suspension or dismissal from the program.

- ★ Punctuality is expected. Tardiness is disrespectful to your coach and your teammates. If you are going to miss a practice, please call or send an email or text message to the board member in charge of your athlete's squad.
- ★ Any athlete who misses more than 3 practices, games or other SLC Cheer events will have their membership reviewed by the board. This may result in anything from a verbal warning to dismissal from the program entirely.
- ★ Choreography week is mandatory and any athlete who is absent during this time will be removed from the program. No exceptions.
- ★ Participation in practices is expected. Refusal to participate may result in anything from a verbal warning to immediate removal from the program.
- ★ We have a zero tolerance bullying policy. Any athlete who is found to be bullying another member of the organization will be immediately removed from the organization.
- ★ Water is the only drink allowed at practices and games. No food consumption is permitted during practice or at games unless specified otherwise; this includes chewing gum.
- ★ Come to practice in proper attire. A t-shirt, cheer shorts, and your competition shoes should be worn while practicing indoors. A separate pair of shoes will be needed for outdoor practice. You may not be permitted to practice for that day if the dress code is not followed.
- ★ All hair should be pulled back off the face and neck for practice and games. Half ponytails are not permitted due to safety concerns.
- ★ Hair guidelines for competition will be at the discretion of the coaches and information will be given prior to each competition.
- ★ Absolutely no jewelry can be worn. Nails must be clean and short in length. This is for the safety of all girls.
- ★ Clean, complete uniforms must be worn to all games and competitions. While cheering at games during cooler temperatures, athletes will wear their SLC warm-up jacket. No other sweatshirt or jacket may be worn unless it is under the warm-up jacket. Approved maroon warm-up pants may be worn instead of the skirt OR solid black leggings covering the ankle under the uniform skirt. The girls must look presentable while cheering at games. Being prepared for

cooler weather or changing weather is your responsibility. This rule will be reinforced. Warm up pants will be available during our spirit wear sales.

- ★ You are required to pay close attention to the coaches. Show them respect and courtesy. Anyone talking or fooling around during practice will sit out or may be sent home. This is for the safety of all the athletes.
- ★ Vulgarity, temper tantrums or fighting is unacceptable and is grounds for immediate suspension and/or dismissal from the program. When addressing or replying to coaches or board members, please do so with respect and courtesy. Rude, disrespectful, or discriminatory comments about a fellow member of SLC Cheer, SLC Football, or any opponents is unacceptable and is grounds for dismissal from practice/game and may be reviewed by the board for dismissal from the program.
- ★ Part of being a responsible team member is being a good student and part of being a good student is time management. Use your weekends and days off from practice for school work. Cheerleading is a team sport – if you miss practice, it affects the entire squad and the quality of practice. We ask that parents not distract or disrupt practice for safety reasons. Practices are closed to general viewing once we go inside. Occasional parent showings may be arranged prior to competitions.
- ★ Communication with board members and coaches is highly encouraged. Athletes, please do so prior to practice time or after practice has concluded. Parents, in the event we are unable to accommodate verbal communication during practice or game times, communication in writing via email is always welcomed and will be answered within 24 hours.
- ★ All athletes and their families are responsible for their own transportation to and from practice, games and competitions.
- ★ We request that all athletes be picked up promptly after practice and games. Girls should arrive no earlier than 10 minutes prior to practice starting as supervision will not be available until then.
- ★ For safety reasons, we ask that all athletes have an adult guardian at every game and competition. This can be a parent, grandparent, aunt, neighbor, or sibling over the age of 18.
  - ★ All athletes are to be at their games 30 minutes prior to game time for attendance check and warmups.
  - ★ Parents should clearly understand that the aim of the Stateline Comets Cheerleading program is to teach your child self-confidence, good sportsmanship, and teamwork. To accomplish this, the parent and child must do their part.

*We have read the Code of Conduct and agree to abide by these rules. We understand that violation of any of these rules is grounds for immediate dismissal from the program once reviewed and voted on by the board.*

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Athlete / Jr. Coach Signature

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Athlete's / Jr. Coach's Guardian Signature