



SAN RAMON VALLEY T-BIRDS CHEERLEADING CONTRACT

Welcome to the San Ramon Valley T-Birds! In an effort to make sure that the cheer program runs successfully and safely, we need the cooperation of all cheerleaders, mascots and their families. Please review and discuss the following and indicate your understanding and commitment by signing the back.

SPORTSMANSHIP AND CITIZENSHIP

1. Cheerleaders and mascots represent the SRV T-Birds on and off the field. All members will refrain from unsportsmanlike behavior, the use of inappropriate language and the use of tobacco, alcohol and illegal substances.
2. The T-Bird cheer program fosters teamwork and involvement. To support this, I will:
 - ❖ Take coaching direction from all coaches and cooperate with their instruction and decisions, and refrain from bad behavior of all kinds, especially putting down teammates.
 - ❖ Focus on my own learning ability and performance, not others.
 - ❖ Help my teammates to improve but don't judge, blame or point fingers.
 - ❖ Be flexible as to the needs of the team. Always change for the benefit of the team.
 - ❖ Help think of solutions to problems; contribute to everyone's success.
 - ❖ Come to practice ready to work hard and stay focused.
 - ❖ Keep up my spirit even when I am discouraged.
 - ❖ Show respect to my coaches, teammates, football team and all DYYFC cheer squads.

DUTIES

1. I will attend all practices, games, competitions and events throughout the season.
 - ❖ Unforeseen absences, when necessary, shall reach no more than 3 for August practices and shall be called in 24 hours in advance to my coach.
 - ❖ If I miss more than 3 practices in August, I can be dropped from the program.
 - ❖ Unforeseen absences, when necessary, shall reach no more than 3 practices for the September-November period. Games are mandatory.

2. I will be a positive role model for the mascots and younger squad members.
3. I will keep school work a priority, do homework immediately after school and then go to practice. I will try to maintain a "C" average or better.

RESPONSIBILITIES

1. I will arrange for transportation to all practices, games, competitions and T-Bird events.
2. I will be on time for all events.
3. I will stay healthy, eat healthy and get plenty of rest.
4. I will stay home in the case of a bed ridden illness or fever. I will come to practice and sit out but observe if no fever is present.
5. I will keep all equipment in good condition. I will never eat or drink any thing but water in my official game uniform.
6. I will follow the uniform dress code. Practice gear is only worn at practice. For the month of August, I shall only wear the practice gear given at T-Bird Day, not from former years. I shall tuck in my t-shirt at all times for safety.
7. I will keep in my cheer bag extra briefs, socks, poms, sweatsuit, sweatshirt and any other items instructed by my coach.
8. I will follow the specific grooming rules established by T-Birds and DYYFC League.
 - ❖ No makeup, glitter, hair ornaments, fake nails, nailpolish (even clear) or jewelry of any kind. This includes earrings even if I just got them pierced.
 - ❖ I will keep my hair in a ponytail away from my face.
9. I will never leave my squad or coaches until excused by my coaches.
10. I will always bring a water container to all practices and games.

PERFORMANCE MANAGEMENT

I understand that I am trying out for the T-Birds, not a particular squad. I will remain on probation for the month of August. I will continually be assessed on my attitude,

performance, attendance, sportsmanship and effort. I am responsible for my own progress and improvement with the help of my coaches and teammates.

I understand that all of the above duties and responsibilities will be strictly enforced by my coaches, jr. coaches and the Directors of Spirit. If these duties and responsibilities are not met and continue, the following, in order, will occur.

- ❖ Taken aside and talked to privately by my coaches about the situation and find solutions
- ❖ Parents and Director of Cheer to be notified
- ❖ Removed from practice, game or competition
- ❖ Placed on suspension
- ❖ Dismissal from the program

PARENT RESPONSIBILITIES

In order to be a good role model I will:

- ❖ Support my daughter, the rules and responsibilities throughout this contract and support the attendance policy by providing rides to and from all T-Bird events.
- ❖ Support my daughter's coaches by listening to feedback and help to implement suggestions.
- ❖ Feel comfortable to talk to all my daughter's coaches as well as the Directors of Spirit.
- ❖ Take responsibility to read all handouts given on a weekly basis.
- ❖ Refrain from unsportsmanlike behavior, the use of inappropriate language, and the use of tobacco, alcohol and illegal substances at ALL T-Bird functions.

I have read this entire contract and agree to abide by the rules and requirements.