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**Plainsmen Jr. Cheerleading League**  
**www.JPCheerleading.com**  
20 Cortland Blvd.  
Clifton Park, NY 12065  
518-727-7266



## **CHEERLEADER EXPECTATIONS / PRACTICES**

Cheerleading is a team sport! Each and every cheerleader is important to their team and it is expected that participants attend all practices and games. We all recognize and certainly understand unexpected situations arise, such as illness, and that a cheerleader may have to miss an occasional practice or game, but it is unacceptable for a cheerleader to not attend practice without good reason. Excessive absences may place a child at a disadvantage in learning their routines or stunts and may result in not being able to participate in the Half-Time Routine. Your team relies on you. Please make an effort to attend all practices and games.

## **2018 CHEERLEADER CODE OF CONDUCT**

- Will be respectful to one another, coaches and opposing teams
- Will never E-mail, Text message, Facebook, My Space, Twitter, or use any other social media to post negative comments about a fellow cheerleader, coach or the JP Cheerleading Program
- Will be at all practices/games and if for any reason you are not able to attend you must contact your coach
- Will be dressed in the complete uniform for games
- Will show positive attitude at all times
- Will watch and applaud opposing teams "Hello" cheer and "Half-Time" routine
- Will stop cheering and kneel quietly if a player on the field is injured and being attended to
- Will applaud an injured player once taken off the field
- Will not use a cell phone during practice or cheering on the field

I, \_\_\_\_\_ parent or legal guardian of  
\_\_\_\_\_ hereby acknowledge receipt and  
(Print cheerleaders name)

have read and understand the rules of the JP Cheerleading League Code of Conduct. I will help my daughter follow all the rules listed above and I understand my child's active participation in the cheerleading program is contingent upon our (parent and cheerleader) adherence to the aforementioned policies noted above.

Cheerleaders Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_