



## 2024-2025 Cheer Contract

These guidelines are provided to inform future athletes and parents of the expectations while participating in the Tierrasanta Cougars Youth Cheer Program. Cheerleaders participating in our program must be in agreement with these guidelines and must adhere to them during their tenure on the squad.

**PHILOSOPHY:** The philosophy of our program has five major goals:

1. Promote spirit, unity, and pride.
2. Represent the program to the highest degree.
3. Set an example of good behavior and sportsmanship at all times.
4. Promote friendship with each other and with squads with whom we compete.
5. Promote the development of lifelong values and skills.

### **CHEERLEADER'S RESPONSIBILITIES:**

- To follow YCADA Cheer Safety Rules when stunting and tumbling.
- To promote Cougar spirit.
- To cheer at every game, pep-rally, competition and participate in other special events.
- To be ready at the specified time prior to the start of a game in the appropriate uniform.
- To be at practice on time and dressed appropriately.
- To support all decisions of the coaches.
- Remember you are a direct representation of the program.
- Be respectful to coaching staff, board members, and teammates.
- Stunting/Tumbling/Strength Training must only take place in the presence of a qualified supervisor.

**\*Any violation of the rules outlined in this contract will result in one or more of the following consequences administered at the discretion of the cheerleading coach and/or board of directors: verbal warning, parent conference, temporary suspension from game(s), or permanent removal from the team.\***

Initial: \_\_\_\_\_

**ATTENDANCE/ABSENCES:** Cheerleading is unlike other sports. We do not substitute members. **You being present is very important for the safety and morale of the team as a whole.** Punctual attendance is **MANDATORY** at all practices and games as well as activities, fundraisers, and special events. All tardies and absences (excused or unexcused) will be recorded.

- Any tardy that exceeds 15 minutes will result in sitting out for a quarter of the following game
- Any tardy that exceeds 30 minutes will be recorded as an unexcused absence.
- Any unexcused absence will result in sitting out for half of the following game
- Illness with a doctor's note, preplanned school functions or tragedy in the family will be the **ONLY** excused absences. (2 week notice necessary for school functions to be considered excused.)
- Absences due to work schedules or other sport commitments are **NOT** excused
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an unexcused absence
- Cheerleaders are required to attend all games, competitions, and other functions.

**\*3 unexcused absences will result in removal from the team and a penalty of \$150 will be due to the league. Quitting the team for any reason other than medical with a doctor's note, will result in a penalty of \$100 due to the league and exclusion from end of year team festivities\***

Initial: \_\_\_\_\_

**GAMES (sideline and competitive teams):** There will be a minimum of 8 sideline games.

**COMPETITIONS (competitive teams):** There will be 5-6 competitions for 8U-14U.

- Local SDYFC Competition (October)
- Regional SDYFC Competition (November)
- JAMZ Bid (November)
- JAMZ Winter Showcase (December)
- AYC Nationals (**December ONLY WITH PAID BID**)
- JAMZ Nationals (January)

**FUNDRAISING:** We understand how expensive this sport can get. We will have plenty of fundraising opportunities for families to take part in. Some fundraising opportunities will require individual participation towards competition fees. Any fees not fundraised will be required to be paid by parents. Participation on all fundraisers is **HIGHLY ENCOURAGED!**

Initial: \_\_\_\_\_

# Statement of Permission and Agreement: 2024-2025

\*PARENT PAGE\*

My child, \_\_\_\_\_, has my permission to be a cheerleader with the Tierrasanta Cougars. I understand that he/she must abide by the rules and regulations set forth by the coaches and Board of Directors. I have read the cheerleading packet in its entirety and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand that my child must attend all practice sessions, games, and competitions or my child will not be allowed to participate in any end of year festivities and is subject to removal from the team. I understand that coaches will be unbiased when evaluating my child. I understand that there may be additional costs involved, as stated in the cheerleading packet. Additionally, I understand it is my responsibility to maintain open lines of communication with the coaching staff. I agree to utilize band or groupme to stay up to date on events and practices. I understand that schedule changes do occur and are often out of the coaching staff's control. I understand that the very nature of the activity, cheerleading, carries a risk of physical injury. The risk of injury includes minor injuries such as pulled muscles, dislocation/broken bones as well as major injuries which can include concussions. We further release Tierrasanta Cougars and its representatives from any claims for personal illness or injury that my child might sustain during participation in this activity.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

Initial: \_\_\_\_\_

# Statement of Permission and Agreement: 2024-2025

\*ATHLETE PAGE\*

By joining the cheer program, you realize you are making a commitment to the Tierrasanta Cougars, your coaches, your teammates, and yourself for the **COMPLETE** season. The decision to cheer should not be taken lightly. You will be expected to put cheerleading as one of your top priorities.

## **CHEER OATH:**

I am interested in being a cheerleader for the Tierrasanta Cougars. I understand the risks stated above. I have read and understand the rules for cheerleading. I promise to abide by the rules and regulations set forth by the coaching staff and the board of directors. I promise to cooperate and follow the instructions of the cheerleading coach. I understand that I will attend all games and practices as well as any additional functions required as a cheerleader. I also understand that the Tierrasanta Cougars has established rules and regulations pertaining to conduct, behavior, and activities of all cheerleading participants, by which I must abide during participation in this activity. I will be responsible for my own failure to abide by these rules and regulations. I will be courteous and respectful in and out of uniform. I will be a model citizen, maintaining good sportsmanship, keeping my grades up and classwork up to date, and I will refrain from bullying. I understand that while the sport and routine may be challenging at times, the coaches and their staff understand our limits and what we are capable of. I will believe in myself and give my full effort. I will come to practice in proper cheer attire, with a full bottle of water, a positive attitude, ready to learn and grow.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

Initial: \_\_\_\_\_