

# Inglemoor Junior Cheer Code of Conduct

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## For Cheerleaders and Parents – 2010-2011 Season

The Inglemoor Junior Cheer (IJC) program is dedicated to the promotion of teamwork, to the enhancement of each cheerleader's self-esteem, to physical fitness and to his/her growth as a responsible individual within the community.

Therefore, IJC requires all cheerleaders and parents to read, understand, and adhere to the following Code of Conduct. Disciplinary action can be taken if the Code of Conduct is not maintained.

- Adhere to and uphold the above IJC mission statement.
- Be respectful and responsible to all coaching staff and cheerleaders at all levels.
- Work hard and have a positive attitude giving 100% at all times.
- Assist your fellow cheerleaders with encouragement and any extra help when you can.
- Participate in warm-ups and be responsible to learn all cheers and dances.
- 100% attendance. If unable to attend due to illness or family emergency let coach know ASAP. If you do not attend a practice or a game without prior communication, consequences will apply.

Practices and games are a crucial part of your child's, as well as the entire squad's success. Being late or missing practices or games for any reason without prior notice will result in sitting out with the coach for one or more quarters. In the event of two consecutive missed practices or games without communication, a conference may be requested by the coach with the parent and/or cheerleader and with one or more executive board member to discuss further participation in the program.

**Cheerleaders are therefore expected to:**

- Attend and be on "Viking Time" for all practices, games and events.
  - "Viking Time" = 10 minutes prior to practice and 30 minutes prior to game time.
- Contact the coach at least 24 hours before a game, practice or event if he/she will be late or cannot attend due to illness or family emergency.
- Have all cheer equipment and uniform pieces at all times.

**Parents** – Be positive and supportive with your cheerleader at all times! If concerns or issues arise, please do not discuss at a game or in front of any cheerleader. Please call your coach or an executive board member at a later time, as they can address your concern.

**IJC has a policy of "zero tolerance" for any drug or alcohol use. Evidence of drug or alcohol use by a cheerleader at any time will result in immediate expulsion from the IJC program.**

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Cheerleader Signature

Date

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Parent Signature

Date