

COOPER CITY LADY COLTS CHEERLEADING Handbook



Important Info

PRACTICE IS MANDATORY!!!

REV 2023

CHEERLEADING IS A TEAM SPORT. PRACTICE AS AN ENTIRE SQUAD IS A MUST IN ORDER TO DEVELOP AS A TEAM. YOU HAVE MADE A COMMITMENT TO THE TEAM, PLEASE HONOR IT.

EACH GIRL WILL BE EXPECTED TO BE ON THE FIELD & READY TO PRACTICE FROM 6:15P.M.-8:00P.M. FOR THE YOUNGEST TEAMS AND 6:15P.M.-8:30P.M. FOR THE OLDER TEAMS, EVERY MONDAY & WEDNESDAY OF EACH WEEK DURING THE SEASON AND ANY OTHER DAY THE HEAD COACHES DESIGNATES. PRACTICE SHOULD END BY 8:30 P.M.

YOU MUST BE ON TIME TO PRACTICE. IT IS NOT FAIR TO THE TEAM TO HAVE TO WAIT FOR ANYONE. CHEERLEADERS THAT ARE LATE TO PRACTICE WILL STAY AFTER PRACTICE WITH THEIR COACH TO RUN

Parent Initials _____

AN ADDITIONAL LAP UNLESS EXCUSED. IF EXCESSIVE TARDINESS OCCURS, THE CHEERLEADING COACHES, COMMISSIONER, AND DIRECTORS WILL HANDLE THE SITUATION WITH THE PARENTS IMMEDIATELY.

IF FOR SOME REASON YOU CANNOT ATTEND PRACTICE, YOU MUST NOTIFY YOUR HEAD COACH. THE ONLY EXCUSED ABSENCES FROM PRACTICE ARE: ILLNESS, DEATH IN THE FAMILY, CHURCH OR SCHOOL EVENT THAT IS ABSOLUTELY NECESSARY. DANCE, MODELING, GYMNASTICS, ETC. ARE **UNEXCUSED** ABSENCES. EXCESSIVE ABSENCES OR INSUFFICIENT KNOWLEDGE OF CHEERLEADING WILL RESULT IN BEING REVIEWED BY THE CHEERLEADING COACHES.

ANY CHEERLEADER THAT SHOWS DISRESPECT TO OTHER CHEERLEADERS OR COACHES WILL BE INSTRUCTED IMMEDIATELY BY THE COACH TO RUN A LAP, COMPLETE A SERIES OF PUSH-UPS, JUMPING JACKS ETC. SHOULD THIS BEHAVIOR CONTINUE, THEN THE CHEERLEADING COACHES, COMMISSIONER, AND/OR DIRECTOR WILL HANDLE THE SITUATION WITH THE PARENTS.

PRACTICES WILL BE HELD AT THE FLAMINGO WEST PARK, PIONEER MIDDLE SCHOOL AND AT A LOCAL GYM. PLEASE BE ON TIME. THE PRACTICE SCHEDULE MAY INCLUDE ADDITIONAL WEEKDAYS, WEEKENDS AND/OR NIGHTS. PRACTICE DATES WILL BE ADDED, AS COMPETITION GETS CLOSER AT THE DISCRETION OF THE COACHES, COMMISSIONER, AND DIRECTORS AND ARE MANDATORY.

REMEMBER, IF YOU HAVE SCHEDULED PRIOR ENGAGEMENTS THAT WILL CONFLICT WITH PRACTICES AND/OR GAMES OR COMPETITION, YOU MUST PUT THEM IN WRITING AND PRESENT TO YOUR HEAD COACH OR DIRECTORS WITHIN THE FIRST TWO WEEKS OF PRACTICE. TWO ABSENCES (EXCUSED OR UNEXCUSED, REGARDLESS OF THE SITUATION), IS THE MAXIMUM NUMBER OF ABSENCES THAT WILL BE PERMITTED BEFORE A MEMBER WILL BE DELETED FROM A PERFORMANCE. SEVEN DAYS PRIOR TO A COMPETITION, NO ABSENCES WILL BE ALLOWED. CHEERLEADERS WHO ARE ABSENT WILL BE DISCIPLINED BY THE HEAD COACH OR DIRECTORS AND COULD BE REMOVED FROM COMPETITION OR DISMISSED FOR THE REST OF SEASON.

