

COUGAR ELITE CHEER CODE OF CONDUCT

Cougar Elite Cheer squad members are expected to set high standards for themselves and their peers.

To achieve this, the cheerleaders will:

1. Sign and abide by Cougar Elite Codes of Conduct.
2. Attend all schedule practices, events, competitions unless prior permission to be excused has been granted by the cheer coach.
3. Maintain a reasonable clean appearance.
4. Cooperate with others and follow instructions of cheer coach.
5. Be on time and ready at all practices wearing shorts and t-shirt, hair up (in pony tail), nails cut, no gum, no jewelry and proper shoes for working out.
6. Have a positive can do attitude. We are here to focus on becoming the best cheer squad we can be. This means leaving your problems outside the door and using the time we have efficiently.
7. Participate in ALL areas: creating cheers and dances, fundraising, making banners, whatever it takes to make a successful squad. Everyone will be given the opportunity to create and contribute.
8. Have a solid knowledge of cheer terminology, techniques and safety.
9. Be dedicated to the point of extra practices in areas of weakness.
10. Be an active listener and accept constructive criticism.
11. Be supportive and always cheer for others.
12. Be in good standing with all financial obligations.
13. Set an example of good behavior at all times while in or out of uniform.

ABSENCES-

One person being absent affects the entire squad. It's important not to inconvenience the practice time of the entire squad by being absent. Absences should always be avoided when possible. Missing a scheduled practice without prior permission may result in non-participation of next scheduled event or competition. Remember, you made a commitment to be a part of this team, people are counting on you.

Cheerleader initials_____ Parent initials_____

PRACTICES-

Practices are scheduled Monday thru Friday depending on which team you are on. (Practice times are subject to change). Please arrive on time, wearing proper clothing and shoes. Hair needs to be out of eyes and in a secured ponytail, no long bangs. No chewing gum or eating during practice. No jewelry. No glitter. No nail polish. Nails cut, no fake or long nails. Safety is our first priority. Cheerleaders are not to leave the practice area without seeing their parent; this is for the safety of each cheerleader.

Cheerleader initials_____ Parent initials_____

FOOTBALL GAMES-

During Football Season, each cheerleader should show spirit and wear their uniform or school colors (maroon, gold and white) to school every Friday. Games are on Saturdays, it is necessary to arrive 30-60 minutes (your coach will announce) before scheduled game time to insure proper stretching before game. Past football seasons have run from August to the beginning of November.

Cheerleader initials_____ Parent initials_____

UNIFORMS-

Must be CLEAN and pressed. Team athletic shoes must be CLEAN. **All Cougar Elite team members must have the same look.** **ATHLETE WILL REMAIN IN UNIFORM THROUGHOUT THE EVENT.** Uniform shall be purchased by participant. Being in full uniform means having every piece of uniform on you. Nails cut. Hair all the same. Nothing extra (i.e. shoes, hairpieces, bandanas, different sweats, etc.) Warm ups are a required piece of the Cougar Elite uniform, except for the Senior Squad.

Cheerleader initials_____ Parent initials_____

PERFORANCES AND PLACEMENTS-

Placement for performances will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be moved. Practice attendance is a must.

Cheerleader initials_____ Parent initials_____

FUNDRAISING-

Each cheerleader is strongly encouraged to raise as much money through fundraisers for their uniform, warm ups, camp and competitions. The group fundraisers will be disbursed amongst the participating cheerleaders. Those who choose not to participate in group fundraising will not get credit. If a child goes over and beyond their personal goal on the individual fundraisers they may opt to pass on some of their money raised to the general fund. No refunds will be given on fundraised monies, if you choose to quit the remainder of the money will be put into the general fund.

Cheerleader initials_____ Parent initials_____

FINANCIAL RESPONSIBILITY-

Full uniforms are required to participate on the cheer squad. It is the parent's responsibility to purchase and maintain the uniform. If a member is removed or chooses to quit the cheer squad, they are still responsible for payment of all items ordered. Competition fees and travel expenses are the individual's responsibility. Fund-raising opportunities are available; however it is the individual's responsibility to pay all expenses. **NO REFUNDS WILL BE GRANTED FOR COMPETITION FEES OR TRAVEL EXPENSES-THESE FEES WILL BE COLLECTED 15-30 DAYS PRIOR TO A COMPETITION.**

Cheerleader initials_____ Parent initials_____

ACKNOWLEDGEMENT-

I have read and understand the Cougar Elite Cheer Code of Conducts. I have agreed to follow these rules and policies and cooperate fully with the other members of the cheer squad and the Coach. Violations may result in game suspension and eligible for termination of program with no refund.

I have read and understand the Cougar Elite Codes of Conduct. I agree to support these rules and policies.

Parent/Guardian Signature: _____

Participants Signature: _____