

Vacaville Jr Bulldogs Cheer

CHEERLEADER/PARENT CODE OF CONDUCT

Welcome to the 2019-2020 VJB Youth Football/Cheer Organization. Whether you're a cheerleader, coach, or a parent, we support the league with Dignity and Pride at all times. Below are the "Code of Conduct" rules that will be enforced to everyone involved. The information included here is very important. We ask that you review and sign the last page and return along with registration by July 13, 2019. We want everyone who signs up to fully understand the commitment and expectations of being a Vacaville Jr. Bulldogs Cheerleader.

Positive Influence Expectations:

- Cheerleaders in Uniform need to represent VJB in a positive manner at all times.
- I understand I am representing VJB as a cheerleader/parent & **WILL BE RESPECTFUL TO EVERYONE** (including other cheerleaders, football players, coaches, opponents, rivals, spectators, etc.) **AT ALL TIMES.** Any negative discussion, language, or inappropriate conversation at any practices, games, competitions, or VJB events is **NOT** permitted and could lead up to permanent dismissal. **Parents causing a negative environment by participating in these negative discussions could result in cheerleader being dismissed from program. If one warning is issued to a parent regarding inappropriate behavior and the inappropriate behavior continues, this will lead to permanent dismissal from the program.**
- Posting items on any Social Media (i.e. Facebook, Twitter, Instagram, Snap Chat etc.) from child or parent that is negative towards any league, coach, team, cheerleader or any football player are grounds for permanent dismissal. Please only post comments that are positive. **VJB has a ZERO Tolerance for ANY AND ALL BULLYING.**
- **Posting any videos of routines or pictures of routines (including pyramids and stunts) or anyone other than your child without permission on ANY Social Media (i.e. Facebook, Twitter, Instagram, Snap Chat etc) IS ABSOLUTELY NOT PERMITTED!**

Attendance:

Every cheerleader is an integral part of the cheerleading squad. An absent cheerleader has many impacts to the rest of the team. Cheer is a commitment, please consider the commitment as attendance at all practices, camps, games, playoffs, championships and competitions are **MANDATORY**.

- All absences will be unexcused unless it is due to illness and will require a doctor's note.
- Illness - Even if your cheerleader is sick, has a cold or just not feeling 100%, we need them to still come to practices, etc. We have found that 99% of the time the cheerleaders come and either end up joining in or can jump back in the next practice knowing what is going on. While we know there are times that they are just unable and if that is the case it will be considered an absence (with or without a Dr. Note). Please note the team must keep practicing and they may be moved to another position when they return.
- Tardy/Late Pick Ups - 15 min late (sit out 1st qtr game), 15-30 min late (considered $\frac{1}{2}$ an absence/sit out 2 quarters), after 30 min (1 absence/sit out game). I understand I will make sure my child arrives every day and on time. I understand I will pick up my child on time each day and after 3 late pickups, my child may be dismissed.
- I understand that I will notify my coach IF I will be absent or late by phone or email and not rely on others to convey the message for me. **2 no call no shows** will lead to permanent dismissal from the team. **YOU MUST CONTACT THE COACH BEFORE PRACTICE, COACHES WILL NOT CALL YOU.**
- Attendance is **MANDATORY** for ALL games. All Cheerleaders are expected to travel. Any absence from any games will result in **TWO** unexcused absences, regardless of reason.

- If after 3 absences another absence occurs in the season it may lead to dismissal of the team.
- ALL practices within 2 weeks of competition are MANDATORY! No exceptions. No vacation requests will be approved and all cheerleaders are expected to attend or they may sit out of that competition.

Injury/Doctor Restrictions:

Safety of our cheerleaders is our NUMBER ONE priority. We understand during the season injuries may occur in and out of cheer. Please know that coaches will not leave it to their own discretion what cheerleaders may or may not be able to do during a practice. It is expected that any injuries no matter how minor seek medical attention to prevent any further injury to cheerleader or to other teammates.

- Any injury that requires a doctor's note to sit out will need to clearly list restrictions/limitations in the note.
- A doctor's release note is required to return to practice. We want to ensure safety of the cheerleader first and foremost.
- An injury that occurs within 2 weeks of a competition may lead to the cheerleader sitting out at that competition. This is a case by case based on the doctor's request.

Vacation Days - Approval Required

When should we take our vacation? As soon as possible! Dates given at the start of the season are subject to change. We have a strict attendance policy we must follow. No exceptions.