PERSONS OUTSIDE OF THE SQUAD (FAMILY MEMBERS OR FRIENDS) SHOULD NOT INTERRUPT, DISRUPT OR DISTRACT ANY OF THE CHEERLEADERS DURING THEIR PRACTICE SESSIONS, STUNT CAMPS, GAMES, COMPETITIONS, SHOWCASES, AND/OR REHEARSALS.

CHEERLEADER PLACEMENT

ONCE A CHEERLEADER IS PLACED ON A SQUAD, CHANGES WILL ONLY BE MADE BY THE COMMISSIONER AND DIRECTOR. THE COLTS RESERVES THE RIGHT TO MOVE A CHEERLEADER TO A DIFFERENT SQUAD BASED UPON NEEDS OF THE PROGRAM.

TRANSPORTATION

PARENTS MUST PROVIDE TRANSPORTATION TO AND FROM ALL PRACTICES, CAMP, GAMES, SHOWCASES, REHEARSALS AND COMPETITION. THIS IS NOT THE RESPONSIBILITY OF THE COACH OR OTHER PARENTS. COACHES ARE NOT BABYSITTERS. PARENTS MUST ARRIVE ON TIME TO PICK UP YOUR CHILD FROM PRACTICE. COACHES WILL NOT LEAVE UNTIL EVERY CHILD HAS BEEN PICKED UP.

COACHES RESPONSIBILITIES

THE HEAD COACH HAS OVERALL RESPONSIBILITY FOR THE CONDUCT OF HER/HIS TEAM PRIOR, TO, DURING AND IMMEDIATELY FOLLOWING EACH PRACTICE AND GAME/COMPETITION. SHE/HE IS EXPECTED TO INSTILL FUN AND THE SPIRIT OF GOOD SPORTSMANSHIP. HEAD COACHES AND ASSISTANTS ARE REQUIRED TO FOLLOW WRITTEN AAYFC AND CHEERLEADING RULES AND

Parent Initials _____

REGULATIONS. ANY INFRACTION IN THESE RULES WILL RESULT IN DISCIPLINARY ACTION OR DISMISSAL.

JUNIOR COACHES RESPONSIBILITIES

JUNIOR COACHES HAVE THE RESPONSIBILITY OF INSTRUCTING THE CHEERLEADERS IN THE PROPER CHEER TECHNIQUES, CHEERS, JUMPS, MOTIONS, DANCES, TUMBLING, AND STUNTS. THE JUNIOR COACHES USUALLY VOLUNTEER FOR THIS PROGRAM FOR COMMUNITY SERVICE CREDIT FOR SCHOOL. JUNIOR COACHES ARE MINORS AND SHOULD NOT BE APPROACHED FOR ANY REASON BY ANY PARENT. IF THERE IS A PROBLEM THAT NEEDS TO BE ADDRESSED, IT MUST BE ADDRESSED WITH THE HEAD COACH, COMMISSIONER OR DIRECTORS ONLY.

WEATHER

CHEERLEADERS DO CHEER IN THE RAIN. DURING PRACTICE CHEERLEADERS WILL BE DISMISSED WHEN THERE IS LIGHTNING AND THUNDER AS PER THE INSTRUCTIONS OF THE CHEERLEADING DIRECTORS, COMMISSIONER, OR THE COACH. DURING GAMES, CHEERLEADERS ARE ALLOWED TO WEAR A "CLEAR" PONCHO RAINCOAT WHILE ON THE FIELD. YOU CAN PURCHASE A CLEAR PONCHO AT WAL-MART OR ARMY NAVY STORES. LIGHTENING CARS WILL BE ASSIGNED FOR THE SAFETY OF THE CHEERLEADERS.

IN THE EVENT THAT A GAME IS "CALLED" DUE TO WEATHER, THE CHEERLEADERS WILL BE REQUIRED TO ATTEND AND CHEER AT THE MAKE UP GAME. INSTRUCTIONS FOR THE MAKE UP GAME WILL BE GIVEN TO THE CHEERLEADERS AND THEIR PARENTS AS IT BECOMERS AVAILABLE.

