

Windham Youth Cheerleading Participant Code of Conduct

Team: _____

Practices:

- I will show up with a positive attitude, ready to practice at the start time of practice.
- I will have my hair tied back and wear appropriate practice clothing (tighter fitting) and my cheer shoes (unless otherwise guided by my coaches).
- I will have used the bathroom prior to the start of practice and be ready to go at the start time.
- I will listen when my coaches are speaking.
- I will encourage my teammates.
- I will practice safety in everything we do including cheers, stunts, tumbling, dancing, and jumps.
- I will not use my cell phone during practice unless it is an emergency.
- I will come prepared with my pom poms.

Games:

- I will show up with a positive attitude, ready to stretch at least 15 min before the game starts.
- I will have used the bathroom prior to the start of the game and be ready to cheer when the game starts.
- I will wear my hair up in a high ponytail, wear my game uniform, my game bow, pom poms, and white shoes.
- I will stand in my assigned line up, limit side conversations, and pay attention to my coaches.
- I will not sit during a game.
- I will not go to the bathroom without a coach or a team mom.
- I will not use my cell phone during games unless it is an emergency.

Overall:

- I will respect my coaches both on and off the field.
- I will respect my teammates both on and off the field.
- Should I have any issues, I will immediately notify a coach.
- I will be a good role model and display positive school spirit.
- I will accept the coach's assignments and decisions cheerfully.
- I will be a team player, putting forth 100% effort regardless of my position.
- I will support the team by attending practices and games, regardless of injury status and will only miss practice if I am contagious.

Consequences:

- If I am not meeting these expectations, my coaches will speak to me and to my parents/guardians.
- I understand that:
 - First strike will be a warning.
 - Second strike, I will be asked to sit out of practice(s) and/or game(s), as determined by the coaches. However, I will be expected to attend practices and games even though I am not participating.
 - Third strike, the coaches will involve the WYC board to determine the next consequences, which may include suspension or removal from the WYC program.
 - Grades 3-8: Missing practice and games without advanced notice will lead to reduced participation in games and events. Cheerleaders MUST be present consistently to ensure safety during stunt groups.

Coach's Signature:

Cheerleader's Signature:
