

2017 Sherwood Cheer Rules / Code of Conduct

Congratulations! You have chosen to be a cheerleader and participate in Sherwood Cheer and we welcome you to our program. Cheerleading is a sport that requires participation just like in any other sport you may play such as soccer, basketball, gymnastics, softball, volleyball etc., etc. You will learn cheers, chants, jumps, dances and stunting and have opportunities of performing all of what you learn during the season. Cheerleading involves strength and endurance and you will definitely work hard! There are rules in place, to make sure that at all times you are representing yourself, your team, our organization and our community with the highest level of respect & responsibility. These rules are for you, please read and understand them and know what is expected of you at all times. Our rules represent your commitment to Sherwood Cheer and we thank you for being an important part of our cheer organization.

Our Season

SYC holds registration April – May of each year with the season beginning in August. Cheerleaders will report to practices in August and will continue through October. Older age groups (5th through 8th graders) will continue through mid-November as playoffs dictate. SYC's Sideline Cheer season ends completely by mid-November. We will be having a Competition Team again this year that will run September through February.

Time Commitment

Participating in Sherwood Cheer's program will require your time. For Sideline Cheer, we will practice Tuesdays and Thursdays and will have a minimum of one football game to cheer each Saturday starting the weekend after Labor Day. Practices will begin in August and games will run through October, with playoffs into November for our 5/6 & 7/8 teams. You will be expected to attend all practices and games unless otherwise arranged with your team's coach or the co-presidents of SYC. Practices will run 1.5 – 2 hours per practice, and games are usually 2 – 2.5 hours. Cheerleaders on the 3/4 team will cheer for one game and cheerleaders on the 5/6 and 7/8 team may cheer up to two games each Saturday. During Sideline, there will be an optional tumbling practice once a week. Tumbling will be required for the competition team, time and place TBD.

School

At SYC we believe that school, both attending and maintaining excellent grades, is a priority. Your education comes first. At the elementary school level, we ask that our cheerleaders work hard in the classroom and have passing grades. At the middle school level, you must maintain "C"'s or higher in all of your classes.

All cheerleaders' grades will be monitored and communicated by cheerleaders/parents. If in middle school grades 6th – 8th Synergy printouts of weekly progress will be required to be turned in to your coach at Monday's practices. If a cheerleader's grades fall below a "C" in any of your classes, you will be required to sit out of the next game(s). You will still attend the game(s), in uniform, sitting on the sidelines with your coaches, until your grades improve. You will be required to continue attending practices; however homework will be completed prior to participating in practice.

Practices

Sideline Cheer practices will be held twice per week on Tuesdays and Thursdays, for 1.5 – 2 hours per practice, depending on your grade level. Practices in the month of August are held outdoors, during the school year we practice in the gymnasium; all at Edy Ridge Elementary School.

You should arrive to practice 5-10 minutes ahead of time so that you can put your things to the side, take care of visiting with friends prior to start of practice, use the restroom etc., etc. Practice will begin on time and you being ready to go on time is your responsibility to your team.

For practices each cheerleader should be in practice attire: Sherwood Cheer team shirt, black shorts, socks, tennis shoes that tie/lace up, hair in high pony, and **all jewelry off**. Shorts should be of appropriate length, they should come down past your thumbs if hands are at your sides. Nike Pro's and spankies are NOT practice shorts and will not be permitted as such at sideline practices. We do encourage all cheerleaders to wear their spankies/Nike Pro's under their shorts. **Headbands and ALL earrings/jewelry** are considered "illegal" by national cheerleading rules, however it is appropriate to use bobby pins and or snap barrettes to pull back bangs and/or fly away hair that will not fit in high pony.

Excellent behavior at practice is important and your responsibility as a SYC Cheerleader. Expected behavior includes, but is not limited to, the following ideal characteristics:

- Pay attention/ follow directions
- Be a team player, respectful of yourself, your teammates and coaches
- No arguing with each other or your coaches
- No excessive talking with other cheerleaders, friends & family
- Be on your "mark" at all times ready to listen and learn

Goofing off / inappropriate behavior at practice will not be tolerated. Practice is very important and something we take very seriously. We always have work to do at practice, cheers to review and new material each week to learn. Cheerleaders not respecting our need to listen and learn will have consequences which could include but are not limited to: extra laps (running), wall sits, sit ups, burpees, tap-tap squats, etc. Think conditioning when you think consequences for misconduct.

