

# 2025 CHEER PARTICIPATION CONTRACT

## 1. PRACTICE/ATTENDANCE REQUIREMENTS

1.1. All cheerleaders will attend all practices and events, unless pre-approved by their cheer coaches and/or HYC's Board Members. If a cheerleader has an unexcused absence during the week, they will either have to sit out part of that week's game or the whole game (discretion of the cheer coach) but will be required to attend the game in uniform to support their team. It is imperative that cheerleaders call their cheer coaches to inform them if they are not going to be able to attend practice. Attendance records will be kept for each squad.

1.2. If your cheerleader is going to be absent or late to practice or games, notification needs to be given to parent director at least 2 hours prior to the start of practice

1.3. If an HYFA Football team makes it to the playoffs and/or championships, the cheer squad will go with them.

1.4. Cheerleaders are to be dropped off no earlier than 15 minutes prior to practice and must be picked up no later than 5 minutes after practice unless otherwise stated. Should a cheerleader not be picked up more than 20 minutes past the end of practice; the proper authorities will be notified.

1.5. School spirit days: All cheerleaders are encouraged to wear their uniform on the Fridays prior to a game (unless the school forbids it). This is a great way to show your spirit and pride.

1.6. All cheerleaders MUST come prepared to all HYC events; practices and games or they will not be able to participate. NO EXCEPTIONS!!

1.7. If your child is sick and stays home from school, they will not be permitted at practice. Notify the parent director.

1.8. HYC requires that a parent or guardian MUST accompany all 2nd through 6th grade cheerleaders during all HYC events, excluding cheer practice.

1.9. Transportation: The parent/guardian will be responsible for supplying game/event transportation. Ride sharing/car pooling is recommended and encouraged.

1.10. Members will bring their own refreshments (water bottle) to EVERY practice, game and HYC event.

## 2. DUTIES OF CAPTAINS (if applicable)

2.1. Set an example to the rest of the squad by following the rules and regulations of HYC. The captains will set an example by doing more than his/her share.

2.2. Be at practice 15 minutes early and start practice on time.

2.3. Assist in setting cheers and chants to be used at games and events. The squad should make suggestions, but the Captain and Coach shall make the decision.

2.4. Be responsible for welcoming visiting squads and setting a good example of friendliness to other cheerleaders.

2.5. Keep the crowd cheering and your cheerleaders in proper formation during games.

### **3. UNIFORMS & PRACTICE WEAR**

3.1. Uniforms, shoes, practice shirts, warm up gear, poms and bows will be provided by HYFA.

3.1.1. All registration fees must be paid prior to receiving uniforms.

3.2. Uniforms will only be worn for events as designated by the cheer coaches.

3.3. Every cheerleader will receive 2 cheer practice/camp shirts, shoes, warm-up gear and bows. This is considered proper attire for all practices. No jeans, no oversized clothing, nothing with pockets. Camp wear is to be worn during practices.

3.4. Participants will need to purchase additional practice wear at their own expense prior to July/August camp.

### **4. APPEARANCE**

4.1. For safety reasons jewelry, watches or earrings will not be worn with uniforms or at practices/games.

4.2. Uniforms must be kept spotless at all times. Every cheerleader is responsible for each piece of their uniform and MUST arrive in complete uniform in order to cheer.

4.2.1. Complete Uniform: Tops: Shell & Liner, Bottoms: Skirt & Briefs, Socks (no- show), warm-up gear, Poms, Bows, Shoes, with hair in high ponytail.

4.2.2. Uniforms must be washed in cold water after each game and hung up to dry.

4.3. All hairstyles MUST be neat and secured up out of the face, not needing attention (combing etc.) while performing. HIGH PONYTAIL!

4.4. Cheerleaders should look their best at all times, especially when in uniform.

4.5. Nails: Trimmed short, no artificial nails and no color nail polish.

4.6. Makeup: No make up for K-6. Natural foundation and mascara allowed for 7-8.

### **5. CONDUCT:**

5.1. Squad members are required to maintain and uphold the reputation of HYFA Cheerleaders through their own conduct and squad spirit.

5.2. Members are required to be courteous, polite, and friendly and have a smile for everybody.

5.3. All cheers and chants shall be of a positive and sportsmanlike manner.

5.4. Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such actions themselves.

5.5. Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to a HYC member.

### **6. DISCIPLINARY ACTION:**

6.1. A cheerleader may be suspended from games/events for the following reasons: Unexcused absences, excessive absence or tardiness, failure to cooperate with cheer coaches, failure or refusal to perform or failure to abide by squad rules and regulations.

6.2. A cheerleader may be dismissed from the squad for the following reasons: Excessive and irreconcilable disruptive influence on the squad, conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs), and as

otherwise deemed necessary by the cheer coaches and the HYFA Board members. In the event of dismissal, absolutely NO REFUNDS will be issued.

**7. SPORTSMANSHIP:**

NOTE: The NFHS, OSAA and OCCA, HYFA and TVYFL disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

7.1. Cheerleaders should always cheer in a positive manner. It is inappropriate to cheer against the other team or to cheer in response to an opposing player's mistake. Initiating response cheers between home and opposing spirit teams or fans is strongly discouraged.

7.2. Cheers and chants with suggestive words and/or motions (ex. pointing at opposing teams or fans) shall not be used.

7.3. Cheerleaders should call attention to the importance of sportsmanship at all events.

7.4. Cheerleaders should discourage their followers from yelling or cheering while a play is in motion. Intimidation of opponents has no place in youth program athletics.

7.5. Obnoxious behavior should not be encouraged nor permitted under the guise of program spirit. Opposing players, officials and fans should be treated with respect and dignity. If inappropriate crowd behavior exists, assistance should be obtained from a program administrator or game management.

By signing below you agree to the terms set forth in the Cheer Participation Contract.

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Cheerleader's Name

\_\_\_\_\_ 2025

Cheerleader's Signature                      Date

\_\_\_\_\_

Parent Name

\_\_\_\_\_ 2025

Parent Signature                      Date