- I understand that I will submit request for ANY PLANNED vacation days for the ENTIRE SEASON in writing to the Cheer Director by Helmet Handout Day on July 13, 2019. I understand these requests must be approved. Please note vacation requests will not be accepted for more than 1 game or for any timeframe leading up to a competition.

General Expectations

- I understand that I am committing to the ENTIRE season, which includes going to Nationals in Las Vegas and possibly through the end of January 2020. Our cheer program needs to be a priority for every cheerleader on each squad regardless of another sport. We do not allow any cheerleader to belong to any other youth cheer program or all-star team during the season.
- I understand there will be a set deadline date to provide my itinerary and book all travel for Nationals Las Vegas in January 2020. Nationals are scheduled in January and travel may not be booked until confirmation of dates is received. We will be practicing through at least the Wednesday before Nationals for all teams. DO NOT book any travel plans before this date. NO EXCEPTIONS, TEAMS WILL BE PRACTICING. SUBJECT TO CHANGE BASED ON FINAL SCHEDULE!
- I understand that I must participate in the MANDATORY 2 week conditioning program.
- I understand that full practice attire consists of camp gear (t-shirt, athletic shorts, and cheer briefs under shorts for flyers, athletic socks, athletic shoes, and hair pulled back tight in ponytail). **We do not allow camp shorts rolled up at waist, spaghetti straps, sandals, jean shorts, etc.** and cheerleaders must wear a full tank top underneath muscle shirts, i.e. not just a sports bra.
- I understand that I am responsible for bringing my own water for breaks during practices and games.
- I understand that I will wait **INSIDE** the designated area for my parent to pick me up after practices. The cheerleader's safety is important so please be considerate of the coaches and be on time for pick up.
- I understand that there is no use of cell phones during practices and games, including breaks. That they must be turned off at all times. Parents can contact coaches in case of an emergency. Coach will have a phone bucket for everyone's phones to be dropped in & picked up after practice/games etc.
- I understand during competition season the coach may add additional practices. They will try to give me a 3 day notice and I will be expected to attend. (Notice may be less depending on situation). Practice will be mandatory.

- I understand my coach will put me in the position that they think is best suited for me as well as in the best interest for the entire team (i.e. flyer, back spot, base, etc)
- I understand that only one routine is guaranteed during the season. The Coach may change or remove a cheerleader from a routine if they feel necessary. Cheerleaders will be given an update if they will be released from a routine to give the cheerleader the opportunity to make improvements.
- I understand the Head Coach will provide me with tutorial of how hair and make-up is to be done for competitions/games and I am responsible for getting it done EXACTLY how instructed.
- I understand that I will remain with my coaches at all times during practices, games and competitions for safety and liability purposes.
- I will attend and stay the entire competition day, supporting the other VJB teams. I will be expected to watch and support every team at every competition **with NO exceptions**.

Parent Expectations

- I understand by signing up my child to be a VJB cheerleader we are committed to the program until January 2020.
- I understand as a parent I will sit at the parent designated area during practices and will not step on the field or practice mat.
- If I am more than 10 minutes late picking up my child, after 3 late pickups, my child may be dismissed.
- If competition fees are not paid on time at the start of practice, my child may not compete.
- I will attend every competition, including Nationals in Las Vegas, wearing Bulldogs spirit attire, and making every effort to sit as a group with parents within the organization to cheer on the cheerleaders at competition. I understand I must stay at the competition event the entire time and am not allowed to leave the arena/facility and leave my child unattended even if they are with coaches. Parents must sit altogether in a parents section and not in the cheerleader/coach section.

Consequences (not necessarily in this order):

- I understand if I receive two or more warnings from the Head Coach regarding attitude, behavior, or attendance during practices and games, I may be benched for the following game. Attendance to the game that I am benched is expected.
- I understand the Head Coach can pull me from any competition if I am not cooperating for any reason.
- I understand that if I have 3 or more incidents (absences or Coach Warnings) during the entire season, I may be dismissed.
- I understand any dismissal for any reason will be done without refund of any fees.
- If there is more than 1 violation of 1 rule or a combination of rules, disciplinary action could lead up to being dropped from the squad at the Cheer Director's discretion.

Cheerleader Name: _____

Date: _____

Cheerleader Signature: _____

Date: _____

Parent Signature: _____

Date: _____