

The WCC Cheerleading Program

Cheerleading contract:

The following is a list of rules that applies to all of the girls on the cheerleading team. The bottom of the contract must be signed by both cheerleader and parent and returned to Mrs. LaRubio.

Very Truly yours, Mrs. LaRubio-Director

1. Be kind. There is no room for personal conflict at practice. DO NOT bring conflicts to "the mat".
2. Warming up is NOT an option. You must actively participate in your physical fitness and demonstrate pride in your well being. Maintain a healthy diet, get enough rest, stay hydrated, and stretch daily.
3. Cheer sneakers and socks must be worn at all times.
4. Never build a stunt or tumble without a coach present.
5. Only squad members are allowed at practices. Spectators are NOT permitted into the practice area. This is for the safety of all cheerleaders. *Parents may drop off or pick up their children at the entrance of the center or gym.*
6. Hair must be worn back and away from the face and eyes.
7. Jewelry, long fingernails, and piercings are NOT permitted. They are deemed as "safety hazards" as per AACCA/NFHS rules and USASF rules.
8. Team members should wear their practice wear: bow, shorts, tee AND sneakers to practices. Jeans are never permitted.
9. Do your best to be on time. Please call your coach if you need to arrive late.
10. Keep your uniform clean at all times. You are responsible for your own uniform and the damage incurred to it. A FULL Uniform includes- bow, socks, sneakers, undergarments, shell , skirt, and warm ups.
11. Your coach & Mrs. LaRubio must be informed of ANY absences from practice with parental notification and prior notice, when possible.
12. Attendance at all; practices, tumbling, games, benefit s, exhibitions, and competitions, are MANDATORY. Excessive absences (beyond 6 absences and 3 without a doctor's note) will result in termination from the team. Members' whose parents discuss /threaten removal from the team due to personal , financial, or academic reason, will result in their child's removal from the team. Why wait? We cannot, and will not, put our hard working members and parents at risk for those who are willing to pull their child from this TEAM activity for personal reasons. Coaches will ALWAYS BACK THE PARENTS BEHAVIORALLY AND ACADEMICALLY TO THE BEST OF THEIR ABILITY. WE also offer endless fundraiser opportunities. It's simply unacceptable to remove a child mid-season. "THE END".
13. Profanity and unbecoming behavior will not be tolerated.
14. Cheerleaders are expected to set a positive example for their peers and community. A positive self-image, proper behavior, good grades, good hygiene and, self-respect, are of the utmost importance!

I, _____ (print), of the _____ team have read the cheerleading contract and will abide by these rules in order to be a successful member of the team.

I, _____, parent of the above named, also have read the rules and understand the commitment that is required of myself and my child.

X **parent** _____ x **member** _____