GAME ATTENDANCE

IT IS NECESSARY FOR ALL CHEERLEADERS TO ARRIVE AT THE FIELD AT LEAST 30 MINUTES PRIOR TO GAME TIME TO MEET THEIR COACH AT A PRE-ARRANGED SPOT. CHEERLEADERS WILL WARM-UP, PRACTICE HALF-TIME AND STUNTS AS A TEAM. CHEERLEADERS MUST THEN SIGN IN AT EVERY GAME (RAIN OR SHINE) WITH THE OPPOSING TEAM/COACH. ANY CHEERLEADERS ARRIVING LATE WILL CHECK IN BEFORE HALF TIME OF THEIR TEAM'S GAME. ANY CHEERLEADER THAT IS NOT SIGNED IN BY HALF TIME WILL BE CONSIDERED ABSENT. PLEASE BE ON TIME!

ANY GIRLS MISSING MORE THAN (2) REGULARLY SCHEDULED GAMES WILL NOT BE ELIGIBLE TO PARTICIPATE IN COMPETITIONS. THERE ARE NO EXCEPTIONS. THIS RULE IS NOT FROM THE COOPER CITY, IT IS FROM THE LEAGUE.

IT IS UP TO THE COACHES DISCRETION WHETHER A CHEERLEADER WILL BE 'BENCHED' WHEN NECESSARY DUE TO ATTENDANCE OR TARDINESS, ATTITUDE OR OTHER ISSUES. NO MISSING AFTER THE 1ST WEEKEND IN OCTOBER OR CAN BE REMOVED FROM COMPETITION.

FIELD AND SIDELINES AT GAMES

CHEERLEADERS ARE TO BE IN SET POSITION AND FOLLOW THE INSTRUCTIONS OF THEIR CAPTAINS AND COACHES. "NO TEACHING OF CHEERS" WHILE ON THE SIDELINES. STUNTING IS ONLY PERMITTED AS PER THE INSTRUCTION OF THE COACH FOR SAFETY PURPOSES.

ATTITUDE & CONDUCT

GIRLS MUST COOPERATE WITH AND SHOW RESPECT TO THEIR COACHES, TEAM MOM AND OTHER TEAM MEMBERS, AS WELL AS OTHER TEAMS. DURING ANY PRACTICE, CAMP, REHEARSALS, SHOWCASES, COMPETITIONS AND/OR GAMES, ANY DISPLAY OF POOR SPORTSMANSHIP COULD RESULT IN DISCIPLINARY ACTION, SUCH AS BEING BENCHED DURING THE GAME OF, SITTING OUT DURING PRACTICE, OR SITTING OUT OF A COMPETITION AS PER INSTRUCTIONS OF THE COACH. A POSITIVE ATTITUDE AND WILLINGNESS TO WORK HARD IS ESSENTIAL.

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ALL GIRLS MUST STAY WITH THEIR SQUAD AT ALL TIMES UNTIL THE END OF THE PRACTICE, COMPETITION AND/OR GAME UNLESS DISMISSED BY HER COACH. AT AWAY GAMES, NO GIRL, AT ANY TIME SHOULD LEAVE HER SQUAD FOR ANY REASON. IF YOU MUST USE THE RESTROOM, A COACH OR PARENT WILL ACCOMPANY EACH GIRL (AS REQUESTED BY THE COACH, PLEASE DO NOT PULL ANY CHEERLEADER WITHOUT THE AUTHORIZATION OF THE COACH). ANY PROBLEMS AND/OR PERSONAL DIFFERENCES WITHIN A SQUAD SHOULD REMAIN WITHIN THE SQUAD. MORALE AND TEAM SPIRIT ARE IMPORTANT AND CANNOT BE UNDERMINED BY PETTINESS. THIS INCLUDES THE PARENTS AS WELL. PLEASE LET THE GIRL'S INDIFFERENCES BE OUR PROBLEM AND NOT YOURS.

