

# **WVJE Cheer Contract:**

Parents, we understand that your cheerleader is a minor (some rules may not apply to your child, due to age, and maturity level) Even at a young age, it is important to have rules in this sport. Cheerleading is a very organized sport, both for safety and setting an example for their peers. This contract is our expectations of your child in uniform, and during cheer season. As a feeder program to the High School Cheer program these expectations align with **WVHS Cheer program** and **SYF rules** as well.

## **Physical Appearance:**

Come prepared to practice everyday in Cheer shoes (if I do not have cheer shoes, I will wear athletic shoes only!..NO VANS, CONVERSE, HEY DUDES. Appropriate athletic shoes only please.) T SHIRTS (any color is fine, but plain no logos please, unless WVJE attire) NO CROP TOPS, tank tops are fine, without sleeves ( straps must be more than 2 inches wide) Athletic Shorts only (MUST COVER BOOTY COMPLETELY) Hair must be pulled back tight, neat and out of the face.

## **Hair:**

All practices! No Exceptions! Your child's hair must be completely out of the face, up tight and neat. Game days/Qualifiers/Competition Hair will be announced by your child's coach, in a timely manner before each event. If hair is not neat coming to practice daily, and

games/comps your child will be sent back to you to correct their hair, as coaches are not responsible for your child's appearance. This is also a safety concern, and a part of their uniform. **NATURAL HAIR COLOR ONLY! NO COLORED HAIR THIS IS A SYF RULE.**

### **Nails:**

No acrylic nails! Another safety concern, as they can get torn off during tumbling/stunting. Clear nail polish only during sideline cheer, at competitions, each coach will decide upon using clear glitter nail polish only...this must be worn in uniform by all teammates, otherwise no polish will be worn. All teammates must be in uniform, including nails.

### **NO JEWELRY PERIOD**

This is an SYF cheer rule: your child, during stunting or tumbling, can tear their ear, if earrings are worn, any jewelry could hurt your child, during this sport. It is also not WVJE's responsibility to keep track of jewelry that needs to be removed prior to practice.

### **NOT ACCEPTABLE BEHAVIOR IN UNIFORM:**

No cussing in uniform or at practice. Being respectful to your peers and Teachers. **SOCIAL MEDIA/PUBLIC SETTINGS IN UNIFORM** must be appropriate. Inappropriate behaviors in uniform will result in a meeting with parents as well as disciplinary action. **THERE WILL BE NO ALTERATIONS MADE TO THE ISSUED UNIFORM** (unless board

approved for sizing purposes only).

### **ATTITUDE:**

Be loyal to your teammates and coaches. Please do not share anything about WVJE 's competition performances with other squad members of an opposite team. Sharing our ideas, songs etc. can impact our scores at competitions. All squad members must be willing to work with anyone on the team, there is no "I" in the team. Any conflicts will be addressed with either the director at large, and/or your parents. Absolutely NO unnecessary drama, brought to practice, games, comps, or your coaches. If it is serious, and could possibly interfere with the safety of your teammates please find a Leadership member or a coach immediately. Treat your fellow teammates the way you want to be treated and it should not be an issue, both at school and on the field.

### **IMPORTANT RULES:**

Being on time to practice games, and comps! If your child needs to miss a practice please contact your child's head coach as soon as possible.

Practice starts for the season **July 17th 2023 6pm-8:30pm, Monday-Thursday, August 15th 6-8 Tuesday-Thursday until the season ends for your child.** This can vary depending if your child places in qualifiers, and continues to cheer in championships. Also depending if the football players make the playoffs, the season can vary on the end date.

## **CLOSED PRACTICES:**

First week of practice, will be open practice, for parents, and cheerleaders, to familiarize themselves with their eagles coaches, and fellow team mates, as well as board members. **ALL PRACTICES ARE CLOSED! ONLY COACHES AND BOARD MEMBERS ARE ALLOWED DURING PRACTICES. ONE DAY A WEEK YOUR CHILD WILL BE IN THE PAC ROOM, THIS WILL BE ANNOUNCED WITH ATTENTIVE SCHEDULE.** This benefits your child, and your coaches' relationships. Every Thursday is family night, one hour before practices ends, we will be performing halftime dances from each squad, followed by our football huddle. This night gives the ability to see your child's growth and enjoy watching your child perform.

**NO CELL PHONES ALLOWED AT PRACTICE**

**BRING WATER BOTTLES, AND STAY HYDRATED ALL DAY!**

## **MOST IMPORTANTLY:**

**Just because the Coaches/Board members aren't at school with you they will find out if you misbehave in uniform, which could end in a consequence:**

## CONSEQUENCES STEPS:

**1st Action: Benched for the 1st quarter**

**2nd Action: Benched for Halftime Performance**

**3rd Action: Benched for one game.**

**Any steps after this will be at the board's discretion.**

I \_\_\_\_\_, agree that as a parent, and cheerleader of the WVJE/SYF league, I will fully participate in all cheerleading activities until the season is over, will be positive influence on the team, create WVJE pride. I will honor myself and my teammates and ask for help when needed. I will represent WVJE AND MY COMMUNITY with pride and dignity and will maintain a respectful reputation. I will not have anything posted on social media in uniform that would be frowned upon by my coaches or teammates. As a teammate of WVJE I will obey all rules, regulations, expectations, my child's closed practices, and consequences and I have read all materials in the cheer contract, I agree to all the rules and regulations. Any questions or concerns I have will be addressed to the coaches. If there is a conflict or a difference in opinion that can not be resolved, the directors at large are your contact. If I am unable to fulfill any of my expectations (parents this is reinforced from you as these cheerleaders are minors, as they enter High school these are rules, that come straight from WVHS and the head Cheer coach), or duties without reasonable causes, plan of actions steps (mentioned above) will be implemented, regardless if the child's parent is a coach, board member, friend, or family these apply to all. By signing below I agree to all the terms and conditions listed above.

Athlete \_\_\_\_\_ Date \_\_\_\_\_

Signature

Parent\_\_\_\_\_

Signature

WVJE Cheer Coordinator\_\_\_\_\_

Signature

WVJE second signature\_\_\_\_\_