

## Parent Expectations and Constitution

Please initial each section and sign at the bottom

**Philosophy:** We are a united cheer family here at Creekview. We support all sports and extracurricular programs with the utmost integrity. We are dedicated to lifting the spirit of Creekview by committing ourselves to building a program that supports and encourages athletes to be well-rounded, responsible, and positive in all aspects of their lives. We are dedicated to setting the best example possible for all present and future Grizzlies.

**Purpose:** The purpose of this program shall be to promote and uphold school spirit, to develop a sense of good sportsmanship among students, and to promote the safety and integrity of cheerleading.

### **Attendance: Competition/Practice**

- Your athlete MUST attend all practices, competitions, meetings, team building events and fundraisers.** If for whatever reason they do not attend, their position on the floor and possibly their spot on the team is in jeopardy.
- If your athlete has an illness, please contact your team rep. They can only miss if there is a PRESENT fever or vomiting. **After the first missed practice, a doctor's note will be required.**
- If they have an injury requiring them to sit out for more than one practice, a doctor's note will be required. Even if there is an injury that has a doctor's note they are required to be at the practice even if they must sit out!
- All choreography and camps MUST be attended or their spot on the mat will be filled.**
- All athletes must attend the post season banquet.

## Code of Conduct

- Drama of any sort will not be tolerated from athletes or parents! We understand that as teenagers, drama is almost inevitable, but we ask that you as parents please do not allow your athlete to speak negatively of the coaches or their teammates. Please do not speak in this way in front of your athlete as this will translate to practice on the floor. Let's try and encourage them to work it out amongst themselves. If the coaches become aware of drama, your child may be reprimanded and possibly removed from the team. Any negativity from parents will result in you being asked not to attend practices and possibly team events.
- We will not discuss another athlete with any other athlete or parent. **We expect the same of you.**
- Anything in the routine (spot/skill) is **NOT up for discussion!** The athletes make a team, not a position! The position they begin with will most likely not be the position they end up with. Changes occur all throughout the season as needed for the betterment of the team and the routine. Encourage your athlete to talk to their coaches if they need better understanding of why they are/aren't in a certain position.
- If you feel the need to discuss something within the routine, please contact us outside of practice. Not right after practice (or at a competition). **We will be implementing the 24-hour rule from the time initial contact is made.** Remember, they're middle schoolers. Often their perception is just that, their perception.

## Financial Responsibilities/Quitting the Team

- The estimated cost for a new athlete is approx. \$1400 and returning athlete is approx. \$1050. These are estimated costs and do not include things like team bondings and other activities throughout the year. It is broken into Player Packs that will be due at the beginning of each month. The first being due upon making

the team. Usually April 1<sup>st</sup>, and then consecutively each month after that until August. If you have not paid for the pack that is due on the 1<sup>st</sup> by the 10<sup>th</sup> there will be late fees added to your account. Also, if your account is not current, your athlete will not be given their items, such as practice wear, uniforms, any team gifts, etc. Please make sure this is something that is doable for you. All the money taken in by the program goes directly back to the program. We are not a for profit program, but we do love to spoil these athletes for all their hard work!

- Parents are expected to participate in fundraisers. You are required to be at all fundraising events unless it is stated otherwise. There will be a minimum financial requirement for each fundraiser.
- If your athlete quits or is removed from the team, **there will be NO REFUND on anything that has been paid. They will not receive any items that were paid for and they haven't yet received. No exceptions. If a uniform has been given to you, you will be required to return it and the possibility of returning a percentage of the money paid will be discussed. There will not be a 100% refund!**
- If you need to discuss any finances please feel free to contact DeAnn.

## Appearance

### Practices/camps/choreo

- All athletes must attend practice, camps and choreography in the assigned practice wear with hair pulled back neatly with a bow. No jewelry of any kind is to be worn. Medical id can be taped to body if needed.

## Competitions

- All athletes must arrive at competitions with full hair and makeup done. They must be in their uniform shell, assigned leggings, jersey, white no show socks and Nfinity cheer shoes. Their skirt must be in their required competition bookbag. No other bags are allowed. No PJ pants, please.
- No nail tips, polish or glitter are allowed at competitions. Nails must be trimmed to where we cannot see them from the palm side.
- No jewelry of any kind is allowed at competitions.

## Athlete Responsibilities

Your athlete has also been given a contract to sign. Please look it over and take note of the conduct codes and other things that they are responsible for.

- Cell phones will be taken up in a collection basket before each practice and be returned upon leaving practice. They will be able to reach you in case of emergency or practice ending early.
- The athletes have been informed of the effects of posting on social media and to please be aware of what they are posting. We require our athletes to be role models and good examples for others to follow.
- Any citation involving drugs or alcohol must be revealed to the coach within five days and will be dealt with accordingly between the parents and coaches.

## Misc things to keep in mind

- During any camps or choreography, please keep in mind that **end times are fluid**. We only have the choreographers for a certain amount of time and if they decide the practice needs to go longer, they will make that decision very last minute and may even add

an extra practice or two. We will inform you of these changes as soon as we know about them. Please plan accordingly on choreo days.

—If the coaches or choreographers call an extra practice, it is expected to be attended.

### **Agreement/Signature**

We love all our athletes and families. This is a demanding sport just like any other. It is intense and has intense time requirements. Practices are hard, camps are tough physically and mentally. Our goal is to be successful competitively speaking, at the same time trying to raise community leaders and capable young people.

If situations arise that deem it necessary to add to this list, we reserve the right to do so. By signing below, I have read and agree to the terms and conditions in this contract and accept a position to the Creekview Middle School competition cheer team family.

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(Parent Signature 2023 Season)

# Athlete Expectations for Middle School Competition Cheer

Please initial each section and sign at the bottom

## Code of Conduct

- I am accepting my position on the Creekview Middle School Competition cheer team. By accepting this, I agree to the following terms and conditions. Failure to follow through with these expectations will result in coming off the floor, and possible expulsion from the team. If I am removed from the team, or quit for any reason, I understand I will not be permitted to try out next season for any Creekview Cheer program.
- I understand my position on this team is a privilege and that being a part of this team is bigger than myself. It requires teamwork on and off the floor. It requires being at practice, tumble class, stunt classes for flyers and daily stretching.
- I understand that ANY decisions made by the coaches are for the good of the team. I am not guaranteed a specific position or spot on the floor. At any time, I can be moved from one spot to another based on the teams needs, and if at any time I cannot fulfill the duties assigned to me my position on the floor will be in jeopardy.
- NO DRAMA will be tolerated on this team. Parents or athletes. I am not to speak badly about the coaches or other athletes at any time. Practices are hard and I understand that I will be tired at times, but I will remember we are all here for the same goal and to always encourage one another. If at any point the coaches become aware of drama, I understand I will be reprimanded and possibly removed from the team at the coach's discretion.
- I understand I am expected to be a member of my teams Band app, be up to date on all information, and be kind and positive in the app.

## Attendance

- **I am required to be at all practices, camps, choreography, fundraisers and team bonding events. Missing any of these will result in possible loss of position, and /or a spot on the floor.**
- I am required to arrive 15 minutes early to these events, completely ready with ample water and having eaten.
- If an illness, or symptoms occur, my parent/guardian will contact the team rep. **The absence policy is as follows:** One practice may be missed if there is a CURRENT fever or vomiting. Any consecutive practices missed will require a doctor's note and may still affect your position on the floor.
- **Sitting out at practice is unexcused without a doctor's note.** If an athlete is injured seriously enough to need to sit out at practice, a doctor's note will be required after the first time. Depending on the injury, and length of recovery, I understand my position on the mat may be replaced.
- Quitting a team that has been put together is a HUGE DEAL!! It is hurtful to the team and causes distress. There will almost certainly be times that I am tired, and it is hard, or I am not happy (the month of October especially!) however, pushing through these times is worth the rewards. **If at any point, I quit the team I may not be eligible to try out for any of the Creekview cheer programs the following season.**
- All cheerleaders must participate in fundraisers.
- All cheerleaders must attend the post season banquet.

## Appearance

### 1. Practices

- I am required to show up to all practices in the proper practice wear, with my hair up neatly with a bow, and the proper shoes.
- Fingernails must be cut short: if they can be seen from the palm side they are too long! No nail polish is allowed.
- No jewelry of any type including earrings, rings, bracelets, watches, tongue rings, bellybutton rings, necklaces, etc. Medical ID's may be taped to the body.

### 2. Competition

- I must arrive to every competition fully ready to compete wearing makeup and hair as assigned, uniform shell, jersey, assigned warm up leggings,

white no show socks with Nfinity cheer shoes (DO NOT show up to competitions in PJ pants!!) with skirt in competition bookbag. No other bookbag is allowed.

- No glitter on body according to GHSA rules.

## **Social Media/Cell phone policy/School Code of Conduct**

- I will think before I post!! I will be kind and be a good example. Being a Creekview Cheerleader means people will be watching me and I am expected to behave appropriately. Good rule of thumb: Don't post anything you don't want your grandparents, coaches, or school administrators to see.
- Any time I am with my team, my cell phone must be put away. For practices and team bondings, we will have a collection basket to put them in and they will be returned to me at the end of the practice.
- Anytime I am with my team, for any event, I will have a positive attitude and be respectful of my team and coaches. I will leave all my issues at the door.
- I will uphold my school code of conduct and dress code while I am on school grounds for any reason.
- If in uniform or official practice wear, I will display conduct always becoming of a Creekview athlete.
- If I am caught with drugs or alcohol and am given a citation, I will have five days to report this incident to my coach where the situation will be handled as deemed by the coach and parent.

## **Agreement/Signature**

I have read and understand the expectations required of me to be a part of this team. I am signing this document and agree to uphold these rules and expectations for the entirety of this season. If for any reason, I break my agreement, I may be subject to removal from the team.

\_\_\_\_\_ 2023 (Athlete signature)



## **INHERENT RISKS OF CHEERLEADING**

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file with the board before the student can participate in the sport, practices or clinic (including tryouts). Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and comps) and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Lift weights to increase strength and guard against injuries.
12. Always wear shoes and clothing appropriate for cheerleading.
13. Never wear jewelry of any kind or chew gum when cheering including practices and games.
14. Always have your hair pulled back from your face and shoulders.
15. Eat nutritious meals and get plenty of rest. Drink lots of water at practice and before!
16. Always ask for assistance or advice at any time.
17. Take all activities seriously.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading. I agree to release my coaches, administrators, and school district from any and all liability.

Parent: \_\_\_\_\_ Date:

Cheerleader: \_\_\_\_\_ Date: