



LC Chargers Cheerleading

Code of Conduct with Rules and Consequences

Our purpose as a Christian Cheer team is to minister to our own cheerleaders, their families, the teams we play against (coaches/players/families) and anyone else we may have contact with during the football season. Our goal is to encourage you and train you up with the highest integrity that a young, Christian lady should strive to have, and lead you to always look to Jesus for your guidance and as your perfect role model. Humility, kindness, servant leadership, compassion, and love are what the Chargers Cheerleaders should strive to exemplify.

- No crop tops, spunks, baggy shirts, or booty shorts should be worn at practices or Chargers events. Undergarments should not be visible (sports bra straps on the shoulders are the exception). Swimsuits should show no cleavage, nor have buttocks hanging out of the bottom or top of the swim bottoms.
Non-compliance = 1 lap.
- Members are required to be dressed in full uniforms at all times during games, unless instructed otherwise. Practice wear may be assigned for some squads and should be adhered to as well.
- No jewelry during games or practices.
- No artificial nails or tips (gel and dip are fine without tips). Nails must be an athletic length and shape – no longer than the end of finger-tips and not pointy. Nails can only be natural or painted Charger colors.
- Hair for games: must be secured in the predetermined style for games. Hair ties should be neutral colors. No metal or plastic hair accessories allowed. Bobby pins and flat pins are acceptable.
- Hair for practices must be pulled back (pony-tail, braid, bun, etc).
- Cheerleaders must bring all parts of their Bow to Toe Checklist to all games AND practices.
Practice = 1 lap for each missing item.
Games = Benched for lineup, 1st quarter and possibly halftime.
- Cheerleaders must arrive to practice on time, wearing proper clothes and shoes. Leaving practice early is treated the same as being late.
1-5 minutes late = 1 lap,
6-10 minutes late = 2 laps,
11-15 minutes late = 3 laps,
15+ minutes late = a coach will decide # of laps based on the amount of time missed.
Your rides MUST be on time to pick you up from games and practices.
- Cheerleaders are required to be on the track or at the designated meeting area at the scheduled arrival time prior to a game. Be GAME READY, hair done, uniform on, already used the restroom, ready to warm-up, etc. **Cheerleaders that are late will be benched for the line-up and the 1st quarter of the game.**
- After pre-game warm-up, be lined up on the track, with poms, at the designated time on the clock.
- If you miss a practice, game or event, consequences will apply – refer to 'Absences' below.
- You must know all the cheers, chants, stunts, and routines for the game. Even if you aren't in a certain portion of a routine or cheer, you should know the counts and know exactly where you are supposed to be and what you're supposed to be doing.
Cheerleaders will be benched until all material is learned. This will take place on her own time.

<p>Game Bow to Toe Checklist:</p> <ul style="list-style-type: none"> ● Ponytail holders/bobby pins ● Performance bows ● Sports bra - navy or white ● Bodyliner ● Shell ● Skirt ● Spanx - if you have extra, bring them as well. ● Socks ● Cheer shoes-if they look dirty, please clean them. ● Warm-up Jacket and Joggers ● Poms ● Water ● Clear Raincoat ● Ankle/wrist/knee brace if needed 	<p>Practice Bow to Toe Checklist:</p> <ul style="list-style-type: none"> ● Ponytail holders ● Practice bow ● Sports bra ● Practice shorts ● Practice shirt ● Spanx ● Socks ● Cheer shoes ● Sweatshirt or Jacket and Pants ● Poms ● Water ● Clear Raincoat ● Ankle/wrist/knee brace if needed ● Dumbbell weights (JV only)
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- Everyone has bad days and we don't expect "fake" when the reality is that someone is really struggling. As coaches, we want to love the girls well and encourage the squad to hold each other up during tough times. There is understanding and grace in tough times, but as a general rule, cheerleaders should be CHEERY! Smile, be energetic, show enthusiasm, be positive, and be encouraging to the players, fans, and your teammates at games!

Cheerleaders that don't act cheery at games will run at the next practice. Number of laps will be determined by a coach.