ANY CHEERLEADER WILLFULLY DAMAGING COLT PROPERTY WILL BE SUSPENDED FROM ALL ACTIVITIES UNTIL HE/SHE HAS COMPENSATED FOR OUR REPAIRS TO THE DAMAGED PROPERTY. REINSTATEMENT WILL BE SUBJECT TO COLTS CHEERLEADING COMMISSIONER OR DIRECTORS' APPROVAL.

UNIFORMS & APPEARANCES

CHEERLEADING SHOES MUST BE PURCHASED EACH YEAR AS CHOSEN BY THE COMMISSIONER & DIRECTORS (THIS IS INCLUDED IN FINAL FEES). THESE SHOES ARE TO BE WORN ONLY TO COMPETITION. THESE SHOES MUST BE KEPT CLEAN AT ALL TIMES. OTHER WHITE SNEAKERS SHOULD BE WORN FOR PRACTICES AND GAMES. PRACTICE SHOES SHOULD BE LACE UP TYPE SNEAKERS THAT ARE PROPERLY TIED.

IN ADDITION TO SHOES, YOU WILL NEED TO PURCHASE CHEER BLACK BLOOMERS (BLACK 3" COMPRESSION SHORTS EX. NIKE PRO'S OR BUTTERFLY SHORTS), CHEER SOCKS (FOR GAMES & COMPETITION ONLY).

UNIFORMS & APPEARANCES...CONT

PRACTICE UNIFORMS ARE TO BE WORN ON SET PRACTICE DAYS. IF PRACTICE UNIFORMS ARE NOT WORN ON SET DAYS, THEN THE CHEERLEADER WILL HAVE TO SIT OUT AT PRACTICE. A PRACTICE UNIFORM MAY BE AVAILABLE FOR PURCHASE AT CHEER PRACTICE OR EQUIPMENT DAY. THIS UNIFORM WILL BE WORN ON ADDITIONAL PRACTICE DAY.

HAIR MUST BE UP IN A HIGH TIGHT PONYTAIL AND NO JEWELRY OR IS TO BE WORN FOR ALL PRACTICES AND GAMES. IF A CHEERLEADER'S HAIR IS NOT IN A HIGH TIGHT PONYTAIL AND JEWELRY IS WORN AT ANY PRACTICES OR GAMES THEN THAT CHEERLEADER WILL HAVE TO SIT OUT OF PRACTICES/GAMES AND DISCIPLINARY ACTION TAKEN.

GAME UNIFORMS ARE PROVIDED BY THE COLTS AS A RENTAL COST (PART OF REGISTRATION) AND ARE THE PROPERTY OF THE COLTS. UNIFORMS ARE TO BE KEPT CLEAN AND IN GOOD CONDITION. THEY MUST BE TURNED IN AT THE END OF THE SEASON IN THE SAME CONDITION IN WHICH THEY ARE ISSUED. LOST OR DAMAGED UNIFORMS WILL HAVE TO BE PAID FOR BY THE PARENT AS THESE UNIFORMS ARE EXPENSIVE. ALL UNIFORMS SHOULD BE LAUNDERED IN COLD WATER, SEPARATE FROM OTHER LAUNDRY IN ACCORDANCE WITH THE INSTRUCTIONS GIVEN AT THE TIME OF UNIFORM DISTRIBUTION. DO NOT USE ANY BLEACH ON THESE UNIFORMS OR DRY CLEAN THESE UNIFORMS. DO NOT PLACE UNIFORMS IN THE DRYER; PLEASE ALLOW THEM TO DRIP DRY.

CHEERLEADERS MAY NOT WEAR

SHOES UNTIED AND UNLACED. HAIR IN FACE, ALL HAIR MUST BE PULLED BACK AWAY FROM FACE. EXCESSIVE MAKE-UP OR ANY FINGERNAIL POLISH. ALL JEWELRY MUST BE REMOVED FOR PRACTICE

Parent Initials _____

AS WELL AS ALL GAMES REHEARSALS, SHOWCASES AND COMPETITIONS; THIS INCLUDES NECKLACES, BRACELETS, EARRINGS, BELLY RINGS, WATCHES AND RINGS. TATTOOS MUST BE COVERED. NO CHEWING GUM ALLOWED. PROFANITY WILL NOT BE TOLERATED!