Absences

On occasion, it is necessary to miss practice and / or games. We understand that issues do arise and we ask that you notify your coach(es) if you need to be absent for any reason, to either practices or games.

Excused absence: A written note, email, phone call or text is received from your parents prior to practices/games of your absence.

Unexcused absence: Being absent without any prior notification to your coach will be considered unexcused.

Each missed practice due to an unexcused absence will result in your sitting on the bench for the first half of the next game. If you miss both practices in a week, and both are unexcused, you will be required to attend the next game but sit on the bench in uniform, with your coach(es), the entire game.

Your team needs you and we hope everyone will be conscious of attending all practices & games.

Stunting

Stunting for Sideline Cheer is a privilege that is earned after learning a series of progressions for technique and expertise. Although it looks fun and everyone feels like they can try to do it all, it can be dangerous and must be taken very seriously to prevent injury. Again, it can be and is dangerous if not done correctly!

State and National cheerleading rules say that no stunting is allowed without a certified coach present!!! No exceptions.

Games

Sideline Cheer games take place on Saturdays throughout September and October. Playoff games for older teams will run into November. Sherwood Youth Cheer Board is not responsible for athletes in the stadium, which is outside your scheduled timeframe to cheer with your specific team.

We ask that all cheerleaders arrive 30 minutes prior to the start time of their scheduled game. Most games are approximately 2 hours long. At the end of each quarter, you will be allowed to approach the sidelines for water breaks. If you need to use the restroom, you may do so as necessary. Also at halftime and occasionally before the games, we will do a run through banner for the football team.

At each game, you should arrive in your complete uniform; have a full water bottle and your warm-ups / warm-up jacket in the event of inclement weather. Upon arrival to the stadium at your assigned time, you are to gather with your teammates in the stands as a team immediately, and sit together and watch the previous cheer team finish and participate in their cheering as one game concludes and yours is set to begin.

Game behavior is no different than practice behavior. We will be on our marks in formations on the track, paying attention to the game, voices will be off between cheers while we watch and understand the game, sportsmanship is a must, you'll be listening for each cheer to be called, etc. We are proud to be SYC Cheerleaders and any behavior that does not demonstrate being respectful, responsible and safe at all times will require consequences at the discretion of the coach(es) present at the time or at the following practice. Again, think conditioning. You may just earn yourself and your team a lap around the track.

We've mentioned being on your mark, which means all cheerleaders will be on their "mark", lined up on the track in their formation, at all times while cheering at a game. You won't move from your mark, during the game to visit with your fellow cheerleaders, friends & family at all. Your responsibility is to cheer, dance, stunt and perform for the entire game, start to finish. All of your personal belongings will remain on the sidelines while you cheer for the game.

Our squads will be in the same formation each game (minor adjustments will be made to accommodate absences), and will stand with their eyes on the game, hands and/or poms behind their backs while we watch the game and understand what's happening. Cheers will be called by our captains, and we cheer to the crowd. After a cheer is complete, you will spirit (cheer/jump/kick) and then go back to watching the game. Stunting and performances at halftime will be brought/added to our sideline cheering as technique & appropriate progression are perfected at practices. Again, your safety is our #1 responsibility to you as a member of our cheer team.

After each game we meet quickly off to the side before the next game, present the awards for the game and release everyone to their parents. If you are leaving the game/field without your parents, by yourself or with another family, your parents will have to notify us, prior to the game, so we have everyone accounted for at the conclusion of each game. There are no exceptions about departure, and this is for your safety.

Uniform

Sherwood Youth Cheer will have two full uniforms for the 2017 season. The term complete uniform will be referred to often at SYC. The complete uniform consists of the entire uniform as outlined below:

- **Top**
- **Skirt**
- **White Cheer Shoes**
- **White No-Show Socks**
- **Hair Bow (hair will be determined by coaches)**
- **No Jewelry****
- **No Headbands of any kind**
- **** this includes jewelry in any ear/facial/body piercings**

The second (summer) uniform will consist of capris, cheer jersey and will be worn with white, no show socks and white cheer shoes. Coaches and/or Board Members will advise which uniform is to be worn each week.