- Socializing with friends while the game is in process is not allowed. Friends are not allowed to attend practices or pre-game warm-up/practice, nor can they be on the sidelines during games.
- **Any cheerleader suspended from or sitting out a game will sit with the coach in full uniform, game ready.**
- It is your responsibility to pick up ALL trash from our area before you leave. If cheerleaders leave trash in their space after the game or practice, the whole squad will run at the next practice.
- It is your responsibility that all mats, signs, megaphones, banners, coolers, flag, and other items are returned to the designated area (the cart or trailer) before you leave a game or practice.
- There is no chewing gum or eating during practices or games (half-time at games is an exception)
- Nothing beside water or sports drinks are to be consumed before or during games and practices. Each cheerleader should bring water to all practices and games. .
- Cell phones need to be put away during games and practice, unless approved by the coach for a specific purpose.
- No foul language should be used, including using God's Name in vain. **Foul language will result in running laps. The number of laps will be determined by a coach.**
- Have a servant's heart, positive attitude, and show respect and courtesy to other team members and coaches. **Cheerleaders that exhibit bad attitudes, rudeness or disrespect, gossip or slander, or cause conflict among the squad will be benched at the coach's discretion.**
- Having a coachable attitude, taking responsibility for your actions/owning your mistakes, and working hard to improve in every area will cause the squad to progress. EVERYONE can make improvements, learn new things, and grow. When everyone does this individually, the squad is better for it! Let's do our best as a team!

- **SAFETY - Safety is our first priority.**
- No excessive talking, giggling and goofing off, or immature actions during practice or at a game. We can (and will!) have a ton of fun at practice and games, but talking out of turn, giggling and goofing off, and immature actions create an unsafe environment for stunting. **These actions will result in running 1 lap.**
- No stunting without a coach present and supervising. **Stunting without coach present = run 2 laps**
- While stunting, **if a flyer hits the ground, the stunt group runs** (if someone is injured in the fall, they are not expected to run).

ABSENCES

All practices and games are mandatory. Cheerleading is unlike any other sport. We do not have substitute members when needed. We have no room for substitutions so your presence is very important. One person being absent affects the entire squad. It is important not to inconvenience the practice time or game routine of the entire squad by being absent or late.

Excused Absences: Illness, emergency doctor visit, death in family, or a family wedding (Coaches need to be notified prior to practice or game and with as much advance notice as possible).

Unexcused Absences: **EVERYTHING ELSE** (work schedules, camps, conferences, trips, dentist and doctor appts, vacations, etc need to be scheduled around games and practices)

- Practice Absences during Preseason = **run 3 laps**
- Practice Absences during a Game Week = **Cheerleader will be benched for line up and the 1st quarter of the following game. Each practice missed will equal 1 consecutive quarter missed.**
- Game Absences = **Cheerleader will be benched for line up and the 1st and 2nd quarter of the game following the missed game. They will still be required to show up on time and ready per the game rules.**

All rules and consequences can be adjusted or changed at the discretion of the Chargers Cheer Director and Chargers Cheer Coaches. There are times that the rules and consequences don't cover a specific circumstance or incident. We will keep the safety and best interest of the whole squad in mind when making decisions that go outside of what is covered above.

In addition, we want to foster a relationship between the coaches and the cheerleaders. We would like you, rather than your parents, to come to your coach first with any requests or concerns. The coaches work with the entire squad at practice and are more familiar with their cheerleading abilities and strengths, as well as with areas needing improvement, whereas parents would likely only see that in their own child. The coaches are doing their best to place each of you in positions that make the squad, as a whole, as successful as possible. This doesn't mean that you can't learn new things, and potentially earn new positions during the season. Positions are earned with hard work, positive attitudes, humility, and communication between the cheerleader and her coach(es).

CHEERLEADER

-I have read this Code of Conduct with Rules and Consequences and understand that these are the rules and guidelines I will need to abide by during the 2023 cheer season.

Cheerleader's signature

Date

PARENTS

-I have read this Code of Conduct with Rules and Consequences with my daughter and understand that these are the rules and guidelines my daughter will need to abide by during the 2023 Cheer Season and I will support the coaches in enforcing them.

-In addition, I agree to following the "*Responsibility of Parents*" that is outlined in the Cheer Handbook

Parent's signature

Date