IF A CHEERLEADER DOES NOT ABIDE BY THESE RULES, IT MAY RESULT IN SUSPENSION OR DISMISSAL FROM THE SQUAD/BENCHED FROM A GAME AND/OR COMPETITIONS.

ANY CHEERLEADER WHO IS CAUGHT SMOKING, VAPING, DRINKING OR USING DRUGS MAY BE REMOVED FROM THE SQUAD IMMEDIATELY PENDING DISCIPLINARY ACTION. EXCESSIVE UNEXCUSED ABSENCES OR TARDINESS AND CONDUCT UNBECOMING A COLT CHEERLEADER WILL ALSO BE GROUNDS FOR DISMISSAL.

FUNDRAISING

FUNDRAISING IS MANDATORY!

ALL CHEERLEADERS ARE REQUIRED TO FUNDRAISE OR PARTICIPATING IN A FUNDRAISER OR "BUY OUT".

HOMECOMING RAFFLE – EACH CHEERLEADER WILL BE GIVEN 10 RAFFLE TICKETS TO SELL. IT IS NOT MANDATORY THAT THEY SELL ALL 10 TICKETS, HOWEVER, ANY UNSOLD TICKETS MUST BE RETURNED, IF THEY ARE NOT RETURNED, THEY WILL BE RESPONSIBLE FOR THE PAYMENT OF \$10.00 FOR EACH TICKET.

CALENDAR FUNDRAISER HAS BEEN SET UP FOR ALL TEAMS.

ADDITIONAL FUND RAISERS WILL BE PUT IN PLACE, ON AN INDIVIDUAL SQUAD BASIS, AS PROGRAM DEEMS NECESSARY, BASED ON INDIVIDUAL SQUAD NEEDS.

SPONSORSHIP OBLIGATION

EACH TEAM IS REQUIRED TO RAISE \$5,000.00 IN SPONSORSHIP. PARENTS ARE STRONGLY ENCOURAGED TO FIND SPONSORS FROM THE COMMUNITY TO MEET THE REQUIRED TARGET. MEETING SPONSORSHIP TARGETS IS THE ONLY WAY TO GUARANTEE THAT EACH TEAM WILL RECEIVE ALL OF THE NECESSARY ITEMS THAT ARE PROVIDED BY THE COLTS. REGISTRATION FEES ALONE DO NOT COVER THE ENTIRE COST OF THE EQUIPMENT THAT IS PROVIDED TO CHEERLEADERS AND DOES NOT INCLUDE MANY OF THE OTHER NECESSARY EXPENSES FOR THE SQUADS.

IF SPONSORSHIPS ARE NOT MET, ADDITIONAL FUNDRAISERS MAY BE PUT INTO PLACE IN ORDER TO SUPPLEMENT THE REMAINING AMOUNTS IF IT IS DEEMED NECESSARY BY THE COLTS CHEER COMMISSIONER AND FOOTBALL/CHEER BOARD.

CHEER CAMP

LET'S LEARN TO STUNT! CHEERLEADING CAMP IS MANDATORY FOR ALL CHEERLEADERS. IT IS VERY IMPORTANT FOR ALL TO ATTEND AS ALL TEAMS ARE TAUGHT THE IMPORTANCE OF STUNTING SAFELY AND CORRECTLY. PLEASE COMPLETE THE PROVIDED CHEER CAMP REGISTRATION FORM AND RETURN BY THE DUE DATE REQUIRED. THE APPROXIMATE COST FOR CHEER CAMP, PER CHEERLEADER, IS \$195.00. NON-REFUNDABLE. WE ASK FOR NO VACATIONS AFTER THE 1ST WEEKEND IN OCTOBER DUE TO PREPARING FOR HOMECOMING AND COMPETITIONS.

PRACTICE REHEARSALS

Parent Initials _____

THERE WILL BE UP TO 5 MANDATORY PRACTICE REHEARSALS (DATES AND LOCATION TBD). THESE PRACTICES COULD BE UP TO \$10 PER CHEERLEADER ATTENDING, DUE THE MORNING OF THE SCHEDULED REHEARSAL.

