

Cumberland Jr. Pirate Football Cheerleading/Dance

GENERAL RULES AND EXPECTATIONS

- ☀ Cheerleading/Dance is like a job. We are here to help our team succeed and to have fun while we do it.
- ☀ Be at the designated places on time and ready to begin.
- ☀ Unsportsmanlike conduct will not be tolerated.
- ☀ Cheerleaders/Dance Team Members will not criticize each other and this not be tolerated. We are a squad/team and will act like a squad/team even off the field.
- ☀ Cheerleaders/Dance Team Members or Parents who disagree with Coaches decisions will not argue during a game or practice. We will schedule a time to discuss questions later.
- ☀ Cheerleaders/Dance Team Members will show their peers respect and courtesy.
- ☀ We have a zero tolerance bullying policy. The board reserves the right to discipline any squad member found to be bullying appropriately. This could include sitting out for practices and/or games, or being removed from the squad permanently. We are representatives of our team, and should be held to a higher expectation of our actions.
- ☀ Cheerleaders/Dance Team Members are required to be at practice, fundraisers, additional events, and games. If you are going to miss, you must contact the Coach or a board member ASAP.
- ☀ We are not affiliated with the school but will act as if we were. We are the future of Cumberland cheerleading and dance. You represent not only yourself and team but also the school.
- ☀ Drinking/ Drug use will constitute an immediate dismissal from the squad.
- ☀ Cheerleaders/Dance Team Members and Parents may be required to assist the Football Program as needed. Working together will only improve the Youth Program.
- ☀ All Cheerleaders/ Dance Team Members will be required to stay for the ENTIRETY OF BOTH GAMES to help with cleanup afterwards.
- ☀ You must arrive on time to all practices and games as this just creates wasted time for everyone. Your ride must arrive at the practices and games 10 min before the practice or game. This is to find out any schedule changes or other information. If your ride is late, more than 3 times you will be dropped from the squad.
- ☀ Any parent that would like to speak to the coach or the board about a concern should make an appointment with one of the board members. Practice times and games are reserved for focusing on the girls. Also, if a parent causes a scene with the coach or a board member at a game, their child will be benched for the following game. We will gladly address any concern that you have, but we are representatives of our school and should act as such at all times.
- ☀ Please be aware that you chose to be here. Leaving early continuously not only holds you back in learning new things, but it also holds back the other children because we have to re-teach everything. In

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cheerleading, missing practice is especially dangerous because of not being able to practice with the same constant group for stunting. It is too dangerous to have girls lift together that are unaware each other's skills. If your cheerleader has not put in the required lifting to secure the lift she is normally involved in then she will not be used in the lift until she has fully practiced with her designated group to insure safety.

- * By-Laws will be handed out to each squad member once the teams are chosen, at the participants request. These rules must be followed at all times.

Please cut on line and return bottom portion. Keep the top portion for your records.

Cheerleader's/Dancer's Name Printed: _____

Cheerleader's/Dancer's Signature: _____

Parent's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

****Both parents and all step parents must sign. ****