

CHEERLEADING CODE OF CONDUCT

I, _____, do hereby agree to follow the Jr. Mustangs Cheerleading Code of Conduct. By signing, I understand that failure to follow this code may result in temporary or permanent suspension from my cheer squad, and may further prevent me from participation on future Jr. Mustangs cheerleading squads.

I PROMISE TO:

- Always arrive early and prepared for practices.
- Always check the website for updated information!
- Follow all check in/ check out procedures.
- Always verify game times and locations and to arrive no later than 15 minutes prior to THE ARRIVAL TIME I AM TOLD!
- Attend all games and practices.
- Avoid excessive "socializing" during practices and games as I understand this is disruptive to coaches and teammates.
- Arrive "game ready" with all apparel, warm ups, poms, hair bow, etc. in place.
- Keep my uniforms and shoes clean, unwrinkled and presentable.
- To wear my uniform proudly by having a neat and tidy appearance.
- Avoid extreme makeup, dark nail polish and extreme hair colors.
- Keep my nails short for safety reasons
- Leave jewelry at home (not permitted at practice or games).
- Wear approved spirit wear to school on Fridays (game weekends).
- Notify the Head Coach of any emergency situation, illness, injury or any problem.
- Support the efforts of the squad and the football team.
- Help my fellow cheerleaders.
- Never make a negative comment in person or via phone, text, online post or blog about or directed to my fellow squad members, my team, our fans or the opposing team. I understand that any unsportsmanlike conduct will be dealt with swiftly!
- Maintain the parental preferred grade point average.
- Maintain a positive attitude and 100% cooperation.
- Display good sportsmanship at all times.
- Respect the coaches at all times by addressing them as Miss, Mrs. Or Coach
- Never talk when the coach is talking
- Avoid eating or chewing gum during practice or games, unless on break or given express permission.

SOCIAL NETWORKING AGREEMENT

I, _____, do hereby agree to refrain from posting ANY comments or links on any social networking website, blog or other public forum that is a negative reflection on me, my teammates, coaches and/or the Jr. Mustangs Cheerleading or Football programs. This includes, but is not limited to: your personal or public Facebook account, My Space, You Tube or other similar site. Furthermore, I understand it is forbidden to post videos of cheers or performances unless given express permission from the Program Director. I understand, that any portrayal or photograph of me, posted on any public forum, that is in direct violation of the Jr. Mustangs Code of Conduct and/or guidelines for Appropriate Behavior, may result in immediate removal from the squad.

Cheerleader signature

date

Parent signature

date