COMPETITIONS

ALL CHEERLEADERS ARE REQUIRED TO ATTEND A MAXIMUM OF FIVE COMPETITIONS. COMPETITIONS ARE EVENTS HOSTED BY THE LEAGUE AND WILL BE HELD IN OCTOBER - DECEMBER. YOU WILL BE INFORMED OF THE DATES AND LOCATIONS AS IT IS DETERMINED AND IS TO BE PAID TO THE HEAD COACH PRIOR TO THE COMPETITION. ALL CHEERLEADING UNIFORMS WILL BE TURNED IN AT COMPETITION. ALL CHEERLEADERS MUST BRING A CHANGE OF CLOTHES.

TEAM MOM'S & VOLUNTEERS

PARENTS ARE ALWAYS WELCOME AT CCO! ANY PARTICIPATION IS GREATLY APPRECIATED. ALL ADULTS WORKING WITH CHEER MUST HAVE A BACKGROUND CHECK, NO EXCEPTIONS. EACH TEAM WILL HAVE A TEAM MOM OR TEAM DAD THAT WILL COORDINATE WITH THE TEAM MOM/DAD OF BOTH FOOTBALL/CHEERLEADING A CONCESSION SCHEDULE FOR PARENTS TO WORK DURING THE SEASON. ONE PARENT/RELATIVE/FRIEND IS REQUIRED TO WORK CONCESSION AT LEAST ONCE DURING THE SEASON. YOU MUST BE 18 YEARS OR OLDER TO WORK CONCESSION. NO EXCEPTIONS. IF FOR ANY REASON, A CHEERLEADER DOES NOT HAVE ADULT REPRESENTATION DURING HER ASSIGNED CONCESSION TIME SLOT, SHE WILL BE BENCHED FOR ONE GAME. SHE WILL ALSO BE ASSESSED A \$50 "NO SHOW" FEE AND WILL NOT BE ALLOWED IN ANY COLT ACTIVITY UNTIL SAID FEE IS PAID IN FULL TO CCO.

PICTURE DAY

THERE MAY BE A TEAM AND INDIVIDUAL PICTURE DAY FOR ALL CHEERLEADERS IN AUGUST - OCTOBER. THE DATE AND TIME FOR EACH TEAM AND ALL ASSOCIATED INFORMATION WILL BE GIVEN TO THE CHEERLEADER AND PARENTS BY THE CHEERLEADER MOM/DAD WHEN IT IS AVAILABLE. CHEERLEADERS NEED TO BE AT THE DESIGNATED LOCATION FOR PICTURES ON TIME AND PICTURE READY. TIMES ARE TIGHT AND TEAMS THAT HAVE LATE ARRIVALS WILL NOT BE RESCHEDULED. PLAYERS WHO ARRIVE LATE ARE TAKING THE RISK OF MISSING THEIR TEAM OR INDIVIDUAL PICTURE.

CCO DOES NOT GRANT REFUNDS FOR ANY REASON.

WE ARE LOOKING FORWARD TO A GREAT SEASON. IN THE EVENT THAT YOU HAVE A QUESTION, PROBLEM, REQUEST OR COMPLAINT, PLEASE SPEAK WITH YOUR HEAD COACH OR ANY OF THE CHEERLEADING DIRECTORS OR BOARD MEMBERS.

Parent Initials _____

Cheerleading Contract

I, _____, accept the position as a cheerleader for the Colts Football Cheerleaders. Along with that acceptance, I agree to follow the rules and obligations set before me as a cheerleader. I understand that it is an honor to be selected as a cheerleader and as a representative of the Colts Football Cheerleaders. I agree to make education my first priority and cheerleading my second. I also agree to uphold that honor by my academic achievements as well as my conduct at all times. I will be respectful to all coaches, sponsors, captains, volunteers, officers, directors and any other adults that I may come in contact with. I must understand that as a cheerleader, I am a role model to my peers. I will represent the Colts Football Cheerleaders in a dignified manner; therefore, there will be no public display of affection while representing the Colts Football Cheerleaders.

I agree to attend on time; all practice sessions, games rehearsals, showcases and competitions, as well as any other cheerleading activities that are scheduled by the coach/captains. I agree to be punctual and enthusiastic in performing all cheerleading activities. I agree to have a positive attitude and put forth 100% effort during all practices and cheerleading functions. I agree to notify the coach in writing 24 hours in advance if I cannot make a practice or cheerleading function. Keep in mind it also has to be excused by the coach and the cheerleading directors.