Finger nails must be kept short with no colored polish, glitter or acrylic/gel nails. If make-up is worn it must be natural looking, tasteful and not overdone. If a coach or SYC board member feels that the make-up is excessive, you will be asked to remove it.

Anytime that an SYC cheerleader is in uniform, she is in her complete uniform. No exceptions.

Wearing only a portion of your complete uniform and not following the rules is a sign of disrespect to your team and SYC.

Consequences for not wearing the correct complete uniform when in uniform will result in sitting on the bench for one quarter of the next game.

Any inappropriate behavior when in uniform will result in being suspended from one quarter to a full game depending on the severity of the act, at the coach's discretion. This includes any and all negative behavior including but not limited to: roughhousing, inappropriate language, physical contact with other people, rude or disrespectful acts towards others etc. etc. At all times we ask that you represent Sherwood with great pride & spirit by being respectful, responsible and safe.

Spirit Days

Spirit Days are each Friday at school before our games on Saturdays. At school on Spirit Fridays, SYC cheerleaders are invited to wear their second (summer) uniform to school to show their spirit and support of Sherwood and their sport/SYC. This consists of cheer jersey, capris, white shoes and white no-show socks.

We encourage SYC cheerleaders to participate and show their team spirit but it is not required.

Sportsmanship is defined as the conduct and attitude considered appropriate for participants in sports especially fair play, courtesy, striving spirit and grace in losing. At Sherwood Cheer, demonstrating great sportsmanship is definitely expected of everyone and is a great characteristic to practice and learn from that will take you far in your life.

SYC operates on the core fact that we are a cheer family. All cheerleaders are treated equally, regardless of your age or experience. We're excited that you've chosen to cheer for Sherwood and having great cheer spirit about ourselves, our teammates, our organization and our community is very important. We are always in support of one another. A constant positive attitude is required to get the most out of your experience as a Sherwood cheerleader.

Behavior such as not participating completely at practices/games, gossiping, being mean to one another, using inappropriate language, demonstrating behavior that isn't safe, respectful nor kind, showing disrespect to teammates and/or coaches including behavior via social media and text messages etc., will clearly indicate that you are not making good choices nor exercising great sportsmanship. If this happens, you will be spoken to and disciplinary action will be taken regarding your choices. We will begin with a meeting with you, followed by a meeting with you and your parents, and you will sit out at the next game(s) for the entire game, or any portion thereof, depending on the severity of your behavior.

Unsportsmanlike conduct will be reviewed by the Sherwood Cheer Board of Directors, at which time a decision can be made to remove said cheerleader(s) from our program. SYC reserves the right to refuse participation to any cheerleader at any time.

Sherwood Youth Cheer would like to stress that sportsmanship and our code of conduct are not limited too just the field and practices, but also in and out of school (in the community and online). With the ever evolving world of social media it is becoming more and more necessary to stress that your conduct online is as important as on the field. Facebook, Instagram, Twitter, Vine and any other media source not only represents you as an individual but also our organization. You are a recognized part of SYC and we expect that online posts/behavior will uphold this code of conduct, including but not limited to language, gossip, pictures, and the like.

Please discuss and review the information and if there are ANY questions, concerns and/or comments please know that we have an open door policy. Email is definitely your best bet to get our undivided attention. Sheri Gillum and Kim Miller are Co-Presidents this season. They can be reached at copresident@sherwoodcheer.org at any time.

Parents

Yes there is even a section of the code of conduct just for you. SYC would like to take this opportunity to first thank you for allowing us this time to teach and coach your children. We will be spending many hours with them over the next few months and want you to know just how much we appreciate your time and your children while teaching them our love of the sport!

