
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! 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 try to attend all practices and games.

2025-2026 CHEERLEADER CODE OF CONDUCT

- Will be respectful to one another, coaches and opposing teams.
- Will never E-mail, Text message, Facebook, What's App., QQ, WeChat, Tumblr, Instagram, 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 Coach Alex by text or email.
- Will be dressed in the complete uniform for games.
- Will always show positive attitude.
- 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 policies noted above.

Cheerleaders Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____