I agree to wear proper cheerleading attire at all times. This consists of: during practices – practice shorts, practice, practice sneakers, white ankle socks, hair tied up off face at all times and NO JEWELRY. Cheerleading functions and athletic events – Team vests, team skirts and matching briefs, body suits, team shoes, white ankle socks, hair up in chosen style, hair bow, NO NAIL POLISH and NO JEWELRY. No slides when in uniform.

Please keep in mind that nails should be kept at fingertip length at all times because long nails can cause accidents.

I agree to abide by the cheerleading contract, cheerleader handbook and code of ethics. I will follow instructions given by coaches and directors. I will treat my fellow cheerleaders with the same respect that I would like in return. I will fulfill my responsibilities as a cheerleader until next years squad is chosen. I understand that at any time, should I fail to follow this contract rules and regulations in the cheerleading handbook, I will be removed from the squad. There will be no refunds for cheerleading.

Cheerleader's Signature: _____ **Date** _____

Parent Initials _____

Cooper City Colts Football / Cheerleading CODE OF ETHICS

It is a privilege and not a right to participate in athletics at Cooper City, therefore, the following rules will apply to all athletic teams:

- I. **Conduct** – The team will not be embarrassed by disruptive athletes anywhere or anytime. Penalty for the following offenses can be removal from the game eligibility list for a game, as season or a year, depending upon the nature of the violation.
 1. Use of alcohol, drugs, tobacco & vaping
 2. Disrespect shown to coaches, Team Moms/Dads, parents, other cheerleaders, Commissioners, League Officers, Board Members and Directors
 3. Profanity
 4. Theft
 5. Vulgarity
 6. Fighting
 7. Loitering
 8. Civil offences
 9. Any other act deemed inappropriate
 10. Arrest for possession or selling of drugs (no appeal)

The Commissioner & Cheer Director will hold a review of each case. The coach involved will attend with the athlete. The Commissioner & Cheer Director will have the final say on the punishment administered.

- II. **Changing of Sports** – No athlete will be permitted to jump from one sport to another until the first season is over. Coaches of the sports involved may work out an arrangement, but if a conflict occurs, the first sports the athlete selected will be the sport he/she plays.
- III. **Equipment** – Each Cheerleader will return the uniform provided to her by Colts Cheer (includes vest, skirt and gauntlets or body liner) at the end of the competition. Please bring a change of clothes.

ACKNOWLEDGEMENT OF THE RULES OF CONDUCT

~~~~~ Cheerleader Section ~~~~~

I, _____, have read and understand the Colts Cheerleader Handbook and agree to abide by rules of conduct required of any member of the Colts Football Cheerleading squad.

I agree to abide by the cheerleading contract, cheerleader handbook and code of ethics.

I will follow instructions given by Coaches, Directors, Commissioners, League Reps and board members.

I will treat my fellow cheerleaders with the same respect that I would like in return. I will fulfill my responsibilities as a cheerleader until next years squad is chosen. I understand that at any time, should I fail to follow this contract rules and regulations in the cheerleading handbook, I will be removed from the squad. There will be no refunds for cheerleading.

Cheerleader's Signature: _____ Date: _____

~~~~~ Parent Section ~~~~~

I, _____, as a parent / guardian of the above athlete, have read, understand and accept these regulations and will cooperate in helping him/her live up to them.

I, as a cheerleader's parent understand the responsibility that my child is undertaking.

I have read and understand the contents of the Cheerleader Handbook, Code of Ethics and Cheerleader Contract. I agree to support the cheerleading program for the Colts Football Cheerleaders and offer my support and encouragement to my child in their fulfillment of all cheerleading responsibilities. I agree to allow my child to participate in all cheerleading activities and will be as cooperative as possible in carrying them out. I understand that cheerleading is a commitment on the part of the parents as well. I agree to help my child fulfill this commitment. If my child is removed from the squad for any reason or quits, there will be no refunds for any reason.

Parent's Signature: _____ Date: _____

Parent Initials _____