

PLAYER/PARENT CODE OF CONDUCT

Welcome to the 2017-2018 VJB Youth Football/Cheer Organization. Whether you're a cheerleader, coach, or a parent, we support the league with Dignity and Pride at all times. Below are the "Code of Conduct" rules that will be enforced to everyone involved. The information included here is critically important. We ask that you review and sign the last page and return along with registration by July 15, 2017. We want everyone who signs up to fully understand the commitment & expectations of being a Vacaville Jr. Bulldogs Cheerleader.

Positive Influence Expectations:

- Cheerleaders in Uniform need to represent VJB in a positive manner at all times.
- I understand I am representing VJB as a cheerleader/parent & **WILL BE RESPECTFUL TO EVERYONE** (including other cheerleaders, players, coaches, opponents, rivals, spectators, etc.) **AT ALL TIMES** and any negative discussion, language, or inappropriate conversation at any practices, games, competitions, or VJB events is **NOT** permitted & could lead up to permanent dismissal. **Parents causing a negative environment by participating in these negative discussions could result in cheerleader being dismissed from program.**
- Posting items on any Social Media Website (i.e. Facebook, Twitter, Instagram, Snap Chat etc.) from child or parent that is negative towards any league, coach, team, or any player are grounds for permanent dismissal. Please only post comments that are positive. **VJB has a ZERO Tolerance for social media bullying.**
- **Posting any videos of routines or pictures of routines (including pyramids and stunts) or anyone other than your child without permission on ANY Social Media (i.e. Facebook, Twitter, Instagram, Snap Chat etc) IS ABSOLUTELY NOT PERMITTED!**

Attendance:

Every cheerleader is an integral part of the cheerleading squad. An absent cheerleader has many impacts to the rest of the team. Cheer is a commitment, please consider the commitment as attendance at all practices, camps, games, playoffs, championships, competitions are **MANDATORY**. There are no "excused" absences, no exceptions.

- Only 3 absences will be allowed during the entire season & need to be school related, proof required, family documented emergency, illness with a Dr. Note or an approved vacation request by the Cheer Director.
- Illness - Even if your cheerleader is sick, has a cold or just not feeling 100%, we need them to still come to practices etc. We have found that 99% of the time the cheerleaders come & either end up joining in or can jump back in the next practice knowing what is going on. While we know there are times that they are just unable and if that is the case it will be considered an absence (with or without a Dr. Note). Please note the team must keep practicing and they may be moved to another position when they return.
- Tardy/Late Pick Ups - 10 min late (extra conditioning/sit out 1st qtr), 10-30 min late (considered $\frac{1}{2}$ an absence/sit out 2 quarters), after 30 min (1 absence/sit out game). I understand I will make sure my child arrives every day and on time. I understand I will pick up my child on time each day, after 2 late picks up may lead to dismissal.
- I understand that I will notify my coach IF I will be absent or late by phone **ONLY**, & not rely on others to convey the message for me. **2 no call no shows** will lead to permanent dismissal from the team. **YOU MUST CONTACT THE COACH BEFORE PRACTICE, COACHES WILL NOT CALL YOU.**
- Attendance is **MANDATORY** for ALL games. Cheerleaders are all expected to travel. Any absence from any games will result in **TWO** unexcused absences, regardless of reason.
- If after 3 absences another absence occurs in the season it may lead to dismissal of the team.

Vacation Days - Approval Required

When should we take our vacation? As soon as possible! Dates given at start of season are subject to change. We have a strict attendance policy we must follow. No exceptions.

- I understand that I will submit request for vacation in writing to the Cheer Director by July 15, 2017 of ANY planned vacation days for the **ENTIRE SEASON**. I understand these requests must be approved. Please note vacation requests will not be accepted for more than 1 game or for any timeframe leading to competition.

General Expectations

- I understand that I am committing to the ENTIRE season, which includes going to Nationals in Las Vegas and possibly through to April 2018. Our cheer program needs to be a priority for every cheerleader on each squad regardless of another sport. We do not allow any cheerleader to belong to any other cheer program youth or all-star.
- I understand there will be a set deadline date to provide itinerary and book all travel for Nationals Las Vegas in January. Nationals are scheduled for Friday, Jan 19th - Sunday, Jan 21st. travel cannot be booked before January 18th. NO EXCEPTIONS, TEAMS WILL BE PRACTICING..
- I understand that I must participate in the MANDATORY 2 week conditioning program.
- I understand that full practice attire consists of camp gear (t-shirt, athletic shorts, and cheer briefs under shorts for flyers, athletic socks, athletic shoes, and hair pulled back tight in ponytail). **We do not allow camp shorts rolled up at waist, spaghetti straps, sandals, jean shorts, etc. and must have full tank top underneath muscle shirts, i.e. not just a sports bra**
- I understand that I am responsible for bringing my own water for breaks during practices and games.
- I understand that I will wait **INSIDE** the designated area for my parent to pick me up after practices. The girl's safety is important, so please be considerate of the coaches and be on time for pick up.
- I understand that there is no use of cell phones during practices and games, including breaks. That they must be turned off at all times. Parents can contact coaches in case of an emergency. Coach will have a phone bucket for everyone's phones to be dropped in & picked up after practice/games etc.
- I understand during competition season the coach may add additional practices. They will try to give me a 3 day notice and I will be expected to attend. (Notice may be less depending on situation).
- I understand my coach will put me in the position that they think is best suited for me and the entire team at the best interest of the team (i.e. flyer, back spot, base, etc)
- I understand the Head Coach provide me with tutorial of how hair and make-up is to be done for competitions/games, and I am responsible for getting it done EXACTLY how instructed.
- I understand that I will remain with my coaches at all times during practices games and competitions for safety & liability purposes.
- I will attend and stay the entire competition day, supporting the other VJB teams. I will be expected to watch and support every team at every competition **with NO exceptions**.

Parent Expectations

- I understand by signing my child to be a VJB cheerleader we are committed to the program until April 2018.
- I understand as a parent I sit at the parent designated area during practices and cannot step on the field.
- If I am more than 10 minutes late picking up my child, after 2 late pickups, my daughter will be dismissed.
- If competition fees are not paid on time at the start of practice, your daughter will not compete.
- I will attend every competition, including Nationals in Las Vegas, wearing Bulldogs spirit attire, and making every effort to sit as a group with parents within the organization to cheer on the girls at competition. I understand I must stay at the competition event the entire time and am not allowed to leave the arena/facility and leave my child unattended even if they are with coaches. Parents must sit altogether in a parents section and not in the cheerleader/coach section.

Consequences (not necessarily in this order):

- I understand if I receive two or more warnings from the Head Coach regarding attitude, behavior, or attendance during practices and games, I may be benched for the following game. Attendance of that game benched is expected.
- I understand the Head Coach can pull me from any competition if I am not cooperating for any reason..
- I understand that if I have 4 or more incidents (absences or Coach Warnings) during the entire season, I may be dismissed.
- I understand any dismissal for any reason will be done without refund of any fees.
- If there is more than 1 violation of 1 rule or a combination of rules, disciplinary action could lead up to being dropped from the squad at the Cheer Directors discretion.

Cheerleader Name: _____

Date: _____

Cheerleader Signature: _____

Date: _____

Parent Signature: _____

Date: _____