SYC is run solely by volunteers that dedicate countless hours to the organization to create an experience for your children. The Board of Directors and coaches ask that the following rules are followed by all of our families:

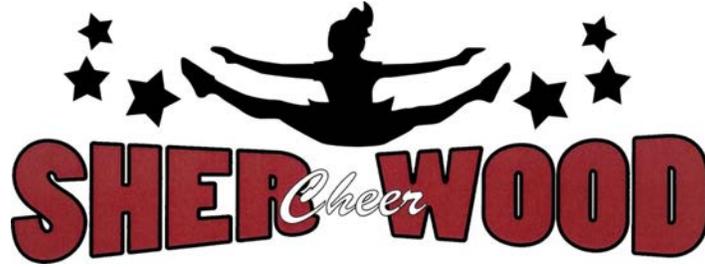
1. Practices will be closed to parents. This is not at all to discourage the involvement of any parent, but rather allow the focus to be solely on your children while they are learning and practicing. We have found that the athletes tend to pay better attention with fewer distractions. Parents will be welcome for the last 5 minutes of practice for dismissal. All elementary school students will not be released from the gym unless a parent, approved adult is present, or previous arrangements have been made with the coach. We know that the weather sometimes is miserable and it would be easier to just send them to your waiting cars, but our priority is the safety of the children and that means knowing a parent or adult is there when we release them.
2. Allow and encourage your cheerleader to come to the coaches or any board member that is present at practices, or on the football field to address concerns (yes we understand this can be hard for some but it allows them to find their voice and to learn how to address situations).
3. The "24 hour" rule. We understand that at times a situation may arise that your cheerleader will come to us and/or you may see a situation that you would like to address; we simply ask that you give it the "24 hour" rule. This allows for time to think about the situation, discuss it with your cheerleader and determine the best way to discuss it with us.

- a. If after 24 hours you feel that the concern needs to be addressed with your child's coach or a board member that a request is made to set aside a specific time for you and your child to be present. Discussions just before or immediately after a practice or game will not be allowed unless previously arranged. Coaches need to focus on all of the cheerleaders, preparing for practices and games, as well as making sure that all cheerleaders are picked up from practices and games. If a coach is distracted it makes that challenging and our priority is the safety of each cheerleader in our organization.

4. Gossip or group discussions. Out of respect for our volunteers and coaches we ask that comments and concerns are not discussed with other parents in the stand until we have been allowed the opportunity to hear them and either explain or rectify a situation. Our goal is to model behavior to each of our athletes demonstrating respectful communication with all involved, and we ask that parents and all other adults please do the same while we all model the code of conduct both on and off the field as well as online.

Sherwood Youth Cheer would like to thank each cheerleader and parent for allowing us to create an experience for all of you. We truly love cheerleading and sharing that love with all that choose to be part of SYC! There will be mistakes made by all of us from time to time and our mission with the code of conduct is simply to start the season off with guidelines to work from. When a mistake is made by any of us it is an opportunity to learn and grow from each of them. We are always your biggest cheerleaders for whatever comes up and to work through it!

**Now that we have all of this covered...
Let's get out there and CHEER!!!**



2017 SYC Sideline Rules and Code of Conduct

We thank each of you for taking the time to read and review SYC's Rules and Code of Conduct policies.

At SYC we are committed to "Creating an Experience" for each participant and family in the sport of cheerleading. In order for your experience to have a strong base, we have rules and expectations that must be met by all cheerleaders and families of SYC. Please read through the pages and ask your parents to do the same. Once you and your parents have read through all the information please discuss it as a family. After you have read and discussed the rules and code of conduct, please sign below. Your signature will tell us that you and your family completely understand and agree to what is expected both on and off the field.

Cheerleaders:

I have read, reviewed and discussed the rules and code of conduct for Sherwood Youth Cheer. I understand what is expected of me and agree to follow these rules while I am participating in Sherwood Youth Cheer's program.

Cheerleader's Signature

Cheerleader's Printed Name

Date

Parents:

I have reviewed the rules with my/our cheerleader(s) and agree that she/he will abide by them and I/we will help enforce the rules set forth by the SYC program. I/we agree that discussions and or concerns about the program will be addressed with the head coach the presidents of Sherwood Youth Cheer directly, as set forth in the "Parent" portion of the code of conduct.

Parent's Signature

Parent's Printed Name

Date

*****Please return this page to your coach at your first August practice*****

*****If this Form is NOT returned prior to the first football game,
your cheerleader will sit out until it is returned.**

This is VERY important!***