

## CODE OF CONDUCT CHEERLEADERS SIDNEY HIGH SCHOOL

SIDNEY cheerleaders will be held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goals and their personal goals. Parents should read through the following obligations with your athlete explaining each one. Both parent and athlete should sign at the bottom agreeing to uphold each standard.

1. I understand that this is a full season, up to one year, commitment and that a team is depending on me to fulfill my responsibilities as a team member. I will not give up, quit or threaten to quit during my team membership.
  - Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
  - Disrespect to any member of the cheerleading staff can result in immediate dismissal from the squad, practice, season or game at the discretion of the cheerleading staff. Inappropriate behavior and defiance will NOT be tolerated.
  - I will respect my coaches and coaches helpers at all times.
  
2. If I have a difficult issue I cannot solve on my own I will seek council from a coach or parent to help solve the issue and not encourage it to grow.
  - Your attitude and ability to work with other different personalities must be exceptional.
  
3. I will come to practice with a positive attitude and work hard to achieve personal goals and help my team to reach the team goals in which my coaches have set. I realize that a positive attitude is contagious and I will do my best to influence my teammates in a positive manner.
  
4. I will demonstrate good sportsmanship to teammates, parents, coaches, judges, cheer company's staff and rival teams. This includes no bad-mouthing, spreading rumors, foul language, inappropriate actions, and speaking poorly of my Sidney Athletic Program.
  - Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
  
5. I will not misuse the internet, Facebook, twitter, Instagram, snapchat, tumbler, or any other social media type sites or apps, emails, or websites in relation to any Sidney student or in a way that will embarrass myself or Sidney ISD.
  - Following this: Cyberbullying WILL NOT be tolerated under any circumstances. Cyberbullying can be punished with dismissal from the squad/ team.

6. I will take care of my body and show self-respect at all times. I will not use alcohol, drugs or tobacco and will eat properly to nourish my body. I will be dismissed from the team if caught drinking, using drugs, or using tobacco.

- All athletes are subject to random drug testing at any point in time.

7. I will keep my cell phone turned off and leave it outside the practice gym during cheer practices.

8. I will strive to be in top physical condition and work my hardest during my team's conditioning drills so that I can get the most out of every practice.

9. I will come to practice on time and be responsible for my team's times and days so that I am a dedicated teammate and show accountability to my parents for this privilege.

10. I realize that I am representing the SIDNEY EAGLES 24 hours a day by my actions and will take that responsibility as an honor.

11. I will learn and obey the team and gym rules set forth by coaches.

12. I will wear proper attire to practices

Ex: shorts that cover well.

13. I will come to game day with my hair, make-up, uniform and warm-up ready.

14. Excessive public displays of affection are never considered appropriate, especially in uniform, at games or in school.

15. CONSTRUCTIVE CRITICISM: Cheerleaders must be able to accept constructive criticism. It is given to help improve the individual athlete and the team as a whole. Negative attitudes towards suggestions from coaches and teammates are not appropriate.

I realize that failing to uphold these standards and causing a serious offense may lead to dismissal from my team(s). \_\_\_\_\_  
date \_\_\_\_\_

Athlete's  
signature \_\_\_\_\_ date \_\_\_\_\_

Parent's signature \_\_\_\_\_  
date \_\_\_\_\_